

Inga Zilberstein, MD: A Trusted Partner in Women's Health on Manhattan's Upper East Side

Celebrating Over Three Decades of Dedicated Care and Expertise in Obstetrics and Gynecology



New York City, New York Feb 27, 2025 ([IssueWire.com](https://www.issuewire.com)) - Inga Zilberstein, MD, a board-certified obstetrician and gynecologist, has been a pillar of women's health care on the Upper East Side of Manhattan for over three decades.

Dr Zilberstein graduated from Barnard College in 1980. Dr. Zilberstein had her first child while she was a student at New York University Medical School. After completing her internship and residency in OB/GYN at Lenox Hill Hospital, Dr. Zilberstein opened her practice on the Upper East Side, maintaining her long-standing hospital affiliation with Lenox Hill Hospital (where she also had two more sons). Her own experience as a working mother informs her compassionate approach and unwavering commitment to her patients.

Dr. Zilberstein provides an extensive array of services, including the treatment of genitourinary symptoms of menopause with MonaLisa Touch®, medical abortion, bioidentical hormone replacement therapy, and functional medicine testing.

Her obstetrical care includes prenatal services for both low-risk and high-risk pregnancies. Dr. Zilberstein keeps her practice small - her individualized, holistic, and personal care ensures that every patient feels supported and cared for by her and her team in their journey to motherhood. This nurturing environment empowers women to make informed decisions about their health and well-being. She is proud of the strong, trusting relationships she has built with her patients and their families. In Dr. Zilberstein's view, there is no greater compliment than delivering the second generation of babies.

Dr. Zilberstein is passionately devoted to her work. She is dedicated to empowering women to make informed decisions about their health and, perhaps most importantly, to listening deeply and compassionately.

As a Diplomate of the American Board of Obstetrics and Gynecology and a member of the American College of Obstetricians and Gynecologists, Dr. Zilberstein is dedicated to staying at the forefront of medical advancements. Additionally, she serves as a participating physician with Travel Clinics of America, offering essential travel medicine services that include pre-travel consultations, proper immunizations, and personalized safety advice tailored to individual itineraries.

Learn More about Dr. Inga Zilberstein:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/2487205-Inga-Zilberstein-OB-GYN-Obstetrician-Gynecologist> or through her website, <https://www.drzilberstein.com/>

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