

Erica Strandberg, DO: A Holistic Approach to Family Medicine in Lander, Wyoming

Empowering Patients Through Preventive Care, Functional Medicine, and Women's Health



Lander, Wyoming Sep 4, 2025 ([Issuewire.com](https://www.issuewire.com)) - Erica Strandberg, DO, a board-certified family medicine physician, practices at Rise Health, LLC, located in Lander, Wyoming. With a passion for preventive care, functional medicine, and women's health, Dr. Strandberg is committed to providing comprehensive care for patients of all ages, enabling them to achieve optimal health outcomes.

"As we age, our skin and bodies become susceptible to various issues such as acne, sun exposure, genetics, and hormonal changes," as stated on Rise Health's website. "While numerous products can aid in maintaining youthfulness, we provide evidence-based bio-identical and non-surgical options for optimal health with superior and lasting effects." Services include Hormone Optimization, IPL treatments, IV Hydration, Laser Hair Removal, RF Microneedling, Supplements, a Medical Weight Management Program, Women's Wellness, and Body Composition Analysis—all designed to support overall health, vitality, and confidence.

Dr. Strandberg's approach to care is rooted in a holistic understanding of health, emphasizing functional medicine. This perspective allows her to see the body as an interconnected system rather than merely treating isolated symptoms. By identifying and addressing the root causes of illness—be it genetic, environmental, lifestyle-related, or due to bodily imbalances—she collaborates with her patients to create personalized care plans that support their natural healing processes.

In addition to her outpatient work at Rise Health, Dr. Strandberg serves as the medical director of a local nursing home, offering compassionate care to the geriatric population. Her experience in this setting enhances her understanding of patient needs across different life stages and informs her practice.

Dr. Strandberg values the importance of building strong, trusting relationships with her patients. She believes that open communication and collaboration are essential for empowering individuals to take an active role in their health and well-being. Her patients appreciate her compassionate, thorough, and personalized approach to care, which combines evidence-based medicine with a focus on prevention and long-term wellness.

By integrating functional medicine principles with the best practices of traditional family medicine, Dr. Strandberg offers a uniquely well-rounded approach to patient care. Whether treating acute conditions, managing chronic illness, or focusing on prevention, she is dedicated to providing the highest quality of care, always to improve her patients' quality of life.

Learn More about Dr. Erica Strandberg:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83885826-Erica-Strandberg-Family-Practitioner> or through Rise Health, LLC, <https://www.risehealthwy.com/team>

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