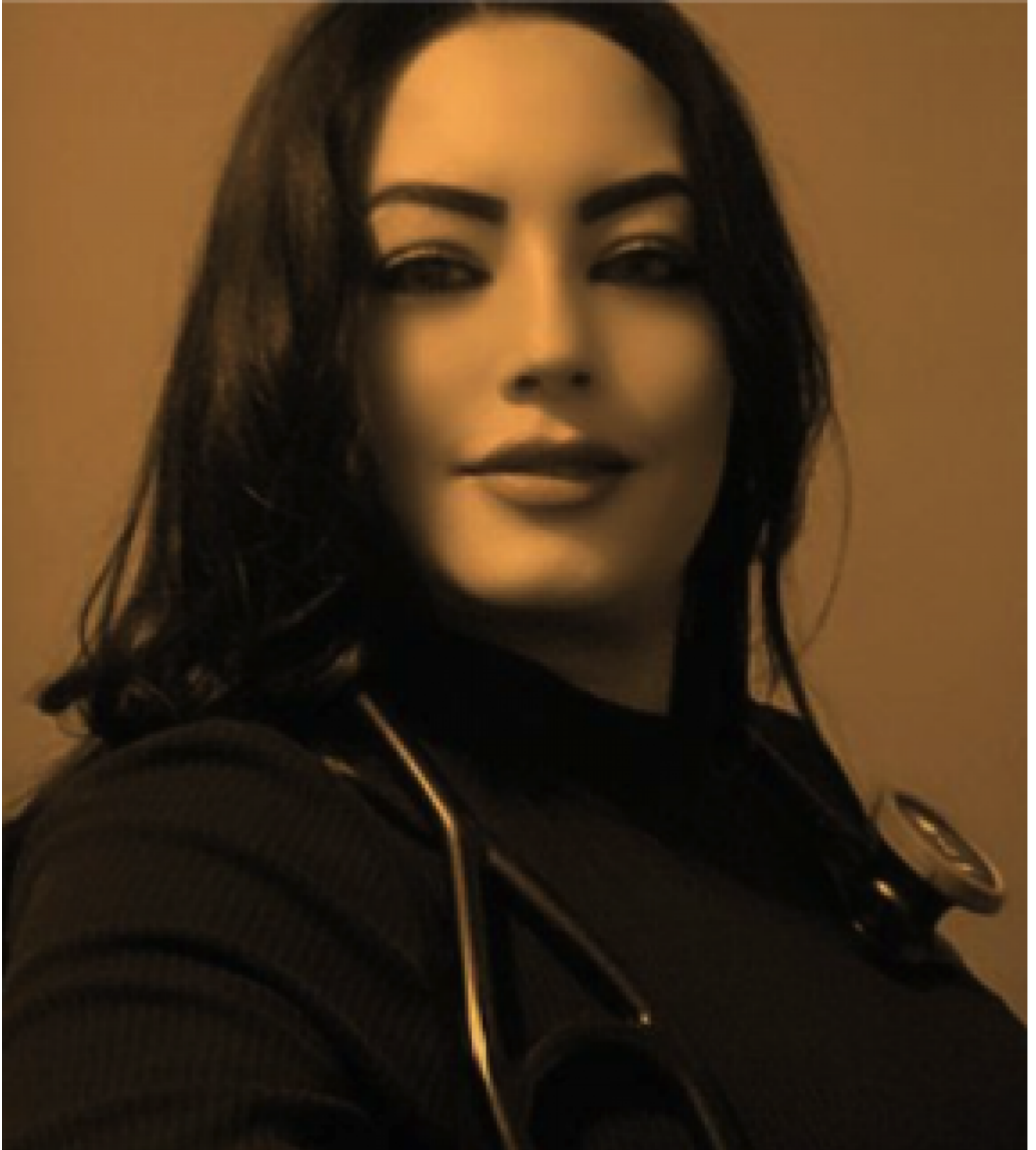


Lyrisa Sanchez, FNP-BC: Board-Certified Family Nurse Practitioner at Meadow City Family Clinic

Experienced Rural Healthcare Provider Combines Family Medicine, Holistic Care, and Community Commitment to Improve Patient Outcomes Across New Mexico



Las Vegas, New Mexico May 11, 2026 (IssueWire.com) - Lyrisa Sanchez, FNP-BC, is a Board-Certified Family Nurse Practitioner with more than 20 years of healthcare experience dedicated to serving rural communities throughout Eastern and Northern New Mexico. Known for her compassionate, patient-centered approach and commitment to accessible healthcare, Lyrisa combines extensive clinical expertise with a strong focus on holistic wellness, preventive care, and meaningful patient relationships.

Currently practicing at Meadow City Family Clinic in Las Vegas, New Mexico, Lyrisa provides comprehensive primary care and family medicine services with additional specialization in hormone replacement therapy through EVEXIPEL, weight management, and integrative approaches to patient wellness. Bilingual in Spanish, she is able to communicate effectively with the diverse populations she serves, helping patients feel heard, understood, and supported throughout their healthcare journeys.

Lyrisa began her healthcare career at Luna Community College in Las Vegas, New Mexico, where she earned her Certified Nursing Assistant (CNA), Licensed Practical Nurse (LPN), and Registered Nurse (RN) credentials. After beginning practice as a Registered Nurse in 2009, she continued advancing her education by earning her Bachelor of Science in Nursing from Aspen University, followed by a Master of Science in Nursing from Walden University. In 2024, she achieved board certification as a Family Nurse Practitioner through the American Nurses Credentialing Center (ANCC).

Over the course of her nursing and advanced practice career, Lyrisa has developed broad clinical experience across multiple healthcare settings. She worked extensively in emergency rooms at rural hospitals, med-surg floors, home health services, skilled nursing facilities, pain management clinics, and school-based healthcare programs. Her hands-on experience includes assisting with procedures such as spinal injections, managing chronic illnesses, supporting acute patient care, and introducing telehealth services to schools within her community to improve healthcare accessibility for underserved populations.

During her first two years practicing as a nurse practitioner, Lyrisa worked in family medicine while simultaneously taking emergency room hospital calls, effectively functioning in a hospitalist role and bridging her transition from bedside nursing into advanced practice medicine. Her versatility and leadership abilities also led to administrative responsibilities, including serving as Director of Nursing, overseeing multiple clinical locations.

Throughout her career, Lyrisa has consistently demonstrated leadership, professionalism, and commitment to excellence. She has been inducted into both the National Society of Leadership and Success and the Sigma Theta Tau International Honor Society of Nursing in recognition of her academic achievements, leadership, and contributions to healthcare.

In addition to her traditional medical training, Lyrisa has developed a strong interest in holistic and integrative care. She has completed multiple educational programs focused on holistic medicine and plans to continue expanding her expertise in this area. She is currently certified in Hormone Replacement Therapy (HRT), helping patients address symptoms related to natural hormonal decline such as menopause and andropause. She is also pursuing Commercial Driver's License (CDL) certification in order to provide physical examinations for medical CDL licensees, further expanding healthcare access within her rural community.

"What I enjoy most about practicing medicine is the patient engagement and seeing positive outcomes," says Lyrisa. "When patients come back and tell me that what I'm doing is working for them, and that the way I talk to them works for them, that's what keeps me going. Hearing that patients are getting better and seeing those positive outcomes drives me to do better and to learn more. The patient relationship is

really what keeps me rockin' and rollin' in this field. I have patients who travel hours just to come see me, and that kind of loyalty and trust means everything to me.”

For Lyrisa, healthcare is deeply personal and relationship-driven. She believes meaningful care requires listening carefully, educating patients thoroughly, and building trust through consistency, compassion, and individualized treatment. Her dedication to improving patient outcomes and helping individuals feel better physically, emotionally, and mentally continues to motivate her ongoing professional growth and lifelong commitment to healthcare service.

Through her work at Meadow City Family Clinic and her ongoing dedication to holistic, accessible healthcare, Lyrisa Sanchez continues to make a meaningful impact across rural New Mexico by helping patients achieve healthier lives through compassionate, comprehensive, and personalized care.

Learn more about Lyrisa Sanchez:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/lyrisa-sanchez> or through her profile on Meadow City Family Clinic, <https://meadowcityfamilyclinic.com/>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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