

Dr. Carrie Leff is a board-certified physician in Internal Medicine and Pediatrics who specializes in primary care for midlife women. She is a Certified Menopause Practitioner through The Menopause Society and focuses on evidence-based care for women navigating the hormonal transitions of midlife.

Over the past several years, Dr. Leff has dedicated her work to helping women understand and manage menopause with clear medical guidance and individualized care. Her clinical approach integrates preventive medicine, hormone therapy, and whole-person health to support women through the physical and emotional changes of this stage of life.

She is recognized as a leading voice in menopause care in Southeast Michigan and regularly speaks to community groups, professional organizations, and physicians about menopause science, hormone therapy, and the growing health needs of midlife women.

Dr. Leff is committed to demystifying menopause and encouraging women to prioritize their health during midlife. She shares practical, science-based health education on Instagram at [@drcarrieleff](https://www.instagram.com/drcarrieleff).

Dr. Leff recently launched a primary care practice focused on the intersection of primary care, midlife women's health, and menopause. Learn more at [www.drcarrieleff.com](http://www.drcarrieleff.com).