

My Mission

■ PATIENT ADVOCACY ■ PREVENTATIVE HEALTHCARE ■ MIND-BODY CONNECTION

Dr. Sonia Bahlani believes in providing a personalized, holistic approach to helping women with pelvic pain and sexual health challenges.

Patients deserve a doctor who will take the time to deeply understand their challenges and have the confidence that the doctor is meeting them where they are at in their personal journey.

Dr. Sonia Bahlani's professional goal is to raise public health awareness about pelvic pain and women's sexual health and ultimately, create a healthier population.



DR. SONIA BAHLANI, MD

Specialist in Urological and Gynecological Pelvic Pain
The Arthur Smith Institute - North Shore-LIJ System
Department of Urology

MEET DR. SONIA BAHLANI, MD

“ The woman who follows the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has been before.

- Albert Einstein

This quote really resonated with Dr. Sonia Bahlani, as her path to becoming a pelvic pain specialist was an unconventional one. After completing her OB/GYN residency, she saw how women were suffering from pelvic pain in silence or spending years searching for answers without finding relief. So, she listened to her gut and veered from the traditional course and pursued a fellowship in the department of urology, working with pioneers in the world of pelvic pain. Receiving training in these two disciplines has given her a unique, holistic perspective.

Through her practice, Dr. Bahlani focuses solely on the medical and procedural treatment of pelvic pain. She takes a compassionate, patient-centric approach and listens to her patients to gain a deep understanding of their challenges. She pinpoints the causes of a woman's pain and develops a personalized, comprehensive treatment plan aimed at addressing the issue from all angles to improve their quality of life beyond what they thought possible.

EDUCATION

Dr. Bahlani graduated magna cum laude with an undergraduate degree and then went on to receive her Doctor of Medicine degree from the Virginia Commonwealth School of Medicine in Richmond, VA. She completed her residency in OB/GYN at New York Presbyterian/Weill Cornell Medical Center. After her residency, Dr. Bahlani joined the Smith Institute following a fellowship in urology under the mentorship Dr. Robert Moldwin, a leader and innovator in the field of pelvic pain.

As the 2014 recipient of the Marinoff Career Development Award from the National Vulvodynia Association, Dr. Bahlani has been able to continue her clinical and research interests in the treatment of vulvodynia and sexual pain. She's been invited to present her research at multiple conferences, including the International Association for the Study of Pain, the American Association of Gynecologic Laparoscopists, and the American Urologic Association. Dr. Bahlani has also been published in top national and international journals.

Dr. Bahlani's specialized training allows her to treat patients with urologic and gynecologic pelvic pain syndromes, such as vulvodynia, pelvic floor dysfunction, interstitial cystitis, vulvar dermatoses, and female sexual dysfunction. As a clinician, as well as through her continual pursuit of knowledge and research, Dr. Bahlani always strives to achieve her ultimate goal of enabling women to spend less time in pain and gain the tools they need to live their lives to the fullest.

