Eisenhower Women's Health

After more than 20 years being on call "24/7" as an obstetrician/ gynecologist in some of Los Angeles' busiest and most prestigious hospitals, Toni Long, MD felt it was time for change.

"I'm enjoying the transition to older patients," Dr. Long says. "I'm getting older just like my patients, so I relate to them and their mid-life issues."
"Working in an outpatient setting is a perfect match for my lifestyle," notes Dr. Long, who now practices gynecology at the Eisenhower Women's Health Center. "Working in such a beautiful, new facility that offers comprehensive health care services under one roof is a bonus," she says, adding that some of the services offered at the state-of-the-art health center include an imaging center, 15 primary care physicians, a radiation oncology center, a breast center where mammography and bone density scanning is performed, orthopedic specialists and a wide array of wellness and community health education programs.

A Southern California native, Dr. Long attended George Washington University Medical School in Washington, DC before completing her internship and residency at Cedars-Sinai Medical Center in Los Angeles. Board Certified in Gynecology and Obstetrics, Dr. Long was drawn to the specialty because of its variety and focus on women.

Today, Dr. Long specializes in hormone replacement therapy and menopause, with a particular interest in sexuality and aging. Her down-to-earth and easy-going manner puts patients at ease, making it easier for them to open up about concerns some may feel are too private or embarrassing to discuss. "I'm enjoying the transition to older patients," Dr. Long says. "I'm getting older just like my patients, so I relate to them and their mid-life issues."

Dr. Long relishes the new-found time the outpatient schedule affords to spend with her family, pursue other interests and get more involved in community service. Dr. Long serves on the Barbara Sinatra Children's Center at Eisenhower Board of Directors where she volunteers to help victims of physical, sexual and emotional child abuse. As a Soroptimist, an international volunteer organization working to improve the lives of women and girls in local communities and throughout the world, Dr. Long is involved in volunteer and fund-raising activities for the betterment of women throughout the Coachella Valley.

Dr. Long also stays fit just as she encourages her patients, participating in a fitness boot camp at La Quinta Park three days each week and hiking the local trails and canyons on weekends.

Andrea Randall, MD
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Andrea Randall, MD, also a California native, is enthusiastic about her patients and building a new practice in the Coachella Valley. "Growing up in Southern California, I always vacationed in the desert and knew it was an area I liked. When the opportunity to practice gynecology full time at Eisenhower Medical Center came up, I thought it would be a great fit."

Dr. Randall's patients seem to be happy about it, too. "I have a nice blend of younger and older patients," says Dr. Randall. I really enjoy working with the different populations — helping both young women and women who are well into their 90s. With my younger patients, I focus on keeping them healthy and safe. With my older patients, I often treat menopausal or perimenopausal symptoms, and help them navigate and understand hormones. It is very individualized and rewarding work and allows me to care for women at different and often unique stages in their lives. That's a privilege."

Board Certified in Obstetrics and Gynecology, Dr. Randall received her Bachelor of Science degree in biological sciences with a specialization in neuroscience from the University of California at Irvine. She attended Rosalind Franklin University/ Chicago Medical School where she received her medical degree and completed her residency in obstetrics and gynecology at Loma Linda University Medical Center.

"Regular visits with a gynecologist are an important part of a woman's health," notes Dr. Randall. "There is a lot we can do to prevent disease but if you don't see a gynecologist, you may not know what to look for. I spend a lot of time educating my patients because the body changes as we get older and there are new things to pay attention to. I would advise someone not to wait until something becomes an emergency to get checked. Regular checkups can often prevent something from becoming a serious problem."

Dr. Randall's husband Alan is a pediatrician. They have a sixyear- old daughter, Brynn, and are expecting another child soon. "Brynn keeps me quite busy so it'll be interesting to add another little one to the mix. My husband and daughter love to draw so we can often be found at a picturesque setting some place having coffee while the two draw together."

Gynecology Services in La Quinta

Eisenhower Medical Center offers a number of services and locations throughout the Coachella Valley to bring health care close to home. In La Quinta, Eisenhower now offers Eisenhower Women's Health Center in the Eisenhower George and Julia Argyros Health Center. Gynecological health is best met with a trusted gynecologist who can guide a woman through the changes she will experience at different stages in life, from younger women having their first annual screenings to peri-menopausal and menopausal women undergoing hormonal changes to older women who may have pelvic health-related concerns. Eisenhower Women's Health Center offers preventive and specialized gynecological care to help women protect their health at every stage.

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