



Dr. Heather Bartos

Heather Bartos, M.D. is a leading voice in the field of women's health and wellness, combining care for the mind, body, emotions, and spirit to help women live healthier, more fulfilling lives. Fascinated by how what we think about affects how we feel, Dr. Bartos teaches women—and women's families—how to thrive, no matter what stage of life they're in.

Our mindset is a key component to our overall health. With this belief in mind, Dr. Heather Bartos practices what she calls MindSHIFT Medicine, the integration of one's mental, physical, and emotional health to care for the whole person. It's a practice that she uses to treat patients, but it's also a practice she lives by.

A board-certified OB/GYN, Dr. Bartos graduated from the University of Texas at Houston Medical School and completed her residency at Baylor College of Medicine, also in Houston. She served as an assistant clinical professor of OB/GYN at the Uniformed Services University of Health Sciences (USUHS) for several years and was a physician in the US Navy for eight years. She is currently chief of obstetrics & gynecology at Texas Health Presbyterian Hospital in Denton, Texas.