

Dr. Susan Hardwick-Smith is Board Certified in Obstetrics and Gynecology and has been in practice in Houston since 1999. In 2020 she retired as the Founder and President of Complete Women's Care Center which she opened as a solo practitioner in 2002 and grew to be the largest all-female OB/GYN group in the country by 2019. Dr. Susan decided to start her "second act" as the Founder of Complete Midlife Wellness Center, a concierge practice focused on helping women find their full aliveness in midlife and celebrate the amazing opportunities that menopause brings.

After graduating from the University of Houston she attended Baylor College of Medicine and completed her residency training at the University of Texas in Houston, where she served as Administrative Chief Resident in 1998-1999. During residency, some of her other academic achievements include being honored as the Outstanding Chief Resident in 1999 and an award for excellence in laparoscopic surgery in 1998. As a resident, she also published a study on anesthesia for neonatal circumcision which received numerous awards and helped to change national practices regarding the humane use of anesthesia for this procedure. She was trained and certified through Rice University as an Executive Coach and specializes in coaching women to discover their true genius and highest potential.

Dr. Hardwick-Smith is an associate of the Laser Vaginal Rejuvenation Institute of America, the American Academy of Cosmetic Gynecologists, and the American Academy of Cosmetic Surgery, and was the first gynecologist in Houston to focus on cosmetic gynecology more than 15 years ago when the field was just emerging. She has spoken at national conferences on cosmetic gynecologic topics and her opinions have been published in the American Journal of Cosmetic Surgery, as well as being a co-author of a landmark study published in the Aesthetic Surgery Journal. She is an expert in menopausal health and sexuality and has completed a large research project regarding this topic, culminating in important book helping women to navigate this new stage of life while remaining vibrant, connected and sexually satisfied. [Sexually Woke](#)

From 2004 to 2023, Dr. Hardwick-Smith has been honored over 15 times as a "Texas Superdoctor" in Texas Monthly magazine, and in 2017-2019 was listed in the "Texas Superdoctors Hall of Fame". She was also honored in H Texas magazine as one of Houston's "Top Doctors for Women" from 2006 to 2008, as well as Houston's "Top Doctors" annually from 2006 to 2021. In 2016-2019 she was the only doctor recognized as a Houston "Top Doctor" in Cosmetic Gynecology. [ThreeBestRated.com](#) named her as one of Houston's Top 3 Gynecologists five years in a row from 2016-2020. In 2013 she was honored by the MGMA (Medical Group Management Association) as their national Physician Executive of the Year. In December 2006 she was nominated for "Physician of the Year" at Memorial Hermann Hospital, and has received numerous "Patients' Choice" and "Compassionate Doctor" awards from online patient reviews. In 2020, Dr. Hardwick-Smith was awarded the "Kathyn S. Stream Award" for excellence in the healthcare by the Greater Houston Women's Chamber of Commerce at the 2020 Greater Houston Conference for Women.

Dr. Hardwick-Smith is also a best-selling author. *Sexually Woke* (which chronicles Dr. Hardwick-Smith's studies into the decline of sexual activity and wellness in the population of midlife women, as well as chronicling her personal journey on the subject) debuted in 2020 atop of multiple Amazon best-selling and best new release categorical rankings, including Amazon's "Sex & Sexuality", "Menopause", and "Sexual Wellness" categories.

Dr. Hardwick-Smith is an experienced marathon runner and triathlete and has completed over a dozen marathons as well as eight full Ironman distance triathlons and more than 20 half Ironman triathlons, as well as multiple Olympic and shorter distance races.

She enjoys teaching and practicing meditation and mindful self-awareness, swimming, biking, running, SoulCycle, tennis, traveling, decorating and spending quality time with her family and friends when she is not at the office. She is also actively involved in and serves on the Board of Child Legacy International ([childlegacy.org](http://childlegacy.org)), a nonprofit organization in Malawi, Africa for which she supervises a rapidly growing women's health project.

Dr. Hardwick-Smith limits her surgical practice to cosmetic gynecology including [labiaplasty](#) and both surgical and non-surgical vaginal rejuvenation. Her office practice focuses on midlife women's wellness including hormone assessment and management, weight management, sexual, spiritual and relational wellness as well as women's life coaching.

