Stanford



Nichole Tyson MD

- Clinical Professor, Obstetrics & Gynecology
- Clinical Professor (By courtesy), Pediatrics

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Nichole Tyson MD is a Clinical Professor of Obstetrics and Gynecology at Stanford University School of Medicine. She specializes in Pediatric and Adolescent Gynecology (PAG). For over 20 years, Dr. Tyson has partnered with girls and their families as they journey from childhood through adolescence and into adulthood. Dr. Tyson enjoys solving complex problems as well as common concerns that can be overlooked and challenging to girls and young women. She is been recognized locally, nationally and internationally a leader in the field and skilled and experienced surgeon caring for patients with endometriosis, adnexal masses and variations in urogenital anatomy.

As a Pediatric and Adolescent Gynecologist, she specializes in problems such as abnormal periods, hormone management and adolescent contraception in people with underlying medical conditions, pelvic masses, differences of sex development and complex utero-vaginal anatomy.

She has been a leader on a number of national medical committees, including Vice President of the North American Society of Pediatric and Adolescent Gynecology (NASPAG), immediate past-chair of the American Association of Gynecologic Laparoscopy (AAGL) Pediatric and Adolescent Gynecology special interest group and associate member of the Contraception Committee for the International Federation of Gynecology and Obstetrics (FIGO). She is an active contributor to the peer reviewed literature in pediatric and adolescent gynecology, obstetrics and gynecology, contraception and laparoscopic surgery. Dr. Tyson also has extensive experience with the consumer press as an adolescent gynecology expert for numerous online articles in such magazines as Seventeen, Self and NY Times.

She is the Chief of Pediatric and Adolescent Gynecology at Stanford Children's Hospital and the Director of Mentorship and Coaching for the Ob/Gyn Department. She is passionate about teaching, mentorship and coaching, working closely with medical students, residents and fellows. She is an innovator in education, both developing and and implementing numerous curricula in Gynecology, Pediatric Adolescent Gynecology, Simulation education, Surgical Coaching and Leadership and Professionalism. She is currently working as a chief editor for two PAG textbooks-one titled PAG essentials and the other, the first ever PAG surgical textbook, both due for publication in 2024-2025.

CLINICAL FOCUS

- Pediatric Adolescent Gynecology

- Gynecology

ACADEMIC APPOINTMENTS

- Clinical Professor, Obstetrics & Gynecology
- Clinical Professor (By courtesy), Pediatrics
- Member, Wu Tsai Human Performance Alliance

ADMINISTRATIVE APPOINTMENTS

- Director, Mentorship & Coaching, Stanford University, Department of Ob/Gyn, (2023- present)
- Chief, Pediatric Adolescent Gynecology, Stanford Children's Hospital, (2022- present)
- Inpatient Gynecology Clerkship Director, Stanford University School of Medicine, (2021- present)
- Assistant Residency Program Director, Obstetrics and Gynecology, Stanford University School of Medicine, (2021-2022)
- Section Lead, Hematology & Gynecology Joint Clinic, Stanford University School of Medicine, Lucile Packard Children’s Hospital, (2021- present)
- Chair, Pediatric & Adolescent Subspecialty Group, Kaiser Permanente, Northern California, (2015-2020)
- Director, Obstetrics & Gynecology Teen Clinic, Kaiser Permanente, Northern California, (1999-2020)
- Lead, Family Planning, International Collaborative, Kaiser Permanente, Northern California, (2018-2020)

HONORS AND AWARDS

- Top 10% reviewer, Journal of Minimally Invasive Surgery (2023)
- Outstanding Residency Teaching Award, University of California, Davis (2016, 2019)
- Presidents Award, North American Society of Pediatric & Adolescent Gynecology (NASPAG) (2018)
- Top Doctors, Sacramento Magazine (2007, 2016, 2017, 2020)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Advocacy Committee Chair, North American Society for Pediatric and Adolescent Gynecology (2017 - 2021)
- Chair, Pediatric Adolescent Gynecology Special Interest Group, American Association of Gynecologic Laparoscopists (AAGL) (2021 - 2022)
- Annual Clinical Meeting Sponsored Workshop Chair, North American Society for Pediatric and Adolescent Gynecology (2020 - 2022)
- Vice President, North American Society for Pediatric and Adolescent Gynecology (2022 - present)
- Contraception Committee member, International Federation of Gynecology and Obstetrics (FIGO) (2021 - present)
- Contraceptive Equity Expert Work Group, American College of Obstetrics and Gynecology (2020 - present)
- LARC Work Group, American College of Obstetrics and Gynecology (2013 - 2020)
- Wellness Committee, ACOG District IX (2020 - present)
- Social Media Committee, North American Society for Pediatric and Adolescent Gynecology (2018 - present)
- International Task Force, North American Society for Pediatric and Adolescent Gynecology (2019 - present)
- Annual Clinical Meeting Program commitee, North American Society for Pediatric and Adolescent Gynecology (2018 - present)
- Development committee, North American Society for Pediatric and Adolescent Gynecology (2019 - present)
- Education, Website, Membership Committees, North American Society for Pediatric and Adolescent Gynecology (2013 - 2017)
- Editorial Board, Journal of Pediatric and Adolescent Gynecology (2014 - present)
- Board member at large, North American Society for Pediatric and Adolescent Gynecology (2017 - 2020)
- Education Committee Chair, North American Society for Pediatric and Adolescent Gynecology (2017 - 2019)
- Fellow, American College of Obstetrics and Gynecology (2002 - present)
- Adolescent Committee, American College of Obstetrics and Gynecology (2004 - 2007)

- Affiliate fellow, Society of Family Planning (2012 - present)
- Member, American Medical Association (1999 - present)
- Member, American Medical Women's Association (2020 - present)
- Medical Student President, American Medical Women's Association (1994 - 1995)
- Medical Student Vice President, American Medical Women's Association (1993 - 1994)

PROFESSIONAL EDUCATION

- Board Certification: Focused Practice in Pediatric and Adolescent Gynecology, American Board of Obstetrics and Gynecology (2018)
- Board Certification: Obstetrics and Gynecology, American Board of Obstetrics and Gynecology (2001)
- Residency: UC Davis Dept of Obstetrics and Gynecology (1999) CA
- Focused Practice Designation, American Board of Obstetrics and Gynecology , Pediatric and Adolescent Gynecology (2018)
- Board Certification, American Board of Obstetrics and Gynecology , American Board of Obstetrics and Gynecology, Obstetrics and Gynecology (2001)
- Residency, University of California, Davis , Obstetrics and Gynecology (1999)
- Medical Education: Tufts University School of Medicine (1995) MA
- Medical Education, Tufts University School of Medicine , Boston, Massachusetts (1995)

LINKS

- Wrote & developed first ever FIGO Podcasts- 3 part series-Adolescent Contraception: https://open.spotify.com/show/7ngAEx0ohyoqSCka0U4HYC
- Created and Host North American Society of Pedi/Adolesc GYN Annual Clinical Research Meeting Podcast: https://podcasts.apple.com/us/podcast/naspag-acrm-2022/id1602776409?i=1000546550323
- Co-host of the JPAG podcast: https://podcasts.apple.com/us/podcast/jpag/id1468741981
- What is Pediatric Adolescent Gynecology?: https://med.stanford.edu/cme/stanford-medcast.html
- Managing LARC challenges: https://www.pathlms.com/acogwebinars/courses/8754/video_presentations/115740
- Catamenial Epilepsy Treatment Approaches: What a Gynecologist Needs You to Know: https://www.neurologyadvisor.com/topics/epilepsy/catamenial-epilepsy-menstrual-related-epilepsy-treatment-gynecologist/
- LARC patient education video: https://vimeopro.com/northvalleymultimedia/larc-video-2018
- Telehealth & Pediatric Adolescent Gynecology: https://www.dropbox.com/s/0ch4hmhfyswg25b/zoom_1.mp4?dl=0

Research & Scholarship

RESEARCH INTERESTS

- Adolescence
- Professional Development

Publications

PUBLICATIONS

- **From clinics to classrooms: physicians play an essential role in transforming comprehensive sexuality education.** *Reproductive health*
  Jayasinghe, Y., Grimstad, F. W., Simms-Cendan, J., Rome, E. S., Tyson, N., Labovsky, M., Alonso, M. M., Torres, A., Nižňanská, Z., Azurah, A. G., M Med, B. I., Lijtenstein, M., Oizerovich, et al
  2026
- **Primary ovarian insufficiency.** *Best practice & research. Clinical obstetrics & gynaecology*
  McCracken, M., Tyson, N.
  2025; 104: 102685

- **Contraception in transgender and gender diverse patients.** *Current opinion in obstetrics & gynecology*
  McCracken, M., Tyson, N.
  2025
- **Elevating and empowering reproductive futures: Pediatric and adolescent gynecology's specialized care across the globe.** *International journal of gynaecology and obstetrics: the official organ of the International Federation of Gynaecology and Obstetrics*
  Tyson, N. A., Bhuinneain, M. N., Divakar, H., Mauger, L., Cendan, J. S., Labovsky, M., FIGO Committee on Adolescent and Youth Health
  2025
- **Laparoscopy in Pediatric and Adolescent Gynecology.** *Obstetrics and gynecology clinics of North America*
  McCracken, M., Tyson, N.
  2024; 51 (4): 609-619
- **Menstrual Equity.** *Obstetrics and gynecology clinics of North America*
  Rome, E. S., Tyson, N.
  2024; 51 (4): 731-744
- **Adolescent reproductive health in a post-Dobbs landscape: a review.** *Current opinion in obstetrics & gynecology*
  Doyle, A. A., Liu, S. M., Tyson, N. A.
  2024
- **Providing adolescent-friendly sexually transmitted infection screening and treatment services.** *Current opinion in obstetrics & gynecology*
  Friedman, J. C., Cannon, B., Tyson, N., Kang, M.
  2024
- **FIGIJ and NASPAG Advocacy Statement Supporting Fertility Preservation for Pediatric and Adolescent Patients Receiving Gonadotoxic Therapy.** *Journal of pediatric and adolescent gynecology*
  Simms-Cendan, J. S., Jayasinghe, Y., Aguilar, A., Nunzio, C. D., Rome, E., Orti, M., Vatopoulou, A., Drejza, M., Tyson, N., Sumida, M., Romano, M.
  2024
- **Contraceptive strategies for reducing the risk of reproductive cancers.** *International journal of gynaecology and obstetrics: the official organ of the International Federation of Gynaecology and Obstetrics*
  Aliabadi, A. R., Wilailak, S., McNally, O., Berek, J. S., Sridhar, A., FIGO Committee on Contraception, FIGO Committee on Women's Cancer, Sheffield, J., Kasliwal, A., Musinguzi, J., Gonzalez, C. C., Ahsan, A., Mola, G., Roy, et al
  2024
- **Surgical Considerations in the Management of Adolescent Endometriosis - An Expert Commentary.** *Journal of minimally invasive gynecology*
  Tyson, N., Shim, J., Lee, T., King, C. R., Md, J. E., Hornstein, M. D., Laufer, M. R.
  2024
- **FIGO position statement on comprehensive sexuality education.** *International journal of gynaecology and obstetrics: the official organ of the International Federation of Gynaecology and Obstetrics*
  Koch, M., Tyson, N., Bhuinneain, G. M., Kasliwal, A., Conry, J., Sridhar, A.
  2024; 164 (2): 531-535
- **Evaluation and Management of Endometriosis in the Adolescent.** *Obstetrics and gynecology*
  Shim, J. Y., Laufer, M. R., King, C. R., Lee, T. T., Einarsson, J. I., Tyson, N.
  2023
- **Going with the flow: the emergence of menstrual science.** *BMJ sexual & reproductive health*
  Tyson, N., Kciuk, O., Blumenthal, P. D.
  2023
- **An adolescent with adnexal torsion presenting with severe hyponatremia** *JOURNAL OF PEDIATRIC SURGERY CASE REPORTS*
  Brookhart, C., Kciuk, O., Debiec, K., Smith, C., Tyson, N.
  2023; 92
- **NASPAG Position Statement: Eliminating Period Poverty in Adolescents and Young Adults Living in North America (vol 35, pg 609, 2022)** *JOURNAL OF PEDIATRIC AND ADOLESCENT GYNECOLOGY*
  Harrison, M. E., Davies, S., Tyson, N., Swartzendruber, A., Grubb, L. K., Alderman, E. M.

2023; 36 (2): 260

- **Adolescent Contraception** *The Global Library of Women's Medicine (GLOWM)*
  Tyson, N., Labovsky, M., Oizerovich, S., Liu, S.
  2023
- **Corrigendum to "NASPAG Position Statement: Eliminating Period Poverty in Adolescents and Young Adults Living in North America" [Journal of Pediatric and Adolescent Gynecology** *Journal of Pediatric and Adolescent Gynecology*
  Harrison, M., Davies, S., Tyson, N., et al
  2023: 260
- **Pediatric Tubal Torsion and Bilateral Hydrosalpinx as Upper Abdominal Masses.** *Clinical pediatrics*
  Khorshid, A., Tyson, N. A.
  2022: 99228221142125
- **NASPAG Position Statement: Eliminating Period Poverty in Adolescents and Young Adults Living in North America** *JOURNAL OF PEDIATRIC AND ADOLESCENT GYNECOLOGY*
  Harrison, M. E., Davies, S., Tyson, N., Swartzen-druber, A., Grubb, L. K., Alderman, E. M., Casey, R., Fisher, M., Gray, S., Hoover, K., Huneeus, A., Kaufman, S., Lupo, et al
  2022; 35 (6): 609-611
- **Elevating the Needs of Minor Adolescents in a Landscape of Reduced Abortion Access in the United States.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
  Hoopes, A. J., Maslowsky, J., Baca, M. A., Goldberg, J., Harrison, M. E., Hwang, L. Y., Romano, M., Tebb, K., Tyson, N., Grubb, L. K.
  2022
- **Pediatric and Adolescent Gynecologic Emergencies.** *Obstetrics and gynecology clinics of North America*
  Cizek, S. M., Tyson, N.
  2022; 49 (3): 521-536
- **Progestins of today and tomorrow.** *Current opinion in obstetrics & gynecology*
  Liu, S., Kciuk, O., Frank, M., Tyson, N.
  2022
- **Dobbs v. Jackson Decision: It's Time to Get Uncomfortable.** *Hospital pediatrics*
  Goldstein, R. L., Carlson, J. L., Tyson, N. A.
  2022
- **Menstruation: Environmental impact and need for global health equity.** *International journal of gynaecology and obstetrics: the official organ of the International Federation of Gynaecology and Obstetrics*
  Harrison, M. E., Tyson, N.
  2022
- **Elevating the Needs of Minor Adolescents in a Landscape of Reduced Abortion Access in the United States** *Journal of Adolescent Health*
  Hoopes, A., Maslowsky, J., Baca, M., Goldberg, J., Harrison, M., Hwang, L., Romano, M., Tebb, K., Tyson, N., Grubb, L.
  2022
- **NASPAG/SAHM Statement: The 21st Century Cures Act and Adolescent Confidentiality.** *Journal of pediatric and adolescent gynecology*
  Carlson, J., Goldstein, R., Hoover, K., Tyson, N.
  2021; 34 (1): 3–5
- **NASPAG/SAHM Statement: The 21st Century Cures Act and Adolescent Confidentiality.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
  Carlson, J., Goldstein, R., Hoover, K., Tyson, N.
  2021; 68 (2): 426–28
- **Differential Diagnosis of a Unique Vulvar Mass in an Adolescent.** *Obstetrics and gynecology*
  Chow, S., Doyle, A., Hammer, P., Tyson, N. A.
  2021
- **Subdermal Contraceptive Implant Insertion Trends and Retention in Adolescents.** *Journal of pediatric and adolescent gynecology*

Lopez, M., Merchant, M., Postlethwaite, D., Tyson, N.
2020

- **A Clinical Approach to Catamenial Epilepsy: A Review.** *The Permanente journal*
  Frank, S., Tyson, N. A.
  2020; 24: 1–3
- **Provision of Reproductive Health for Teens During a Pandemic** *J Pediatr Adolesc Gynecol*
  Tyson, N.
  2020; 33 (4): 331
- **Reproductive effects of obesity in adolescents** *Textbook of Pediatric and Adolescent Gynecology*
  Wellenstein, W., Tyson, N.
  CRC Press.2020; second: 256–264.
- **Adolescents and long-acting reversible contraceptives: beyond the basics.** *Current opinion in obstetrics & gynecology*
  Stanton, T. n., Cizek, S. n., Tyson, N. n.
  2020
- **A clinical approach to catamenial epilepsy** *Perm J*
  Frank, S. E., Tyson, N. A.
  2020; 24 (19)
- **Reproductive Health: Options, Strategies, and Empowerment of Women.** *Obstetrics and gynecology clinics of North America*
  Tyson, N. A.
  2019; 46 (3): 409-430
- **Childhood-Onset Eosinophilic Granulomatosis with Polyangiitis with a Vulvar Granuloma: A Case Report and Review of the Literature.** *Journal of pediatric and adolescent gynecology*
  Swain, C. A., Sherry, T. R., Tyson, N.
  2019; 32 (4): 425-428
- **Childhood and adolescent obesity definitions as related to BMI, evaluation and management options.** *Best practice & research. Clinical obstetrics & gynaecology*
  Tyson, N., Frank, M.
  2018; 48: 158-164
- **HPV Update.** *Journal of pediatric and adolescent gynecology*
  Tyson, N.
  2017; 30 (2): 262-264
- **Laparoscopic Myomectomy of a Symptomatic Uterine Leiomyoma in a 15-Year-Old Adolescent.** *Journal of pediatric and adolescent gynecology*
  Salehi, P. P., Tyson, N.
  2016; 29 (6): e87-e90
- **Committee Opinion No 672: Clinical Challenges of Long-Acting Reversible Contraceptive Methods.** *Obstetrics and gynecology*
  2016; 128 (3): e69-77
- **Clinical Challenges of Long-Acting Reversible Contraceptive Methods** *OBSTETRICS AND GYNECOLOGY*
  Eisenberg, D. L., Tyson, N., Espey, E., Comm Gynecologic Practice, Long-Acting Reversible
  2016; 128 (3): E69-E77
- **Contraception** *Adolescent Medicine Today A Guide to Caring for the Adolescent Patient*
  Tyson, N., Simpson, E., Berlan, E.
  2011: 233–253
- **Care of the overweight adolescent including polycystic ovarian syndrome.** *Clinical obstetrics and gynecology*
  Zidenberg, N., Wright, S.
  2008; 51 (2): 249-56

- **Breast Disorders in Females** *Adolescent Medicine: the Requisites in Pediatrics*
  Huppert, J., Tyson, N.
  Mosby Inc.2008: 146–151