

Stanford



Nichole Tyson MD

Clinical Associate Professor, Obstetrics & Gynecology - General

CLINICAL OFFICES

- **Obstetrics and Gynecology**

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Bio

BIO

Nichole Tyson MD is a Clinical Associate Professor of Obstetrics and Gynecology at Stanford University School of Medicine. She specializes in Pediatric and Adolescent Gynecology (PAG). Dr. Tyson was an OB/GYN, the Chair of Pediatric and Adolescent Gynecology at Kaiser Permanente, Northern California and founder of the Kaiser OB/GYN Teen clinic in 1999. As a Pediatric and Adolescent Gynecologist, she specializes in problems ranging from abnormal menstrual bleeding, abnormal puberty (too early, or too late), adolescent contraception, vulvar and vaginal symptoms, pelvic/ovarian masses, pelvic pain, differences of sex development, concerns about sexually transmitted infections, congenital utero-vaginal variants, and much more. 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 an advocate for empowering young patients locally and nationally.

She has been active on a number of national medical committees, including chair of the North American Society of Pediatric and Adolescent Gynecology (NASPAG) Education committee, Advocacy committee, Board of Directors, a former member of ACOGs Adolescent committee and a long-standing member of ACOGs LARC work group. She is an active contributor to the peer reviewed literature in adolescent gynecology. 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 has been recognized for her teaching having won the UC Davis residency teaching award numerous times and locally recognized as winning Sacramento Magazine top doctor several times.

Dr. Tyson is a fan of using technology to advance the field having been faculty for an advanced laparoscopic surgery course (ligocourses.com), creating and presenting ACOG emodules and webinars as well as numerous interactive e-modules, videos and resources for contraception counseling at Kaiser. She has been a telehealth pioneer and created and co-hosts the podcast for the Journal of Pediatric and Adolescent Gynecology.

CLINICAL FOCUS

- Obstetrics and Gynecology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Obstetrics & Gynecology - General

ADMINISTRATIVE APPOINTMENTS

- 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)
- Women's Health Liaison, Kaiser Permanente, Sacramento Region, (2016-2020)

HONORS AND AWARDS

- 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

- Annual Clinical Meeting Sponsored Workshop Chair, North American Society for Pediatric and Adolescent Gynecology (2020 - present)
- Advocacy Committee Chair, North American Society for Pediatric and Adolescent Gynecology (2019 - present)
- Wellness Committee, ACOG District IX (2020 - present)
- Social Media Committee, North American Society for Pediatric and Adolescent Gynecology (2018 - present)
- LARC Work Group, American College of Obstetrics and Gynecology (2013 - present)
- International Task Force, North American Society for Pediatric and Adolescent Gynecology (2019 - present)
- Annual Clinical Meeting Program committee, 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

- Focused Practice Designation, American Board of Obstetrics and Gynecology , Pediatric and Adolescent Gynecology (2018)
- Board Certification: Obstetrics and Gynecology Designation, American Board of Obstetrics and Gynecology (2019)
- Board Certification, American Board of Obstetrics and Gynecology , American Board of Obstetrics and Gynecology, Obstetrics and Gynecology (2001)
- Residency: UC Davis Dept of OB/Gyn (1999) CA
- 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

- Co-host of the JPAG podcast: <https://podcasts.apple.com/us/podcast/jpag/id1468741981>
- LARC patient education video: <https://vimeo.com/northvalleymultimedia/larc-video-2018>

- Telehealth & Pediatric Adolescent Gynecology: https://www.dropbox.com/s/0ch4hmfyswg25b/zoom_1.mp4?dl=0
- Managing LARC challenges: https://www.pathlms.com/acogwebinars/courses/8754/video_presentations/115740

Research & Scholarship

RESEARCH INTERESTS

- Adolescence
- Professional Development

Publications

PUBLICATIONS

- **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
- **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)
- **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. n.
2019; 32 (4): 425–28
- **Reproductive Health: Options, Strategies, and Empowerment of Women.** *Obstetrics and gynecology clinics of North America*
Tyson, N. A.
2019; 46 (3): 409–30
- **Childhood and adolescent obesity definitions as related to BMI, evaluation and management options.** *Best practice & research. Clinical obstetrics & gynaecology*
Tyson, N. n., Frank, M. n.

2018; 48: 158–64

- **HPV Update.** *Journal of pediatric and adolescent gynecology*
Tyson, N. n.
2017; 30 (2): 262–64
- **Committee Opinion No 672: Clinical Challenges of Long-Acting Reversible Contraceptive Methods.** *Obstetrics and gynecology*
2016; 128 (3): e69–77
- **Laparoscopic Myomectomy of a Symptomatic Uterine Leiomyoma in a 15-Year-Old Adolescent.** *Journal of pediatric and adolescent gynecology*
Salehi, P. P., Tyson, N. n.
2016; 29 (6): e87–e90
- **Contraception** *Adolescent Medicine Today A Guide to Caring for the Adolescent Patient*
Tyson, N., Simpson, E., Berlan, E.
2011: 233–253
- **Breast Disorders in Females** *Adolescent Medicine: the Requisites in Pediatrics*
Huppert, J., Tyson, N.
Mosby Inc.2008: 146–151
- **Care of the overweight adolescent including polycystic ovarian syndrome.** *Clinical obstetrics and gynecology*
Zidenberg, N. n., Wright, S. n.
2008; 51 (2): 249–56