



Gnendy Indig, MD

Clinical Instructor, Obstetrics & Gynecology - General

CLINICAL OFFICE (PRIMARY)

- **Gynecology Clinic**

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Bio

BIO

Dr. Gnendy Indig is an obstetrician-gynecologist at Stanford Health Care. She also serves as a clinical instructor in the Department of Obstetrics & Gynecology, Division of Gynecology & Gynecologic Specialties at Stanford University School of Medicine.

Dr. Indig specializes in comprehensive obstetric and gynecologic care with a focus on inclusive reproductive health services. She supports her patients through all phases of their lives, from puberty to menopause. Her clinical expertise includes complex gynecological conditions, minimally invasive gynecologic surgery, and prenatal, obstetric, and gender-affirming care. Her care philosophy emphasizes equity, informed decision-making, and partnership with patients to ensure care that aligns with everyone's values and goals.

Dr. Indig's research interests include improving the quality, inclusivity, and medical education around affirming medical care for gender and sexual minorities. She has published her work in multiple peer-reviewed journals, including International Journal of Transgender Health, Journal of Medical Education and Curricular Development, and BMC Medical Education. She has also presented her work at national meetings.

CLINICAL FOCUS

- Obstetrics and Gynecology

ACADEMIC APPOINTMENTS

- Clinical Instructor, Obstetrics & Gynecology - General

HONORS AND AWARDS

- Medical Student Excellence in Teaching Award, Robert Larner, MD College of Medicine, University of Vermont (2025)
- Housestaff Award, Alpha Omega Alpha Medical Society, Robert Larner, MD College of Medicine, University of Vermont (2024)
- Outstanding Resident in Gynecologic Oncology, Society of Gynecologic Oncology, University of Vermont Medical Center. (2023)
- Dr. Jane Skillen Award, University of Michigan Medical School (2021)
- Timothy RB Johnson Global Women's Health Award, University of Michigan Medical School (2021)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Junior Fellow, American College of Obstetricians and Gynecologists (2021 - present)

PROFESSIONAL EDUCATION

- Residency: University of Vermont Medical Center (2025) VT
- Medical Education: University of Michigan Medical School (2021) MI

Publications

PUBLICATIONS

- **US Laws Restricting Medical Care for Transgender Minors: Statutory Inconsistencies Involving Intersex and Other Individuals.** *JAMA health forum*
Mar, S. A., Earp, B. D., Indig, G., McNamara, M., Boskey, E. R., Dalke, K. B., Dietz, E., Carpenter, M., Kraus, C., Lorshbough, E., McLamore, Q., Zieselmann, K., Wenger, et al
2025; 6 (11): e254157
- **Required Mental Health Evaluation Before Initiating Gender-Affirming Hormones: Trans and Nonbinary Perspectives.** *Transgender health*
Stroumsa, D., Maksutova, M., Minadeo, L. A., Indig, G., Neis, R., Ballard, J. Y., Popoff, E. E., Trammell, R., Wu, J. P.
2024; 9 (1): 34-45
- **Intersex Surgery Restrictions** *The SAGE Encyclopedia of LGBTQ+ Studies*
Indig, G., Grimstad, F. W.
edited by Goldberg, A. E.
Sage Publication.2024; 2nd
- **Intersex Inclusion** *The SAGE Encyclopedia of LGBTQ+ Studies*
Grimstad, F. W., Indig, G.
edited by Goldberg, A. E.
Sage Publications.2024; 2nd
- **The Body Guidelines: A Metacognitive and Harm Reducing Approach to Gender and Sex in Preclinical Medical School Curriculum.** *Journal of medical education and curricular development*
Parsa, N., Myers, H., Ravichandran, K., Kus, T., Indig, G.
2023; 10: 23821205231215606
- **Obstetric, Antenatal, and Postpartum Care for Transgender and Nonbinary People** *Moravek, M.B., de Haan, G. (eds) Reproduction in Transgender and Nonbinary Individuals*
Indig, G., Ramos, S., Stroumsa, D.
Springer, Cham.2023
- **Creation of an Electronic Resource Repository for Differences of Sex Development (DSD): Collaboration Between Advocates and Clinicians in the DSD-Translational Research Network.** *Sexual development : genetics, molecular biology, evolution, endocrinology, embryology, and pathology of sex determination and differentiation*
Rutter, M. M., Muscarella, M., Green, J., Indig, G., von Klan, A., Kennedy, K., Weidler, E. M., Barrett, M., Sandberg, D. E., DSD-Translational Research Network
2022: 1-9
- **COVID-19 and medical education in Africa: a cross sectional analysis of the impact on medical students.** *BMC medical education*
Bernard, A., Indig, G., Byl, N., Abdu, A. N., Mengesha, D. T., Admasu, B. A., Holman, E.
2021; 21 (1): 605
- **Clinician Advocacy and Intersex Health: A History of Intersex Health Care and the Role of the Clinician Advocate Past, Present, and Future.** *Pediatric annals*
Indig, G., Serrano, M., Dalke, K. B., Ejiogu, N. I., Grimstad, F.
2021; 50 (9): e359-e365