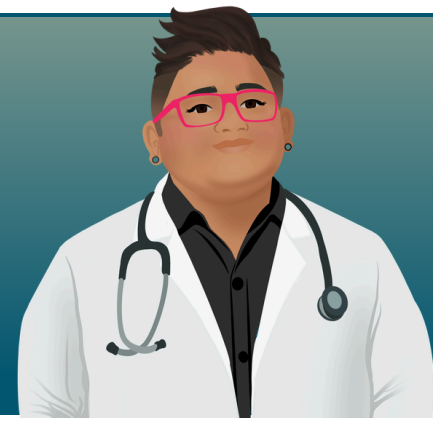


Type of Providers

Learn about the different reproductive health providers and workers you may encounter during your reproductive life



Introduction

You may find yourself needing different types of care and treatment as you live out your reproductive life. This guide is designed to provide information about the various medical providers and support personnel that deal with reproductive health. While nonexhaustive, you may encounter many of these individuals as you navigate different stages of your reproductive life.

Types of Doctors

Obstetrician-Gynecologists (OB-GYNs)

An OB-GYN is a trained professional who handles:

- Pregnancy
- Childbirth
- Conditions affecting the female* reproductive system.

OBGYNs can receive further training in different subspecialties

For more information on these subspecialties, refer to the [OBGYN Card](#), published on our website.

*We use the phrase female/male reproductive system while acknowledging that everyone who identifies as a woman/man does not necessarily have these organs, and every one who has these organs identified does not necessarily identify as a woman/man.

Urologists

These doctors are specialists in

- The urinary system
- Adrenal glands
- Male reproductive system

Can treat

- Urinary tract infections (UTIs)
- Sexual dysfunction disorders (erectile dysfunction, vaginismus)
- Male factor infertility
- Incontinence, bladder pain syndrome

Endocrinologists

These doctors are specialists in conditions affecting:

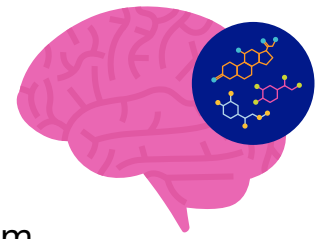
- Hormones, including those involved in metabolism, growth, sexual function, and reproduction

They can treat

- Hypogonadism
- Polycystic Ovarian Syndrome (PCOS)

They can provide

- Hormone replacement therapy for gender affirming care and menopause management



Physician Assistants

Physician assistants (PAs) are medical providers who work under the supervision of a doctor.

Their exact scope of work varies by state, but they typically can provide:

- Direct patient care to patients
- Diagnose illnesses
- Prescribe medications

They can practice under different specialties, like

- Obstetrics and Gynecology
- Urology



Nurses

Coordinate patient care, administer treatments, and monitor a patient's health.

Midwives

Midwives are nurses trained to deal with pregnancy, childbirth, newborn care, and postpartum health. They often work alongside doctors, but also provide medical support for people with low-risk pregnancies who choose to have a home birth.

They provide patient education and routine care such as:

- Pelvic exams
- Pap smears
- Prenatal care
- Pregnancy exams

Nurse Practitioners

A nurse practitioner is a nurse who has undergone additional clinical education and training. They have a wider scope of practice than registered nurses, and in some states, they can be primary care providers.

They can:

- Diagnose conditions
- Manage care
- Work independently of doctors (in some states)
- Be primary care providers (in some states)

They can also specialize in different fields such as neonatal care or women's health.

Doulas

A doula is a trained (non-medical) provider who can provide physical, emotional, and informational support to people during their experiences of pregnancy and pregnancy loss. They have been found to improve birth outcomes, especially for socially and racially marginalized individuals.

They can

- Accompany you to appointments
- Serve as patient advocates (important for Black people and other racialized minorities)
- Provide trauma-informed information

Pregnancy Loss and Termination Doulas

Coordinate patient care, administer treatments, and monitor a patient's health.

Abortion Doulas

- Can help you navigate an abortion, mitigating fear and shame.
- Provide support and care before, during, and after an abortion
- Can answer questions about the process

Bereavement Doulas

- Supports families experiencing child loss: miscarriage, infant, and early infant death



Labor and Birth Doulas

- Provides emotional and physical support to people in labor
- Help birthing person progress through labor as comfortably as possible

Antepartum Doulas

- For birthing people who need more support (eg, high-risk pregnancies, parents with young children)
- Provides informational, emotional, physical, practical support

Full Spectrum Doulas

- Trained to provide support at every step of your reproductive journey: fertility, pregnancy, loss, abortion, birth, and postpartum

Postpartum Doulas

- Provide support after the baby is born
- Help with recovery, breastfeeding, infant care, and light household tasks



Resources

- [OBGYN Card](#)
- [What is a Doula?](#)
- [Birth Workers of Color Collective](#)
- [Muslim Birth Worker Collective](#)
- [Adiyah Community](#)
- [From Safa to Marwa: An Islamically Motivated Guide to Postpartum](#)
- [With Allah as Your Guide: A Short Guide for Muslims Navigating Abortion and Pregnancy Loss](#)

