

Dr. Sarah Berg, MD FACOG MSCP Podcast & Speaker Profile

Dr. Sarah Berg, MD, FACOG, MSCP is a board-certified OB-GYN with more than a decade of clinical practice. She is among a small number of OB-GYNs in the U.S. who also hold practitioner certification from The Menopause Society. After years of spending time in the clinical environment seeing capable women quietly assume they were managing menopause alone, she founded Selfority to close the information gap her patients kept describing. Through Selfority, Dr. Berg translates evidence-based, clinical-grade guidance into clear, actionable education women can use in life, the workplace, and the exam room to get back to feeling better.

Select Authority Topics

- Perimenopause | the Menopause Transition | Post-menopause
- Sex Hormone Labs
- HRT | Non-hormonal Treatments
- Women's Sexual Health | Brain Health | Bone Health | Mental Health
- Nutrition
- Exercise
- Sleep

Select Podcast Guest Features

- Mornings with Megan: [The Menopause Conversation Your Doctor Never Had With You](#)
- HerCsuite® Radio (Women Leaders on the Move): [What Every Woman Should Know About Midlife Health](#)
- THV11 Morning Show: [Menopause Is Everyone's Conversation](#)
- The Fuschia Tent: [Menopause in the Workplace: The Business Case for Support](#)
- MiDOViA: [Why Libido Changes in Menopause & What to Do About It](#)
- 60 Minutes With a Woman: [Perimenopause, Estrogen & Taking Control of Your Health](#)

Select Panel Speaking Features

- [Clinton Global Initiative: Power, Knowledge, and Women's Health with Dr. Sarah Berg](#)
- [The BALANCE Docuseries Tour](#)
- Congressional Policy Panel(s)

Guest Articles

- [The Menopause Conversation Still Has One Major Blind Spot | TIME](#)
- [New endometriosis guidance may help long-suffering patients | STAT](#)
- [Can Pregnancy Complications Cause Heart Health Risks Longterm](#)
- [Do You Have Endometriosis? Here's How to Talk to Your Doctor](#)
- [Can Masturbation Help With Menopause Symptoms? | KCM](#)
- [What's Causing the Estradiol Patch Shortage](#)
- [A Doctor on the Risk of Missing Colon Cancer In Adults Under 50](#)
- [PCOS New Name: What Is PMOS? An OB-GYN Explains | KCM](#)
- [Are Compounded GLP-1s Safe? Risks of Fake, Off-Brand Ozempic](#)
- [Parenting in Your 40s? The Reason You're Feeling Overwhelmed](#)

[Selfority LinkedIn](#) | [Dr. Sarah Berg LinkedIn](#) | [Selfority Instagram](#) | [Selfority YouTube](#)

To request an interview, email Dr. Sarah Berg at sarah.berg@selfority.com
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Selfority
Female Health. Prioritized.