



**Sheryl A. Ross, M.D., “Dr. Sherry”  
Biography (Long)-Last Updated: July 2019**

Dr. Sheryl A. Ross, aka “Dr. Sherry”—Ob/Gyn, author, and health expert—has been a fierce advocate for women’s health for over 25 years. Her first book *She-ology: The Definitive Guide to Women’s Intimate Health. Period* was named one of the six Most Life Changing Wellness Books of 2017 by Prevention.com and Women’s Health Magazine. Her second book, *she-ology, the she-quel, Let’s Continue the Conversation*, hits bookshelves in February 2020. Having received nearly every “Top Doctor” and “Patient’s Choice” award in Southern California, Dr. Sherry was most recently honored with The John Wayne Cancer Institute Auxiliary Angel Award for her contributions in advancing the narrative of women’s health care.

Upon attaining her medical degree from New York Medical College, Dr. Sherry spent her Ob/Gyn residency at the University of Southern California School of Medicine, where, as senior medical resident, she received recognition for her teaching.

Her expertise has been featured in publications such as US News & World Report, Marie Claire, Cosmo, Redbook, Hollywood Reporter, Teen Vogue, Glamour, huffPost, Fit Pregnancy, Parenting, People, Bustle, and American Baby Magazine, to name a few.

In addition to her practice, Dr. Sherry is on the board of Planned Parenthood, Los Angeles. She also acts as spokesperson ambassador for the American Heart Association and Go Red, the association’s national movement to end heart disease and stroke in women. As such, Dr. Sherry recognized the need to address components of the stress echocardiogram test—a potentially life saving test for early detection of heart disease—that had traditionally skewed towards men. To that end, she was co-creator of the Heartlanta Bra, the one bra allowed during rigorous echo-stress tests.

In her pursuit to give women the means to take charge of their health at every stage of their lives, Dr. Sherry founded **She-ology**, a first-of-its-kind women’s wellness brand to treat disruptive hormonal cycles with safe, reliable and researched based supplements.

You can connect with Dr. Sherry and learn more about She-ology by visiting [www.DrSherry.com](http://www.DrSherry.com) and [www.she-ology.com](http://www.she-ology.com). Dr. Sherry also shares her knowledge with others on Twitter @DrSherylRoss, Instagram @drsherryr and on Facebook DrSherryR.