



Dr.Lama Alsharif

Consultant Obstetrician, Gynecologist & Cosmetic Gynecologist

Saudi - Saudi Arabia

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Who is Dr.Lama Alsharif

Dr. Lama Al Yahya Alsharif is a prominent Saudi Consultant in Obstetrics, Gynecology, and Cosmetic Gynecology, recognized as an influential medical voice in women's health awareness in Saudi Arabia. She currently practices at My Clinic, bringing over a decade of specialized experience to her role. Dr. Alsharif holds the Saudi Board certification in Obstetrics and Gynecology, which she earned after completing her Bachelor of Medicine and Surgery. Beyond her clinical work, Dr. Alsharif founded the popular health awareness platform "Khuthu Alelm" ("Take the Knowledge") across various social media channels. Through this initiative, she aims to simplify complex medical information and present it in an accessible and direct manner. Her content covers sensitive and critical topics such as Polycystic Ovary Syndrome (PCOS), gynecological infections, contraception, and sexual health, while actively debunking common myths. She also launched her own podcast, "Hakawi Dr. Lama" ("Dr. Lama's Stories"), to further deepen discussions on women's health issues. Dr. Alsharif has been featured on several other programs and podcasts, where she has openly shared her professional journey, including the challenges she overcame during her residency, reflecting her resilience and dedication to her profession.

Achievements of Dr.Lama Alsharif

Dr. Lama Alsharif established the "Khuthu Alelm" initiative, a leading health education platform on social media. Through this platform, she has successfully reached a broad audience of women across the Arab world, providing reliable scientific content on health issues often surrounded by myths, positioning her as a key figure in digital health awareness. Dr. Alsharif hosts her own podcast, "Hakawi Dr. Lama," and is a regular guest on other influential podcasts and programs like the "Neswa Podcast" and "The Doctor's Brew." These appearances help broaden health literacy and address the challenges women face within the Middle Eastern healthcare system, further solidifying her status as an expert in her field.

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