Courtney Younglove, MD
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Courtney Younglove, MD, FOMA, FACOG, DABOM, MSCP, is a board-certified OB/GYN and obesity medicine physician who has spent about 25 years caring for women in the Kansas City area. She writes and speaks about what women are taught to believe about their bodies, who taught them, and what it costs them.

Dr. Younglove began her career in obstetrics and gynecology, then added obesity medicine to address a condition she saw keeping many women from thriving. She founded and ran an independent obesity medicine practice, Heartland Weight Loss, from 2018 until December 2026. She is a Menopause Society Certified Practitioner and serves on the Board of Trustees of the Obesity Medicine Association, where she was primary author of the OMA Practice Management Algorithm and co-author of the 2023 Obesity Algorithm. At AdventHealth Kansas City, she sees patients and serves as Program Director for Women's Outpatient Services.

Her clinical research has appeared in Obesity Pillars, including a 2026 review of menopause hormone therapy in weight management. Her commentary has appeared in Medscape, and she has been quoted in Reuters and Glamour. She has spoken at SXSW, STAT events, ACOG district meetings, and national Obesity Medicine Association conferences. Her Substack essays explore how culture, medicine, and biology shape women's health at midlife.

Dr. Younglove holds an undergraduate degree in women's studies, which shaped how she thinks about medicine: as a field that can reinforce the stories women inherit or help them rewrite those stories. She is writing a book on that question.

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