

Dr. Tiffanie Tate: From Navy Veteran and OB-GYN to Advocate, Author, and Community Leader in Riverside, CA

Retired Riverside Obstetrician-Gynecologist channels clinical expertise, lived resilience, and creative talent into impactful community service and published works



New York City, New York Jun 23, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Tiffanie Tate, MD, a distinguished retired obstetrician-gynecologist with over 20 years of experience and a former U.S. Navy medical officer, is bringing her passion for women's health, resilience, and storytelling to the heart of the Inland Empire. Based in Riverside and previously affiliated with Kaiser Permanente, Dr. Tate built a reputation for compassionate prenatal and gynecological care, with specialties including childbirth, C-sections, and family planning.

Originally from Compton, California, Dr. Tate overcame a challenging upbringing—raised by her aunt after losing her biological parents to addiction and homelessness—and discovered a calling in medicine through volunteer work with homeless communities in Los Angeles. She earned her B.S. in Cellular and Developmental Biology from UC Santa Barbara, obtained her MD from Meharry Medical College in 2000, and completed her OB-GYN residency at Vanderbilt University. During medical school, she also served as a U.S. Navy officer and earned the Global War on Terrorism Service Medal.

After a distinguished career that spanned private practice in Tennessee and California, six surgeries resulting from a hand injury forced Dr. Tate into medical retirement in 2019. True to her resilient spirit, she pivoted from clinical work to writing, expressing hope and advocacy through poetry, children's literature, and personal memoirs. Her publications include *FloweTry: A Collection of 108 Poetic Flows*, and children's books such as *Bad Touching*, *Little Engine Mia Sings*, and the upcoming *Perfectly Perfect*, addressing emotional safety, bullying, and body image.

In addition to her writing, Dr. Tate continues to serve as a public voice for health and community. She is an ordained minister, playwright, singer, poet, and weekly radio co-host on NBC's "Doctors in the House," where she discusses wellness and medical topics with a broad audience. She is also active in mentoring students from elementary through graduate school and in community outreach through churches, her sorority, and programs supporting the homeless, youth, and veterans.

Looking ahead, Dr. Tate is preparing for a future in public service. Announcing her candidacy for California's 41st Congressional District, she pledges to bring the same integrity, service, and advocacy that defined her medical and creative work into the political sphere, championing family rights, education, healthcare equity, and women's empowerment.

Learn More about Dr. Tiffanie Tate:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85023822-Tiffanie-Tate-OB-GYN-Obstetrician-Gynecologist>

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Source : Dr. Tiffanie Tate

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