

Advancing Women's Health with Compassion and Global Expertise

Dr. Reeno Barg

Specialist Obstetrician & Gynaecologist

Over 25 years of distinguished service across high-acuity trauma centers in Pakistan and premium private healthcare in Qatar.



A Blueprint of Comprehensive Medical Capability



The Horizontal Foundation

25+ years of comprehensive general obstetrics, high-risk perinatal care, trauma-tested emergency surgical skills, and holistic outpatient gynaecology.

The Vertical Specialization

Deep clinical authority in reproductive endocrinology, complex subfertility management, Polycystic Ovary Syndrome (PCOS), and preventative gynaecological oncology.



25+ Years Experience



Dual European Fellowships



4 Clinical Languages



4.6/5 Patient Rating

Governed by the Highest International Medical Standards

MBBS, Ayub Medical College, Pakistan, Dec 2001



MRCOG (UK)

Member of the Royal College of Obstetricians and Gynaecologists (Dec 2019). Denotes mastery in complex surgical procedures and evidence-based care paradigms.



MRCPI (Ireland)

Member of the Royal College of Physicians of Ireland (Sept 2018). Formal certification of advanced specialist knowledge and strict adherence to European patient safety protocols.



QCHP (Qatar)

Active licensure with the Supreme Council of Health (Reg No. P7261) for specialist practice.



PMDC (Pakistan)

Pakistan Medical and Dental Council (Reg No. 9917-N), ensuring deep connection to public health initiatives in her home country.

From High-Acuity Trauma to Premium Private Healthcare



2002 – 2015: The Formative Foundation (Pakistan)

Serving at Khyber Teaching Hospital and Lady Reading Teaching Hospital in Peshawar. Routinely managing neglected obstetric emergencies, late-stage pathologies, and severe maternal-fetal risks in high-volume tertiary referral centers.



2015 – 2021: Institutional Integration (Qatar)

Relocating to Doha to serve as a General Scope Physician at Al Ahli Hospital and later Parco Health Care, adapting robust trauma skills to a diverse, expatriate demographic within a highly resourced environment.



2021 – Present: Clinical Leadership

Specialist Obstetrician and Gynaecologist at Nova Healthcare, Al Maamoura. Commanding a comprehensive practice encompassing fertility treatments, high-risk pregnancies, and oncological screening.

Navigating the Highest Risk Perinatal Scenarios



Catastrophic Emergency Mastery

Verifiable expertise in resolving life-threatening complications, including specialized mechanical maneuvers for Shoulder Dystocia, rapid surgical delivery for cord prolapse, and trauma surgery techniques for uterine rupture and severe postpartum haemorrhage (PPH).



Advanced Diagnostic Sonography

Formal certification via the Qatar National Obstetric Ultrasound Training (April 2016). Capable of seamlessly acting as primary diagnostician and operating surgeon. Capabilities: Early ectopic pregnancy screening, detailed biometric growth tracking, and transvaginal pelvic assessments to radically streamline patient care pathways.

Comprehensive Medical and Surgical Gynaecology



Major & Minimally Invasive Surgery

Extensive operative catalog encompassing complex staging laparotomies for adnexal mass debulking, total hysterectomies for intractable adenomyosis, and advanced laparoscopic removal of complex ovarian cysts for accelerated patient recovery.



Preventative Oncology Screening

Active cervical cancer screening, diagnostic colposcopies under magnification, and targeted biopsies to definitively rule out cervical dysplasia.



Advanced Contraceptive Management

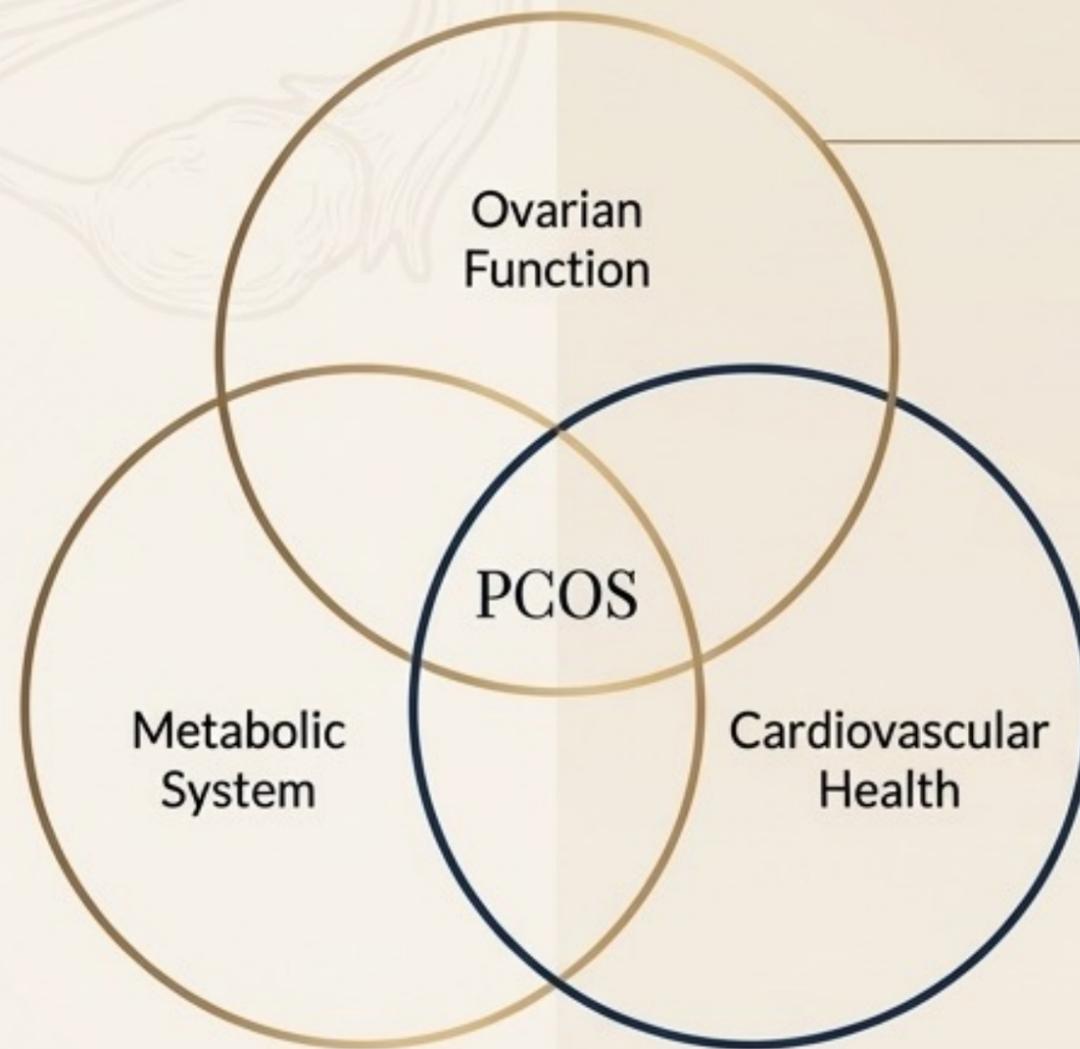
Tailored family planning including the precise insertion/removal of long-acting reversible contraceptives (LARCs, IUCD/IUS), subdermal implants, and permanent bilateral tubal ligations.

Re-evaluating Polycystic Ovary Syndrome as a Systemic Disorder

6% – 13%

Global Prevalence

Affecting 6% to 13% of women of reproductive age globally, PCOS remains frequently misunderstood and misdiagnosed.



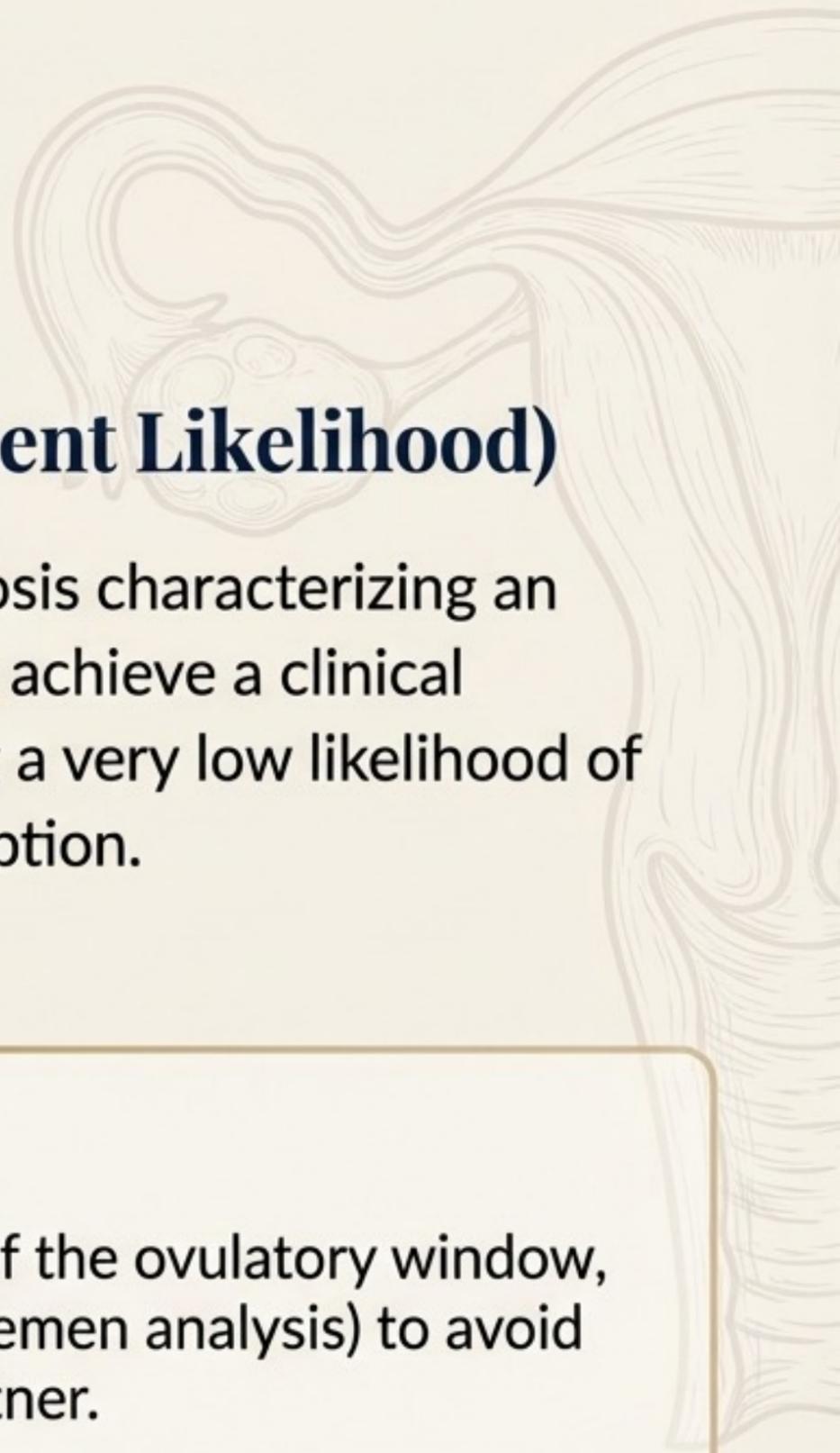
The Systemic Perspective

Dr. Barg approaches PCOS not merely as a functional ovarian issue, but as a profound systemic metabolic disruption directly linked to cellular insulin resistance, type 2 diabetes, and advanced cardiovascular disease.

Diagnostic Triangulation

Due to the lack of a single definitive blood test, she utilizes a highly nuanced protocol combining clinical symptom evaluation (hyperandrogenism), complex hormonal lab assessments, and precise ultrasound morphology.

Precise Terminology for Managing Reproductive Expectations



Subfertility (Delayed Conception)

A state where pregnancy takes significantly longer than statistically expected (12 months, or 6 months if aged 35+) but remains a highly distinct possibility without aggressive in-vitro medical intervention.

Infertility (Absent Likelihood)

A rigid WHO diagnosis characterizing an absolute inability to achieve a clinical pregnancy, implying a very low likelihood of spontaneous conception.

The Management Pathway

Grounded in foundational lifestyle optimization, precise biological tracking of the ovulatory window, and early, comprehensive evaluation of both partners (including necessary semen analysis) to avoid unnecessary invasive or unnecessary invasive procedures for the female partner.

Treating the Emotional Toll of Endocrine Disorders



Psychological Burden

Visible symptoms of hormonal imbalance frequently lead to severe body-image dysmorphia, deeply lowered self-esteem, and clinical depression compounded by diagnostic fatigue.



Relational Strain

The overarching fear of permanent infertility and intense cultural expectations of compulsory motherhood frequently result in strained marriages and profound psychological isolation.

Mental

Relational

Professional

Professional Consequences

Chronic pain and emotional distress routinely precipitate workplace absenteeism, reduced productivity, and suffering caused by pervasive workplace stigma.



The Holistic Protocol

Dr. Barg actively integrates psychological counseling, targeted education, and family involvement to create a robust psychosocial scaffold around the patient.

Bridging Linguistic and Cultural Healthcare Barriers

Direct Clinical Communication

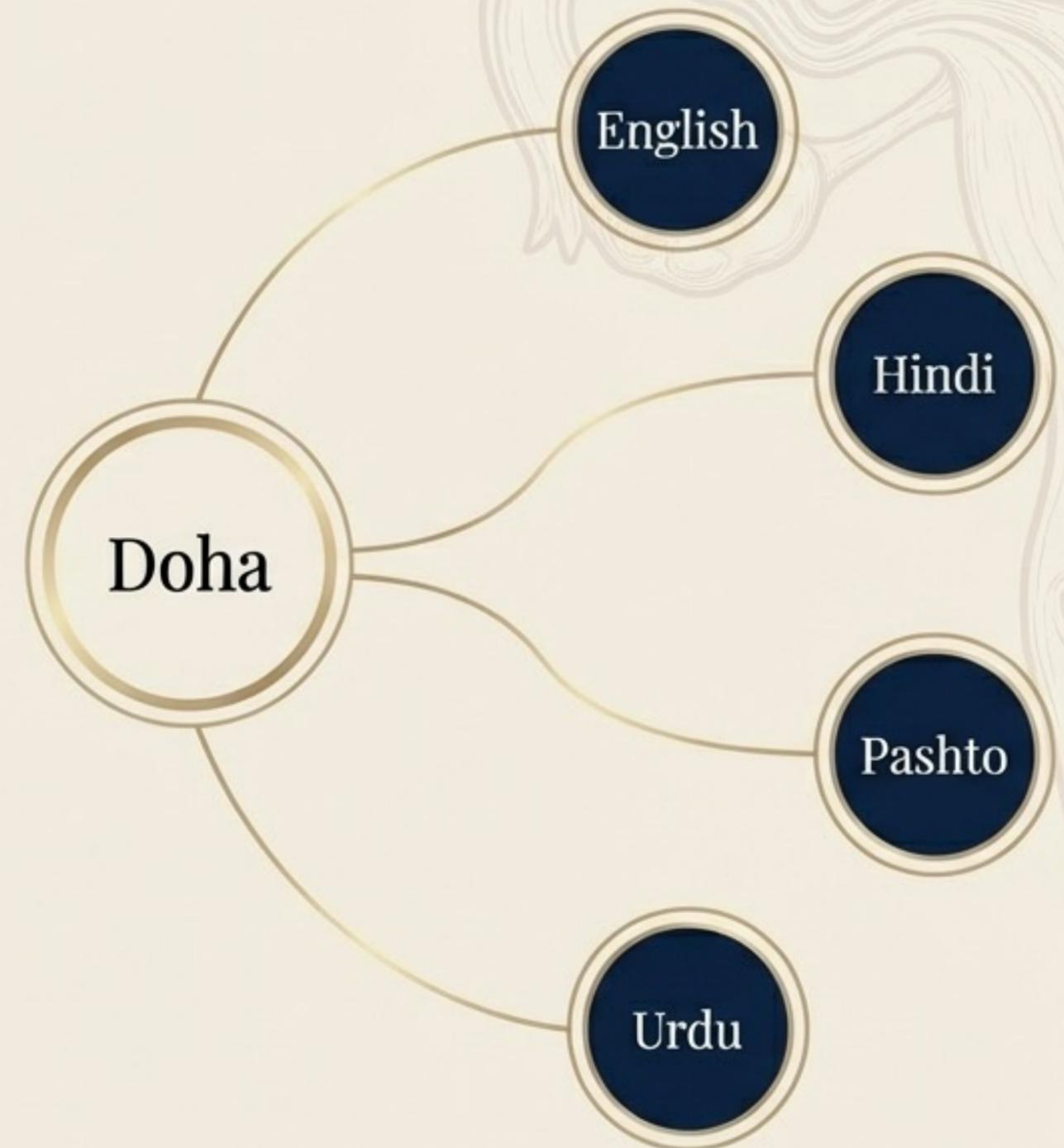
Providing expert consultations in four major languages: English, Hindi, Pashto, and Urdu.

Eliminating the Translation Barrier

This exceptional linguistic breadth completely removes the perilous reliance on third-party medical translators, allowing for direct, highly nuanced, and strictly confidential communication regarding deeply sensitive reproductive health issues.

Advanced Cultural Competence

Deep understanding of the subtle, unspoken cultural stigmas associated with gynecological symptoms and infertility diagnoses, framing medical advice to ensure high rates of patient compliance and absolute trust.



Elite Clinical Superiority Fused with Human Compassion



4.6 / 5

The Metric

Maintaining a highly stable average rating of 4.6 out of 5 stars across major regional healthcare platforms, aggregated from nearly 300 independent, verified HeliumDoc reviews.

The Clinical Strategy

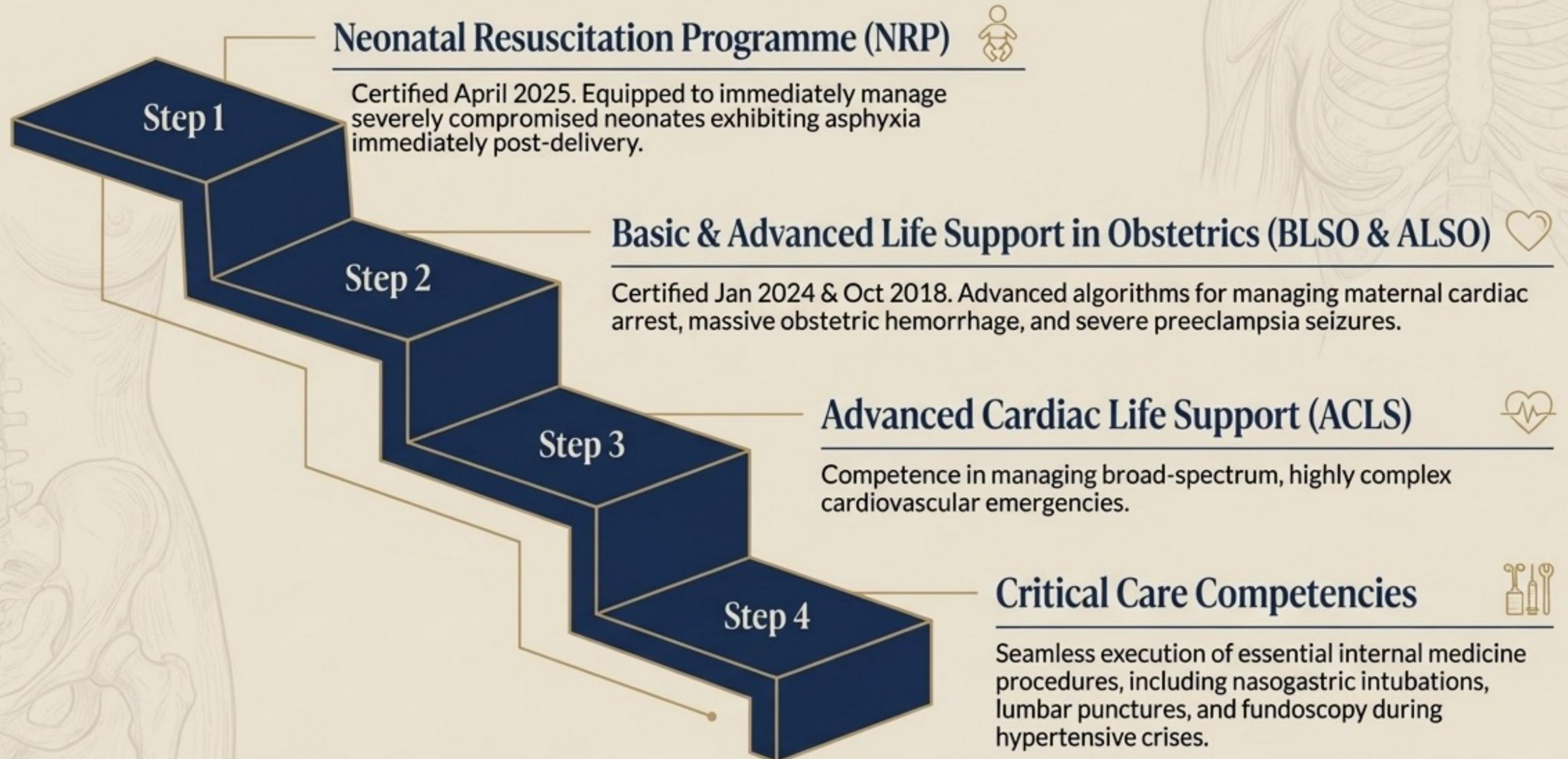
Dr. Barg's deliberate projection of calm is a strategic, highly effective tool actively utilized to de-escalate severe anxiety in patients facing complex medical transitions.

“ Carol J.
...gentle, soft-spoken manner... explained everything clearly... turned a stressful experience into a calm one...”

“ Mohammad H.
...calm nature, clear guidance, and genuine compassion... supports you at every step of pregnancy.”

“ Saira
...super humble... makes sure you understand what's going on... genuinely invested in her patients' well-being.”

Advanced Life Support and Trauma Readiness



Shaping the Next Generation of Healthcare Professionals

Institutional Mentorship

Dedicated to the formal instruction of junior medical colleagues and teaching MRCOG students.

Leads highly specific educational modules detailing complex anatomical issues like Mullerian duct abnormalities and evolving family planning technologies.

Clinical Governance

Spearheads institutional clinical audits, most notably establishing formalized, hospital-wide protocols for the rapid diagnostic management of life-threatening ectopic pregnancies.

Academic Research

Formal training in Research Methodology & Biostatistics. Authored data-driven clinical articles focused on critical global issues, such as obstetric outcomes after caesarean section to address the complex morbidity of subsequent pregnancies.

Bridging the Healthcare Gap for Vulnerable Populations

The Free Medical Camp Initiative

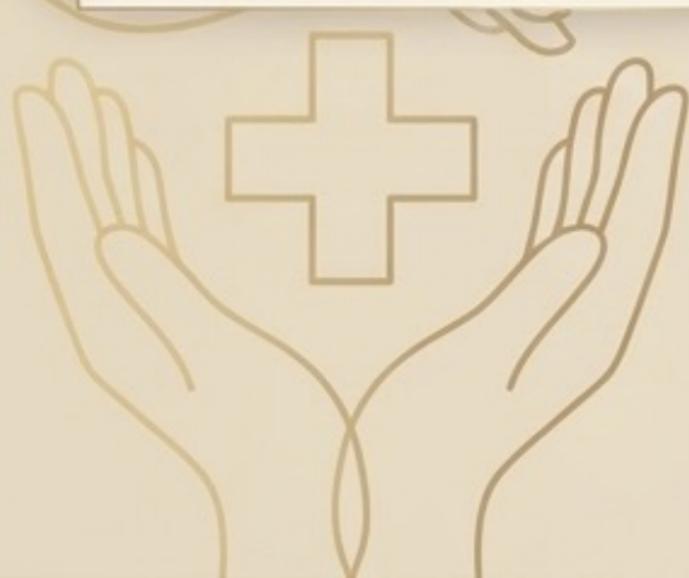
Volunteering premium surgical and clinical skills in collaboration with the Pakistan Welfare Forum Qatar (PWF-Q). Scheduled for September 19, 2025, at the Nova Health Care Center.

Providing Crucial Access

Anchoring the gynaecological services to offer zero-cost medical consultations, preventative screening, and expert fertility advice to the broader Pakistani diaspora facing severe economic constraints.

Systemic Health Advocacy

Historically engaged in highly organized hospital charity initiatives at Al Ahli Hospital, actively driving fundraising efforts to financially support impoverished women requiring life-saving treatments for devastating ovarian carcinomas.



A Holistic Paradigm of Women's Healthcare

The Physician's Ethos

Dr. Barg represents the optimal archetype of the modern physician. She successfully synthesizes the rigorous, high-volume trauma experience of South Asia with the premium, technologically advanced precision of Qatar.

She actively and holistically manages the comprehensive well-being of women, expertly navigating the complex intersections of human biology, clinical psychology, and cultural expectation.

Current Practice: Specialist Obstetrician and Gynecologist

Location: Nova Healthcare | Al Maamoura District, Doha, Qatar

Access: Offering traditional in-clinic appointments alongside highly accessible modern video consultation modalities.