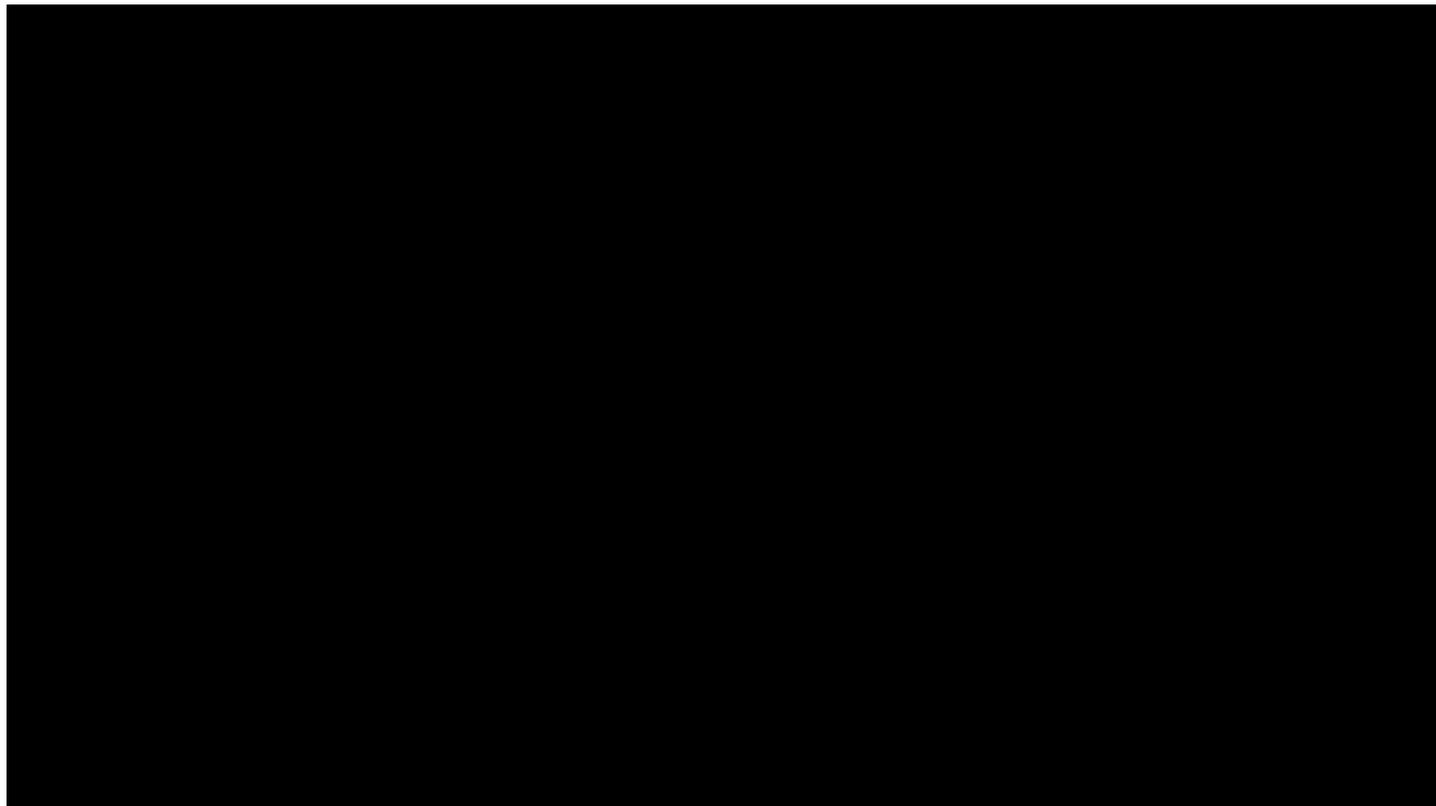




Why This Pregnant Abortion Provider Is Passionate About Her Work

KIMBERLY TRUONG

JUNE 30, 2016, 12:20 PM



"I go where I'm needed," Sierra Washington, MD says in the video above, an episode of Planned Parenthood's [new YouTube series *Stories of Care. No Matter What.*](#)

Dr. Washington is the medical director of Planned Parenthood of the Pacific Southwest, where she oversees 18 health centers. Among the [many services Planned Parenthood offers](#), Dr.

Washington provides help to women seeking abortions. She's also seven months pregnant, something she says helps her empathize with her patients.

"There's a certain solidarity amongst patients when they see that I'm pregnant," she says.

Dr. Washington's story is just one of 12 in Planned Parenthood's new video series, which launched Thursday on the organization's [YouTube Channel](#). The series, made in collaboration with a network of independent filmmakers, aims to be a conduit for patients and providers to tell their own stories about the role that Planned Parenthood plays in their lives.

"After a year of unprecedented attacks on our organization — from increased legislative battles, to video smear campaigns, to the devastating shooting in Colorado Springs — we wanted to let our patients and providers tell their own stories," Elizabeth Clark, Planned Parenthood's director of health media, said in a press release.

Dr. Washington says that she was also a Planned Parenthood patient during her third year of medical school, when she got an abortion at her local health center.

"I remember feeling like a ton of bricks had been dropped down on my shoulders," she recalls, "and wondering like, *How am I going to get through this last year of medical school and go on to be a mother?*"

Going through this has made her more compassionate to the experiences of the women she's treating.

"I can empathize with the patients a lot more, having been through it myself," she says.

Watch the video about Dr. Washington above, and check out Planned Parenthood's channel to see the [entire series](#).

ADVERTISEMENT

PLANNED PARENTHOOD VIDEO SERIES



WRITTEN BY

KIMBERLY
TRUONG

PHOTO: COURTESY OF PLANNED PARENTHOOD.

The Conversation (6)

Start a discussion, not a fire. Post with kindness.

Sort by **Best** ▾

[Log In](#)



Add a comment...



GIVEMEYOURKING .

It's hard to be a good mother when you haven't got any money or education or support from the father. It's not wrong to end a pregnancy early on before there's a sentient being there to harm. It's something women do when they actually care about what kind of life they can provide a child - or worry about it's suffering. Ending a pregnancy before the embryo/fetus develops into a sentient being is the kindest thing a woman can do sometimes.

Reply · Share · 3 ·

MLCHADWICK



Excellent essay. Inspiring.

Reply · Share · 2 ·



KIM

disgusting

Reply · Share ·



GIVEMEYOURKING · kim

You and your judgment of people you don't know is what is disgusting.

Reply · Share · 6 ·

[SHOW MORE COMMENTS...](#)



...

Editors' Picks

FASHION

The Curiously Millennial Problem Blindsiding Today's Retail Workers

CONNIE WANG

FEB 12, 2019

FASHION

15 Refinery29 Editors Marie-Kondo'd Their Closets — Here's What They...

MICHELLE LI

JAN 31, 2019

BEAUTY

The Cool-Girl Haircut Taking Over The Streets Of NYC

MEGAN DECKER

FEB 12, 2019

More from Body

BODY

**Everything You Need
To Know About Your
Fallopian Tubes**

by CORY STIEG

WELLNESS

**Feel Good Diaries:
Detoxes, Orange Theory
& Flavorless Vegetable**

...

by YOU

BODY

**How John Bobbitt's
Penis Was Successfully
Reattached**

by CORY STIEG

WELLNESS

**Feel Good Diaries: Leg
Days, Trail Runs & Lots
Of Tea**

by YOU

INFERTILITY AWARENESS

**This Company Wants
To Help Pay For Your
Fertility Treatments**

by CORY STIEG

CLEAN SLATE

**Feel Good Diaries: 64
Oz. Water Bottles, Brain
Dust, And Pilates**

by YOU

BODY

How Extremely Cold Weather Can Affect Your Body

by CORY STIEG

HEALTH TRENDS

Can Drinking Alcohol Get Rid Of Your Cough & Sore Throat?

by CORY STIEG

GUIDE TO GREAT SLEEP

The "All-Natural" Cold Remedy That Actually Works

by CORY STIEG

BODY

Kate Beckinsale Hospitalized With Ruptured Ovarian Cyst

by CORY STIEG

CLEAN SLATE

Feel Good Diaries: I'm 33, Live In NYC & This Is My Fitness ...

by YOU

INFERTILITY AWARENESS

Why This *Vanderpump Rules* Star Is Freezing Her Eggs

by CORY STIEG

Watch

R29 Original Series

Trending Videos

DEDICATED FEATURE

Why We Need To Get Rid Of These Toxic, Outdated Labels

SHATTERBOX

The 18-Year-Long Story Behind Mr. Malcolm's List

SHATTERBOX

Filmmaker Emma Holly Jones On Mr. Malcolm's List, Jane Austen...

BEAUTY

I Traded My Brunette Bob For Pink, Anime-Inspired Hair

Discover

R29 STORIES & NEWS

Watch

R29 ORIGINAL SERIES & FILMS

Shop

R29'S MOST WANTED



© 2019 REFINERY29 INC.

COMPANY

[About Us](#)

[Jobs](#)

[Press](#)

[Advertising](#)

[Feedback](#)

[Refinery29 Intelligence](#)

INFORMATION

[R29 News](#)

[Terms](#)

[Privacy](#)

[Archives](#)

[RSS](#)

EDITIONS

[Canada](#)

[United Kingdom](#)

[Germany](#)

NEWSLETTER SIGN-UP