



- Services
- Our Staff**
- Patient Information
- FAQ's
- Contact Us

Our OB GYN Doctors

Choosing the right OB GYN doctor is an important decision. **Manchester OB/GYN Associates** is comprised of a team of outstanding and reputable physicians who are committed to your health. Patients from the Salem, Windham & Manchester, NH communities have trusted Manchester OB/GYN Associates for their care. If you're searching for a dependable and professional OB GYN doctor, we are the place for you. Read below to learn more about all of our OB GYN doctors!



Jennifer M. Donofrio, M.D.

Dr. Donofrio received her Bachelor of Science in Biology from the College of William and Mary in Williamsburg, Virginia. She received her medical degree from the Medical College of Virginia in Richmond. Her residency training was completed at Carilion Health System in Roanoke, VA. She enjoys providing full range of women's health care from well women care and gynecologic issues to infertility and high risk obstetrics. Her surgical interests include minimally invasive laparoscopic procedures and vaginal surgery including repair of urinary incontinence and pelvic support. She offers in office procedures including Novasure ablation.

Her personal interests include telemark skiing, hiking, cycling and cooking. She enjoys exposing her 2 daughters to the joys of living in New Hampshire.

Contact



Heidi L. Mainz, M.D.

Dr. Mainz received her Bachelor of Science in Biochemistry at Harvard University. She then completed her medical degree at Vanderbilt University in Nashville, TN. Dr. Mainz' residency training was done at Women and Infants Hospital (Brown University) in Providence. She offers a full spectrum of obstetric care from preconception planning to high risk pregnancy management. Other areas of interest include infertility evaluation and treatment, in office surgical management of heavy periods, and management of abnormal Pap smears and cervical dysplasia. In addition, she is experienced in all aspects of gynecology including minimally invasive surgery and out-patient surgical treatment of urinary incontinence. She lives in Bedford with her husband and 3 children.

Brenna Stapp, D.O.

Dr. Brenna Stapp received her Honors Bachelor of Arts in Biology along with a minor in Spanish from Ithaca College in New York. She then completed her medical education at the University of Medicine and Dentistry of New Jersey – School of Osteopathic Medicine. She went on to serve her four years of residency in OB/GYN at the University of Connecticut in Farmington, CT. She is a member of the American College of Obstetricians and Gynecologists, as well as of the American Association of Gynecologic Laparoscopists. Her medical interests laparoscopic and robotic surgery and helping women at various stages of their reproductive lives – whether trying to prevent pregnancy or actively seeking help to conceive, these are unique opportunities to help women plan for their lives and their families. Outside the hospital, she loves to run – running around town – running local races – running home to see her kids!



Jillian Dulac, M.D.

Dr. Dulac graduated from The College of the Holy Cross in Worcester, MA, with a Bachelor of Arts degree in Biology and a concentration in Biological Psychology. She went on to complete her Medical Degree at Dartmouth College in Hanover, NH. Dr. Dulac received her residency training at the University of Connecticut in Farmington, CT and is a member of the American College of Obstetricians and Gynecologists. She provides obstetrics and gynecological care for women of all ages and enjoys forming lasting relationships as her patients' needs evolve. Dr. Dulac's interests include all aspects of obstetrics from preconception planning to high risk obstetrics, as well as minimally-invasive laparoscopic and robotic gynecologic surgery. Outside of work she loves to travel, ski, and spend time with her family.



Joshua Nathan, M.D.

Dr. Nathan received his bachelor's degree in history from the University of Arizona in 2000. He graduated from medical school at George Washington University in Washington, D.C. He then traveled to Seattle, Washington for his residency in Obstetrics & Gynecology at the University of Washington in 2008. He is a board certified by the American College of Obstetrics and Gynecology (ACOG) and worked from 2008 through January 2016 in a busy full scope OB/GYN practice in the Seattle area.

He enjoys offering a full spectrum pregnancy care. He is interested in minimally invasive gynecologic surgeries including vaginal and laparoscopic hysterectomy, treatments for urinary incontinence and pelvic organ prolapse. Dr. Nathan is trained in office-based surgical procedures such as endometrial ablation and sterilization with Essure. While he offers a full spectrum of surgical treatments, he also enjoys the opportunity to explore non-surgical options for various medical conditions whenever possible. He has an interest in preventative medicine with a focus in obtaining and maintaining a healthy lifestyle during pregnancy and in the pre- and post-menopausal years. He encourages his patients to empower themselves with education about their medical concerns to allow for collaborative care planning.

Dr. Nathan's personal interests include spending time with his wife and 2 children as well as hiking, camping, skiing, cooking, and playing the mandolin.



Dr. Jenny Backman

Dr. Backman graduated from Suffolk University with a BA in Government and an English minor. She then completed her



postbaccalaureate in pre-medical sciences at Boston University while researching breast and ovarian cancer at Children's Hospital Boston. She received her medical degree from the Boston University School of Medicine and completed her residency at the University of Connecticut. She is a member of the American College of Obstetricians and Gynecologists and the Society for Academic Specialists in General Obstetrics and Gynecology. Dr. Backman is committed to providing obstetrics and gynecological care to women of all ages, from adolescence through menopause. Her interest areas include high-risk obstetrics, minimally-invasive gynecologic surgery (including laparoscopic and robotic surgeries) and evaluation and treatment of infertility. Outside of work, she enjoys running, hiking, traveling, writing and cooking.



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- Services
- Our Staff
- Patient Information
- FAQ's
- Contact Us

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