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moa@manchesterob.com



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Get To Know Our Staff

Choosing the right OB/GYN provider is an important decision. **Manchester OB/GYN Associates** is comprised of an outstanding and reputable team (physicians, nurse practitioners, registered nurse, midwife) that is committed to your health and well-being. Patients from the Manchester, Londonderry, Salem, Windham and surrounding NH communities have trusted Manchester OB/GYN Associates for their care for 100 years. If you are searching for a dependable and professional OB/GYN practice, we are the place for you. Scroll down to read more about all of our OB/GYN professionals!

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 a 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.



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.

Our APRNs & Midwife

Our APRNs



Ann Chalifour, A.P.R.N.

Ann received her Bachelor of Science in Nursing in 1981 at the University of New Hampshire. In 1997 she received her Master's Degree and Nurse Practitioner education at Boston College in Chestnut Hill, Mass. She is certified as a women's health nurse practitioner and is a member of the NH Nurse Practitioners Association. Ann enjoys providing health care to women throughout the lifespan. She holds a special interest in adolescent to peri-menopausal care. She especially enjoys health education and promotion.

Tracey J. Gahara, R.N.C., L.C., R.N.

Tracey received her nursing degree in 1993. She is a registered nurse with a certification in Perinatal Nursing with a specialty in prenatal counseling and breastfeeding. She has specialized training with urodynamics for all female stress incontinence/urinary bladder control types. She has a keen aesthetic eye and enthusiasm for facial cosmetics



and has been certified in the art and science to performing Botox/Dysport, facial fillers, and Platelet Rich Plasma for facial rejuvenation and enhancement.

Alison Palmer, A.P.R.N.

Alison Palmer, APRN has worked much of her career in high-risk obstetric settings and has her certification as a women's health nurse practitioner. She received her undergraduate and graduate nursing degrees from Boston College. As the perinatal mental health nurse coordinator at Elliot Hospital she established and operates the organization's Postpartum Emotional Support Program and Perinatal Mood Disorder Taskforce. As a member of AWHONN and the NH State Coordinator for Postpartum Support International, Alison's clinical focus is to improve awareness of perinatal mental health initiatives and relative evidenced-based practice among nurses, obstetric, and pediatric health providers in the community. She has been funded by grants awarded from the Endowment for Health to develop and implement a standard of care for perinatal mood disorders within the Elliot Health System. Her clinical subspecialty skills in reproductive mental health complement her comprehensive approach to caring for women in general health promotion, gynecological disorders, pregnancy, postpartum, infertility, perinatal loss, and the transition to menopause.



Nicole Krygeris, A.P.R.N.

Nicole has spent most of her career working on a high-risk inpatient obstetric unit in Boston as well as working in a busy outpatient OBGYN practice as a nurse practitioner.

She received her Bachelor of Science in Nursing in 2002 at the University of New Hampshire and her Masters in Nursing in 2009 at Massachusetts General Hospital Institute of Health Professions. She is certified as both an Adult and Women's Health Nurse Practitioner.

Nicole is committed to providing obstetric and gynecological care to women of all ages. Her interests include high-risk obstetrics, contraception, and in office minor procedures.

She is proud to have been involved in 3 medical mission trips to Asia in order to promote well-being and safe practices for pregnant women,



their unborn children, and to assist with safe anesthesia practices and guidelines.

Outside of work, she enjoys traveling, skiing, hiking, going to the beach and most of all, spending quality time with her husband and two children.

Melissa Culverwell, MSN, APRN, NP-C

Melissa joins Manchester OB/Gyn Associates with over 20 years experience in health care. She started her medical career with Manchester OB/Gyn Associates in 1997 as a medical assistant after graduating from NHTI Manchester. While working with us for 13 years, she continued her education in nursing with the goal of becoming a nurse practitioner. Melissa graduated as a Registered Nurse From Rivier University in 2009 and completed her Bachelor's degree in Nursing in 2010. She worked as a fertility nurse at and IVF center for 6 years while continuing her education.



Melissa graduated from the Family Nurse practitioner program at Rivier University with a Master's degree in 2014. For the past 4 ½ years, she has worked in family practice in Londonderry. Melissa is passionate about Women's health and returned to Manchester OB/GYN in February 2019.

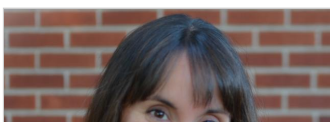
Melissa has a special interest in preventative care, preconception/reproductive health, infertility, adolescent care, contraception and caring for women across their lifespan.

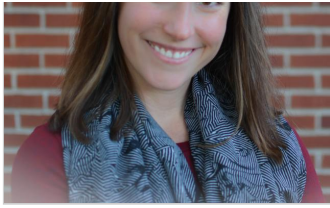
Outside of work, Melissa enjoys spending time with her significant other and friends, cooking, relaxing by the pool and with her family at Lake Winnepesaukee.

Our Midwife

Meghan Stringer, CNM

Meghan received her Bachelor of Arts at Saint Anselm College and went on to earn her Bachelor of Science in Nursing at Villanova University. She returned to New Hampshire to practice as a nurse before receiving her Masters in Nursing at Georgetown University in 2014 with certifications as a Nurse Midwife and Women's Health Nurse Practitioner. Meghan





knows that women are strong and smart. Her goal is to give them the information they need to make the best decisions for themselves and their families during pregnancy, birth and routine visits. She enjoys working with each woman to help them achieve wellness, especially through counseling about lifestyle, birth control, and planning for pregnancy. She believes the childbearing years can be ideal for growth and attention to healthy changes. Outside of the hospital, she enjoys spending time with her family and dogs, traveling, and taking advantage of all the outdoor activities NH has to offer.

Our Managers



Rene' Comire

Rene' Comire received her Bachelor of Science in Accounting from New Hampshire College, currently known as Southern New Hampshire University. She has been employed at Manchester Ob/Gyn since 1994. In 2006 she received her certification as a Certified Medical Professional Executive through the American College of Medical Practice Executives. Her hobbies are Taekwondo, baking and spending time with her family.



Cecile Ogle

Cecile Ogle has been employed at Manchester Ob/Gyn since 1992. In 1991 she received her Associates Degree in Medical Assistance at Newbury College in Burlington, Massachusetts. She has had additional training in OSHA and Clinical management. Prior to taking over the clinical management position, she worked in the office as a medical assistant, infertility coordinator, and a physician coordinator.

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* Name

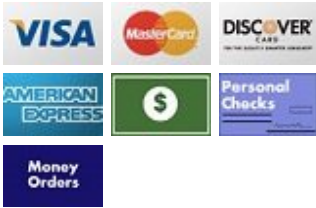
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Patient Information and Forms

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Payment Options



ONLINE PAY

Locations:

- 150 Tarrytown Rd Manchester, NH 03103
- 77 Gilcreast Rd, Suite 1000 Londonderry, NH 03053

Business Hours:

Mon - Thu 8:15 am - 4:45 pm
 Friday 8:15 am - 3:00 pm

Appointments are available at these special times:

- Morning appointments starting at 7:30am
- Lunch-time appointments
- Evening hours on Thursdays (last appointment at 7pm)

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