



About Us

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Physicians

Kenneth Blau, M.D.

Patricia Whitcombe, M.D.

Elizabeth Kontarines, M.D.

Mary Beth Miller, M.D.

Mishal Mirza, M.D.

Midwives

Cathy Parisi, MSN, CNM

Katie Spiess, CNM

Brigette Mastel, CNM

Veronica Daou, CNM

Physician Assistants

Beth Harple, PA-C



Offering low-risk homebirth with Midwifery

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Caring for you throughout all stages of your life

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OBGYN Physicians

We are a group of physicians and certified nurse midwives. We also include a certified physician assistant who specializes in adolescent gynecology. Our female physicians and midwives provide all the obstetrical care for our patients. These two practice groups function relatively independently and patients are free to choose their preference.

Our providers and staff are equipped to meet the needs of our patients who speak Spanish, Portuguese and Greek.

Kenneth Blau, M.D.



- Founder, Women's Health Associates
- Graduate of New York Medical College
- Residency: Montefiore Hospital, Bronx, NY & Temple University Hospital, Philadelphia, PA.
- Board certified in obstetrics and gynecology
- Member, American College of Obstetricians and Gynecologists, American Urogynecology Society, American Association of Gynecologic Laparoscopists, American College of Phlebology, and American Society of Laser Medicine and Surgery
- Essure Accredited Physician (EAP) following nationally established standards for quality patient care and education
- Recipient of CREOG National Faculty Award (2006)
- Functional in Italian & Spanish

As the founding member of Women's Health Associates, I am proud that my colleagues and I offer unparalleled breadth and depth in our commitment to meeting the healthcare needs of women."

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Patricia Whitcombe, M.D.

- Graduate of University of Connecticut School of Medicine
- Internship & Residency: Danbury Hospital, Danbury, CT
- Board certified in obstetrics and gynecology
- Certified Clinical Densitometrist, International Society for Clinical Densitometry (ISCD), Certified Menopause Provider, North American Menopause Society (NAMS)
- Member, American College of Obstetricians and Gynecologists, North American Menopause Society, and Association of Reproductive Health Professionals
- Board appointment: American Board of Obstetricians and Gynecologists
- Honors and Awards: Connecticut Permanent Commission on the Status of Women (Commissioner)
- Fluent in Spanish, functional in Portuguese



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"I am fortunate to be a physician because I enjoy my profession. Practicing obstetrics is hard work, but I could never see myself doing anything else with my life."

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Elizabeth Kontarines, M.D.



- Graduate of St. George's University School of Medicine
- Internship & Residency: Danbury Hospital, Danbury, CT
- Board certified in obstetrics and gynecology
- Member, American College of Obstetricians and Gynecologists
- Fluent in Greek

"As an obstetrician-gynecologist, I embrace the opportunity to have an enduring influence on a woman's life. I do not manage disease. I care for patients."

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