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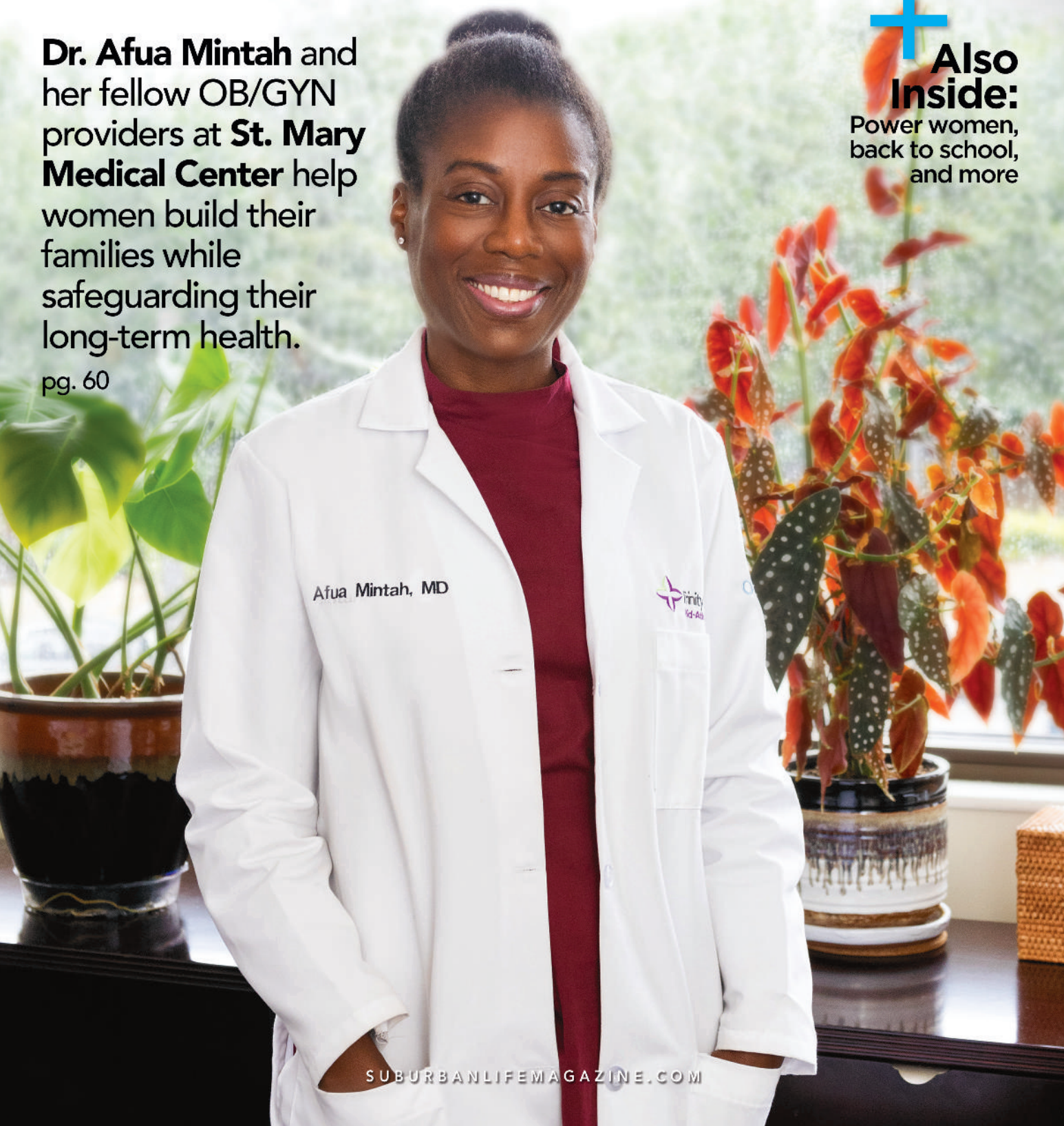
Dr. Afua Mintah and her fellow OB/GYN providers at **St. Mary Medical Center** help women build their families while safeguarding their long-term health.

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Also Inside:

Power women,
back to school,
and more





Nicole Hartigan
with her
daughter
Margo,
delivered by
Dr. Mintah

Labor of Love

Nicole Hartigan was just a year or two out of high school when she began working as a medical scribe at St. Mary Medical Center. She crossed paths with Afua Mintah, M.D., FACOG, an obstetrician and gynecologist at the Langhorne-based hospital, who made a lasting impression.

“I was immediately drawn to her,” recalls Hartigan, a native of Northeast Philadelphia. “She was always so understanding, intelligent, and well spoken. Whenever I came to work, I wanted to pick her brain. I was fascinated listening to her talk.”

As Hartigan began making plans to start a family of her own, Dr. Mintah was the obvious choice to steward her care—the *only* choice, as she saw it. Dr. Mintah delivered all three of Hartigan’s children—Cody, now age 7, Lacey, 3, and Margo, born in early 2026. While all three pregnancies were uncomplicated, the first caused a bit more anxiety than the others, and not just because it was her first.

“With my first pregnancy [Dr. Mintah] and I were pregnant at the same time,” Hartigan says. “She was due in January, and I was due in April. She was out on maternity leave and not due back at the hospital in time to deliver my first baby. I was upset, but I convinced myself it would be OK.

“When I went in for my induction, it was a Tuesday, and I had my first contraction on Thursday morning,” she continues. “I remember how uncomfortable I was during labor. During a big contraction, in walks Dr. Mintah. Seeing her walk through that door was an incredible relief, and hearing her say she’d be able to deliver for me made it even better.”

Dr. Mintah’s approach has been shaped both by her experience as a mother of three daughters—a 7-year-old and 9-year-old twins—and a lifelong interest in women’s health.

A native of Ontario, Canada, she grew up near Ottawa and came to the United States to earn her medical degree from The George Washington University School of Medicine and Health Sciences. Although she became enamored with many specialties during her rotations, she knew women’s health was where she belonged.

She feels the same sense of belonging at St. Mary Medical Center.

“I enjoy the community I get to serve,” she says. “The small-town feel reminds me of where I grew up. It’s a place where I can ensure that my patients feel empowered, supported, and confident in their care. I also get to work with a fantastic group of dedicated colleagues who are as passionate about women’s health as I am.”

As the practice continues to grow, Dr. Mintah is eager to welcome more colleagues to the St. Mary Medical Center team, with additional providers anticipated in the coming months.

Dr. Mintah builds each patient relationship on a foundation of trust and communication. She advises every expectant or prospective mother to take the time to ensure their OB/GYN is the right fit.

“When you meet a doctor, treat it like a job interview,” she says. “If anything about the experience doesn’t sit well and you don’t feel fully heard or understood, consider another provider. Your doctor should be accessible

and truly understand your needs, goals, and individual situation.”

Hartigan could not be happier with her choice, for reasons beyond Dr. Mintah’s expertise as an obstetrician. Approximately nine years ago, after Hartigan mentioned during an appointment that her mother had battled breast cancer, Dr. Mintah urged her patient to get tested for any genetic risk factors. Hartigan ultimately tested positive for an inherited BRCA mutation, which significantly increases the risk of developing breast cancer.

“Breast cancer screenings typically begin around age 35 or 40; I started getting mammograms and ultrasounds in my early 20s,” she says. “If anything were to happen, because of Dr. Mintah’s guidance, I know it would be caught early.”

Hartigan continues to see Dr. Mintah regularly for preventive care, though her child-bearing years have likely come to an end.

“My husband and I both came from families with four children, and we always said we wanted to have four, too,” she says. “We’ve decided our family is complete with three. We’re so happy, and I’m grateful to Dr. Mintah for the care and guidance she’s given us over the years.” ■

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