

Rachel Cady, MD, FACOG, NCMP, an Obstetrician-Gynecologist with Minnesota Center for Obstetrics & Gynecology

Get to know Obstetrician-Gynecologist Dr. Rachel Cady, who serves patients in Crosby, Minnesota.



New York City, New York May 31, 2022 ([Issuewire.com](https://www.issuewire.com)) - A seasoned obstetrician-gynecologist, Dr. Cady has been a member of the medical staff at Cuyuna Regional Medical Center - Crosby since

2004. As a team member of the Minnesota Center for Obstetrics & Gynecology, her areas of expertise include obstetrics, gynecology, vulvar disorders, pelvic pain, and pelvic floor rehab/ incontinence. She is experienced with minimally invasive surgery for pelvic floor disorders, incontinence, pelvic pain, endometriosis, and uterine fibroids resulting in patient outcomes of less pain and recovery time.

An honors graduate of the University of Georgia, she earned her medical degree at the University of Minnesota Medical School in 2000. Wanting to further her education, she completed her residency in obstetrics and gynecology at Spectrum Health in 2004.

A Fellow of the American College of Obstetricians and Gynecologists (ACOG), the doctor is board-certified in obstetrics and gynecology at the American Board of Obstetrics and Gynecologists (ABOG). The ABOG is a non-profit organization that provides board certification for practicing obstetricians and gynecologists in the United States and Canada.

Recognized as a NAMS Certified Menopause Practitioner (NCMP), Dr. Cady provides optimal menopause-related health care to women aged 40 and older to help them deal with issues and symptoms caused by perimenopause and menopause. Among the concerns and symptoms she treats are weight management, sexual problems, vaginal dryness, abnormal bleeding, pelvic floor rehab, incontinence, heart health, mood swings, hormone replacement, bone health, sleep issues, and hot flashes.

Maintaining membership status, she is an active member of the International Society for the Study of Women's Sexual Health, the American Association of Gynecologic Laparoscopists, the American Urogynecologic Society, the North American Menopause Society, and the International Menopause Society. She is also a provider for the National Vulvodynia Association and the International Society for the Study of Vulvovaginal Diseases and has been an author and guest speaker on many topics related to menopause.

Obstetrics and gynecology (OB-GYN) is the medical specialty that encompasses the two subspecialties of obstetrics (covering pregnancy, childbirth, and the postpartum period) and gynecology (covering the health of the female reproductive system – vagina, uterus, ovaries, and breasts).

Among her most notable achievements, Dr. Cady received the prestigious CREOG Award in 2002.

When she is not at work, she enjoys her family and all activities that accompany family life. She is fluent in Spanish and spent a year teaching English to students at Columbia.

Learn More about Dr. Rachel Cady:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2941879-Rachel-Cady-OB-GYN-Obstetrician-Gynecologist>, or through Minnesota Center for Obstetrics & Gynecology, <https://www.cuyunamed.org/find-a-provider/rachel-scady-md-facog>

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Source : Rachel Cady, MD, FACOG, NCMP

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