

Dr. Melvin Ashford

Synergistic, Innovative Services – Superior Results



Growing up, the dream of becoming a doctor seemed almost unachievable, but Melvin Ashford was determined; and he was fortunate to have two very strong mentors, one an OB/GYN and the other, a general surgeon. The extensive time spent with these role models led Dr. Ashford to follow in their footsteps, choosing Obstetrics and Gynecology with a specialty in Uro-gynecology. This gave him the best of all worlds, the opportunity to relieve women's symptoms with surgery, the opportunity to witness the miracle of new life, and a chance to build rewarding relationships with patients over time.

After graduating with honors from the prestigious Boston University School of Medicine, Dr. Ashford began a distinguished career. He is a consulting physician, product developer, and physician trainer to several medical equipment companies. Prior to becoming the Director of Minnesota Women's Care, he was a practicing physician and medical director with Aspen Medical Group and Healtheast Care system for nearly 15 years. Dr. Ashford is driven to

help people, making a positive impact in their lives; something that is much more difficult to do within the confines of a large health care organization.

The path to fulfilling this dream was to found his own private practice. Many of his fellow physicians warned against it, saying there were too many risks and the cost was prohibitive, but Dr. Ashford's mind was made up. He believed in himself and acted on his vision, founding Minnesota Women's Care OB/GYN and Pelvic Specialty Care Center. His vision is for Minnesota Women's Care to become the premier OB/GYN center in the State of Minnesota, providing his patient with the safest, most effective cutting edge technology and treatment options available. He is well on his way to realizing this goal. He is recognized as a "Top Doc" by Minneapolis-St. Paul magazine.

Board Certified in Female Pelvic medicine and Reconstructive Surgery, Dr. Ashford has the advanced training necessary to provide women with the care they need to achieve the results they want. Dr. Ashford and the staff at Minnesota Women's Care have expertise in all aspects of female pelvic medicine, surgery, routine OB/GYN exams, pregnancy care, menopause management, hormone replacement, urinary incontinence, urogynecology diagnosis & treatment, and vaginal rejuvenation. They offer surgical procedures, as well as minimally invasive and non-invasive treatments. The Center provides expert medical care for women of all ages.

The Minnesota Women's Care Center offers Bio-identical Pellet Hormone Replacement

Therapy for both men and women. Hormones control the body's glucose processing, bone density, energy level, and sex drive. If you are suffering from the common symptoms of menopause or andropause – hot flashes, low energy levels, low libido, feeling off your game, etc. – Dr. Ashford and his team have the solution. They know that keeping hormones in balance is vital for maintaining good health and a great quality of life.

The specialty of urogynecology addresses female pelvic medicine and reconstructive surgery. It addresses these common conditions - urinary leakage, fecal seepage, falling bladders, and pelvic pain - which often plague women and dramatically impact their lifestyle. Dr. Ashford is one of very few board-certified uro-gynecologists in the state of Minnesota and is highly skilled to correct these ailments. Other surgical procedures include myomectomy (fibroid removal) and hysterectomy.

What sets Minnesota Women's Care Center apart is their ability to offer their patients a tailored approach to treat each individual's unique concerns. With 15 years of training in this specialized field, Dr. Ashford is able to offer a full complement of cosmetic gynecology services which are frequently combined with non-surgical modalities. One area of expertise is vaginal rejuvenation. Dr. Ashford explains, "We've gone fully into vaginal rejuvenation, not just the surgical aspects of it, but also the non-surgical and minimally invasive techniques. We treat the muscles, not just the fascia (connective tissues). We have a variety of treatment modalities which we often combine. For one specific patient, we used ThermiVa™, Urostym™ and Femilift™.

We also had the option of doing surgery if the non-surgical options did not provide sufficient improvement, but in this case, surgery was unnecessary.”

As a result, women get the results they want. On the Minnesota Women's Care Facebook page, Shawn Sullivan Johnson gave Dr. Ashford and Minnesota Women's Care Center a 5 star rating, saying, “Dr. Ashford and his entire staff are outstanding! I just had surgery and couldn't be more impressed about the care and compassion I received from Dr. Ashford. He really took time to listen to my concerns, answered all my questions and was great at informing me about my options. So glad I made the phone call to get a 2nd opinion from him. I'm thrilled to have a Dr. that wants me to feel my best!”

Some of the state-of-the-art non-surgical treatments offered by Minnesota Women's Care Center include the O-shot, a platelet rich plasma (PRP) injection that improves incontinence and sexual response in women. They also offer ThermiVa; a rejuvenation procedure which uses precisely controlled gentle heat to treat the vulvovaginal area to strengthen and tighten the vaginal and labial tissues; improving the structural support of the pelvic tissue. Another non-surgical therapy used to treat incontinence by retraining the pelvic floor and/or bladder muscles using biofeedback and electrical stimulation techniques is Urostym™. To encourage vagina tissue rejuvenation, Dr. Ashford uses Femilift™; a CO2 laser which uses laser light to create micro-pores that encourage new tissue growth.

They also treat incontinence using the non-invasive Intone™ therapy to strengthen pelvic muscles. This can often stop leakage without the need for surgical intervention.

Minnesota Women's Care Center also offers Liposuction and non-invasive body contouring using ULTRASHape®.

By using a combination of these minimally invasive treatments, Dr. Ashford is frequently able to provide his patients with a satisfactory outcome without the need for surgery. Dr. Ashford is an accomplished uro-gynecological surgeon, yet prefers treating his patients with non-surgical options whenever possible as it reduces the inherent risks to the patient that accompany any surgical procedure, minimizes recovery time, and is less costly for the patient.

What sets Dr. Ashford and Minnesota Women's Care Center apart from the rest is that all of the services provided at Minnesota Women's Care are synergistic, working together to provide his patients with superior results. No other practice in Minnesota offers all of these treatment options. With his extensive training in female pelvic medicine, surgery, vaginal rejuvenation, and general ob/gyn,

Dr. Ashford can provide women of all ages with the compassionate care they need to enjoy all stages of their lives.

Whether you require prenatal care or menopausal support, Dr. Ashford and his staff at Minnesota Women's Care OB/GYN and Pelvic Specialty Care Center are available to help. Please contact them to schedule a consultation today. Dr. Melvin Ashford and Minnesota Women's Care OB/GYN and Pelvic Specialty Care Center are located at 2603 White Bear Avenue North, Maplewood, MN 55109. You may contact them by telephone at: 651-600-3035 or through their website: www.mnwcare.com.

