

# Meet Dr. Mary J. Minkin

Mary Jane Minkin, M.D. is a board-certified obstetrician/gynecologist with more than 30 years of experience. A well-known expert in women's health, Dr. Minkin is a clinical professor of obstetrics and gynecology and reproductive sciences at Yale University School of Medicine and a practicing OB/GYN in New Haven, Conn.

Dr. Minkin is an active member of the North American Menopause Society and is a Certified Menopause Clinician. She serves as medical advisor to the national menopause support group the Red Hot Mamas. Her valued insight into woman's health has placed her on such well-known television shows as Good Morning America and on the medical advisory board at *Prevention* magazine.

“The Myself® Trainer guides users to perform Kegel exercises correctly, safely and easily at home.”

She is lead author and coauthor of articles in numerous peer-reviewed journals, including *Obstetrics & Gynecology*, as well as coauthor of *A Woman's Guide to Menopause and Perimenopause* (Yale University Press, 2005) and *A Woman's Guide to Sexual Health* (Yale University Press, 2005). Dr. Minkin is a recipient of the Irving Friedman Award, given by Yale School of Medicine's Department of Obstetrics, Gynecology and Reproductive Sciences, for

excellence in clinical abilities and patient care, and has been awarded the Resident's Teaching Award three times for best community attending physician.

Dr. Minkin attended Brown University and then Yale University School of Medicine where she also did her residency training in obstetrics and gynecology. She lives in Connecticut with her husband and two children.

## What Dr. Minkin Says About The Myself® Trainer

“As we all know, pelvic muscle tone loss is an issue for millions of women of all ages and, unfortunately, many women just do not do Kegel exercises correctly.

**The Myself® Trainer** guides users to perform Kegel exercises correctly, safely and easily at home. **The Myself® Trainer** was devised with a pneumatic sensor to measure pelvic muscle contractions and provide immediate feedback. Software is also installed to guide the woman through preset protocols.

The data that supports **The Myself® Trainer** is impressive, so I was happy to evaluate the product myself. I personally tried **The Myself® Trainer** and found it really does assess how well a woman is doing Kegel exercises. I am going to start using it with my patients, and I anticipate that it will help reduce leakage in many of them.”

– Mary Jane Minkin M.D., OB/GYN, New Haven, Conn.

\*\* Dr. Mary J. Minkin receives compensation for her participation in communications programs for The Myself® Trainer.



Mary Jane Minkin M.D.  
Clinical Professor of Obstetrics and Gynecology and Reproductive Sciences at Yale University School of Medicine and a Practicing OB/GYN in New Haven, Conn.



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