

# Obstetrics Providers

## Family Medicine



### Erik Bostrom, MD

*Sees patients at our Aitkin clinic.*

**Specialty:** Family Medicine with Obstetrics

**Medical Education:** University of Minnesota Medical School, Minneapolis, MN

**Residency:** University of Minnesota Family Medicine, St. Cloud Hospital, St. Cloud, MN

**Medical Interests:** I offer the full spectrum of family medicine, including obstetric care through birth and

delivery and healthcare for all ages from newborns to the elderly.

**Personal approach to obstetric care:** I believe that each patient is unique and requires individual attention, coaching, and guidance to achieve a positive childbirth experience.

**Family/Interests:** I have a beautiful wife I enjoy spending time with. I also enjoy just about any outdoor activity, as well as sewing and embroidering baby blankets for the babies I deliver.



### Tony Blankers, MD

*Sees patients at our Aitkin clinic.*

**Specialty:** Family Medicine with Obstetrics

**Medical Education:** Mayo Clinic School of Medicine, Rochester, MN

**Residency:** Family Medicine Residency of Idaho in Twin Falls

**Medical Interests:** I offer the full spectrum of family medicine, including obstetric care through birth and delivery and care for all ages. Coming from a small

town in Iowa, I enjoy the opportunity to connect with my patients on a personal, community level.

**Personal approach to obstetric care:** Seeing the smile on a mother's face after bringing a new life into the world is the highest honor and I am privileged to be a part of the journey.

**Family/Interests:** My wife, Steph, and I have a two-year-old son, Melvin. For hobbies, I enjoy boating, road biking, snowmobiling, mountain biking, and motorcycling and is excited to learn more about hunting and fishing.



### Melissa Herbranson, MD

*Sees patients at our Aitkin and McGregor clinics.*

**Specialty:** Family Medicine with Obstetrics

**Medical Education:** University of Minnesota Medical School, Duluth, MN

**Residency:** University of Minnesota Family Medicine, St. Joseph's Hospital, St. Paul, MN

**Medical Interests:** I offer the full spectrum of family medicine, including OB/GYN, contraceptive and lactation

care for women and pediatric care for babies and children.

**Personal approach to obstetric care:** I am passionate about supporting moms with breastfeeding and achieving the birth experience they desire while making sure they have the best medical care available.

**Family/Interests:** My husband and I have two young sons and a daughter who are the center of our world and the reason I do my best to find work-life balance. We enjoy family time including hunting, fishing, gardening, and boating. I also find relaxation in baking and knitting as well as paddle boarding.



### Don Hughes, MD

*Sees patients at our Aitkin and Garrison clinics.*

**Specialty:** Family Medicine with Obstetrics

**Medical Education:** University of Iowa College of Medicine, Iowa City, IA

**Residency:** University of Iowa Hospitals and Clinics, Iowa City, IA

**Medical Interests:** I offer the full spectrum of family medicine, including obstetric care through birth and

delivery and pediatric care for babies and children.

**Personal approach to obstetric care:** It is an honor and privilege to be with my patients every step of the way through the obstetric process, from finding out you are expecting to the delivery and the care of your child potentially for years to come after the delivery.

**Family/Interests:** My wife and I have three grown children and starting to have grandchildren. I value time with family when I can have it and enjoy time in the outdoors relaxing and taking in nature.



### Tim Arnold, MD

*Sees patients at our McGregor clinic.*

**Specialty:** Family Medicine with Obstetrics

**Medical Education:** University of Minnesota Medical School, Duluth & Minneapolis, MN

**Residency:** Duluth Family Medicine Clinic, Duluth, MN

**Medical Interests:** I offer the full spectrum of family medicine, including obstetric care through the first

two trimesters of pregnancy, and pediatric care for babies and children.

**Personal approach to obstetric care:** I believe every patient has her own unique needs, interests, and life story, and it is important for me to honor this and provide care that supports each patient individually.

**Family/Interests:** I enjoy running, camping and almost anything outdoors with my wife and two children.



## Aaron Jordan, MD

*Sees patients at our McGregor clinic.*

**Specialty:** Family Medicine with Obstetrics

**Medical Education:** University of Minnesota Medical School, Duluth, MN

**Residency:** Duluth Family Medicine Clinic, Duluth, MN

**Medical Interests:** I offer the full spectrum family medicine, including prenatal care through the first two trimesters of pregnancy, pediatric care for babies and

children, adult medicine, and minor procedures/injections. **Personal approach to obstetric care:** Caring for expecting mothers and their families through such a unique and important part of life is one of the most rewarding aspects of what we do.

**Family/Interests:** My wife and I enjoy spending time with friends and family members. We have three young children and stay busy with sports, camping, fishing, hunting, horse riding, and taking care of all of the horses, cows, sheep, chickens, and dogs at home.

## OB/GYN



## Michael Cady, MD

*Sees patients at our Aitkin clinic.*

**Specialty:** Obstetrics & Gynecology, Surgeon

**Medical Education:** University of Minnesota Medical School, Minneapolis, MN

**Residency:** Obstetrics & Gynecology, Spectrum Health, Grand Rapids, MI

**Medical Interests:** I provide a full range of OB/GYN care, including labor and delivery, hysteroscopic

and laparoscopic surgery, surgical management of pelvic organ prolapse, pelvic pain, urinary and fecal incontinence.

**Personal approach to obstetric care:** To provide excellent obstetrical care in a compassionate way.

**Family/Interests:**

I enjoy spending time with my wife and five children, camping, hiking, running, and mountain biking.



## Rachel Cady, MD

*Sees patients at our Aitkin clinic.*

**Specialty:** Obstetrics & Gynecology, Surgeon

**Medical Education:** University of Minnesota Medical School, Minneapolis, MN

**Residency:** Obstetrics & Gynecology, Spectrum Health, Grand Rapids, MI

**Medical Interests:** I provide a full range of OB/GYN care, including labor and delivery, pelvic pain,

endometriosis, uterine fibroids, laparoscopic minimally invasive surgery, pelvic floor surgery, and urinary and fecal incontinence.

**Personal approach to obstetric care:** I cherish every child born under my care. We are committed to promoting family-centered care, with respect and compassion.

**Family/Interests:** When not working, I enjoy spending time with my husband and five children and all activities that accompany family life.



## Jennifer Tessmer-Tuck, MD

*Sees patients at our Aitkin clinic.*

**Specialty:** Obstetrics & Gynecology, Surgeon

**Medical Education:** University of Minnesota Medical School, Minneapolis, MN

**Residency:** Obstetrics & Gynecology, Oregon Health and Sciences University, Portland, OR

**Medical Interests:** I provide a full range of OBGYN care, including high risk prenatal care; labor,

delivery and postpartum care; contraception and permanent sterilization.

**Personal approach to obstetric care:** My job is to help you understand the risks and benefits of any decision and support you in making the decision that is right for you.

**Family/Interests:** My husband, Paul, and I have three very active boys in high school and middle school. We enjoy the Cuyuna region mountain bike trails, traveling internationally, and cooking together. I also like to quilt and knit and enjoy photography.



## Megan Workman, CNM

*Sees patients at our Aitkin clinic.*

**Specialty:** Obstetrics & Women's Health, Nurse Midwife

**Medical Education:** University of Minnesota, Nurse Midwifery and Doctor of Nursing

**Medical Interests:** I see patients from menstruation through the post-menopausal years. I offer primary care, annual exams, gynecologic, family planning, birth control, preconception counseling, prenatal care, labor and

delivery, postpartum care, and breastfeeding assistance. **Personal approach to obstetric care:** Pregnancy, labor and delivery is a very personal time in a woman's life. My goal is to provide the safest, most up-to-date care that is in line with a woman's desires for her pregnancy and birth.

**Family/Interests:** My husband and I have six boys with a 21-year span between my oldest and youngest! We enjoy outdoor activities like running, camping, hiking, and fishing. I love to cook and enjoy Sunday evening dinners with my family gathered around the table.

**Obstetrics Coordinator, Brooke Mickelson, RN, is the go-to nurse for Riverwood OB patients. For more information or to schedule an appointment with a provider, please call Brooke at 218-429-3913, Monday-Friday, 8:00a.m. to 4:30 p.m.**