

Investing in the future of women’s health in Niagara County

BY AMY LYNN BRYNIARSKI
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Niagara Falls Memorial Medical Center invites the community to an Oct. 23 open house highlighting expanded services, new physicians and exciting improvements.

All too often, women say they don’t feel heard when it comes to their healthcare. Whether they’re struggling to find answers to ongoing concerns, navigating changes in their bodies or simply looking for a provider who takes the time to listen, finding the right care can be frustrating. At Niagara Falls Memorial Medical Center, we believe every woman deserves to feel heard, understood and confident in the care she receives. Our women’s health team is committed to listening to our patients, understanding their individual needs and providing compassionate, personalized care at every stage of life.

We’re inviting the community to learn more during our Women’s Health & Wellness Open House on Friday, Oct. 23, from 1-4 p.m. at Niagara Falls Memorial Medical Center. It’s an opportunity for women and families throughout Niagara County to discover the comprehensive services available in their own backyard.

Caring for women at every stage of life

Women’s healthcare is about much more than pregnancy and childbirth. It’s about building relationships with patients, understanding their individual needs, and providing personalized care throughout their lives.

Our women’s health team offers a wide range of obstetric and gynecological services, including preventive care, annual wellness visits, family planning, prenatal care, gynecological treatments and support through menopause.

For younger women, care may mean establishing a relationship with an OB-



Amy Lynn Bryniarski

GYN and learning about preventive care. For women planning a family, it means having a trusted physician to guide them through pregnancy and delivery. And for women experiencing changes later in life, it means access to knowledgeable providers who understand their evolving healthcare needs.

Our continued investment in women’s health services reflects our commitment to meeting those needs at every stage of life. We’re pleased to welcome two new OB-GYNs – Dr. Ahmed Saleh and Dr. Shahrzad Torabi – who bring additional expertise and a shared commitment to compassionate, patient-centered care. Both physicians offer comprehensive gynecological care, including minimally invasive and robotic-assisted surgical procedures for appropriate patients.

These advanced techniques can offer several benefits, including smaller incisions, less postoperative discomfort, and potentially shorter recovery times.

Welcoming new life close to home

One of the services we’re especially proud to provide is labor and delivery.

Niagara Falls Memorial Medical Center is home to the only labor and delivery department in Niagara County, making us an important resource for expectant mothers and growing families throughout the region.

We understand how important it is for mothers to feel comfortable, supported and confident in the team caring for them. With certified midwives on staff and partnerships with doulas, we offer personalized care and additional support to help expectant mothers feel informed, empowered and prepared as they welcome their babies.

Our labor and delivery department features private patient rooms to give mothers and babies the comfort and privacy they deserve during such a meaningful experience. In our hospital, most mothers labor, give birth, and recover in the same room. It’s a unique setup that adds to the comfort of moms and families at a vulnerable time. It also means that moms and babies will have the same nursing staff caring for them throughout their stay, helping families build trusted relationships with their care team.

Our commitment to families extends beyond the delivery room. Through our P3 program, including the PICHC Program and Maternal Hub, we connect families with valuable resources and support from conception through their child’s second birthday. Whether it’s helping families access essentials like diapers and car seats, connecting them with community resources or providing ongoing guidance through our community health workers, we’re here to help families navigate challenges and build a healthy foundation for the future.

Creating a more-modern, comfortable experience

Providing exceptional care also means creating an environment where patients and families feel welcome, comfortable and supported.

As part of Memorial’s ongoing capital improvement campaign, we’re planning significant renovations to our women’s health facilities that will enhance patient care and the overall experience for families.

Improvements include modernized labor and delivery rooms and updated patient care areas. We’re also making improvements to the spaces families use before and during their visits. Plans include a new street-level entrance with a canopy; an improved lobby; and a more comfortable, family-friendly waiting area.

These improvements are about more than appearances. They’re about making healthcare more accessible, convenient and comfortable for patients and families throughout Niagara County.

Come see what’s happening at Memorial!

We’d love to see you at our Women’s Health & Wellness Open House. We invite women and families throughout Niagara County to stop by on Oct. 23 from 1-4 p.m. to meet members of our women’s health team and learn about our services. We’ll have giveaways – as well as raffles for some incredible baby gear, including a car seat/stroller travel system!

Whether you’re searching for a new OB-GYN, preparing to start a family, interested in advanced gynecological treatment options or simply looking to take a more active role in your health, we want you to know that comprehensive, compassionate care is available close to home.

At Niagara Falls Memorial Medical Center, our commitment to women’s health extends far beyond any one appointment, procedure or stage of life. It’s about building lasting relationships, strengthening the services our community depends on, and ensuring women throughout Niagara County have access to the care they deserve.



NIAGARA FALLS

Memorial Medical Center

Exceptional care, exceptionally close.



Women’s Health & Wellness Open House



Meet our doctors and tour our facility with all-private patient rooms



Learn about our resources for pregnancy, parenting and families



Giveaways, raffles and snacks - plus activities for the kids!

October 23rd, 2026
1:00 p.m. - 4:00 p.m.
621 Tenth St. Niagara Falls, NY 14301



Dr. Ahmed Saleh

OB/GYN

Dr. Shahrzad Torabi

OB/GYN



Schedule an Appointment Today!

Call (716) 278-4081