

**FOR IMMEDIATE RELEASE**

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## **Two Harbour Women's Health Providers Earn 2020 Top Doctor Recognition**

**Portsmouth, NH** – Harbour Women's Health is honored to announce that two providers, Dr. Sonja Nelson and Dr. Deeptha N. Sastry, were named as 2020 Top Doctors by New Hampshire Magazine and Castle Connolly.

Dr. Nelson was nominated and recognized in the Obstetrics & Gynecology category. Dr. Nelson was also selected as a Top Doctor in 2017, 2018 and 2019. She brings over 20 years of experience in obstetrics and gynecology to Harbour Women's Health. Dr. Nelson completed her undergraduate degree at Tufts University and her medical training at Tufts University School of Medicine. She completed her post-doctoral training in the Department of Obstetrics and Gynecology at The New York Hospital, Cornell Medical Center.



Dr. Sastry, a specialist in Urogynecology, was recognized as a Top Doctor in the Urogynecology/Female Pelvic Medicine & Reconstructive Surgery category. She was also selected as a Top Doctor in 2019. Dr. Sastry completed her training in Obstetrics and Gynecology and then went on to complete a three-year fellowship in Female Pelvic Medicine and Reconstructive Surgery at the University of Medicine & Dentistry – Robert Wood Johnson, (UMDNJ-RWJ) Cooper University Hospital in Camden, New Jersey. She is the only fellowship-trained, double-board certified Urogynecologist in the New Hampshire seacoast.



Harbour Women's Health is proud to once again have two providers recognized in this prestigious New Hampshire Top Doctors list. As a patient-focused practice, we are dedicated to providing excellent quality of care to each and every patient. Dr. Nelson and Dr. Sastry are outstanding examples of the compassionate, experienced care our practice provides throughout all stages of a woman's life.

Each year, New Hampshire Magazine and Castle Connolly seek nominations from licensed physicians for their medical colleagues. Once submitted, the peer-nominated candidates undergo rigorous evaluation, extensive research and careful review by the Castle Connolly doctor-directed research team. This year's list includes 399 doctors in 57 specialties.

## **ABOUT HARBOUR WOMEN'S HEALTH**

Located in Portsmouth, New Hampshire, Harbour Women's Health offers obstetrics and gynecology physicians, a fellowship-trained Urogynecologist, North American Menopause Society (NAMS) certified practitioners, and Women's Health Nurse Practitioners on staff to care for patients. Harbour Women's Health has been awarded Patient-Centered Specialty Practice Recognition by the National Committee for Quality Assurance and has achieved Safety Certification in Outpatient Practice Excellence from the American Congress of Obstetricians and Gynecologists. For over 50 years, Harbour Women's Health providers have focused on both progressive and conventional care, while maintaining a conservative approach to surgery. Harbour Women's Health proudly supports local community and related women's causes. The practice was voted First Place for Best OB/GYN in 2017, 2018 and 2019 in the Best of the Seacoast and is proud to have two providers named as New Hampshire Magazine 2019 and 2020 Top Doctors. For more information, visit [www.harbourwomenshealth.com](http://www.harbourwomenshealth.com).

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