

Carrie Gramse Kremer, MD

OB/GYN PHYSICIAN – ADVOCATE FOR SPECIAL NEEDS CHILDREN

FHS CLASS OF 1992



As she passed the nursery window in District One Hospital, Carrie Gramse Kremer, MD, then a fourteen- year-old candy striper volunteer, glimpsed her future life's work. Valedictorian of her 1992 class, and voted "Most Likely to Succeed," Kremer believed she was well-equipped to pursue a medical degree.

Kremer graduated summa cum laude from Concordia University, Chicago, with a BA in Biology. She received her Doctorate of Medicine degree from the University of Minnesota, graduating in 2000. After medical school, she completed four years of residency training in Obstetrics and Gynecology at the University of Florida.

After her residency, she returned to Minnesota and practiced OB/GYN with Park Nicollet and Health Partners. Her nominator reported that she "delivered thousands of babies and performed countless obstetric and gynecological surgeries." He stated that "she took pride in protecting the lives of unborn children and providing compassionate reproductive care."

While in medical school, she met her future husband, Matthew Kremer, an internal medicine physician. They are parents of three children. While raising a family and balancing an intense work schedule can be challenging, it was especially so for the Kremers, as Liz, their sixteen-year-old daughter, was born with a rare genetic mutation on the STAG1 gene. Although she is fully enrolled in high school, Liz's condition requires full-time care when she is home. Therefore, Kremer decided to retire from practice in 2023 to care for her family.

Her nominator states that "although medicine was her first calling, Kremer has found her place as an advocate for special needs children and their families." She is a founding member of the STAG1 Gene Foundation and maintains a Facebook page called "Lessons from Liz," with almost 10,000 followers, where she provides hope for families sharing a similar journey.

Dr. Carrie Gramse Kremer's life has come full circle. From the age of 14 to this day, she evinces a passion for the health and well-being of all children and mothers.