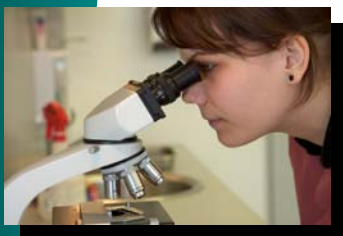


Flu Season

The 2009 - 2010 flu season has received much media attention, particularly due to the new Novel H1N1 strain (swine flu) and the expectation that flu outbreaks will be more widespread than in recent years. Concern of infection is especially relevant for high risk groups, including pregnant women; these groups are not only more susceptible to contracting the flu, but are also more likely to experience complications related to the flu. For all populations, the CDC recommends three important steps in the fight against the flu:



1. **Get vaccinated.** Anyone without contraindications to the flu vaccine should consider being vaccinated, even if you are in a low risk category. If you are not sure if you should receive the vaccine, speak to your healthcare provider.

2. **Practice good hygiene.** Steps such as washing your hands thoroughly and frequently, sneezing and coughing into a tissue, and refraining from touching your eyes, nose, and mouth with your hands can limit the spread of germs. If you do become sick, limit your contact with other people.

3. **Take flu antiviral medication if prescribed.** If you become sick with the flu, antiviral medication may be necessary to help your body fight the flu.

There are many online resources available regarding this year's flu season, including cdc.gov, flu.gov, and mass.gov. On our own website at bogg.com, we have posted a flu page with additional resources including specific information for our pregnant patients as well as updates on the status of our seasonal and H1N1 vaccine programs for our pregnant patients. Please visit our website often for future updates!



Liz Howell, CNM

Welcome Liz Howell, CNM

We are pleased to welcome Liz Howell, CNM to our practice! Liz has years of experience in women's health and is excited to be part of our All About Women Midwifery group. Liz graduated with a Bachelors of Science degree in

Nursing from American International College and graduated from the Midwifery Education Program at Baystate Medical Center. Liz is proud to be a member of Sigma Theta-Tau International (a national honor society for nurses) and the

American College of Nurse Midwives. With over 18 years of experience in healthcare, including ten years as a labor and delivery nurse, Liz brings a wealth of knowledge and experience with her to her practice of nurse midwifery.



Kathleen Mahoney, MD

Menopause Seminar

Whether you are premenopausal or you find yourself in the middle of "the change," this workshop will address some common (and not so common) questions and concerns about menopause.

Dr. Kathleen Mahoney of our practice, one of the few North American Menopause Society Certified

Menopausal Medicine Practitioners in our area, will facilitate a workshop about menopause myths and fears, including important health screenings. Symptoms, treatments, hormone replacement therapy, nutrition, exercise and stress, sexuality and alternative treatments will be discussed. The work-

shop, sponsored by the Spirit of Women program at Baystate Health Systems will be held on Thursday, December 3 from 6-7:30pm at 361 Whitney Avenue in Holyoke. Refreshments will be served. To register for this workshop free of charge, please call 1-800-377-HEALTH.