



## New features on www.BOGG.com

We invite you to visit our recently redesigned website at [www.bogg.com](http://www.bogg.com). The redesigned site includes section "suites" including Pregnancy, Gynecology, Menopause, Surgical Gynecology, Incontinence, and Teens. We have also enhanced the site to include many online patient re-

sources such as an information-rich patient education section, an extensive list of health links, practitioner biographies, FAQs, information for new patients, a billing and insurance section, and an opportunity to sign up to receive informative emails from our practice.

The newest features include a section devoted to

learning more about common gyn problems as well as a library of anatomy diagrams.

We are especially proud that our website at [bogg.com](http://bogg.com) embodies our goal to provide accessible, high quality healthcare and resources for you — even when you are not in the office!

## Dr. Greenberg First Surgeon in W. Mass To Perform L.E.S.S. Removal of Uterus/Ovaries



Dr. Elliot Greenberg is the first surgeon in Western Massachusetts to perform Laparoscopic removal of the uterus and/or ovaries through the navel using a single, hidden incision.

This type of surgery, known as Laparoendoscopic Single Site Surgery (LESS) allows patients another minimally invasive approach for hysterectomy and other gynecologic surgical procedures. Traditionally, these procedures required large or multiple incisions, leaving visible scars. The LESS approach offers the benefits

of a single, small naval entry point through which the entire surgery is performed. After healing, the incision site typically is not visible and the patient has no obvious evidence that she ever had surgery.

### Speedy Results

Dr. Greenberg shares that "The LESS approach takes Minimally Invasive Surgery to a new level of cosmetic improvement and possibly faster recovery — all with benefits to the patient. In almost all cases, the patient is discharged within 23 hours of surgery... Addition-

ally, in most cases patients can resume normal activities in one to three weeks (compared to six weeks with traditional hysterectomy)."

Dr. Greenberg has been travelling throughout the nation teaching Laproendoscopic Single Site Surgery courses to other surgeons over the past several months.

For Dr. Greenberg's full article, please log on to our website at [www.bogg.com](http://www.bogg.com) and visit our News section.



## Liz Howell, CNM Attends CenteringPregnancy® Training

Liz Howell, CNM attended a two-day facilitator workshop given by the Centering Healthcare Institute (CHI) in May, 2010. The focus of the workshop was CenteringPregnancy®, one of the programs sponsored by CHI and currently available in our practice as an option for prenatal care.

During the two-day workshop, CHI covered many topics including the core principles of a group healthcare model.

Liz is thrilled to join the CenteringPregnancy® team at BOGG. She commented that "the workshop was an excellent opportunity to learn

hands-on facilitative skills as applied in a group healthcare model...I had the opportunity to focus on how to empower women to seek wellness throughout pregnancy and beyond." To learn more about the CenteringPregnancy® option, log on to our website at [www.bogg.com](http://www.bogg.com)