

New Article Discusses Hormone Therapy Risk/Benefit Ratio in Newly Menopausal Women

An article published in the August, 2010 edition of Ob/Gyn News discusses the benefit/risk ratio of hormone therapy use in newly menopausal women. The article sites that "The scale that weighs risks and benefits tips more favorably for newly menopausal women who begin hormone therapy at age 50-59 years and who use it for 5 years, compared with women

who start the therapy in their 60s, according to a systematic review of several studies and position statements."

In the article Dr. Richard Santen, professor of medicine at the University of Virginia, Charlottesville comments on the analysis and related statement written on behalf of the Endocrine Society. The

article also includes comments from Dr. Cynthia Stuenkel, president of the North American Menopause Society, clinical professor of medicine at the University of California, San Diego School of Medicine and an attending physician for the University's Endocrinology and Metabolism Service. Visit the news section of our website at www.bogg.com for a link to the full article!



Flu Season

Although the upcoming flu season has received considerably less media attention compared to last year, it is still important to take precautionary steps in preparation for the months ahead. 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 from the flu. For all populations, the CDC recommends three steps:

- 1. Get vaccinated.** Anyone without contraindications to the flu vaccine should consider being vaccinated. (Please call your primary care office or a local flu clinic for your vaccination.) If you are not sure if you should receive the vaccine, ask 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 others.

- 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.

Find additional resources online at cdc.gov, and flu.gov. On our own website at bogg.com, we have posted a flu page with additional resources for pregnant patients.



Young Women's Healthcare Resources, Online!

Adolescent healthcare for young women is important for establishing long term health and well being. We invite you to explore our website where you can find a wealth of resources related to teen health, in-

cluding information about your first visit with our practice, specialized practitioners, information about STDs, sexual health, and birth control, frequently asked questions, and a comprehensive "link library."

We encourage all young women to make informed decisions about their health and lifestyle. Log on today!