

Spotlight: Patient Education

Have you ever tried to re-search a medical question online? Chances are, you were presented with more than just a few responses! Knowing which websites to choose for reliable re-search often is not an easy task. We have designed our website at www.BOGG.com with just that in mind!

Topic "Suites"

Our website is organized so that you can quickly find the information you need. Organized into clinical "suites," our website features major topics such as

- Gynecology
- Pregnancy
- Menopause

- Surgical Gynecology
- Incontinence
- Teens

Each section contains sub-topics that cover the scope of each heading. From practice-specific information to general medical information, you can find it on our website at www.BOGG.com.

Patient Education

Whether you are looking for a complete, searchable medical database used by our own providers (UpToDate), or you are seeking information on a specific women's health topic, our online Patient Education suite puts a multitude of online resources at your fingertips. Sections include:

- UpToDate medical database
- Diagram library
- FAQs
- Helpful links, categorized by topics
- Favorite links from our practitioners
- An opportunity to sign up to receive informative emails from our practice

You can access our Patient Education area from our homepage at www.BOGG.com via the Patient Education link in the left margin. Log on today to explore the resources we have gathered for you!



"It's Your Time"

The 12th annual observance of National Women's Health Week from Mother's Day (May 8) through May 14, 2011 marks an important reminder to all women of all ages to take care of themselves. This year's theme is "It's Your Time." Coordinated by the U.S. Department of Health and Human Services, this weeklong health observance empowers women across the country to make their

health a top priority and take simple steps for a longer, healthier, and happier life. We encourage you incorporate healthy choices in your every day living, including

- Getting at least 2.5 hours of moderate physical activity, 1.25 hours of vigorous physical activity (or a combination of both) each week.
- Eating a nutritious diet.
- Scheduling and keeping your regular checkups and preventive screen-

ings. (We can help you with that!)

- Avoiding risky behaviors, such as smoking and not wearing a seat-belt.
- Paying attention to mental health, including getting enough sleep and managing stress.

For additional Women's Health Week resources, visit our News section at www.BOGG.com!



Find Us On Facebook!

Along with our robust website at BOGG.com, our Facebook presence allows us to communicate with you about important news,

events, and announcements, including any weather related delay or closing information for our practice. To stay in touch

with us, go to www.facebook.com/BaystateObGynGroup and "like" our page!