

Welcome Suzanne Starling, CNM



We are pleased to announce that Suzanne Starling, CNM has joined our practice as a Certified Nurse Midwife, providing gynecologic and obstetric care.

Suzanne earned her Bachelor of Arts degree in Elementary Education from Boston College, with a minor in history and women's studies. Five years later, she completed her Associate Degree in Nursing at Castleton State College and in 2004 she earned her Master of Science degree in Nursing (Midwifery) from Yale University where she served as a guest lecturer in Ob/Gyn for three years. Suzanne's experience has ranged from a

community health clinic setting to private practice. She has served all segments of the population and feels honored to help women from all walks of life, treating each woman with the dignity and respect she deserves. Suzanne shares, *"With my background in education and career choice of nurse midwifery, I have a fundamental belief that every person deserves the opportunity to learn, grow, and make healthy decisions. Each woman deserves to be heard and listened to. Through my work I hope to make connections with my patients, and to empower them to take an active role in their health and well being."*

Dr. Howard Trietsch, managing physician of Baystate Ob/

Gyn Group, commented that "We are very pleased to welcome Suzanne to our midwifery practice. Prior to Suzanne joining BOGG, we were fortunate to have had the experience of working with Suzanne as a CNM for a number of years at Baystate Health's Women's Evaluation and Treatment Unit. We are confident that her skills, diverse background, and warm personality will fit well with our midwifery group and with our patients."

For more about Suzanne, please visit her biography page on our website at www.bogg.com!



New Routine Refill Policy

Our practice is committed to the efficient processing of your prescriptions while at the same time insuring prescription safety, security, and accuracy. So that we can process your routine refill requests most efficiently, please contact **your pharmacy** (rather than our practice) to initiate refill requests. Your pharmacy will send the request directly to our triage nurses via our elec-

tronic medical records system. Requesting your refill from your pharmacist reduces the time spent on manual data entry.

Examples of prescriptions included in our new policy: birth control pills, hormone replacement therapy, bone density medications, vaginal estrogens, and prenatal vitamins.

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related delays/closings.
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Breast Health Tip

Healthy Habit Tip from Liz Howell, CNM: Breast Cancer Awareness Month may be over, but maintaining breast health is a year-round process! Liz Howell, CNM recommends that you "Get to know your breasts!" Doing a self breast exam at the same time every month (preferably at the end of your period) will help you get into a routine of doing it regularly and will help you recognize when things don't feel normal. Visit the Gynecology section of our website at bogg.com for additional breast health resources!

