

## BOGG Achieves 5th Consecutive Ultrasound Accreditation



We are proud to announce that we have achieved our fifth consecutive accreditation by the American Institute of Ultrasound in Medicine (AIUM).

We achieved this recognition by meeting rigorous voluntary guidelines set by the diagnostic ultrasound profession. During the accreditation process all facets of our ultrasound department were assessed including the training and qualifications of physicians and sonographers, ultrasound equipment maintenance,

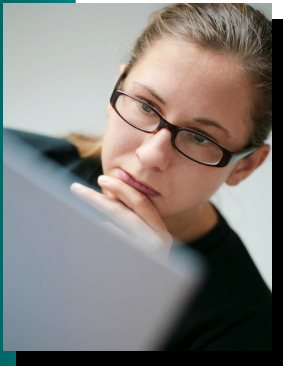
documentation and record-keeping practices, quality assurance methods, as well as the thoroughness, technical quality and interpretation of the sonograms we perform.

Dr. Charlene Case, Director of the Ultrasound Department at BOGG commented that "Achieving this accreditation is an important indication of the high quality care we provide for our patients. When indicated, our state-of-the-art ultrasound technology allows us to integrate detailed images captured by ultrasound

in the care and treatment of our patients. To have this technology in our office including 3D and 4D capabilities is a great convenience for our patients and an irreplaceable clinical tool for our practitioners."

For your convenience, we offer obstetric and gynecologic ultrasonography services in our Springfield office. Having this capability "in-house" allows our physicians prompt access to your ultrasound results.

## Do You Need a Pap Smear or Annual Exam?



Recently the media has drawn attention to Pap smear research, which continues to support that the frequency of screening Pap smears can be adjusted for each patient based on personal factors.

At BOGG we have continued to evaluate the evolving research and recommendations from the American College of Obstetrics and Gynecology as well as the American Society for Colposcopy and Cervical Pathology, updating our Pap smear recommendations accordingly. Although we may recom-

mend a Pap smear screening less than annually for some patients, **we cannot stress enough the importance of having a gynecologic exam every year.**

Routine well-woman care is the cornerstone to long term health. These visits give you and your provider an opportunity to discuss your health proactively and plan for a healthy future. Other than a Pap smear, an annual exam can include:

- Urine test to screen for sugar and protein
- A hemoglobin test, an indicator for anemia
- Blood pressure

- Height /weight/BMI
- Comprehensive physical exam
- Breast exam
- Pelvic exam
- Discussion of wellness topics such as lifestyle, birth control, exercise, diet, etc.
- Discussion and establishment of plans for any problems that are reported by you or detected on exam.

If you have questions about the frequency of your gyn exams or Pap smear screenings, please contact us!



## Pain Free Hemoglobin Screenings

We are excited to offer an "ouchless" system for recording a hemoglobin level, which can be an indicator for anemia. Rather than

drawing a drop of blood from the tip of your finger, we place a non-invasive transdermal sensor over your finger to detect the same infor-

mation. Although the "finger stick" method is still available when needed, the transdermal system can be used in most cases.

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