

Welcome Dr. Kimberly Thompson!

We are pleased to announce that Dr. Kimberly Thompson has joined our practice. She will see patients in our East Longmeadow and Springfield offices.

Dr. Thompson embraces a "whole woman" approach to healthcare. Her friendly personality helps patients feel at ease and establishes the foundation for meaningful conversation. Dr. Thompson's enthusiastic attitude motivates and encourages women to be active participants in their healthcare. With a particular emphasis on preventive medicine, Dr. Thompson helps women develop lifestyles that not only fight illness, but also help prevent disease and support lifelong wellness. "My goal is to provide comprehensive, compassionate care to all patients. Each day I look

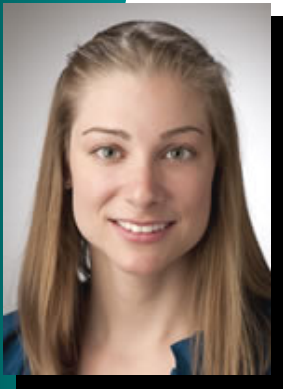
forward to helping women navigate the challenges of life and, through active listening, conversation, and education, empowering them to make informed decisions about their healthcare."

Dr. Thompson earned her Bachelor of Arts degree from Franklin and Marshall College. It was during her undergraduate education that her interest in obstetrics and gynecology began to take root. She followed her passion for women's healthcare at the University of New England College of Osteopathic Medicine, where she earned her Doctor of Osteopathy degree. Dr. Thompson shares, "I explored many specialties during medical school, but it was the field of obstetrics and gynecology that was a natural fit for me. As an obstetrician and gynecologist, I have a unique opportunity to follow my patients throughout their lives -

from adolescence to menopause. The field of ob/gyn is diverse and inherently dynamic, fostering an environment for lifelong learning."

Dr. Thompson completed her residency training in ob/gyn at Baystate Medical Center. During that time she served as a Clinical Associate and Instructor for Tufts University School of Medicine. She was selected by third year medical students as a resident to be recognized for accomplished teaching. Dr. Thompson was also recognized by the Department of Maternal Fetal Medicine for an outstanding performance in obstetrics and a strong commitment to the health of the pregnant patient and baby.

Dr. Thompson's clinical interests include obstetrics, contraceptive education, and adolescent healthcare.



Rebekah Perks, Certified Menopause Practitioner

We are pleased to share that Rebekah Perks, WHNP, ANP is one of two practitioners in Western Massachusetts certified as a Menopause Practitioner by the North American Menopause Society (NAMS). Founded in 1989, NAMS is North America's leading nonprofit organization dedicated to improving health and quality of life through an understanding of menopause. Practitioners who earn the NAMS Menopause Practitioner credential have demonstrated special inter-

est and competency in the field of menopause.

Rebekah shares that "the field of women's healthcare includes many life stages - adolescence, the childbearing years, menopause, and beyond. Each stage carries with it unique circumstances, concerns, and health maintenance needs. During menopause women experience unique physical and hormonal changes, coupled with the potential for emotional, social, family, and career changes. I believe it is impor-

tant to engage in conversation with my patients to understand their specific questions and concerns. I find it especially rewarding to help my patients navigate through these changes, empowering them to make important decisions about their health based on factual information. The designation of Certified Menopause Practitioner is a milestone in my career and calls attention to my commitment to offer contemporary approaches to gynecological health during the menopausal years."



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