

Spotlight: Dr. Kimberly Thompson

In July of 2012 we warmly welcomed Dr. Kimberly Thompson to our group in our Springfield and East Longmeadow offices. In addition to Dr. Thompson's appointments, her addition expands the appointment availability of our seven other physicians.



Spotlight on Dr. Thompson

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.



Flu Season

Flu season is here! 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.



Convenient hours—Call us at lunch or early on Fridays!

We know how difficult it can be to set aside time from your schedule to accomplish the things you

need to do. For your convenience you can reach our office by phone throughout lunch-time Monday through Friday

as well as early on Friday mornings (as early as 7am).