



## Spotlight: AnnMarie ("Re") Gorham, Nurse Practitioner

AnnMarie ("Re") Gorham's experience in healthcare is rooted deeply in her focus to provide meaningful, compassionate healthcare for women in the context of the realities of life. Through the diversity of her educational and professional experiences including medical research, chronic care, rehabilitation, young adult medicine, and healthcare administration, Re is able to connect with her patients of all ages to focus on prevention, treatment, and above all, wellness.

Re's undergraduate years at Barnard College were seasoned with an interest in medical anthropology and women's studies, including her work in the student-run Women's Center and her senior thesis study of childbirth as a rite of passage. She followed her passion for healthcare at Yale University, earning a Master's

Degree in Nursing and her Adult Nurse Practitioner Certificate.

*"The opportunity to practice in an ob/gyn setting had been my goal since becoming a Nurse Practitioner. Focusing on each woman's real-life circumstances including her social, family, and medical history helps me to create a dialog with each patient...that dialog is fundamental to engage patients in their healthcare and to empower them to be proactive about prevention and treatment. Providing meaningful feedback has the potential to have far reaching impacts on a patient's long term health, and by that exchange I am truly humbled."*

Before joining our practice in January of 2011, Re enjoyed many years of experience as a Nurse Practitioner in settings ranging from Planned Parenthood to community health clinics and private practice.

She finds it particularly fulfilling to provide care to young women as they begin to access reproductive care during an important period in their lives, when they are developing lifelong health habits. Supporting health across a woman's development through all stages of life remains the core of Re's practice.

Re balances her career with the joys of motherhood provided amply by her young son and even younger twin daughters. In her spare time Re enjoys practicing yoga, being outdoors, crafting sculptures and mobiles out of used bicycle parts, and most of all spending time with her husband and children.

Re currently sees patients in our Springfield office.

### Urinary Incontinence

Urinary incontinence is a very common condition affecting roughly 10-20% of women under age 65 and over 50% of women over age 65. Learning more about incontinence can begin to set yourself free from the burdens of urine leakage. From the comfort of your home, we encourage you to visit our web "suite" devoted to incontinence, overactive bladder, and treatment options at [www.bogg.com](http://www.bogg.com).

When you are ready, our providers can offer you a more individualized approach to solving your most sensitive problems during an office visit.

## Health Insurance for Smoking Cessation?

The harmful effects of smoking are well known. What is far less obvious to most people is how their health insurance company may be able to help them quit the habit. A recent article in the New York Post (12/17/12) discussed some of the issues... "Most people who smoke want to quit, and the 2010 health-care law is supposed to make it easier for them by requiring many insurance

plans to cover smoking-cessation treatments with no out-of-pocket cost to members. But a recent study found that details about what's covered and who pays for it remain confusing and inconsistent." If you are a current smoker we encourage you to contact your insurance company for more information about coverage for smoking cessation. Get started on a path to a smoke-free life today!

## Grapefruit and Drug Interactions

Did you know that grapefruit can interact with certain drugs? If you are taking any medications and

also eat grapefruit, please check with your pharmacist about possible drug interactions.