



GREEN MOUNTAIN

PARTNERS FOR HEALTH

Breast Cancer Awareness Month,
Obesity and Breastfeeding, and Flu
Shots

October 2019

Newsletter



Breast Cancer Screenings

October is Breast Cancer Awareness Month! This is a great time to come in for your annual wellness exam and make sure your mammogram, breast exam or other breast screening tests have been done as needed. There are a lot of confusing guidelines out about what women should do, and talking with your physician is the best way to chose the ideal plan for your breast health.



Dr. Francavilla Presents on Obesity and Breastfeeding

Dr. Francavilla presented to 1,000 colleagues at the Obesity Medicine Association meeting in Boston earlier this month. She presented on the effects of obesity on breastfeeding as well as safe weight loss guidelines for breastfeeding moms. Additionally, she offered expert advice on how to start a practice treating obesity.

Flu Shots



Flu Shot Time!

Now is the time to get your shot. You can drop-in during business hours to get it or add it on to an upcoming appointment. According to the CDC everyone age 6 months and older should get a flu vaccine every season. It is ideal to get the flu vaccine before the end of October, but still worth getting at any point in flu season. The “flu” is not just a “cold” but a severe respiratory illness that can lead to hospitalization and even death (thousands die from the flu yearly). People with diabetes, lung disease like asthma or other health conditions are even more strongly recommend to get the flu shot. (please note if you have Medicaid for your insurance you will need to get the flu shot through the health department at this time (<https://www.jeffco.us/2143/Influenza>)).



Did You Know?

Online Booking:

You can book online with your doctor at <https://greenmountainpartnersforhealth.com/> This is often the quickest way to schedule- you have access to all open time slots and can book 24/7. If you have an urgent issue you need to be seen for please call our office so we can get you in within 24 hours.

Telehealth Visits:

Did you know we offer telehealth visits with your doctor? When you book online or call for your next appointment feel free to ask for this option and skip the parking and waiting room! Insurance pays like a regular visit so any co-pay or deductible is the same.