

# Valley Medical Group

# Patient Newsletter

## Helping you live better, longer

July / August 2025



## Personal Health Challenge

Try walking, running, or biking to a new swimming spot! And invite a friend to join.

## Prevention Corner

Lung cancer, sadly, kills more than 130,000 smokers and former smokers every year. To reduce that number, insurance companies are covering annual Low Dose CT Scans for Lung Cancer Screening. Current smokers and many former smokers qualify for the scan. This yearly screening in high-risk patients can reduce your risk of dying from lung cancer by 20%. To find out if you qualify and get your important screening, please message your provider.

## Practitioner Spotlight

Dr Bruce Finke, physician and geriatrician, has joined VMG to provide patients with geriatric consults. Dr Finke is a resource for patients and their families as they navigate the complexities of aging. Please reach out to your provider if you would like to arrange a consultation with him.



Bruce Finke, MD

## Community Resources

Cooley Dickinson Hospital has restarted its Shuttle to Boston for patients receiving care at Mass General Hospital, Brigham and Women's, and Mass Eye and Ear. For more information: <https://www.cooleydickinson.org/home/patients-families-visitors/shuttle/>

Living Well with Chronic Conditions Course (Free) is being offered in our community, on zoom. This is a wonderful program that supports patients in better managing chronic conditions. If you are interested in participating: Contact Sabrina Denesha at 413.538.9020 x470 and ask about the Living Well Course.

## Health Tip

Swimming in a pool, ocean, or lake is a refreshing summer treat. Water provides friends and families with hours of fun and time to connect. Following these safety tips can help keep your time around water safer for everyone.

- Teach your children to swim. Never leave children unattended around water.
- If you are the responsible adult in a swimming area, please put down your cell phone.
- Wear life jackets when you are boating.
- Swim with a buddy.
- If you have a pool, make sure you have a fence around it, to avoid accidents.
- Remember that natural bodies of water can have powerful currents-be aware of your abilities and the environment.
- Splash, laugh, and play together!

## Did you know?

Feeling like you get TOO MANY notifications from VMG? You can update your preferred communication preferences on your portal. Log in to your portal account. In top right corner select notifications and manage your preferences for communication from our practice.

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