

Valley Medical Group Patient Newsletter

May 2025



Helping you live better, longer

Provider Spotlight

Dr Joudy Dinnall is a board-certified surgical podiatrist. Dr. Dinnall graduated from the Temple University School of Podiatric Medicine, completed her residency at Boston Medical Center and a Wound Surgery Fellowship at UT Southwestern Medical Center. Dr. Dinnall treats all conditions of the foot at practices in Greenfield and Northampton, and is accepting new patients. Learn more about services she provides on our website: vmgma.com



Joudy Dinnall, DPM, C. Ped
[Click here for more information](#)

Health Tip

'Tis the season for fresh veggies. Research shows that eating a diet higher in vegetables improves health. This summer consider adding more veggies from your local farmers market to your plate. To find a market near you, go to <https://www.massfarmersmarkets.org/markets> Want to set a personal health challenge? Consider trying meatless Mondays in June. Need recipe inspiration? <https://www.tasteofhome.com/collect/summer-farmers-market-recipes/?srsltid=AfmBOooBzklvoB3q1KNwcmZyvgJOMzeF4hV3hLwd4TCQZy6iQ8PqHxVj>

Did you know?

Our website vmgma.com has a "Patient Information" resources link. If you receive SNAP benefits, you can get extra funds for buying local vegetables from farmers markets. More information at: <https://www.mass.gov/massachusetts-hip-gives-you-money-back-when-you-use-your-snap-benefits-to-buy-healthy-local-fruits-and-vegetables-from-hip-farm-vendors>

Prevention Corner

New research indicates that combining smoking and vaping is much more dangerous. If you need support in cutting back on your nicotine use, please reach out. Valley Medical Group has a tobacco cessation specialist on staff who is available to help you quit smoking. Smoking cessation classes are held every week. Providers are able to provide nicotine replacement therapy.

Treating high blood pressure to a goal of <130/80 can reduce your risk of stroke, kidney disease and heart attack. If you haven't had your blood pressure checked recently, call for an appointment today. For more information visit: vmgma.com-Patient information

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