

Matthew Bogard, MD starts Blog about Small Steps to Better Health with health information for the entire family

Experienced doctor's blog will address common medical issues that every family encounters such as how to maintain a healthy weight.

CHARITON, IOWA, UNITED STATES, December 2, 2018 /EINPresswire.com/ -- Doctor [Matthew Bogard](#), Board Certified in Family Medicine and Board Eligible in Emergency Medicine, started a Blog to provide day-to-day health information to families in an easily understandable form, available at <https://MatthewBogardMD.blogspot.com/>

In his Blog, [Dr. Bogard](#) will provide valuable information about a healthy lifestyle, exercise, nutrition, and how to support at home any medical condition for which your doctor is treating you.



Doctor Matt Bogard MD Emergency Medicine

Dr. Bogard explains that “in today’s doctor’s offices, nurses, staff and medical doctors are rushed and rarely have the time to answer all questions that the patients have. When patients research online, such as on the website of the National Institutes of Health (NIH), they find highly scientific information that is very hard to understand for a normal person. I thought I can fill the gap with easy-to-understand blog articles.”

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*Dr. Matthew Bogard,
Physician in Iowa*

For example, the first blog article discusses hypertension, provides background information, and gives suggestions what you can do at home in addition to the medical treatment your doctor has prescribed:

Even though blood pressure is taken care of through the proper diet before it gets worse, there are many treatments options for it. The basic things that a person can do to avoid hypertension are by changing their lifestyle and begin to exercise regularly. It is highly recommended that the patients should work out for at least 30 minutes a day which should include jogging, cycling, walking, aerobic exercise, etc. Another thing that the patients need to take care of is the management of unavoidable stress. Also, consuming alcohol or smoking would add to the stress and not reduce it. Hence, all unhealthy habits should be avoided.

Dr. Bogard is preparing other articles, including topics such as:

Controlling Stress
Your Flu Shot, and
Maintaining a Healthy Weight

Dr. Bogard adds that “it is really easy for me to find additional topics to write about – patients are asking me every day. Also, as the seasons change, patient questions differ. In the Spring, I may get more questions about pollen and allergies, and in the cold season, questions often refer to flu shots and catching a cold.”

Dr. Bogard’s blog is available at
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<https://MatthewBogardMD.blogspot.com/>

About Dr. Matthew Bogard

A native of Omaha, Nebraska, [Matt Bogard](#), MD practices emergency medicine at multiple hospitals including Lucas County Health Center in Chariton, Iowa. Presently, he is Board Certified in Family Medicine by the National Board of Physicians and Surgeons and the American Academy of Family Physicians. Dr. Bogard is Board-Eligible in Emergency Medicine and is on pace track to be dual-boarded in the near future.

His training as a medical professional began at Creighton University, from which he graduated cum laude as a Bachelor of Science in Health Administration and Policy with an additional focus in Biology. Following this, Dr. Matthew Bogard received his Doctor of Medicine from the University of Nebraska College of Medicine and gained further experience as a resident physician and later chief resident physician in the Department of Family Medicine at the prestigious University of Nebraska Medical Center.

In addition to treating patients at the Lucas County Health Center, Dr. Matthew Bogard serves rural Iowans and Nebraskans at hospitals which include Knoxville Area Community Hospital, CHI Missouri Valley, Burgess Memorial Hospital, OrthoNebraska Hospital, and IHS Winnebago Hospital.

In his free time, Dr. Bogard enjoys piloting his Piper Comanche. He also keeps active via running



Doctor Matthew Bogard Iowa Nebraska Emergency Medicine



Doctor Matthew Bogard MD Emergency Medicine

and bicycling.

References:

<https://matthewbogardmd.blogspot.com/>

<https://hype.news/dr-matthew-bogard/>

LinkedIn Profile:

<https://www.linkedin.com/in/matthewbogard/>

<https://attorneygazette.com/matthew-bogard%2C-md#7244cab0-d3fa-44b9-8632-6f83b0524da4>

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Dr Matthew Bogard Iowa and Nebraska

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