

Hello to Our Wonderful PRFM Patients,

Happy 2026. We are excited to share share that Prairie Family Medicine - Praxis Health placed 2nd for Best Family Health Provider in Best of North Idaho 2026!

This recognition is a testament to the exceptional care our team provides every day and the trust you place in us. Thank you to everyone who voted for Prairie!

We're honored to serve this community and grateful to be part of an organization that supports our mission to deliver quality, compassionate care.

Sincerely,
Prairie Family Medicine Care Team

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Support Local Healthcare & Help Families Get Care

The greatest compliment is a referral of your family & friends!

We're grateful you trust us with your care. Your support helps us keep local, compassionate healthcare accessible for more families in our community.

Know Someone Looking for a New Healthcare Home?

Have you enjoyed your experience with our care team?

One of the best ways to support our clinic and your community is by sharing your experience with someone who needs care.

You might think of someone who is:

- Looking for a new healthcare provider
- New to the area
- Hoping for a more supportive, relationship-based care experience

WE'RE ACCEPTING NEW PATIENTS

4.5+
Rating

Google
Reviews ★★★★★

It's Easy to Join Us!



1 Fill Out Our Form
PrairieFamilyMed.com/contact-us



2 Scan QR Code
Use your phone to scan code



3 TIPS TO PROTECT YOUR JOINT HEALTH

The early months of the year can be tough on your joints. Cold weather, less activity, and stiffness go hand in hand.

1 FIND WAYS TO STAY ACTIVE

Gentle movement keeps joints flexible. Some ideal activities include indoor yoga or swimming.

2 LAYER UP WHEN YOU'RE OUTSIDE

Cold weather can stiffen joints so it is extra important to dress warmly during outdoor activities.

3 TAKE EXTRA CARE TO DRINK WATER

Dehydration affects joint lubrication. Be mindful of how much water you are consuming.

REMEMBER: MOVEMENT IS MEDICINE.

Even 10-15 minutes of gentle stretching or walking indoors can make a big difference.

WE CAN HELP.

If joint pain is interfering with your daily life, your primary care team can help assess the cause and create a personalized plan to keep you active.



Bracing for Allergy Season?

Why the PNW Makes Allergies Worse

The Pacific Northwest offers some of the country's most beautiful springs. Cherry blossoms, hiking trails coming alive, farmers markets reopening, and outdoor festivals returning. Yet for millions of residents, spring means retreating indoors, closing windows, and missing out on the season everyone else celebrates.

What Seamless Allergy Management Looks Like:

- ✓ Waking up without immediately reaching for medication
- ✓ Making plans without checking pollen counts first
- ✓ Enjoying your yard, not avoiding it
- ✓ Focusing on your day, not your symptoms



Before peak allergy season arrives, let's work together to ensure you have a comprehensive plan in place. Schedule an Annual Wellness Visit today!

Source: <https://doh.wa.gov/community-and-environment/climate-and-health/pollen>

WOMEN'S HEALTH



Women's health isn't just about Pap smears and mammograms, though those are critically important! It's about supporting your health at every stage, every age, every concern.

From your 20s through your 60s and beyond, your body changes and your healthcare should change with you.

Our providers are here to help you address any and all concerns including:



Reproductive choices and family planning



Painful periods, heavy bleeding, or irregular cycles



Navigating perimenopause and menopause symptoms



Breast health, bone health, heart health

[Schedule a visit](#) to discuss your women's health needs