HEALTH NOTES

This new feature of Helping Hands will highlight a different health topic each month. If you are interested in learning more about one of our featured topics, or would like to see a specific topic highlighted, please feel free to contact us at RMHCommunityHealth@mlhs.org.

BREAST CANCER

Breast cancer is cancer that forms in the cells of the breasts. Breast cancer can occur in both men and women, but it's far more common in women. After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. If you find a lump or other change in your breast — even if a recent mammogram was normal — make an appointment with your doctor.

Upcoming Event:

COMMUNITY CPR HEALTHCARE PROVIDER Monday & Tuesday, March 7 & 8 | 6:30 pm

This two-night course covers CPR and obstructed airway care for adults, children, and infants and includes one and two person CPR. It is designed for any licensed or certified provider such as physicians, nurses, lifeguards, and EMS personnel. Cost is \$75. Preregistration is required. For more information and to register, please visit our website or contact us 1.866.CALL.MLH.

Cholesterol Vouchers, Stroke Risk Assessments and Blood Pressure Screenings will be available to the community at the following locations:

Aston Community Center

Thursday, March 24

Boscov's Granite Run Mall (1st Floor mall entrance)

Wednesday, March 16 12 noon - 2 pm

Brookhaven Municipal Building

Monday, March 14 10 am - 12 noon

Rocky Run YMCA

Wednesday, March 9 9 - 11 am

Community Health Services 1068 West Baltimore Pike Media, PA 19063 610.891.3560

www.mainlinehealth.org/riddle



Well ahead.





Breast Cancer Survivors Network

5:30 pm in the Community Education Annex Classroom

(Located BEHIND the Thrift Shop) Tuesday, March 1. This group is for women facing breast cancer and focuses on staying positive and healthy through the support of survivors. All are welcome!

Cancer

1 pm in Health Center 1. Conference Room

Tuesdays, March 1, 8, 15, 22, 29. This group is open to patients with all types of cancer. On Tuesday, February 29, we will hold our monthly session of "I Can Cope." This month, join us to hear Gregory DO, Professional Pharo, Pain Management Associates, PC, as he discusses "Cancer Pain Management." Pain is both a subjective and individual response. Become educated on taking the first steps to see how you or a loved one can best be treated. Various types of pain and treatment options will discussed. Please call 610.627.4480 with any questions.

Depression/Bi-Polar Support Alliance

7 pm in Health Center 4. Conference Room 2

Mondays, March 7, 14, 21 & 28,

Just getting out of bed in the morning can be a daily battle for some people. This group that is **NEW** to Riddle's Campus promises to "stand by you" in a comforting atmosphere and to guide you, your family, and your friends. For more information call 1.877.687.9552 or email dmda562@msn.com. All are welcome!

Diabetes

7 pm in Health Center 4, Conference Room 2 Wednesday, March 2, Please call 610.891.3769 for more information. All are welcome!

Grief

2:30 pm in Health Center 1, Medical Library Wednesdays, February 2, 16, March 2, 16, April 6, 20, May 4 & 18. This is a structured, eightsession program designed for individuals who have lost a person close to them within the past twelve months. Please contact 610.891.3929 for more information and to register for the next session.

Lupus

10:30 am in Health Center 3. Community Education Center

Saturday, March 5, Join us in a comforting atmosphere to talk about any aspect of Lupus; how it makes you feel, how it changes your outlook, and how it affects those around you. All are welcome!

Main Line Mothers of Multiples

7:30 pm in Health Center 3. Conference Room 1

Thursday, March 10 This group offers parents of multiples a network of support and socialization, focusing on child development and parenting issues. All are welcome!

Ostomy

6:30 pm in Health Center 3. Community Education Center

Wednesday, March 9, A certified wound, ostomy and continence Nurse Practitioner chairs this meeting which offers professional education, peer-to-peer support, and a guest speaker who touches on pertinent topics at almost every meeting. This group provides the opportunity for support, discussion, information, and resources. Join us for our monthly discussions. All are welcome!

Perinatal Bereavement

7:30 pm in Health Center 3. Community Education Center

Mondays, March 7 & 21. This group is for anyone who has experienced a miscarriage, ectopic pregnancy, still birth, or infant death. Join us in this comforting atmosphere. To register, please call 1.888.488.6483.

Prostate Cancer Education

6:30 pm in Health Center 3. Conference Room 1

Tuesday, March 8 This is a group for those who have struggled with prostate cancer and their loved ones. This month, Stephanie J. Morris, DO, Rose Tree Medical Associates, will explain "Bone Health in Prostate Cancer." Learn how various prostate cancer treatments affect bones. Bring a friend, your spouse, or someone you know who has prostate cancer. Call 610.627.4480 for more information. All are welcome!

Quit for Life

7 pm in Health Center 1. Conference Room

Mondays, March 7 & 21. This support group is for individuals who have guit smoking and want to stay smoke free. Registration is preferred. To register, please call 610.891.3635.

Unless otherwise noted, please contact 1.866.CALL.MLH (225.5654) or visit us on the web at mainlinehealth.org/riddle for more information on any of our support groups, classes, or lectures.

