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.

Porphyria

Porphyria refers to a group of disorders that result in a buildup of chemicals in your body. Porphyria arises from a disruption in your body's production of a substance called heme. In porphyria, an inherited mutation in one of the genes involved in heme production can cause an enzyme deficiency, which can lead to porphyrins building up in your body. Although porphyrins are normal body chemicals, it's not normal for them to build up. The specific signs and symptoms of porphyria depend on which of your genes is abnormal. Treatment depends on the type of porphyria you have. Although porphyria can't be cured, certain lifestyle changes may help you manage your porphyria.

Upcoming Event:

Look Good, Feel Better

Tuesday, April 19 | 11 am

Women undergoing treatment for cancer are invited to join us for this program developed by the American Cancer Society, the Cosmetic, Toiletry, and Fragrance Foundation, and the National Cosmetology Association. Learn the latest make-up tips as well as information on wigs, head wraps and much more! Each participant will receive a personal beauty kit to take home. This is a free program, but pre-registration is required. Please contact us at 1.866.CALL.MLH(225.5654) to register or for more information.

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

Aston Community Center
Thursday, April 28
10 am - 12 noon

Boscov's Granite Run Mall
(1st Floor mall entrance)
Wednesday, April 20
12 noon - 2 pm

Brookhaven Municipal Building
Monday, April 11
10 am - 12 noon

Rocky Run YMCA
Wednesday, April 13
9 - 11 am

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

www.mainlinehealth.org/riddle

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Riddle Hospital presents:

Helping Hands

a newsletter for our support groups

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Breast Cancer Survivors Network

5:30 pm in the Community Education Annex Classroom (Located BEHIND the Thrift Shop)

Tuesday, April 5. 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, April 5, 12 & 19. This group is open to patients with all types of cancer. Please call 610.627.4480 with any questions.

Depression/Bi-Polar Support Alliance

7 pm in Health Center 4, Conference Room 2

Mondays, April 4, 11, 18 & 25. Just getting out of bed in the morning can be a daily battle for some people. This group is NEW to Riddle's campus but has been in Delaware County for years. Those seeking support, their family, and friends are welcome to join us in this comforting atmosphere. For more information call 1.877.687.9552 or e-mail dmda562@msn.com.

Diabetes

7 pm in Health Center 4, Conference Room 2

Tuesday, April 12 at 1 pm.. Please call 610.891.3769 for more information. All are welcome!

Grief

2:30 pm in Health Center 1, Medical Library

Wednesdays. This is a structured, eight-session 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, April 2. 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, April 21. 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, April 13. 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, April 4 & 18. 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, April 12 This is a group for those who have struggled with prostate cancer and their loved ones. This month, Phyllis Hoelsworth will present "PET Scans at Riddle." A Philips 16 slice PET/CT scanner visits Riddle every Monday for all day testing. Learn the specifics of PET/CT scanning in relation to Prostate Cancer, including insurance issues and more. Light refreshments will be provided. 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, April 4 & 18. This support group is for individuals who have quit 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.

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