### **HEALTH NOTES**

This new feature of Helping Hands will highlight a different health topic each month. If you are featured topics, or would like to see a specific topic highlighted, please feel free to contact us

### PROSTATE CANCER

cancer usually grows slowly and initially where it may not cause serious harm. While some types of prostate cancer grow slowly other types are aggressive and can spread quickly. Prevention is the best medicine.

## **Upcoming Event:**

### FREE PROSTATE CANCER **SCREENINGS**

Monday, June 13 | 4:30 - 7 pm Medical Procedure Unit. 2nd Floor

One in six men are affected by prostate cancer. Physicians from Riddle Hospital will be providing a free two-part screening including PSA (Prostate Specific Antigen) blood test and physical exam for men 50 to 75 years of age who are not currently under the care of a urologist. Men over the age of 35 who are considered high risk may also attend, which includes those who have a family history of prostate cancer, or are African American or Hispanic. Funding for this event is provided by Prostate Health International. For more information and to register. please contact us at 1.866.CALL.MLH(225.5654).

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

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

Wednesday, June 15 12 noon - 2 pm

### Rocky Run YMCA

Wednesday, June 8 9 - 11 am One Time Only!

Walmart in Boothwyn

Friday, June 3 9 - 11 am

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

www.mainlinehealth.org/riddle



Well ahead

Riddle Hospital presents:

# Helping Hands

a newsletter for our support groups





Well ahead

### Breast Cancer Survivors Network

Community Education Annex Classroom

(Located BEHIND the Thrift Shop)
Tuesday, June 7 at 5:30 pm. This
group is for women facing breast
cancer and focuses on staying
positive and healthy through the
support of survivors. This month,
Lynn Nichols, RD, LDN, CDE will
speak on "Anti-Cancer Diets." All are
welcome!

### Cancer

Health Center 1, Conference Room Tuesdays, June 7, 14, 21 & 28 at 1 pm. This group is open to patients with all types of cancer. Please call 484.227.4480 with any questions.

# Depression/Bi-Polar Support Alliance

Health Center 4, Conference Room 2 Mondays, June 6, 13, 20 & 27 at 7 pm. 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

Health Center 4, 2rd Floor
Conference Room
Tuesday, June 14 at 1 pm. Please
call 484.227.3769 for more
information, All are welcome!

### Grief

Health Center 1, Medical Library
Wednesdays June 1, 15, July 6, 20, August 3,
17, September 7 & 21 at 2:30 pm. 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 484.227.3929 for more information and
to register.

### Lupus

Health Center 3, Community Education Center Saturday, June 4 at 10:30 am. 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**

Health Center 3, Conference Room 1

Thursdays at 7:30 pm. This group offers parents of multiples a network of support and socialization, focusing on child development and parenting issues. All are welcome! Please contact us at 1.866.CALL.MLH for more information about our upcoming meetings after the summer.

### **Ostomy**

Health Center 3, Community Education Center Wednesday, June 8 at 6:30 pm. 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**

Health Center 3, Community Education Center Mondays, June 6 & 12 at 7:30 pm. 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**

Health Center 3, Community Education Center Tuesdays at 6:30 pm. This is a group for those who have struggled with prostate cancer and their loved ones. Bring a friend, your spouse, or someone you know who has prostate cancer. Call 484.227.4480 for more information about our upcoming meetings after the summer.

### **Quit for Life**

Health Center 1, Conference Room Mondays, June 6 & 12 at 7 pm. 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.

