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.

Diabetes

The term "diabetes mellitus" refers to a group of diseases that affect how your body uses blood glucose, commonly called blood sugar. Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. If you have diabetes, no matter what type, it means you have too much glucose in your blood. If you have diabetes or prediabetes, set up an appointment to have your blood sugar checked or sign up for education classes.

Upcoming Event:

FREE Skin Cancer Screenings

Thursday, July 14 | 5 - 7 pm

We all love to spend time in the sun but it comes at a price. Currently, 1 in 5 Americans will develop skin cancer in their lifetime. If you are not under the care of a dermatologist, take this important step for your health by attending this free skin cancer screening from Riddle Hospital. Riddle physicians will perform a visual inspection of your skin and provide you with the findings. Join us for this free screening by calling 1.866.CALL.MLH to register. Registration is required.

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, July 20
12 noon - 2 pm

Rocky Run YMCA
Wednesday, July 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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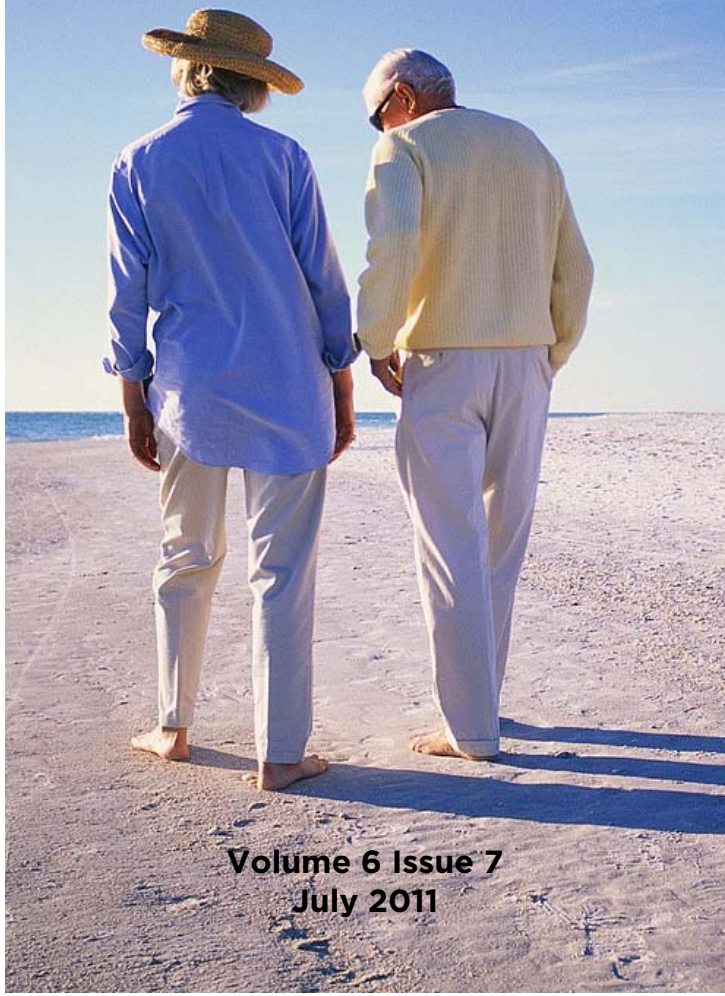
Riddle Hospital presents:

Helping Hands

a newsletter for our support groups



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Breast Cancer Survivors Network

Community Education Annex Classroom
(Located BEHIND the Thrift Shop)

Tuesday, July 5 | 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, Tina Stein, MD will speak about the different types of diagnostic testing and how they are used for monitoring the breast cancer patient. All are welcome!

Cancer

Health Center 1, Conference Room

Tuesdays, July 5, 12, 19 & 26 | 1 pm. This group is open to patients with all types of cancer. Please call 484.227.4480 with any questions.

Depression Bipolar Support Alliance (DBSA)

Health Center 4, Conference Room 2

Mondays, July 11, 18 & 25 | 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 484.442.0086 or e-mail dmda562@msn.com.

Diabetes

Health Center 4, 2rd Floor Conference Room

Please contact us at 484.227.3769 for more information about our upcoming meetings after the summer.

Grief

Health Center 1, Medical Library

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 to register for the next session**.

Lupus

Health Center 3, Community Education Center

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. **Please contact us at 1.866.CALL.MLH for more information about our meetings after the summer.**

Main Line Mothers of Multiples

Health Center 3, Conference Room 1

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 meetings after the summer.**

Ostomy

Health Center 3, Community Education Center

Wednesday, July 13 | 6:30 pm. A certified wound, ostomy and continence Nurse Practitioner chairs this meeting which offers professional education, ostomates feedback and support, and a guest speaker who touches on pertinent topics at scheduled meetings. This group provides the opportunity for support, lively discussions, product information, and resources. Join us for our monthly discussions. All are welcome!

Perinatal Bereavement

Health Center 3, Community Education Center

Monday, July 18 | 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.

Quit for Life

Health Center 1, Conference Room

Mondays July 18 | 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.

Upcoming Events:

Mature Driving - AARP Driver Safety Program

Friday, July 8 | 12 - 4 pm

This course addresses the specific challenges of drivers over the age of 55. All classes are filled on a first come, first serve basis. This is a renewal course only and you must bring proof that you have attended an 8-hour course previously (certificate of completion, cancelled check, insurance statement, etc). Cost is $12 per person for AARP Members and $14 for Non-Members. Registration is required at 1.866.CALL.MLH.

Look Good, Feel Better

Monday, July 11 | 5 - 7 pm

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 at 1.866.CALL.MLH.

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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