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.

Skin Cancer

Skin cancer – the abnormal growth of skin cells – most often develops on skin exposed to the sun. But this common form of cancer can also occur on areas of your skin not originally exposed to sunlight. There are three major types of skin cancer – basal cell carcinoma, squamous cell carcinoma and melanoma. You can reduce your risk of skin cancer by limiting or avoiding exposure to ultraviolet (UV) radiation. Checking your skin for suspicious changes can help detect skin cancer at its earliest stages. Early detection of skin cancer gives you the greatest chance for successful skin cancer treatment.

Visit a dermatologist or speak to your family doctor for more information. For help finding a doctor, visit us online at mainlinehealth.org or contact us at 1.866.CALL.MLH (225.5654).

New Site!

Blood Pressure Screenings at Walmart in Boothwyn

Coming this September

Join us this September at the Walmart in Boothwyn. Riddle Nurses will be on hand to take blood pressures and give out vouchers for free cholesterol testing and stroke risk assessments. See next month's *Helping Hands* for more information.

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, August 17
12 noon - 2 pm

Rocky Run YMCA
Wednesday, August 10
9 - 11 am

Community Health Services
1068 West Baltimore Pike
Media, PA 19063
484.227.3560

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

This group is for women facing breast cancer and focuses on staying positive and healthy through the support of survivors. ***This month, we will hold our annual picnic. Call 484.227.3560 for more information. We will resume our regular meetings in September.***

Cancer

Health Center 1, Conference Room

Tuesdays, August 2, 9, 16, 23 & 30 | 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, August 1, 8, 15, 22 & 29 | 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 beginning in October.

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 beginning in September.**

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 beginning in September.**

Ostomy

Health Center 3, Community Education Center

Wednesday, August 10 | 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, August 1 & 15 | 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 August 1 & 15 | 7 pm. This support group is for individuals who have quit smoking and want to stay smoke free. For more information, please call 484.227.3635.

Upcoming Events:

Mature Driving - National Safety Council

Tuesday & Wednesday, August 23 & 24
5:30 - 9:30 pm | Community Education Center

This course addresses the specific challenges of drivers over the age of 55. All classes are filled on a first come, first serve basis. If you just need the RENEWAL course, please attend day one only and bring proof that you have attended an 8-hour course previously (certificate of completion, cancelled check, insurance statement…). Cost is $15 per person and checks need to be made payable to "DVSS." Registration is required at 1.866.CALL.MLH.

Basic First Aid

Wednesday, August 17 | 7 - 10 pm
Community Education Center

This Emergency Care and Safety Institute course covers basic first aid including bleeds, burns, and fractures for adults, children, and infants. Participants receive a three-year certification upon completion. Cost is $40. Pre-registration with payment is required. For more information or to register, please contact us at 1.866.CALL.MLH or visit us online.

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

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