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.

PROSTATE CANCER

Prostate cancer is one of the most common types of cancer in men. Prostate cancer usually grows slowly and initially remains confined to the prostate gland, where it may not cause serious harm. While some types of prostate cancer grow slowly and may need minimal or no treatment, other types are aggressive and can spread quickly. Prevention is the best medicine.

PROSTATE CANCER SCREENING

Monday, September 19

5 - 7 pm | Community Education Center Is it time to be screened? Calling all men 50 to 70 years of age who are not currently under the care of a urologist. Physicians from Main Line Health will provide a free two-part screening including a PSA (Prostate Specific Antigen) blood test and physical exam.

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 of African American or Hispanic Descent.

Registration is required by calling 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:

Rocky Run YMCA

Thursday, September 22 9 - 11 am

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

Wednesday, September 21 12 noon - 2 pm

Brookhaven Municipal Building

Monday, September 12 10 am - 12 noon

Rocky Run YMCA

Wednesday, September 14 9 - 11 am

Walmart in Boothwyn

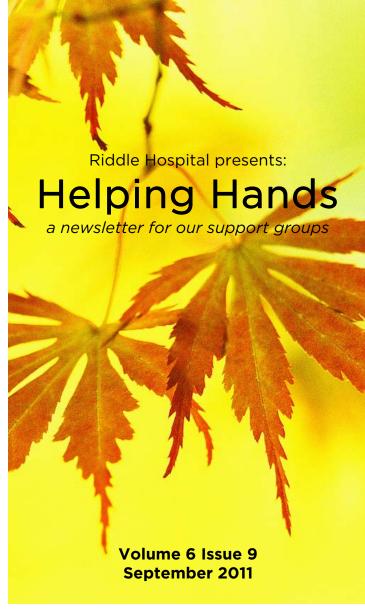
Tuesday, September 6 9 - 11 am

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

www.mainlinehealth.org/riddle



Well ahead.™





Breast Cancer Survivors Network

Community Education Annex Classroom

Tuesday, September 6 | 5:30 pm. This group is for women facing breast cancer and focuses on staying positive and healthy through the support of survivors.

Cancer

Health Center 1, Conference Room Tuesdays, September 13 & 27 | 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, September 12, 19 & 26 | 7 pm. Just getting out of bed in the morning can be a daily battle for some people. 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
Saturday, September 3 | 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.

Main Line Mothers of Multiples

Health Center 3, Conference Room 1

Thursday, September 15 | 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!

Ostomy

Health Center 3, Community Education Center

Wednesday, September 14 | 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, September 19 | 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

Quit for Life

1.888.488.6483.

Health Center 1, Conference Room
This support group is for individuals who have quit smoking and want to stay smoke free. For more information, please call 484.227.3635.

SmokeFREE Classes

September 1, 8, 15, 19, 22 & 29 | 6 - 8 pm Riddle Hospital | Health Center 3, Conference Room 2

September 19, 22, 26, 27, October 3 & 6 1 - 3 pm

Boscov's at the Granite Run Mall | Media, PA This is Main Line Health's FREE six-session behavior modification program aimed at helping you quit smoking for good. Participants may be eligible for free nicotine replacement therapy (patch, lozenge, or gum). This Southeastern Pennsylvania (SEPA) Tobacco Control Project is supported by the Health Promotion Council and funded through a grant from the Pennsylvania Department of Health, Tom Corbett, Governor. Pre-registration is required. To register or for more information, please call 484.227.3635.

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.