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.

LUPUS

Lupus is a chronic inflammatory disease that occurs when your body's immune system and attacks your own tissues and organs. Inflammation caused by lupus can affect many different body systems, including your joints, skin, kidneys, blood cells, heart and lungs. Lupus occurs more frequently in women, though it isn't clear why. Four types of lupus exist — systemic lupus erythematosus, drug-induced lupus erythematosus, drug-induced lupus erythematosus and neonatal lupus. Of these, systemic lupus erythematosus is the most common and serious form of lupus. The outlook for diagnosis and treatment of lupus has improved considerably. With treatment, most people with lupus can lead active lives.

We understand that daily life can get hectic. Before you know it, months go by and you still haven't gotten your mammogram. That's why we introduced **Walk-in Wednesdays**.

Riddle Hospital's Comprehensive Breast Center now offers walk-in appointments for screening mammograms every Wednesday between 7:30 am and 5:30 pm. Just bring your prescription for your mammogram. Stop in or call 484.227.3317 for more information.

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

Walmart in Boothwyn

Monday, November 7 10 am - 12 noon

Rocky Run YMCA

Wednesday, November 9 9 - 11 am

Brookhaven Municipal Building

Monday, November 14 10 am - 12 noon

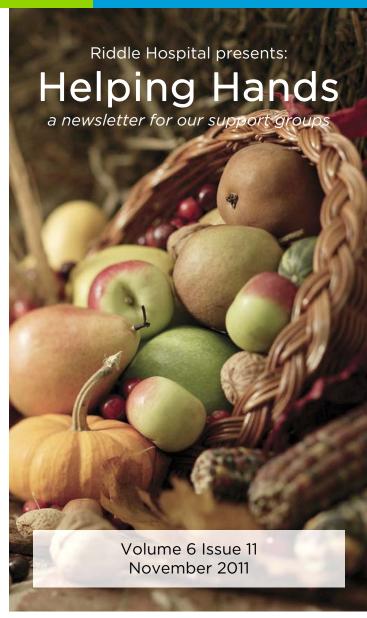
Boscov's Granite Run Mall (1st Floor mall entrance)

Wednesday, November 16 12 noon - 2 pm

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, November 1 | 5:30 pm. This group is for women facing breast cancer and focuses on staying positive and healthy through the support of others. This month, we will be making comfort pillows to be given to women currently undergoing treatment in our cancer center. Bring sewing scissors if you have them.

Cancer

Health Center 1, Conference Room

Tuesdays, November 8 & 22 | 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, November 7, 14, 21 & 28 | 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 please call 484.442.0086 or e-mail dmda562@msn.com.

Diabetes

Health Center 4, 2rd Floor Conference Room Wednesday, November 2 | 7 pm. Please call 484.227.3769 for more information. All are welcome!

Epilepsy

Health Center 3, Community Education Center

Wednesday, November 16 | 6:30 pm. The Epilepsy Foundation of Eastern Pennsylvania Delaware County Support Group is a meeting for individuals affected by epilepsy/seizure disorders and their family and friends who share the impact of epilepsy in their lives. This group is organized to provide an avenue for individuals experiencing similar life events to gather, share and learn in an information setting.

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, November 5 | 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, November 17 | 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, November 9 | 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

Mondays, November 7 & 21 | 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 Monday, November 7 & 21 | 10:30 am. This support group is for individuals who have quit smoking and want to stay smoke free. For more information, please call 484.227.3635.

DIABETES & YOU

EVENING PROGRAM Tuesdays, November 1, 8 & 15 | 6:30 - 9:30 pm
DAYTIME PROGRAM -

Wednesdays, November 9, 16 & 23 | 12:30 - 3:30 pm Health Center 4, Conference Room 2

Riddle is pleased to offer these programs designed to help members of the community gain better management of their diabetes. Cost is covered by most insurance companies. For more information please call 484.227.3769.

SMOKEFREE

Tuesdays, November 15, 22, 29, December 6, 13 & 20 | 6 - 8 pm

Health Center 3, Conference Room 1

Main Line Health's FREE six-session behavior modification program is 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.

AARP DRIVER SAFETY PROGRAM

Monday, November 21 | 12 - 4 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. 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 per person for Non-Members. For more information and to register, please visit our website or contact us at 1.866.CALL.MLH.

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