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.

DIVERTICULITIS

Diverticulitis occurs when one or more diverticula in your digestive tract become inflamed or infected. Diverticula are small, bulging pouches that are most commonly found in the large intestine, but can form anywhere in your digestive system, including your esophagus, stomach and small intestine. You may never even know you have these pouches because they seldom cause any problems, such as diverticulitis. Sometimes, diverticulitis occurs, causing severe abdominal pain, fever, nausea and a marked change in your bowel habits. Mild cases of diverticulitis can be treated with rest, changes in your diet and antibiotics.

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, December 5
10 am - 12 noon

Brookhaven Municipal Building
Monday, December 12
10 am - 12 noon

Rocky Run YMCA
Wednesday, December 14
9 - 11 am

Riddle Hospital | Main Lobby
Wednesday, December 21
12 noon - 2 pm

Aston Community Center
Thursday, December 22
9 - 11 am

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

www.mainlinehealth.org/
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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

Tuesday, December 6 | 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 have our holiday party. We will have a re-gift exchange. Bring a gift that you received but never used. Please contact Deb Mantegna at mantegnad@mlhs.org or 484.227.3589 to RSVP. Please include your name and what you are bringing in your message.

Depression Bipolar Support Alliance (DBSA)

Health Center 4, Conference Room 2

Mondays, December 5, 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 please call 484.442.0086 or e-mail dmda562@msn.com.

Diabetes

Health Center 4,
2rd Floor Conference Room

Tuesday, December 20 | 1 pm. Please call 484.227.3769 for more information. All are welcome!

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, December 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, December 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, December 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

Mondays, December 5 & 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 1.888.488.6483.

Quit for Life

Health Center 1, Conference Room

Mondays, December 5 & 19 | 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 Classes

National Safety Council's Driving Program

Monday & Tuesday, December 5 & 6 | 9 am - 1 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." Pre-registration is required. For more information and to register, please contact us at 1.866.CALL.MLH(225.5654).

Heartsaver AED CPR Course

Saturday, December 10 | 9 am - 3 pm

Health Center 3, Community Education Center

This American Heart Association course teaches CPR and AED use in adults and children, relief of choking in adults and children, and CPR and choking in infants. Participants receive an American Heart Association certification upon completion which is valid for two years. Cost is $75. Pre-registration with payment is required. For more information and to register, please contact us at 1.866.CALL.MLH(225.5654).

Basic First Aid Course

Wednesday, December 28 | 7 pm

Health Center 3, Community Education Center

This Emergency Care & 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 and to register, please contact us at 1.866.CALL.MLH (225.5654) or visit us online at mainlinehealth.org/riddlecommunity.

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.