

## Putting your health first.



## Calendar of Events September 2018

Monongahela Valley Hospital is sponsoring a variety of informative programs this month. Many of the events will be held in the hospital's Anthony M. Lombardi Education Conference Center (ECC).

**Tuesday, Wednesday and Thursday, September 4, 5 and 6 – Managing Your Diabetes**  
8:30 - 11:30 a.m., HealthPlex. This education program is designed to help you with diabetes self-management. You will learn, “What is diabetes?” Other topics include the importance of controlling your blood sugars, diabetes medications, lifestyle changes, meal planning and methods to reduce your risk of complications. The program is three consecutive days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

**Wednesday, September 5 – “Is Weight Loss Surgery Right For You?”**  
6 p.m., HealthPlex. Bariatric surgery is an option for people who want to lose 100 pounds or more. This free information session is designed to give those individuals struggling with weight loss the facts to choose their best option. To learn if you are a candidate for this surgery, join Hiram Gonzalez, M.D., as he discusses this topic in detail. To register, call 724-258-1333.

**Thursday, September 6 – Breathe Pennsylvania - Smoke Free for Life**  
10 a.m. - noon, HealthPlex. This education program is a free four-week course hosted by the Community Care Network at the HealthPlex. This education program is designed to provide individuals with information on preparing to quit smoking, coping skills and strategies, smoking and developing an action plan to help quit smoking.

**Thursday, September 6 – Innovations in Medicine: “Stories from the Front Line: Battling the Opioid Epidemic”**  
6 p.m., ECC. This education program is designed to educate you about battling the opioid epidemic. Sundeep Ekbote, M.D., will discuss stories from the front line of battling the opioid epidemic. To register, call 724-258-1333.

**Monday, September 10 – Look Good Feel Better®**  
1 - 3 p.m., ECC. The American Cancer Society designed this program for women dealing with hair loss and skin changes from chemotherapy and radiation. Presenters will provide specific treatment techniques to help ladies look their best while undergoing treatment. All who register more than five days prior to the event will receive a makeup package valued at \$200. To register, call 1-800-227-2345.

**Monday, September 10, and Monday, September 24 – Suicide Bereavement Support Group**  
1 - 2:30 p.m., ECC. This support group is a four-month program that meets the second and fourth Mondays of each month. This program is led by a licensed psychologist and is free and open to all those touched by suicide. Registration is required. To register, call 724-678-3601.

**Tuesday, September 11 – Advanced Carbohydrate Counting**

9 - 11 a.m., ECC. This program is a diabetes self-management class designed to educate you on how to count carbohydrate content in food to improve blood sugar control. Topics include how to track effects of carbohydrates and blood sugar, glycemic index and how to read food nutrition labels. Registration is required at least one week prior to the start of class by calling 724-258-1483.

**Tuesday, September 11 – Alzheimer’s Support Group**

6 - 8 p.m., ECC. This free support group meets once a month. It is designed to help the families, friends and caregivers of those suffering from Alzheimer’s disease or other forms of dementia. Discussion topics include the challenges of coping with this disorder as well as techniques for managing stress and methods of encouraging social engagement. Reservations are requested by calling 724-258-1333.

**Tuesday, September 18 – American Heart Association Heartsaver CPR/AED**

8 a.m. - noon, ECC. Adult cardiopulmonary resuscitation (CPR/AED) classes are offered by Monongahela Valley Hospital. The fee for the class is \$50 to cover the class and required materials. To register, call 724-258-1333.

**Tuesday, September 18 – Better Breathers Club**

2 - 3 p.m., ECC. Better Breathers Club offers the opportunity to learn ways to better cope with COPD while getting the support of others. The group helps give you the tools to live the best quality of life you can. Topics include how COPD affects your lungs as well as techniques and medications that can improve your quality of life. The unique Harmonicas for Health program helps people with COPD to improve breath control. Registration is required. To register, call 724-258-1226.

**Tuesday, September 18 – American Heart Association Family and Friends CPR/AED**

4 - 6 p.m., ECC. This course is designed for the layperson that has little or no medical training, and is taught by a certified instructor. This course is for people who do not need a certification card for a job. Content includes an orientation to CPR for adult, child, infants, choking and use of an Automated External Defibrillator (AED). Cost of this course is \$35 to cover the cost of the book, which includes a class participation card.

**Tuesday, Wednesday and Thursday, September 18, 19 and 20 – Managing Your Diabetes**

6 - 9 p.m., ECC. This education program is designed to help you with diabetes self-management. You will learn, “What is diabetes?” Other topics include the importance of controlling your blood sugars, diabetes medications, lifestyle changes, meal planning and methods to reduce your risk of complications. The program is three consecutive days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

**Monday, September 24 – Weight Control and Wellness Support Group**

6 p.m., ECC. The bariatric support group activities are designed to reinforce key principles of success and help participants learn concepts that are sometimes difficult to grasp after bariatric surgery. Professionals such as dietitians, psychologists and fitness instructors may be invited to speak. Other presenters may discuss topics such as grooming, dating and cooking. The sessions are designed to educate, inform and provide a well-rounded foundation of knowledge for long-term success. The ultimate purpose of the support group is to help participants achieve and maintain their goal weights in a way that is as physically and mentally healthy as possible. Registration is recommended, but not necessary. To register, call 724-258-1333.

**Tuesday, September 25 – Innovations in Medicine: What’s New in Shoulder Surgery**

6 p.m., ECC. Allan Tissenbaum, M.D., an orthopedic surgeon with The Orthopedic Group, will discuss “What’s New in Shoulder Surgery”. Dr. Tissenbaum will discuss the very newest in standards of care and protocols for shoulder surgeries. To register, call 724-258-1333.

**Wednesday, September 26 – Prostate Cancer Screening and Education Program**

5 p.m., ECC. The prostate cancer screening and education program is free. At the screening, men will be offered a digital rectal exam (DRE), the standard test for prostate cancer; a hemocult test and a Prostate Specific Antigen (PSA) blood test. The screening and education program will be conducted by staff from the MVH Medical Staff and Regional Cancer Center. For more information and to register, call 724-258-1333.

**Saturday, September 29 – Multiphasic Blood Analysis**

7 - 10 a.m., ECC. This 37-function screening costs only \$30 and is open to the public. Participants are asked to provide the full name and complete address of the physician to whom their test results will be sent afterwards. Testing is by appointment only. The deadline to register is Wednesday, Sept. 26, and registrations must be made Monday through Friday from 8:30 a.m. to 2:30 p.m. by calling 724-258-1282.