

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

January 2018 Upcoming Blum Center Events

All programs are free and open to MGH staff, patients, and the general public. Spaces are limited. No registration needed.

Things to Know About Telehealth

Monday, January 8, 12:00 PM – 1:00 PM

As our lives become more centered around technology, many hospitals and companies are offering telehealth services to patients. Telehealth is the use of technology to provide health services and information to patients in addition to their regular in-person medical care. While telehealth has many benefits, not all services provide the same quality of care.

Come join Dr. Shinjita Das for a talk on telehealth. She will discuss the concept of telehealth and provide tips on how you can safely include telehealth as part of your medical care.

Weight Bias in the Medical Setting

Tuesday, January 16, 12:00 PM – 1:00 PM

Assumptions based on weight and size can cause harm to patients and negatively affect their experience with health care providers and facilities. Lisa Du Breuil, LICSW, will discuss weight bias and its impact on patient health outcomes. She will also introduce new ways of thinking about health and wellness that respect body size diversity and encourage positive behaviors.

Shared Decision Making:

Coping with Symptoms of Chronic Low Back Pain

Wednesday, January 17, 12:00 PM – 1:00 PM

Are you or someone you know affected by chronic low back pain that has lasted more than 3 months? Come join us and watch a short video, which includes a discussion on how patients treat their chronic low back pain. After the video, Dr. Steven Atlas and Diane Plante, PT, will answer your questions about treatments for chronic low back pain.

Staying Safe During the Winter Season

Friday, January 19, 12:00 PM – 1:00 PM

Winter can be a beautiful time of year with holiday decorations, fresh frost, and a layer of snow on the ground. With the beauty also comes dropping temperatures and risk of cold-related conditions, such as frostbite and hypothermia. Come join Dr. Nathaniel Mann for a talk on what can happen to your body during cold-related conditions and how you can stay safe this winter season.



For more information:

Call (617) 724-7352

or

Email pflc@partners.org

The Maxwell & Eleanor Blum
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