

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

# April 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.

## Understanding Cyclic Vomiting Syndrome in Adults

**Tuesday, April 3, 12:00 PM – 1:00 PM**

Cyclic vomiting syndrome, or CVS, is a disorder that causes sudden, repeated attacks of severe nausea and vomiting for unknown reasons. This gastrointestinal disorder has been underrecognized in adults. Please join Stephanie Doherty, MSN, AGNP-BC and Andrea Thurler, DNP, FNP-BC, to learn about CVS. They will discuss the importance of diagnosing CVS for proper care and management.

## Shared Decision Making:

### Sleeping Better: Help for Long-Term Insomnia

**Tuesday, April 10, 12:00 PM – 1:00 PM**

Are you or someone you know having a hard time falling asleep or staying asleep? Come join Dr. Kathleen Ulman for a talk on insomnia. She will provide tips and answer any questions you have on sleeping better.

## All You Need to Know About Seasonal Allergies

**Wednesday, April 11, 12:00 PM – 1:00 PM**

Come and learn about seasonal allergies. Dr. Anna Wolfson will review the different indoor and outdoor allergens and describe what exactly is happening to cause allergy symptoms. She will also provide tips on preventing and treating seasonal allergies at home as well as information on allergy shots.

## Managing Asthma: It's More Than Using Your Inhaler

**Tuesday, April 24, 12:00 PM – 1:00 PM**

Asthma is a chronic disease that causes the airways of the lungs to swell and narrow. Join Karla Schlichtmann, RRT, for a talk on asthma management. She will discuss common triggers that cause flare-ups, signs of an asthma attack, and ways to help manage asthma at home.

## High Blood Pressure: What You Need to Know

**Friday, April 27, 12:00 PM – 1:00 PM**

Join Dr. Randall Zusman for a talk on high blood pressure. He will review the causes of high blood pressure and the importance of maintaining a healthy lifestyle. Dr. Zusman will also discuss medicines available and things you can do to keep your blood pressure under control.



For more information:

Call (617) 724-7352

or

Email [pfic@partners.org](mailto:pfic@partners.org)

The Maxwell & Eleanor Blum  
Patient and Family Learning Center  
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