

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

January 2019 Upcoming Blum Center Events

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

All programs will be held at the Blum Center, White 110.

The Thyroid Gland: Importance, Illnesses, and Treatment Options **Friday, January 11, 12:00PM - 1:00PM**

How much do you know about the thyroid gland? It's actually an important gland! Join Dr. Nikolaos Stathatos for a talk on the thyroid gland. He will discuss how the thyroid gland works, why it is so important, the common problems, and the best available treatments.

Mass General Cancer Center Genetic Series **Your Family Health Portrait: How and Why to Learn About** **Your Family History of Cancer and Other Health Conditions** **Tuesday, January 15, 12:00PM - 1:00PM**

According to a CDC survey, 97% of people think it is important to know family health history, but only 30% have ever collected health information from family members. Join Margaret Emmet, MS, LCGC to learn tips on collecting your family health history, and how doing so can help you stay healthy.

Mass General Cancer Center Series **Lifestyle Medicine and Cancer Care** **Tuesday, January 22, 12:00PM - 1:00PM**

Lifestyle medicine is the use of lifestyle activities (such as exercise, diet, and stress management) to help you before, during, and after your cancer treatment. It can improve quality of life, treatment side effects, fatigue, and more. Dr. Betsy O'Donnell will discuss research on the benefits of lifestyle medicine and provide some general principles to help you get started.



For more information:

Call (617) 724-7352

or

Email pflc@partners.org

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Upcoming Blum Center Events (continued)

Food Allergy Management Boot Camp

Monday, January 28, 12:00PM - 1:00PM

Parents and caregivers of children with food allergies are invited to an interactive group session that will provide tools for best practice in protecting and promoting your child's health and wellbeing. Led by Dr. Michael Pistiner, this interactive group session will help you:

- gain food allergy management skills
- increase confidence in avoiding food allergens
- ease day-to-day stress of living with food allergy
- coach others and your children on living confidently and safely

If you cannot make this event in person, the event will be live streamed and recorded on the Mass General Facebook page at:

[facebook.com/massgeneral](https://www.facebook.com/massgeneral)

Shared Decision Making: Coronary Heart Disease

Tuesday, January 29, 12:00PM - 1:00PM

Have you or a loved one been diagnosed with coronary heart disease?

If you:

- have ever had a heart attack
- have been told that you have a build-up of plaque in the arteries of your heart
- have any questions about keeping a heart-healthy lifestyle

Join Dr. Rory Weiner to learn more about coronary heart disease, also known as coronary artery disease or atherosclerosis. In this presentation, he will share how patients treat their coronary heart disease. Dr. Weiner will also answer your questions about the disease.



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