

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

# November 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.

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

## Penile Injection Therapy in the Management of Erectile Dysfunction

**Thursday, November 1, 12:00PM - 1:00PM**

Erectile dysfunction (ED) or impotency is when a man has trouble getting or keeping an erection. It is the most common sex problem that men report to their doctors. ED affects over 30 million men in the United States. Penile injection therapy can be an effective and non-invasive treatment option for ED.

In observance of National Impotency Awareness Month, come join Dr. Ajay Nehra for a session to learn more about penile injection therapy in the management of ED.

## How Substance Use Stigma and Shame Negatively Affect Relationships and What We Can Do About It

**Monday, November 5, 12:00PM - 1:00PM**

Stigma is experienced in society, in relationships with family, friends, and healthcare providers, and even in one's own thoughts. It often prevents individuals with substance use disorders (SUDs) from opening up about their substance use and related difficulties when speaking with others. Stigma triggers feelings of shame, which can cause individuals with SUDs to engage in "hiding behaviors", such as lying, avoiding accountability, or keeping secrets. These behaviors limit how other people can communicate and support individuals with SUDs.

Join Dr. Dan Johnson to learn simple interpersonal strategies that can reduce the effects of stigma and shame and promote healthy, loving connections with individuals with SUDs. Interpersonal strategies include validation techniques, perspective taking, and self-compassion skills.



For more information:

Call (617) 724-7352

or

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

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# Upcoming Blum Center Events (continued)

## Managing COPD at Home

**Tuesday, November 13, 12:00PM - 1:00PM**

November is National COPD Awareness Month. COPD (chronic obstructive pulmonary disease) is a lung disease that makes it hard for you to breathe. Join Karla Schlichtmann, RRT for a talk on COPD. She will discuss ways you can manage COPD symptoms at home, including medicines, breathing techniques, oxygen use, oxygen devices, smoking cessation, exercise, and diet.

## Ghosts of Antibiotics Past, Present, and Future

**Thursday, November 15, 12:00PM - 1:00PM**

Antibiotics can save lives by treating bacterial infections. They have changed the way we practice medicine for the past 90 years, but we are at a critical point in history. There is a growing problem of bacteria becoming resistant to antibiotics. The misuse of antibiotics is making the issue worse. As a result, antibiotics are losing their ability to effectively treat bacterial infections.

Join Meagan Adamsick, PharmD and Ramy Elshaboury, PharmD, BCPS-AQ ID to learn more about this problem. They will discuss how we can change the direction of antibiotic resistance so that antibiotics can continue to help future generations.

## Food Allergy Management Boot Camp

**Monday, November 26, 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



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# Upcoming Blum Center Events (continued)

## Self-Management of Type 2 Diabetes

**Thursday, November 29, 12:00PM - 1:00PM**

Join the Diabetes Center Care Team to learn about type 2 diabetes. They will review what type 2 diabetes is and provide tools to help you manage your diabetes, including lifestyle changes to prevent health complications. Because management of diabetes can be different for everyone, a good portion of the presentation will be open to questions and answers.

## SharingClinic: Stories for Health

**Friday, November 30, 12:00PM - 1:00PM**

Join Dr. Annie Brewster to learn about the SharingClinic. The SharingClinic is a hospital-based listening kiosk where you can listen to stories from patients, their loved ones, and healthcare providers about navigating illness and the healthcare system. It is conveniently located at the Maxwell & Eleanor Blum Patient and Family Learning Center. Founded by Health Story Collaborative, the SharingClinic was created on the evidence-based belief that personal narratives are important for emotional and physical healing. SharingClinic aims to empower and connect individuals facing health challenges, and to transform the culture of hospitals through storytelling.



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