

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

# October 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.

## Shared Decision Making Screening for Colon Cancer After Age 70: Is this my Last Colonoscopy?

**Wednesday, October 10, 12:00PM - 1:00PM**

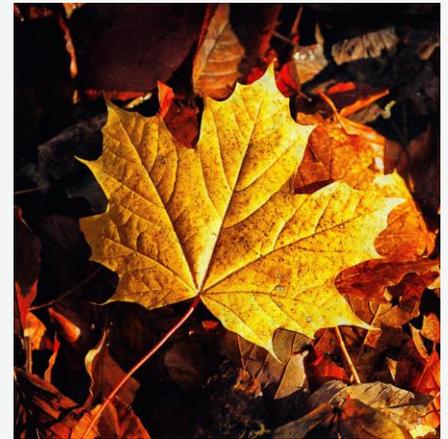
Join Dr. James Richter for a talk on colon cancer screening after age 70. Deciding with your doctor on when to stop colon cancer screening should be based on your individual cancer risk and your overall health. Dr. Richter will discuss the different factors that may impact this decision.

## Psoriasis: Causes, Related Health Problems, and Treatments Monday, October 15, 12:00PM - 1:00PM

Psoriasis is an autoimmune skin condition that affects as many as 7.5 million people in the United States. It is linked to serious health problems, such as obesity, heart disease, and arthritis. In this presentation, Dr. Shinjita Das will discuss causes, triggers, related health problems, and available treatments for psoriasis.

## How to Exercise with Chronic Lung Disease Tuesday, October 23, 12:00PM - 1:00PM

Chronic lung disease is a general term used to describe long-term breathing problems, such as asthma and chronic obstructive pulmonary disease (COPD). These conditions can affect the quality of life for a person. Join Abby Folger, PT, DPT and Karla Schlichtmann, RRT for a talk on how an exercise program can help with chronic lung disease symptoms, including shortness of breath and fatigue. You will learn how exercise can help, what kinds of exercises can be beneficial, and how to overcome common challenges when starting an exercise program. Information on pulmonary rehabilitation, oxygen therapy, and medicines that can help with exercise will also be covered.



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)

## Safe Use, Storage, and Disposal of Medicines

**Wednesday, October 24, 12:00PM - 1:00PM**

Do you have an up-to-date list of all your medicines? Do you know how to properly use them? Where do you keep them? Can you find them when you need them? Do you know how to properly dispose of them?

Harm from medicines cause over 1 million emergency room visits in the United States each year. Come join Samantha Gross, PharmD, RPh and Kristin Tuiskula, PharmD, RPh for a talk on how to safely use, store, and dispose your medicines to help reduce the risk of harm to you and your loved ones.

## Food Allergy Management Boot Camp

**Monday, October 29, 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:

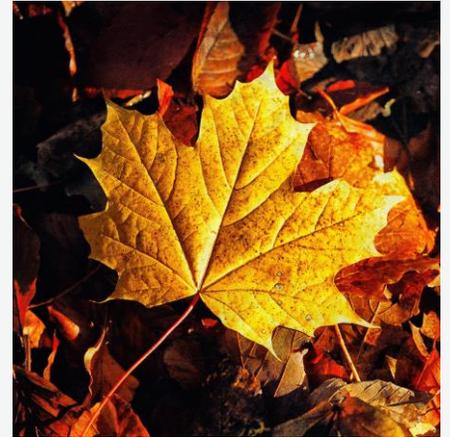
- gain food allergy management skills
- increase confidence in avoiding food allergens
- ease day-to-day stress of living with food allergy
- coach others and your children on living confidently and safely

## Mammography Screening Controversies:

**When Should Women Be Screened for Breast Cancer?**

**Tuesday, October 30, 12:00PM - 1:00PM**

Nearly 40,000 women die from breast cancer every year in the United States. A mammogram is an x-ray picture of the breast. It can help detect breast cancer early when it is easier to treat. However, some studies have questioned the role of mammography screening in reducing breast cancer deaths. Come join Dr. Anand Narayan to learn more about the controversies regarding mammography screening.



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