

Health Briefs for November 2008

November 1	Orthopedics: Saturday Sports Clinic. Sports medicine and orthopedic specialists will offer free exams for non-emergency sports injuries. Call before 10 am for an appointment time. Memorial North Park Hospital Emergency Entrance. Call 495-CARE.
November 3 - 7	Community Health: Abdominal Aortic Aneurysm Screening. Free screening to detect bulge in artery wall. For men and women 65 or older, no previous diagnosis of abdominal aortic aneurysm, and no abdominal CT in the past five years. Memorial Hospital, Memorial North Park Hospital and Memorial Atrium Imaging Center. Registration and appointment required at 495-6000.
November 3	Diabetes: Basic Diabetes. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session is November 10. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Center for Cancer Support at Memorial North Park Hospital. 12:45 pm. Registration required at 495-7970.
November 4	Weight Loss: Is Gastric Banding Surgery An Option for You? Attend this FREE informative seminar to learn more about the Lap-Band surgical weight loss procedure. This seminar is geared specifically towards individuals who are at least 100 pounds overweight. 6 p.m. – 7:30 p.m., Memorial Hospital Community Rooms. Call 495-2244 for reservations.
November 4	Cancer: Food and Fitness for Cancer Survivors. A nutrition class emphasizing a low fat diet for patients completing cancer treatment. 4 pm, Memorial Hospital's Center for Cancer Support. Call 495-7778 for more information.
November 4	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial North Park Hospital . Call 495-7778 for an appointment.
November 4	Cardiac: Heart Failure Class. Free <u>educational</u> class for patients with congestive heart failure. 10:30 am to 11:00 am. Chattanooga Heart Institute, 2 nd floor. Call 495-7764 for more information.
November 4	Diabetes: Basic Diabetes. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session is November 11. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Memorial's Diabetes and Nutrition Center. 12:45 pm. Registration required at 495-7970.
November 5	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. Memorial Hospital's Center for Cancer Support. Call 495-7778 for an appointment.
November 5	Diabetes: Basic Diabetes. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session is November 12. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Memorial's Diabetes and Nutrition Center. 12:45 pm. Registration required at 495-7970.
November 5	Weight Loss: Is Gastric Bypass Roux-en-Y Surgery An Option For You? Attend this FREE informative seminar to learn more about the Gastric Bypass Roux-en-Y surgical weight loss procedure. This seminar is geared specifically towards individuals who are at least 100 pounds overweight. 6 p.m. – 7:30 p.m., Memorial Hospital Community Rooms. Call 495-2244 for reservations.

November 6	Diabetes: Diabetes Self-Management Program. This is a two-session program for diabetes control. The second session is November 13. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. 4 p.m. to 8 p.m., Chattanooga Heart Institute, 2 nd floor. To register call 495-7970.
November 6	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Thursday</u> for cancer patients currently undergoing treatment. Memorial Hospital's Center for Cancer Support. Call 495-7778 for an appointment.
November 6	Cardiac: Heart Failure Class. Free <u>educational</u> class for patients with congestive heart failure. 10:30 am to 11:00 am. Chattanooga Heart Institute, 2 nd floor. Call 495-7764 for more information.
November 8	Orthopedics: Saturday Sports Clinic. Sports medicine and orthopedic specialists will offer free exams for non-emergency sports injuries. Call before 10 am for an appointment time. Memorial North Park Hospital Emergency Entrance. Call 495-CARE.
November 11	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial North Park Hospital . Call 495-7778 for an appointment.
November 11	Diabetes: Diabetes Self-Management Program. This is a two-session program for diabetes control. The second session is November 18. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. 4 p.m. to 8 p.m., Center for Cancer Support at Memorial North Park Hospital. To register call 495-7970.
November 12	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. Memorial Hospital's Center for Cancer Support. Call 495-7778 for an appointment.
November 12	Diabetes: Basic Diabetes. This is a two-session program. Provides an overview of diabetes and treatment/prevention of complications. The second session is November 19. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Memorial's Diabetes and Nutrition Center. 8:45 am. Registration required at 495-7970.
November 13	Cardiac: Heart Failure Class. Free <u>educational</u> class for patients with congestive heart failure. 10:30 am to 11:00 am. Chattanooga Heart Institute, 2 nd floor. Call 495-7764 for more information.
November 13	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Thursday</u> for cancer patients currently undergoing treatment. Memorial Hospital's Center for Cancer Support. Call 495-7778 for an appointment.
November 14	Senior Health: AARP Driver Safety Program. This program for those 55 and better teaches how to compensate for the natural changes in our bodies as we age. Upon completion, drivers are eligible for a discount on auto insurance premiums. 9 a.m. to 5 p.m., Memorial's Home Health Office. \$10 fee. Call 495-CARE (2273) to register.
November 15	Orthopedics: Saturday Sports Clinic. Sports medicine and orthopedic specialists will offer free exams for non-emergency sports injuries. Call before 10 am for an appointment time. Memorial North Park Hospital Emergency Entrance. Call 495-CARE.
November 17 - 21	Community Health: Abdominal Aortic Aneurysm Screening. Free screening to detect bulge in artery wall. For men and women 65 or older, no previous diagnosis of abdominal aortic aneurysm, and no abdominal CT in the past five years. Memorial Hospital, Memorial North Park Hospital and Memorial Atrium Imaging Center. Registration and appointment required at 495-6000.

November 17	Cancer: Medicare 911. Are you confused about the different Medicare options that are available? If so, plan to attend this informative workshop to learn more about Medicare. 2 to 3 pm. Memorial Hospital's Center for Cancer Support. Call 495-7778 for more information.
November 17	Diabetes: Diabetes Diet Class. This is a class focusing on diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Center for Cancer Support at Memorial North Park Hospital. 12:45 pm. Registration required at 495-7970.
November 18	Cardiac: Heart Failure Class. Free <u>educational</u> class for patients with congestive heart failure. 10:30 am to 11:00 am. Chattanooga Heart Institute, 2 nd floor. Call 495-7764 for more information.
November 18	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial North Park Hospital . Call 495-7778 for an appointment.
November 19	Weight Loss: Is Gastric Bypass Roux-en-Y Surgery An Option For You? Attend this FREE informative seminar to learn more about the Gastric Bypass Roux-en-Y surgical weight loss procedure. This seminar is geared specifically towards individuals who are at least 100 pounds overweight. 6 p.m. – 7:30 p.m., Memorial Hospital Community Rooms. Call 495-2244 for reservations.
November 19	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. Memorial Hospital's Center for Cancer Support. Call 495-7778 for an appointment.
November 20	Cardiac: Heart Failure Class. Free <u>educational</u> class for patients with congestive heart failure. 10:30 am to 11:00 am. Chattanooga Heart Institute, 2 nd floor. Call 495-7764 for more information.
November 20	Cancer: Food and Fitness for Cancer Survivors. A nutrition class emphasizing a low fat diet for patients completing cancer treatment. 10 am. Center for Cancer Support at Memorial North Park Hospital. Call 495-7778 to register to attend.
November 20	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Thursday</u> for cancer patients currently undergoing treatment. Memorial Hospital's Center for Cancer Support. Call 495-7778 for an appointment.
November 25	Diabetes: Diabetes Diet Class. This is a class focusing on diabetes meal planning and carbohydrate counting. Memorial's Diabetes and Nutrition Center can help you obtain a physician's referral and provide cost information. Memorial's Diabetes and Nutrition Center. 12:45 pm. Registration required at 495-7970.
November 25	Cardiac: Heart Failure Class. Free <u>educational</u> class for patients with congestive heart failure. 10:30 am to 11:00 am. Chattanooga Heart Institute, 2 nd floor. Call 495-7764 for more information.
November 25	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Tuesday</u> for cancer patients currently undergoing treatment. Center for Cancer Support at Memorial North Park Hospital . Call 495-7778 for an appointment.
November 25	Weight Loss: Is Gastric Banding Surgery An Option for You? Attend this FREE informative seminar to learn more about the Lap-Band surgical weight loss procedure. This seminar is geared specifically towards individuals who are at least 100 pounds overweight. 6 p.m. – 7:30 p.m., Memorial Hospital Community Rooms. Call 495-2244 for reservations.
November 26	Cancer: Massage Therapy for Cancer Patients. To reduce stress and promote healing, FREE massage therapy is available <u>every Wednesday</u> for cancer patients currently undergoing treatment. Memorial Hospital's Center for Cancer Support. Call 495-7778 for an appointment.