

Putting your health first.



Calendar of Events Jan. 2017

Monongahela Valley Hospital is sponsoring a variety of informative programs this month. Many of the events will be held in the hospital's Anthony M. Lombardi Education Conference Center (ECC).

Wednesday, Jan. 3 – Is Weight Loss Surgery Right For You?

6 p.m., ECC. Bariatric surgery is an option for people who want to lose 100 pounds or more. This free information session is designed to give those individuals struggling with weight loss the facts to choose their best option. To learn if you are a candidate for this surgery, join Hiram Gonzalez, M.D., as he discusses this topic in detail. To register, call 724-258-1333.

Wednesday, Jan. 3 and Friday, Jan. 19 – Nar-Anon Family Group

6 - 7 p.m. Nar-Anon Family Groups are a worldwide fellowship for the family and friends of those suffering from addiction. As a Twelve-Step program, the group offers help by sharing experiences, strength and hope. The Nar-Anon program is based on a set of spiritual principles and has no affiliation with any denomination. The only requirement for membership is a problem of addiction in a relative or friend. For more information, call 412-512-4718.

Monday, Jan. 8 and 22 – Suicide Bereavement Support Group

1 - 2:30 p.m., ECC. This support group is a four-month program that meets the second and fourth Mondays of each month. This program is led by a licensed psychologist and is free and open to all those touched by suicide. Registration is required. To register, call 724-268-1144.

Tuesday, Wednesday and Thursday, Jan. 9, 10 and 11 – Managing Your Diabetes

8:30 - 11:30 a.m., ECC. This education program is designed to help you with diabetes self-management. You will learn, "What is diabetes?" Other topics include the importance of controlling your blood sugars, diabetes medications, lifestyle changes, meal planning and methods to reduce your risk of complications. The program is three consecutive days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Tuesday, Jan. 9 – RSDS Support Group

11 a.m. - 1 p.m., ECC. The Reflex Sympathetic Dystrophy Syndrome (RSDS) Support Group is free and open to all persons with RSDS or related illnesses. For more information, call 724-929-9492.

Tuesday, Jan. 9 – Alzheimer's Support Group

6 - 8 p.m., ECC. This free support group meets once a month. It is designed to help the family members, friends and caregivers of those suffering from Alzheimer's disease or other forms of dementia. Discussion topics include the challenges of coping with this disorder as well as techniques for managing stress and methods of encouraging social engagement. Reservations are requested by calling 724-258-1333.

Tuesday, Jan. 16 – Talk With a Doc: "Back Pain and Disc Degeneration"

12:30 p.m., Monongahela YMCA. Eric Nabors, M.D., Orthopedics, will discuss "Back Pain and Disc Degeneration". Dr. Nabors will discuss the very newest in standards of care and protocols for Back Pain and Disc Degeneration. To register, call 724-258-1333.

Wednesday, Jan. 17 – Advanced Carbohydrate Counting

9 - 11 a.m., ECC. This program is a diabetes self-management class designed to educate you on how to count carbohydrate content in food to improve blood sugar control. Topics include how to track effects of carbohydrates and blood sugar, glycemic index and how to read food nutrition labels. Registration is required at least one week prior to the start of class by calling 724-258-1483.

Monday, Jan. 22 – Weight Control and Wellness Support Group

6 p.m., ECC. The bariatric support group activities are designed to reinforce key principles of success and help participants learn concepts that are sometimes difficult to grasp after bariatric surgery. Professionals such as dietitians, psychologists and fitness instructors may be invited to speak. Other presenters may discuss topics such as grooming, dating and cooking. The sessions are designed to educate, inform and provide a well-rounded foundation of knowledge for long-term success. The ultimate purpose of the support group is to help participants achieve and maintain their goal weights in a way that is as physically and mentally healthy as possible. Registration is recommended, but not necessary. To register, call 724-258-1333.

Tuesday, Wednesday and Thursday, Jan. 23, 24 and 25 – Managing Your Diabetes

6 - 9 p.m., ECC. This education program is designed to help you with diabetes self-management. You will learn, “What is diabetes?” Other topics include the importance of controlling your blood sugars, diabetes medications, lifestyle changes, meal planning and methods to reduce your risk of complications. The program is three consecutive days. Registration is required at least one week prior to the start date of class by calling 724-258-1483.

Tuesday, Jan. 23 – Innovations in Stem Cell and Platelet Rich Plasma in Orthopedics

6 p.m., ECC. This education program focuses on new and innovative treatments for orthopedic conditions with the use of Stem Cell and Platelet Rich Plasma injections. Jose Ramirez-Del Toro, M.D., will discuss the process of Stem Cell and Platelet Rich treatments and what types of conditions can receive those treatments.

Wednesday, Jan. 24 – Talk With a Doc: “Regenerative Treatments in Orthopedics”

7:30 p.m., Friendship Village. Jose Ramirez-Del Toro, M.D., Non-Operative Spine and Sports Medicine, will discuss “Regenerative Treatments in Orthopedics”. Dr. Ramirez-Del Toro will discuss the very newest in standards of care and protocols for Regenerative Treatments in Orthopedics. To register, call 724-258-1333.

Thursday, Jan. 25 – Stroke Support Group

1 - 2:30 p.m., ECC. The Stroke Support Group is designed for patients and caregivers to share, learn and grow with people who can personally relate to the daily challenges and struggles they face dealing with strokes and their after-effects. The group meets the last Thursday of each month. For more information, call 724-258-1455.

Tuesday, Jan. 30 – American Heart Association Heartsaver CPR/AED

8 a.m. - noon, ECC. Adult cardiopulmonary resuscitation (CPR) classes are offered by Monongahela Valley Hospital. The fee for the class is \$35 to cover the class and required materials. To register, call 724-258-1333.

Tuesday, Jan. 30 – American Heart Association Family and Friends CPR/AED

4 - 8 p.m., ECC. This course is designed for the layperson that has little or no medical training, and is taught by a certified instructor. This course is for people who do not need a certification card for a job. Content includes an orientation to CPR for adult, child, infants, choking and use of an Automated External Defibrillator (AED). Cost of this course is \$35 to cover the cost of the book, which includes a class participation card.