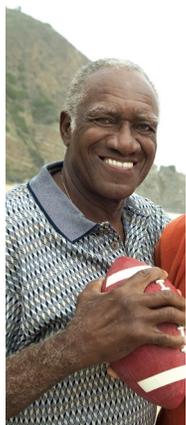


## Free Prostate Screenings

October 2, 4 – 7 p.m.



Prostate cancer is highly curable if detected early. Recognize the symptoms.

- + Trouble urinating
- + Lower back pain or discomfort
- + Bloody urine
- + Erectile dysfunction

New guidelines from the American Urological Association recommend that men be offered a prostate specific antigen (PSA) test and digital rectal exam (DRE). Below are the screening guidelines.

### African-American Men

- + Ages 40-70
- + Family history of prostate cancer

### Caucasian Men

- + Ages 50 - 75
- + Family history of prostate cancer

Receive a free prostate screening provided by a board-certified urologist.

Doctors Community Hospital  
8116 Good Luck Road  
Professional Office Building, 2nd Floor  
Lanham, Maryland 20706  
*Appointment required*

Call **240-965-4416** to schedule an appointment.

## Free Joint Replacement Lecture

October 23, 6:30 – 7:30 p.m.



Joint pain prevents many people from performing routine tasks or participating in various recreational activities. Joint replacement surgery may help.

People of various ages have benefited from joint replacement surgery – a safe and dependable surgical procedure used to address pain and the lack of mobility caused by:

- + Osteoarthritis
- + Fractures
- + Rheumatoid arthritis
- + Injuries

### Presenter:

*Dr. J. Michael Joly, joint replacement surgeon*  
Bowie City Hall  
15901 Excalibur Road, Room 243  
Bowie, Maryland 20706  
*Registration required*

Call **240-965-4416** to register. Visit us at [DCHortho.org](http://DCHortho.org).

Our Comprehensive Orthopedic Program provides hope for people who suffer from **joint pain in their hips, knees and shoulders**. With a wide range of services that include accurate diagnosis, advanced surgical treatments and effective rehabilitation options, our experienced joint replacement specialists have helped many people **reduce or eliminate their joint pain**. Attend this free lecture to learn whether joint replacement surgery can help improve your quality of life.

## Free Support Groups and Screenings

Click the below options to learn about other free screenings and support groups.

### Support Groups

- + [Breast cancer support group](#)
- + [Diabetes support group](#)
- + [Lymphedema support group](#)
- + [Male caregiver support group](#)
- + [Sleep apnea support group](#)
- + [Stroke support group](#)
- + [WomenHeart support group](#)

### Screenings

- + [Colorectal screenings](#)
- + [Diabetes screenings](#)
- + [Digital screening mammograms](#)

# Free Bariatric and Weight Loss Lecture

November 5, 6:30 – 7:30 p.m.



Obesity is often linked to diabetes, sleep apnea, high cholesterol, high blood pressure, arthritis and other conditions. In many cases, losing weight reduces or eliminates the need to use some of the drugs taken to manage such conditions. We can help!

Our Bariatric and Weight Loss Center provides professional, innovative and compassionate care to support your weight loss and improved health journey. In fact, we were the first hospital in Prince George's County to offer minimally invasive bariatric surgery using the daVinci® robot, which results in **smaller incisions, reduced pain, shorter hospitalization and faster recovery.**

If you are an adult who is at least 30 pounds overweight, attend this free lecture to learn more about weight loss surgery options.

**Presenter: Dr. Hitesh Amin,**  
*general surgeon and medical director,*  
*Bariatric and Weight Loss Center*  
Doctors Community Hospital  
8118 Good Luck Road  
Board Room  
Lanham, Maryland 20706  
*Registration required*

Call **240-965-4416** to register. Visit us at [DCHweightloss.org](http://DCHweightloss.org).

## Learn Basic CPR

September 27, 8:30 a.m. - noon

Join us during a basic cardiopulmonary resuscitation (CPR) training class. With a combination of live lectures, interactive videos and informative handouts, you will learn how to:

- + Perform mouth-to-mouth and mouth-to-nose resuscitation on people who are unconscious or have difficulties breathing
- + Perform chest compressions to restore blood circulation or open airways
- + Identify the signs of a sudden cardiac arrest
- + Use an automated external defibrillator (AED) on people experiencing sudden cardiac arrest

Laypeople and medical professionals are invited to attend this training class. Also, police officers, firefighters and other first responders are welcomed.

Doctors Community Hospital  
8100 Good Luck Road  
North Building, 4th Floor Annex  
Lanham, Maryland 20706  
*Registration and \$50 fee required.*

Call **301-552-8072** or email  
[agodfrey@DCHweb.org](mailto:agodfrey@DCHweb.org)  
to register before September 19.

## Join Us at the Greenbelt Farmers Market

### Market Schedule:

Sundays through November  
10 a.m. – 2 p.m.

### Hospital's Market Schedule:

Last Sunday of each month  
through October

25 Crescent Road  
Greenbelt, Maryland 20770

Call **240-965-4416** for  
more information.



Working with the Prince George's County Health Department, our Joslin Diabetes Center – **the only multidisciplinary diabetes center in the county accredited by the American Diabetes Association** – provides certificates for free A1C screenings that measure the amount of glucose or blood sugar levels in the blood. Also, receive information about various medical topics to help you maintain or improve your health.

We look forward to seeing you there!

Follow us on:



8118 Good Luck Road Lanham, Maryland 20706 | 301-DCH-4YOU / 301-324-4968 | [DCHweb.org](http://DCHweb.org)