

November is Diabetes Awareness Month

Join us for this informative series on Diabetes:

What to Expect During a Visit with an

Endocrinologist Join Raquel Ong, M.D., and learn the latest in medications and technologies for Diabetes, as well as what you should expect during a visit with your endocrinologist. **November 3, Noon - 1 p.m.** [Click here](#) to register.

Diabetes Prevention/Insulin Resistance

Join Soemiwati W. Holland, M.D., as she discusses diabetes prevention and insulin resistance causes and treatment options. Clace Cleaver-Felice, Registered Dietitian, Endocrinology, will discuss nutrition. **November 4, Noon - 1 p.m.** [Click here](#) to register.

COVID and Diabetes

Are you living with diabetes and have/had COVID-19? What does this mean for you? Speakers: Jennifer Cheng, D.O and Marianne McCormick, Clinical Advocate-Endocrinology **November 17, Noon - 1 p.m.** [Click here](#) to register.

Diabetes 101: All About the Basics

Join our panel of experts and learn about the signs, symptoms, complications, medications and more! Speakers: Jennifer Cheng, D.O., along with endocrine fellows, Nikunj Kumar Patel, Christopher Lesniak, Francine Foo and Jonathan Figueroa **November 18, Noon - 1 p.m.,** [Click here](#) to register.

November is Lung Cancer Awareness Month

Lung Cancer: All That you Need

To Know to Be Cured

Join Thomas Bauer, M.D., as he outlines how to identify lung cancer early through the various HMH lung cancer screening programs, methods of treatment including advanced robotic surgery, advanced radiation treatment and the newest agents to treat lung cancer. We will discuss the questions to ask your provider and outline all of the services available at HMH. **November 9, Noon - 1 p.m.,** [Click here](#) to register.

Stop Smoking With Hypnosis

Hypnotherapy is effective in eliminating unwanted habits and developing positive behaviors and lifestyle changes. Group session. Fee: \$30. **November 9, 7 - 8 p.m.** [Click here](#) to register.

Stroke: Are You At Risk?

Join Pinakin Jethwa, M.D. to learn about symptoms and treatment options for stroke and what to do if someone is having a stroke. B.E.F.A.S.T. **November 10, 11 a.m. - Noon.** [Click here](#) to register.

Colon Cancer Awareness

Join Nathaniel Holmes, M.D., to learn what you should know to prevent, screen, and minimize your risk for colon and rectal cancer. **FREE** at-home colorectal screening kit available at your request. Kits are mailed to your registration address. Follow up reminders are done every 7, 14, and 21 days to make sure your kit gets to the lab for processing. You will receive a phone call (using your registration phone number) with your results followed up with a letter and the lab result sheet. The request for a kit is only available when you register. **November 16, 11 a.m. - Noon.** [Click here](#) to register.

Heart Failure

Learn how to maximize your quality of life while living with heart failure. **November 16, 11 a.m. - Noon.** [Click here](#) to register.

Memory Loss & Alzheimer's Disease

Learn about memory loss and what you need to know about alzheimer's disease. **November 17, 11 a.m. - Noon.** [Click here](#) to register.

Why the Pressure to Have Good Blood Pressure?

Join Avais Masud, M.D., as he discusses signs, symptoms and treatment options of hypertension. **November 30, 2 - 3 p.m.** [Click here](#) to register.

Parent/Guardian Talk Series

Helping Babies & Kids Sleep Better

Join Chee Chun Tan, M.D., Pakkay Ngai, M.D., and Stacey Elkhatib Smidt, M.D., pediatric sleep medicine specialists from Hackensack Meridian Children's Health, to learn when sleep training is recommended, is it effective, and how to respond best to sleep regressions. Learn the best techniques for better family sleep.

Nov. 17, 6:30 - 7:30 p.m. [Click here](#) to register.

Virtual programs last approximately 45 minutes. Participants may submit questions they have for the speaker during the registration process.

Click on each link for more information and to register.

For upcoming programs, visit hackensackmeridianhealth.org/events or call

1-800-560-9990.