



Community Update

from your friends at Johns Hopkins Bayview Medical Center

September 2022

Community Calendar and Education Information

COVID-19 Community Partners calls:

Discussion from hospital staff on topics relevant to the hospital's preparation and readiness.

Friday, September 9, 16, 23 and 30 at 11 a.m.

Dial in: (888) 651-5908 - Participant code: 3569812

For more details, contact Kimberly at 410-550-1118.

Maryland Kids in Safety Seats

Safe Kids Baltimore

Child Safety Seat Check

September 9, from 10 a.m. to 1 p.m.

Oldtown Fire Station, 1100 Hillen St., Baltimore.

Information & Appointments call 410-328-7532

Sign up for an appointment at www.mdkiss.org.

American Red Cross Blood Drive in your community:

September 21, from 1 to 6:30 p.m.

Dundalk American Legion, Post 38

3300 Dundalk Avenue

To schedule an appointment, go to

redcrossblood.org.

Breast Cancer Support Group

For those in inactive or post treatment. The program offers guest speakers an opportunity to share one's experience, compassion and support. Attendees are welcome to bring a family member or friend.

Fourth Thursday monthly, from 6 to 8 p.m.

Next Support Group Meeting, September 22.

Johns Hopkins Bayview's Francis Scott Key Pavilion, inside the Medicine Education Center.

Call 410-550-6690 to register, or for more information.

American Red Cross Blood Drive

October 19, 20 and 21, from 7:30 a.m. to 5:30 p.m.

Johns Hopkins Bayview Medical Center

4940 Eastern Avenue

Asthma & Allergy Center

To schedule an appointment, go to

redcrossblood.org.

National Food Safety Education Month

While the United States has one of the safest food supplies in the world, every year an estimated one in six Americans gets foodborne illness (also called food poisoning), but you can help protect yourself and your family by using the basic principles of food safety.

Clean

- Wash your hands for at least 20 seconds before and after handling food.
- Rinse fresh fruits and vegetables under running tap water. Scrub firm produce with a clean produce brush.
- Wash your cutting boards, dishes, cooking tools, and countertops with hot soapy water after preparing each food item.

Separate, Don't Cross-contaminate

- Raw meat, poultry, eggs, seafood, and flour should not come in contact with foods that do not need to be cooked before eating. Keep them separated while shopping, storing, and cooking.
- Use a set of cooking tools for raw meat, poultry, eggs, seafood, and flour, and another set for foods that are already cooked or will not be cooked.
- Do not reuse marinades used on raw foods unless boiled first.

Cook

- Use a food thermometer to ensure food is cooked to a safe internal temperature to protect against foodborne illness.
- Follow package directions on baking mixes and other products that contain flour.

Chill

- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within two hours of purchasing. Refrigerate within one hour if the temperature is above 90°.
- Serve prepared cold or hot foods within two hours to avoid developing bacteria, especially at picnics or buffets.
- Never thaw food at room temperature, such as on the countertop! The safest way to defrost food is in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

Childhood Obesity Awareness Month

Did you know that 1 in 5 children in the United States is considered obese?

Children who are obese are more likely to become obese adults. This can lead to lifelong physical and mental health problems. According to the Centers for Disease Control and Prevention, common health problems related to being overweight or obese are:

- Arthritis – Wear and tear on the joints from carrying around extra weight.
- High Blood Pressure – When one's blood pressure is high, the heart must pump harder, and the arteries must carry blood that is moving under more pressure.
- High Cholesterol – Can increase the risk of a heart attack and stroke.
- Depression – May contribute to sadness, hopelessness, or irritability.
- Diabetes – Being overweight can cause your body to become resistant to insulin.

Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases. However, if your child is still having trouble losing weight, the Johns Hopkins Center for Bariatric Surgery offers weight loss options for adolescents ages 16 to young adult. For more information, call 410-550-0409 or visit

hopkinsmedicine.org/jhbmc/bariatrics.

Fall Prevention Awareness

Falls: A Leading Cause of Injury Among Seniors

One in three adults over the age of 65 falls each year in the United States, according to The Centers for Disease Control and Prevention.

Falls are the leading cause of both fatal and nonfatal injuries of older adults. Injury-related falls can happen for a number of reasons, including age, unstable surfaces, working in unsafe environments, and even taking a number of prescribed medications at once.

Johns Hopkins Bayview Medical Center's Trauma team treats many serious fall-related injuries in older adults. Those injuries from falls can result in fractured ribs and hips. It is important to take steps to prevent falls or reduce your fall risk, such as:

- Make sure that you have clear and well-lit walkways throughout your house.
- Wear solid shoes with good support.
- Take your time when walking around slippery areas like spills and ice.
- Have your vision checked every year.
- Make sure all of your doctors know what medicine you are on, and keep a list with you.
- Discuss with your doctor the possible side effects of your medications.
- Use non-slip mats and grab bars in the bathroom.

If you sustain injuries from a fall, you should immediately seek help or call 911.

September is Prostate Cancer Awareness Month

Prostate cancer is the second-most diagnosed cancer in American men

Prostate cancer is a serious disease and approximately 80 percent of prostate cancers are diagnosed at a localized stage – this means the cancer has not spread outside of the prostate. In fact, more than 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are alive today.

- The average age at the time of prostate cancer diagnosis is about 66.
- African-American men are at a higher risk of developing prostate cancer.
- Men with a family history of the disease are at a higher risk of developing prostate cancer.
- Men with a father or brother who had prostate cancer are twice as likely to develop the disease.

Annual screenings are highly recommended to help find prostate cancer early so it can be treated more effectively. For more information, or to request an appointment, call Urology at 410-955-6100.

Community Update is published 11 times a year by the Community Relations Department. **Selwyn Ray, J.D.**, director; **Melanie Smith**, editor; **Sara Baker, April Meise, Elaine Welkie**, contributors. **Phone:** 410-550-0289; **Website:** hopkinsmedicine.org