



Community Update

from your friends at Johns Hopkins Bayview Medical Center

November 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, November 4, 11, and 18 at 11 a.m.
Dial in: (888) 651-5908 – Participant code: 3569812

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

6th Virtual Community Reunion on Healthy Aging: Staying Healthy, Strong and Resilient

November 14 and 15, 2022
5 – 7 PM

RSVP Via Eventbrite

The first 300 registrations get a gift to use interactively during the forum.

<https://6thForumOnHealthyAging2022.eventbrite.com/?aff=CCC>

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, December 22.
Johns Hopkins Bayview's Francis Scott Key Pavilion, inside the Medicine Education Center.
Call 410-550-6690 to register, or for more information.

Postpartum Support Group

Each Thursday, 11 a.m. to noon.

A free, virtual support group for moms with new babies.

For more information, or to receive a Zoom link for the support group, email sdaly9@jh.edu

GERD Awareness Week November 20-26

Gastroesophageal reflux disease, or GERD, is an extremely common health complaint for many people, but what exactly is it, and what can be done to decrease the pain associated with it? GERD occurs when the muscle that is found between the esophagus and stomach does not work properly. After eating, this muscle should shut quickly and tightly so that food and stomach acid does not enter the esophagus.

Unfortunately, this muscle sometimes relaxes at the wrong time, or becomes too weak to close completely. When this happens, food and stomach acid can enter (or re-flux) back into the esophagus. The American Gastroenterological Association states that the following are symptoms of GERD:

- Heartburn
- Persistent sore throat
- Hoarseness
- Chronic cough
- Asthma
- Heart-like chest pain
- Feeling of lump in the throat

Symptoms of GERD can be controlled in many cases by decreasing, or avoiding certain foods. Coffee, chocolate, and fried and fatty foods can often trigger bouts with GERD. Some medications, like aspirin or anti-inflammatory medications, can also cause symptoms. Other culprits can include being overweight, smoking, or wearing tight clothing.

Losing weight, wearing looser clothing, and quitting smoking can help alleviate symptoms. If you are experiencing symptoms of GERD, contact Johns Hopkins Outpatient Center at 410-933-7495.



November is National Family Caregivers Month

If you've been called to care for a family member or friend,

THANK YOU!

Called to
CARE

A program for family caregivers

hopkinsmedicine.org/jhbmc/calledtocare

Weapon-Free Zone: Metal Detector Program Comes to the Emergency Department at Johns Hopkins Bayview

In an effort to ensure the safety of our patients, staff and all who visit, Johns Hopkins Bayview has installed a metal detector at the main entrance of our emergency department (ED). Any individual going through this entrance will be required to walk through the metal detector, which will be active 24/7.

Metal detectors are a common practice in health care and other settings. They detect items that may compromise the safety of those in the hospital. This metal detector was selected with support from our Patient and Family Advisory Councils and is one of the many safety protocols we have in place throughout our facilities.

It is safe for all individuals to pass through the detector, including those with pacemakers, implants of any kind and women who are pregnant. Patients and visitors who may have difficulty moving through the metal detector, such as those in wheelchairs, on stretchers or in medical restraints, will be screened with a handheld device.

Thinking About Quitting?

If you are thinking about quitting smoking, November offers something no other month of the year does – The Great American Smokeout! There are five easy steps you can take to prepare for this important lifestyle change.

1. Set a “quit date.” Pick a day and be ready for it. Get rid of your cigarettes and ashtrays and turn on the “no smoking,” sign in your home and in your mind.
2. Tell your family and friends that you are quitting and that you would like their support – especially if that means they should not smoke around you. Talk to your health care provider so that he or she can monitor your progress.
3. Look for a support group so that you can have people to talk to about the challenges you are facing because of quitting.
4. Learn new skills and behaviors so you can distract yourself when the urge to smoke arises. Change your routine. If you used to have a cigarette with your morning coffee, switch to drinking tea.
5. Practice stress management techniques such as deep breathing. Or simply enjoy a relaxing activity.
6. Ask your physician for advice about over-the-counter products, such as the patch or gum.

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

