



Community Update

from your friends at Johns Hopkins Bayview Medical Center

October 2018

Calendar of Events

Oct. 6: Caring for Kidney Disease

For patients and families who want to learn more about chronic kidney disease

10 a.m. to 3:30 p.m.

Johns Hopkins Asthma & Allergy Center
Johns Hopkins Bayview campus

Register: 410-550-KNOW (5669)

Oct. 9 & 16: Weight Loss Surgery Info.

For individuals 100 pounds or more overweight who are considering weight loss surgery. This seminar is required to receive a consult for bariatric surgery.

4:30 to 6 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-0409

Oct. 15: Living with Type 2 Diabetes

A clinical dietitian will discuss strategies to manage blood glucose levels, the importance of making the right food choices and medications to help manage Type 2 diabetes.

5:30 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-KNOW (5669)

Oct. 22-24: Red Cross Blood Drive

Participants receive a parking coupon, meal voucher and special gift.

7:30 a.m. to 5 p.m.

Johns Hopkins Bayview Medical Center

Appointments: 410-550-0289



Johns Hopkins Bayview Ranked as a Top Hospital by U.S. News & World Report

Johns Hopkins Bayview Medical Center ranked #6 both in Maryland and in the Baltimore metro area in U.S. News & World Report's 2018–19 Best Hospitals list.

Johns Hopkins Bayview rose significantly in both rankings since last year. In the 2017-18 list, the Medical Center was ranked #11 in Maryland, and #10 in the Baltimore metro area. Several factors contributed to the improvement in our rankings, including an increase in our survival scores in eight specialties, as well as an increase in our patient safety score.

Johns Hopkins Bayview also ranked as high performing in four areas: urology, nephrology, COPD and congestive heart failure.

Improving the Patient Experience with MyChart Bedside

Johns Hopkins Bayview is introducing new technology to help patients be more active partners in their health care. This November, the Medical Center will start offering a free tablet application called MyChart Bedside to two adult inpatient units, the progressive care unit (PCU) and 6 Surgery. MyChart Bedside will be available to use on hospital-owned iPads. It allows patients to learn more about their care team and put names to faces, view patient education materials, and see updates about their tests, procedures and treatments while in the hospital. Entertainment applications will also be available, for a more enjoyable stay.



Johns Hopkins Bayview plans to extend MyChart Bedside to all adult inpatient units later in 2019.

Community Update is published 11 times a year by Johns Hopkins Bayview's Community Relations Department. **Selwyn Ray, J.D.**, director; **Meghan Rossbach**, editor and designer; **April Meise**, **Sharon Jones**, **Elaine Welkie**, contributors.

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Out and About

Throughout the year, community relations staff participate in a number of events to share resources and information about services offered at Johns Hopkins Bayview. We hope to see you this month at the following events.

Oct. 3 & 4: Discover the Power of Age Expo

This two-day extravaganza showcases the latest information, resources, products and services available to older adults.

9 a.m. to 4 p.m.

Maryland State Fairgrounds

Info.: powerofageexpo.com

Oct. 27: Dundalk Family Fall Festival

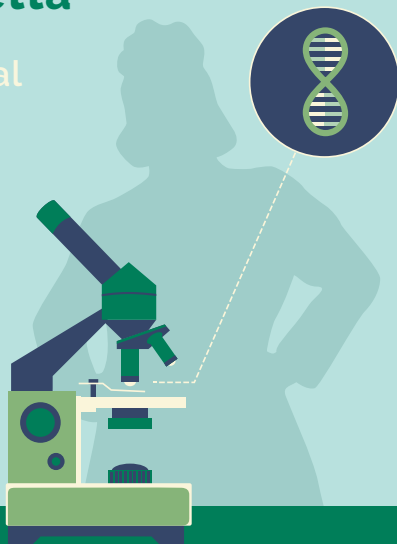
It's the pre-Halloween, scarecrow-making, pumpkin-decorating spooktacular place to be for a safe, fun family day!

10 a.m. to 2 p.m.

Veterans Park at Shipping Place

Info.: dundalkusa.org

Henrietta Lacks Memorial Lecture



The Enduring Legacy of Henrietta Lacks

October 6

9 a.m. to 12:30 p.m.

Turner Concourse, 720 Rutland Ave., Baltimore, MD

Registration required. Visit ictr.johnshopkins.edu/lecture or call 410-361-6563.

Have a Happy and Safe Halloween!

- Dress children in bright or light-colored costumes.
- Use make-up or face paint instead of a mask, so children can see where they are going.
- Buy costumes and accessories labeled “flame retardant” or “flame-resistant.”
- Give your child a flashlight to use while they trick-or-treat.



OCTOBER National Breast Cancer Awareness Month

Early detection of breast cancer saves thousands of lives each year. That's why it's so important for women to take advantage of breast cancer screenings throughout the year—not just during Breast Cancer Awareness Month.

Annual screening mammograms are recommended for women who are 40 or older, or for younger women with specific risk factors for breast cancer. Women don't need to have any signs or symptoms of a breast abnormality to receive a screening. The goal of a screening exam is to find cancers before they start to cause symptoms.

Contact your health care provider if you notice:

- Lumps, hard knots
- Thickening in the breast
- Change in breast shape or size
- Dimpling or puckering in the skin of the breast
- Pain in one spot that will not go away

To schedule a mammogram or to make an appointment with the Johns Hopkins Breast Center, call 410-550-8282.

Is there something you'd like to read about in the next *Community Update*?

Email ewelkie1@jhmi.edu
or call 410-550-0289.