



# Community Update

from your friends at Johns Hopkins Bayview Medical Center

January 2019

## Calendar of Events

### Jan. 14: Living with Type 2 Diabetes

Learn about strategies to manage blood glucose levels, the importance of making the right food choices and medications to help manage Type 2 diabetes. January's class will feature a registered dietitian.

5:30 p.m.

Johns Hopkins Bayview Medical Center

**Register:** 410-550-KNOW (5669)

### Jan. 8 & 15: 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

### Jan. 22: ABCs of Kidney Disease

Learn about normal kidney function, the causes and stages of chronic kidney disease, the effects of kidney disease on the body and treatment options for kidney disease and failure.

5 p.m.

Johns Hopkins Bayview Medical Center

**Register:** 410-550-2820

### Jan. 24: Addiction –We Should All Understand and Help

Dr. Michael Fingerhood will talk about the stigma of addiction and how we, as a society, can help. Parking and light refreshments provided.

4 to 5:30 p.m.

Johns Hopkins Bayview Medical Center

**Register:** 410-550-1118

*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; **Sara Baker, April Meise, Sharon Jones, Elaine Welkie**, contributors.

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## National Blood Donor Month

Every January, the American Red Cross celebrates National Blood Donor Month and recognizes the lifesaving contribution of blood and platelet donors. If you are a frequent donor of Johns Hopkins Bayview's blood drives – or only donated once – **thank you!** Your generous blood donation may have saved up to three lives.

If you've never donated blood before, we invite you to participate in one of our upcoming blood drives (*see below*). All donors receive a meal coupon, parking pass and special gift from the Medical Center. They also can take pride in giving the gift of life!

You can donate blood if you:

- are in general good health and feeling well
- are at least 17 years old
- weigh at least 110 pounds
- have not donated blood in the last 56 days

For more information about what to expect during blood donation, visit [redcrossblood.org](http://redcrossblood.org).

## 2019 Blood Drives

February 18-20

August 21-23

April 22-24

October 21-23

June 24-26

December 18-20

All drives are held from 7:30 a.m. to 5 p.m. in the Knott Conference Center on the Johns Hopkins Bayview campus.

**To schedule your life-saving donation, call 410-550-0289.**



## National Glaucoma Awareness Month

Glaucoma is a damaging disease that puts increased pressure on the optic nerve. This nerve sends information from your eyes to your brain and back.

There are two types of glaucoma: open-angle and closed-angle. Symptoms for each type are different. The major symptom of open-angle glaucoma is a loss of vision. Symptoms of closed-angle glaucoma include redness of the eye, severe pain in the eye, and a sudden blurring of vision.

Risk factors for glaucoma include:

- **Race.** Glaucoma is the leading cause of blindness for African-Americans.
- **Age.** Individuals over 60 are at a higher risk for developing glaucoma.
- **Family history.** People with a family history of glaucoma are more likely to develop the disease.
- **Intraocular pressure greater than 21 mm Hg**

Anyone can develop glaucoma; however, the National Eye Institute recommends that anyone at high risk receive an eye examination with dilated pupils every two years. Regular eye exams may catch early onset of glaucoma and other conditions.

To schedule an appointment with a provider in the Wilmer Eye Institute at Johns Hopkins Bayview, call **410-550-5401**.



## Indoor Allergies Common in Winter

Colder temperatures can bring some relief to those allergic to mold and pollen, but it doesn't mean the end of runny noses, itchy eyes and wheezing for asthma and allergy sufferers.

Spending more time indoors can mean problems with dust mites, pet dander, cigarette smoke, gas fumes and household sprays and chemicals – any of which can trigger asthma symptoms. Even houseplants can harbor mold spores that can bring on an allergic reaction. Minimize your risk by keeping the following in mind.

### *Control humidity levels.*

*Mold and dust mites thrive in humid environments.*

- Keep indoor humidity levels below 35 percent.
- Use exhaust fans when showering or cooking to remove excess humidity.
- When using a humidifier, maintain it properly. Spray central humidifiers with an anti-mold agent.

### *Clean often.*

- Dust decorations, ornaments and artificial plants.
- Vacuum floors and furniture using a vacuum with a HEPA filter.
- Replace furnace filters every two to three months.
- Use allergy covers for mattresses, box springs and pillows.
- Wash bed linens and nightclothes in hot water.

If your allergy symptoms need further attention this winter, call **410-550-2300** to schedule an appointment with the allergy and clinical immunology clinic.



## It's a Girl Thing!

### *An All-Day Workshop for Girl Scout Juniors, Cadettes and Troop Leaders*

Come share a day with friends to celebrate what truly makes you great! We'll talk all about you – your life, things you like to do and other important issues like nutrition, peer pressure and exercise. Activities will get you moving and games will earn you some very cool prizes. There will even be workshops for adults!

### **Saturday, March 16**

Johns Hopkins Bayview Medical Center  
9:45 a.m. to 2:45 a.m.

Cost: \$12 (*includes a participation patch and lunch*)

(*Note: Separate sessions will be held for girls and adults.*)

Space is limited to 110 girls, so register today! Visit **www.gscm.org**. For additional information, call **410-550-6958**.