



# Community Update

from your friends at Johns Hopkins Bayview Medical Center

March 2019

## Calendar of Events

### Mar. 2: Family Fire Safety Day

Bring your fire extinguisher to be tested, buy new extinguishers, participate in fire safety demonstrations, and learn about family safety planning.

10 a.m. to 4 p.m.

Fire Museum of Maryland  
1301 York Rd., Lutherville, MD

Info.: 410-321-7500

### Mar. 5 & 12: 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

### Mar. 11: Living with Type 2 Diabetes

Learn strategies to manage blood glucose levels, the importance of making the right food choices, what your blood glucose numbers mean and medications to help manage Type 2 diabetes.

5:30 p.m.

Johns Hopkins Bayview Medical Center

Register: 410-550-KNOW (5669)

## Online Seminar

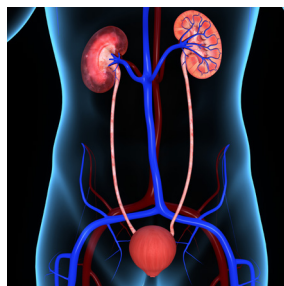
### Mar. 13: Home Dialysis—Fitting Dialysis Into Your Life

This online seminar will focus on the treatment of kidney disease using home dialysis options.

7 to 8 p.m.

Register: hopkinsseminars@jhmi.edu

*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.  
Phone: 410-550-0289; Web: hopkinsmedicine.org/jhbmc



## March is National Kidney Month

Did you know that 30 million American adults have chronic kidney disease and millions of others are at increased risk?

At first, kidney disease is silent.

Symptoms often don't appear until the kidneys are badly damaged. Many people don't have any symptoms until their kidney disease is advanced. Blood and urine tests are the only way to know if you have kidney disease.

You may be at risk if you:

- are African-American, Hispanic, Asian, Pacific Islander or American Indian
- have diabetes or high blood pressure
- are 60 years old or older
- are obese with a body mass index of 30 or higher

If you have been diagnosed with kidney disease – or are at increased risk – the Division of Nephrology is accepting new patients. Call **410-955-0670** and select option #2 to request an appointment at Johns Hopkins Bayview.

## FREE IN-PERSON CLASS



### Learn about:

- Normal kidney function
- Causes and stages of chronic kidney disease (CKD)
- Effects of CKD on the body
- Treatment options for CKD and kidney failure

### Held Monthly

Upcoming classes: April 30 & May 28

5 to 6 p.m.

Johns Hopkins Bayview campus

Info./Register: 410-550-2820

# NATIONAL NUTRITION MONTH<sup>®</sup>

MARCH 2019

[www.eatright.org](http://www.eatright.org)

#NationalNutritionMonth

- Oils: Replace butter or margarine with canola and soybean oil when cooking, baking, sautéing and stir-frying.
- Flaxseed: Add ground flaxseed to breakfast cereal, yogurt, baked goods and casseroles.
- Eggs

**Monounsaturated fats** may improve blood cholesterol levels and decrease your risk of heart disease.

- Nuts: Nuts are a good source of heart-healthy fats and protein, dietary fiber and a variety of vitamins and minerals. Keep portion size control in mind by following MyPlate recommendations.
- Oils: Use olive or avocado oil in place of saturated fat, such as butter. Use in salad dressing or sauté vegetables, seafood, poultry and meat.
- Avocado: Avocados are also packed with folate, vitamins E, C and B6, potassium and dietary fiber. Try adding avocado to salad, pizza, soup, salsa, eggs and sandwiches.
- Peanut butter: Nearly half the fat in peanut butter is monounsaturated fat.

A nutritious eating plan doesn't mean cutting out all fat, just focusing on healthier varieties. Start with small swaps if you're having trouble getting started.

Fat is an essential nutrient for your health. While various fats in foods effect health differently, many sources of fat offer health-protective benefits. Consider including foods with these fats, in moderation, to your meals.

**Omega-3 fats** are a type of polyunsaturated fatty acid that may help to reduce the risk of coronary heart disease.

- Fatty fish, such as salmon, herring, sardines, mackerel and lake trout.
- Walnuts: Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressings or over cooked pasta.

## National Poison Prevention Week

March 17-23, 2019



Many people think poinsettias and Christmas cacti are poisonous. They aren't. But here are some real dangers to watch out for in winter:

–**Antifreeze** is a poisonous liquid used in cars. It has a sweet taste that children and animals like. If even a little is swallowed, it can be harmful

and can cause kidney damage and death. Keep antifreeze, household cleaners and all chemicals tightly sealed in the containers they came in and keep away from children and pets.

–**Snow salt** used on driveways and sidewalks in winter can harm a pet or child if eaten. Store it out of reach and in a locked cabinet.

–**Carbon monoxide (CO)** is a poisonous gas and has no color, odor or taste. All fuel-burning devices make CO, mostly when they are not working properly or are not used in a ventilated space. CO can collect in closed areas. Signs of CO poisoning are similar to signs of the flu and some cold-weather viruses, including headache, nausea, vomiting, dizziness and confusion.

To prevent CO poisoning in your home:

- Have at least one CO detector in your home and place it near bedrooms and close to furnaces.
- Get your heating system, vents and chimney checked every year by experts.
- Always follow product instructions for installing and repairing appliances that burn fuel.
- Never burn charcoal inside a house or garage.
- Never use a gas oven to heat a house or use unvented fuel-burning devices indoors.