Workshops and Info. Sessions

**Nov. 4: Living with Type 2 Diabetes**
This class features a registered dietitian who will offer details on using nutrition to balance glucose.  
5:30 p.m.  
Johns Hopkins Bayview Medical Center  
Register: 410-550-KNOW (5669)

**Nov. 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

**Nov. 9: Journey to Hope**
A free conference for individuals who are caring for loved ones with Alzheimer’s disease or dementia.  
8:30 a.m. to 2 p.m.  
Johns Hopkins Bayview Medical Center  
Info./Register: 888-563-9227 or hopkinsmedicine.org/psychiatry/JTH

**Nov. 23: A Woman’s Journey**
From nutrition and improving your memory to heart disease and cancer, this one-day program offers many seminars, all taught by Hopkins physicians.  
8:30 a.m. to 3 p.m.  
Hilton Baltimore Hotel  
401 W. Pratt St., Baltimore, MD  
Register: hopkinsmedicine.org/awomansjourney

Celebrating Family Caregivers

National Family Caregivers Month – celebrated in November – is a time to recognize and honor those who care for their loved ones. Hopkins ElderPlus and Called to Care are celebrating the caregivers in our community at a special event on November 14. All family caregivers are welcome to attend.

**The Joy of Caregiving:**
A Celebration for Family Caregivers  
featuring guest speaker Loretta Veney

**Thursday, November 14**
11:45 a.m.  
Asthma & Allergy Center  
Johns Hopkins Bayview campus  
5501 Hopkins Bayview Circle, Baltimore, MD 21224

For more information or to register, call 410-550-8018. Lunch, dessert and complimentary parking provided.

Light the Labyrinth

A Celebration of Light and Diversity

**Tuesday, December 3**
5 to 6 p.m.  
Johns Hopkins Bayview Labyrinth

Featuring:
- Reflections on light from Bahá’í, Hispanic and African-American perspectives
- Music provided by Our Lady of Hope/St. Luke School choir
- Light refreshments

For more information, call 410-550-7569.
**The Great American Smokeout (Nov. 21)** is an opportunity for people who smoke to commit to healthy, smoke-free lives – not just for a day, but year round.

In recent years, many have turned to e-cigarettes as a way to ease the transition from traditional cigarettes to not smoking at all. But is smoking e-cigarettes (also called vaping) better for you than using tobacco products? Here’s what we know:

- E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create a water vapor that you inhale.

- Although they’ve been marketed as an aid to help you quit smoking, e-cigarettes have not received FDA approval as smoking cessation devices. A recent study found that most people who intended to use e-cigarettes to kick the nicotine habit ended up continuing to smoke both traditional and e-cigarettes.

- E-cigarettes are popular among teens. Under FDA regulations designed to protect the health of young Americans, minors can no longer buy e-cigarettes in stores or online.

- E-cigarettes expose the lungs to a variety of chemicals, including those added to e-liquids, and other chemicals produced during the vaping process.

There’s a strong link between smoking and cardiovascular disease, and between smoking and cancer. But the sooner you quit, the quicker your body can rebound and repair itself. Talk to your doctor about what smoking cessation program or tools would be best for you.

For more information about e-cigarettes and kicking the tobacco habit, visit hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping.

---

**3 FLU MYTHS DEBUNKED**

**MYTH 1: You can catch the flu from the vaccine.**

Each year, the flu vaccine is made from components of the flu virus that cannot transmit infection. Once administered, it takes ONE TO TWO WEEKS for the vaccine to offer protection from the flu virus. Those who got sick soon after receiving a flu vaccination either were infected with the flu before or just after they became vaccinated, or were infected with a different respiratory virus.

**MYTH 2: Healthy people don’t need to be vaccinated.**

Children ages 6 months to 19 years old, pregnant women, and people who suffer from a chronic illness or are over age 49 are STRONGLY ENCOURAGED to get vaccinated every year, as they are the most susceptible to the flu virus. The flu shot also is recommended for healthy people — health care workers in particular — who might spread the virus to others who fall into the above categories.

**MYTH 3: You don’t need to get a flu shot every year.**

Since the flu virus changes (mutates) each year, the flu vaccine is re-created annually to protect against the most recent dominant strains. Therefore, getting vaccinated is important to make sure you’re PROTECTED AGAINST THE STRAINS MOST LIKELY TO CAUSE A FLU outbreak each year.

**Let’s Get Social!**

Follow us to see behind-the-scenes photos of our employees, campus and more!

Go to Instagram or open the app on your phone. Search for “hopkinsbayview,” then click “follow.”

We’re on Facebook, too! “Like” us for health information, patient stories, staff accomplishments and more!

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

Email: ewelkie1@jhmi.edu
Call: 410-550-0289

For more flu myths, visit hopkinsmedicine.org/healthlibrary.