Patient Education & Information Sessions

Jan. 27: Living with Type 2 Diabetes
Learn about 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)

Jan. 28: 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

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!

Community Benefits Report

In the state of Maryland, every not-for-profit hospital is required by law to submit a yearly community benefit report to the Health Services Cost Review Commission (HSCRC), a state agency that sets the rates that Maryland hospitals may charge for patient care services. The report contains specific documentation of all of the community benefit activities undertaken by the reporting hospital, as well as information about operating revenue and expenses. The reports are available to the public on the HSCRC’s website at hscrc.state.md.us/Pages/init_cb.aspx.

Last fiscal year, Johns Hopkins Bayview Medical Center spent $87.6M on services and contributions to benefit the community. This amount reflects costs associated with medical education (physicians, nurses and other health professionals), research, charity care and community health education and outreach.

Below is a breakdown of the categories of community benefit activities that are reported.
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.

2020 Blood Drives
February 17-19    August 26-28
April 20-22       October 22, 23 & 26
June 17-19        December 21-23

All drives are held from 7:30 a.m. to 5 p.m. in the Knott Conference Center.

To schedule your life-saving donation, call 410-550-0289 or visit hopkinsmedicine.org/jhbmc/blooddrives.

Dos and Don’ts of Easing Cold Symptoms

At the first sign of cold symptoms, you may look to stock up on any number of remedies. But what actually works? While there is no cure for the common cold, there are some proven ways to treat your symptoms.

Stay hydrated. Whether it’s tea, warm water with lemon or broth, drinking warm liquids can be soothing, prevent dehydration and ease congestion. Ice chips are another simple way to stay hydrated and calm a scratchy throat.

Gargle with salt water. A salt water gargle with about 1 teaspoon of salt per cup of warm water can help reduce the pain and swelling of a sore throat.

Over-the-counter medications. Over-the-counter decongestants, antihistamines and pain relievers, such as ibuprofen or acetaminophen, can reduce some cold symptoms. Children younger than 6 should not use over-the-counter medications. Talk to your doctor for more details.

Humidify the air. Cold air holds less moisture than warm air. Dry nostrils are more prone to viruses, and if you’re already sick, dry air can worsen a sore throat. Try using a humidifier. If you don’t have one, leave a shallow bowl of water out, particularly near a heat source. As the water evaporates, it’ll slowly humidify the room.

Rest. This is the time to recharge your body’s immune system. Rest and sleep are the best ways to do that. Make sure you’re sleeping between eight to 10 hours at night. This is also a great chance to take a break from strenuous exercise for two to three days.

Call your doctor if:
• Your symptoms last longer than two weeks.
• Your symptoms worsen or you develop new symptoms, as you could have another type of infection.
• You have a sore throat or fever higher than 100 degrees for longer than three days.
• You’re experiencing intense chest pain and shortness of breath.