March is National Kidney Month

Did you know that 37 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.

Patient Education & Information Sessions

Mar. 3 & 10: 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: Facebook Live – Nutrition and Kidney Disease: What’s Left to Eat?
Tune in to Facebook for a live discussion with Dr. Steven Menez and clinical dietitian Chelsea Reynolds about dietary modifications for patients with chronic kidney disease.
12 p.m.
facebook.com/johnshopkinsmedicine
No registration required. Just tune in!

Mar. 30: Living with Type 2 Diabetes
This class features a pharmacist and will focus on insulin therapy.
5:30 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-KNOW (5669)

Community Events

Mar. 7: Family Fire Safety Day
Engage with local, state and national exhibitors about how to make your family healthier and safer.
10 a.m. to 4 p.m.
Fire Museum of Maryland
1301 York Rd., Lutherville, MD 21093
Info.: 410-321-7500

Mar. 14: Dundalk Chamber of Commerce St. Patrick’s Day Parade
11 a.m.
Logan Village Shopping Center
3411 Dundalk Ave., Dundalk, MD 21222

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 28 & May 26
5 to 6 p.m.
Johns Hopkins Bayview campus
Info./Register: 410-550-2820
National Sleep Awareness Week: March 8 – 14

The Centers for Disease Control and Prevention (CDC) defines good sleep hygiene as the “promotion of regular sleep.” One in five older adults turn to drugstore sleep remedies, which often contain antihistamines that can cause dangerous daytime drowsiness (and can mask a fixable sleep problem). Instead, try upgrading your sleep habits. Johns Hopkins sleep expert Rachel Salas, M.D., suggests these steps for natural, high-quality sleep:

A bedtime ritual: Put on your pajamas. Relax. Avoid stressful activities, like working or having tense discussions.

A peaceful bedroom: “Some people have a desk in their bedroom with bills on it and constant reminders of all the things they need to do,” Dr. Salas says. Instead, keep this room free of distracting clutter.

No electronics at least 30 minutes before bed: Darkness in the evening helps our brains prepare for sleep. Staring at the light from your phone, computer or television throws off your brain's internal clock.

If you’re struggling with lack of sleep, talk to your primary care provider. If you can’t resolve your problems with your doctor’s help, consider visiting a sleep specialist. This expert can help determine if problems such as restless legs syndrome or chronic pain are keeping you from sleeping well.

To schedule an appointment with the Johns Hopkins Sleep Disorders Center, call 410-550-0571.

Poison Prevention Week reminds us that some of the deadliest and most dangerous items in our homes are hiding in plain sight. Just take a peek under your kitchen sink or in your laundry room. And don’t forget to have a look inside your medicine cabinet.

Household cleaning agents, prescription medications, pesticides, and other items can pose serious hazards to the health and well-being of our families and even our pets. And there are a whole host of items that we may overlook which can also be dangerous, such as art supplies, plants, and food.

One of the most familiar ways to label poisonous materials in your home is to use the fluorescent green Mr. Yuk sticker. Created by the Pittsburgh Poison Center, Mr. Yuk was the first recognized poison prevention/poison center awareness symbol in the U.S. Every sticker has a phone number – 1-800-222-1222 – where a professional operator answers your call and directs you to the closest poison control center in your area. This hotline is open 24 hours a day, 365 days a year to assist you.

To request free Mr. Yuk stickers, call the community relations department at 410-550-0289. For tips about poisoning prevention in your home, visit the Maryland Poison Control Center at mdpoison.org.

Treatment for Substance Use Disorder

In 2018, there were more than 1,276 drug and alcohol-related deaths in Baltimore City and County – 1,166 of which were opioid-related.

The Chemical Dependence Unit (CDU) at Johns Hopkins Bayview is an 18-bed inpatient unit that provides safe, medical detoxification for those addicted to alcohol or benzodiazepines. Other services include health education, recovery groups and after-care planning. For more information or to schedule an appointment in the CDU, call 410-550-1910.