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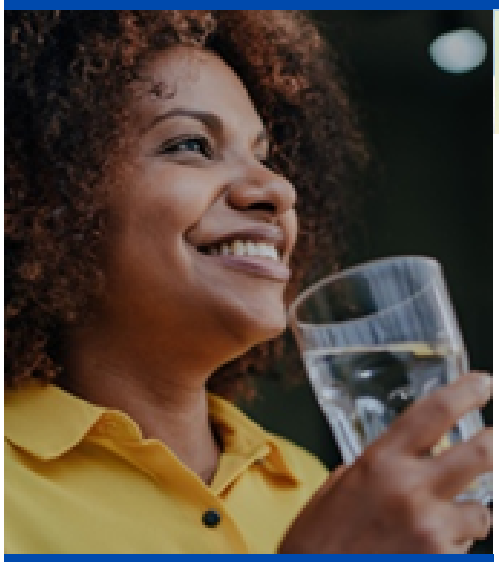
BRANCATI CENTER BULLETIN



DEAR NEIGHBORS,

In this June issue of the Bulletin, we're highlighting the importance of staying cool and hydrated as summer begins. Our Spotlight section features often-overlooked—but vital—adult vaccines that help protect against various illnesses. Be sure to explore our Program Recruitment section for details on the DECIDE program.

-The Brancati Center Team

HOT TOPICS

Tips for Staying Cool this Summer

1. Get cool air – While fans can provide comfort by circulating air, they cannot prevent heat-related illnesses when temperatures are greater than 90 degrees Fahrenheit. If you do not have air conditioning in your home, try to spend time in places with air conditioning, such as a shopping mall or the public library.
2. Stay hydrated – Just as we discussed above, drinking water can help cool the body down; carrying a reusable water bottle can help remind you to stay on track with hydration.
3. Get wet – Take cool showers or baths to help keep your body temperature lower in the heat. If you have access to a pool this is a great way to stay cool and get some physical activity.
4. Limit heat in your house – Try to prepare meals without the stove or oven when possible, to keep the temperature cooler in your home. Consider closing the curtains or blinds during peak hot hours of the day.

HYDRATION

With rising temperatures outside, we want to discuss the important topic of hydration. To be hydrated means we have enough water or fluid in our body for it to perform important functions. These functions may include regulating body temperature (keeping the body cool when it's hot outside), carrying nutrients and getting rid of waste.

How Can We Stay Hydrated?
Adults are generally advised to drink around 2 liters (64 oz) of fluids daily to stay well-hydrated. However, if you have chronic conditions like kidney disease, heart failure, or liver issues, you may need to limit your fluid intake. Be sure to consult your healthcare provider to determine the right amount for you.

What's the Best Fluid for Hydration?
Plain water is the top choice—it's the body's main source of fluid, making up 50–70% of our weight, and it contains no calories or additives.

Why can't I just drink water based on my thirst?
As we age our bodies may not give us appropriate signals for thirst. So, if we rely on thirst we could be at risk for dehydration. Once you identify your specific hydration goal with your healthcare provider, it is recommended to try to drink water to meet your needs throughout the day.

Do non-water beverages also count for hydration?
Beverages like sports drinks, soda, and juice can contribute to your fluid intake, but they often contain added sugars or unnecessary electrolytes, such as sodium. Better options include plain coffee, tea, or sparkling water. However, relying solely on caffeinated drinks may interfere with sleep or cause other health issues, so moderation is key.

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The Johns Hopkins Brancati Center is based in Baltimore, Maryland

Spotlight:

Adult Vaccines

In previous issues of the Bulletin we discussed the importance of respiratory illness prevention through vaccination against the Flu, RSV and COVID. However, there are additional vaccines to be aware of during adulthood, which we would like to spotlight below:

1. Zoster Vaccine – This vaccine protects against varicella zoster infection, also known as "shingles." Individuals 50 years or older (regardless of prior history of shingles or chickenpox infection) should receive 2 doses of the recombinant zoster vaccine 2-6 months apart.
2. Tdap Vaccine – This vaccine protects again 3 infections – tetanus, diphtheria and pertussis. Most people get this vaccine series during childhood, but the Tdap or Td should be repeated as a booster every 10 years.
3. Pneumococcal Vaccine – This vaccine protects against serious illnesses, including meningitis and pneumonia due to streptococcus bacterial infection. Individuals age 50 years or older should receive a 2-dose series 1 year apart. There are multiple versions of this vaccine, so you should discuss with your healthcare provider the appropriate schedule/type for you depending on your vaccine history.
4. HPV Vaccine – The HPV (Human Papilloma Virus) vaccine protects against a highly contagious viral infection spread through sexual contact, and is known to cause cervical cancer in addition to other cancers (vagina, penis, anus and throat). This vaccine is recommended for older youth and adults through age 49 years old.

To learn more and see the timeline for individual vaccine recommendations, visit the Centers for Disease Control vaccine website.

DECIDE
DECISION-MAKING EDUCATION for CHOICES IN DIABETES EVERYDAY

Diabetes Self-Management Education Program Recruitment

We are still recruiting for the DECIDE program! The Diabetes Self-Management Education Program offers education and support to help improve your health.

What is it? Evidence-based program that has been proven to improve individuals' knowledge and skills to manage their diabetes.

Who can join?

- Adults with type 2 diabetes.
- hemoglobin A1c 7.0% or above

How much does it cost? The program is free for all eligible participants.

How do I learn more? Visit our website: https://www.brancaticenter.org/decide-power-to-control-diabetes.html

We will be delivering the program remotely (via Zoom). If you are interested in joining the program, please call us at 667-306-9949.

The Sydney Kimmel Comprehensive Cancer Center Education Sessions

Join the Webinar:

What You Need to Know About Blood Cancer And Why It Matters

July 9, 2025
6:00 pm

REGISTER HERE: