

BRANCATI CENTER BULLETIN



DEAR NEIGHBORS,

November is National Diabetes Awareness Month! In this month's issue we explore diabetes – what is diabetes, who may be at risk for it and how we can prevent it. Knowledge is power when it comes to prevention, and we hope this information helps you in your individual health journey. There were a number of National Diabetes Month events that you can learn about in this issue as well. As we progress into cooler months, we also remind folks to get vaccinated against COVID-19, flu and RSV so we can prevent complications related to these viral infections. We would like to express gratitude to all those who support the Brancati Center in its efforts to promote the health of our community. Please let us know what you'd like to see in next month's issue of the Bulletin.

–The Brancati Center Team

COVID CORNER

Cases of COVID infection are rising in Baltimore, although hospitalizations from COVID still remain low. We expect to continue to see a rise in COVID as we enter the winter season.

The best way to stay protected from COVID-19 infection is to get vaccinated. You can use the locator tool at [vaccines.gov](https://www.vaccines.gov) to find a location near you where COVID vaccines are being administered.

If you have symptoms of infection, please wear a mask in public and consider testing yourself with an at-home COVID-19 test. To get a free at-home COVID-19 test:

- Visit [COVID.gov](https://www.covid.gov) to order 4 free at-home COVID-19 tests.
- COVID-19 tests and KN-95 masks may be picked up at [Enoch Pratt Library locations](#) on a first-come first-serve basis.

Visit the CDC website for updated information on COVID-19 vaccination:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html> – more-info-pfizer-4-and-under

NATIONAL DIABETES AWARENESS MONTH

Diabetes is a growing public health problem. According to the CDC, more than one in ten people in the US have diabetes. Diabetes is affecting more people, at younger and younger ages. The longer it goes untreated, the more damage it can do.

What is Diabetes?

Diabetes Mellitus is a disease of the metabolism. A major feature of the disease is difficulty controlling the level of sugar (glucose) in the blood. Normally insulin carries sugar into cells to provide energy. However, with diabetes, the insulin is not able to do its job as effectively, eventually leading to higher blood sugar. When blood sugar is high for a long time, this leads to irritation and inflammation of the blood vessels which can cause problems with circulation, leading to heart disease, hand and foot numbness, poor healing, vision problems, and kidney disease.

There are different kinds of Diabetes:

- Type 1: This is an autoimmune disease in which the pancreas stops making insulin. There is currently no cure for this and lifelong insulin is necessary.
- Type 2: This is a disease driven by "insulin resistance." A person's body may make insulin, but the body becomes less sensitive to it so the blood sugar rises and has trouble getting into our cells. This can be treated with lifestyle modifications in combination with medications, which may include insulin in severe cases.
- Gestational: Gestational diabetes is diabetes during pregnancy. This is usually treated with lifestyle modification or insulin if needed. Gestational diabetes increases risk of developing type 2 diabetes later in life.





Spotlight:

NATIONAL DIABETES AWARENESS MONTH

Type 2 diabetes – who is at risk?

Type 2 diabetes often runs in families. Lifestyle habits, including diet and exercise, which are often influenced by our home environment, can also increase risk for type 2 diabetes. Weight gain, particularly around the waist, contributes to diabetes risk.

How do I prevent diabetes?

- Limit processed foods in your diet, such as chips, cookies, and sugary drinks (soda, juice, sweet tea).
- Eat more whole fruits, vegetables and foods that contain fiber (whole wheat bread, whole grain pasta, brown rice, lentils, beans).
- Regular physical activity – when we use our muscles, our body naturally controls blood sugar. Even 10 minutes of intentional movement can help lower blood sugar.
- See your doctor for regular screenings and wellness visits. If you have experienced weight gain, consider discussing weight loss goals with your physician.

Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is a yearlong lifestyle change program proven to prevent or delay type 2 diabetes. The goals of the program are to lose 5–7% weight and increase physical activity to an average of 150 minutes per week. To find a program in your area, please visit the [CDC's registry of DPPs](https://www.cdc.gov/dpp/) or contact the Brancati Center. We are currently offering the program both in-person and via distance learning (Zoom).

Diabetes Self-Management Training

Diabetes Self-Management Training (DSMT) is an evidence-based program that teaches skills to manage diabetes. The Johns Hopkins DSMT program is conducted by Diabetes Educators either 1:1 or in a group-based setting.

For more information about both of these programs, please visit the Diabetes Prevention and Education Program Website:

<https://www.hopkinsmedicine.org/population-health/dpep>



Diabetes Awareness Month Events

Diabetes Awareness Month is a yearly event that spotlights diabetes. On World Diabetes Day (November 14th), we wore blue in support of everyone living with diabetes and our Diabetes Prevention Program participants. The Brancati Center was proud to provide health screenings, educational materials, and giveaways at two events:

- Ateaze Senior Center
- Johns Hopkins Outpatient Center

Thank you to our partners for inviting us to participate in these important events!



The Sydney Kimmel Comprehensive Cancer Center Education Sessions

Join the Webinar:

**What You Need to
Know About Cancer**

December 19,
2023
at 6:00 pm

REGISTER
HERE

