

# BRANCATI CENTER BULLETIN



## COVID CORNER

As we enter the fall, a rise in COVID-19 cases is expected.

COVID-19 vaccines continue to be our best tools to protect you and your loved ones from severe illness. An updated bivalent COVID-19 booster is available for those 5 years and older.

If you have not gotten your COVID-19 booster yet, now is a good time to do so. You may be eligible for the updated booster if:

- You are 5 years and older
- Have completed the primary covid-19 vaccine series

See the CDC [website](#) for more information.

## DEAR NEIGHBORS,

In this issue, we are pleased to introduce a new format to the Bulletin. In addition to the previous COVID Corner, we have added a health topic of the month and spotlight on current Brancati Center activities, and we will continue to highlight Brancati Center programs that are open for recruitment.

In the COVID Corner, we highlight the availability of the new, bivalent COVID-19 booster shot. October is Breast Cancer Awareness Month, and we discuss risk factors for breast cancer, ways to reduce risk, and how to get screened. We are still recruiting for the Diabetes Prevention Program (DPP), and we are excited to spotlight the launch of the Family Diabetes Prevention Program research study. In preparation for Diabetes Awareness Month in November, we remind you how to get screened for diabetes. Finally, don't forget the Maryland General Election on Tuesday, November 8. And, as always, please let us know what you'd like to see in the Bulletin.

-The Brancati Center Team

## Breast Cancer Awareness Month

1 in 8 women will develop breast cancer during her life. Breast cancer is the second most common cancer among women in the United States. It is more frequent after age 45 but can occur at a younger age.

### What are the risk factors for breast cancer?

- All women are at risk
- Personal or family history of breast cancer
- Having a BRCA1 or BRCA2 genetic mutation
- Previous radiation therapy
- Smoking

### How can I reduce my risk?

- Maintain a healthy weight
- Exercise regularly
- Limit alcohol consumption
- Opt for breastfeeding when possible

### How should I get **screened**?

- **Screening mammography:** Every other year for women aged 50-74 years; screening for ages 40-49 should be an individual decision
- Talk to your primary care provider
- For uninsured women in Baltimore City and Baltimore County, the Baltimore City Cancer Program offers breast cancer screening at no cost. **410-328-HOPE**



# Program recruitment

## Diabetes Prevention Program Recruitment

We're recruiting for the DPP!

**What is it?** A yearlong lifestyle change program that lowers the risk of diabetes

**Who can join?** Adults with prediabetes and an elevated body mass index (BMI)

**How do I learn more?** Visit our website:

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

**How do I join?** You can email us at [brancaticenter@jhmi.edu](mailto:brancaticenter@jhmi.edu) or call us at 410-614-2701



### Family Diabetes Prevention Program Pilot Study

We are excited to announce that the Family Diabetes Prevention Program Pilot Study is scheduled to launch this month! This NIH-funded pilot study will help us further refine a family-oriented version of the Diabetes Prevention Program that has been developed by our Brancati Center team, with input from former DPP participants!

## Vote in November

### Exercise your right to vote!

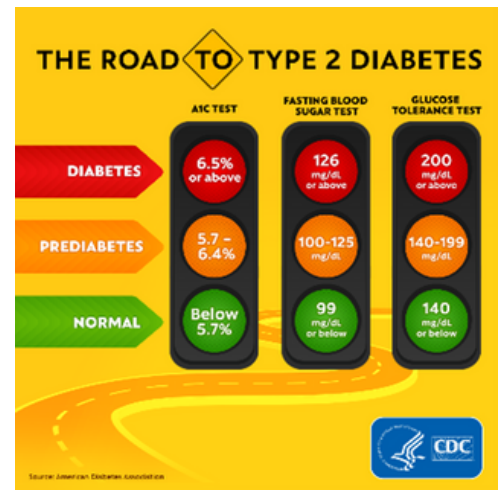
The Maryland General Election is on Tuesday, November 8. Find more on registration and how to vote at:

[https://elections.maryland.gov/voter\\_registration/index.html](https://elections.maryland.gov/voter_registration/index.html)

### The Sydney Kimmel Comprehensive Cancer Center Education sessions

Living healthy: Eat better  
and move more

The dangers of smoking and  
vaping and help to quit



*"American Diabetes Month is just around the corner. Make sure you're up-to-date with your diabetes screening."  
Nisa Marathur, MD, MHS*

### Who should be screened?

- Adults 35-70 with overweight or obesity
- Other risk factors include a family history of diabetes, non-white race, Hispanic ethnicity, diabetes during pregnancy, high blood pressure, cardiovascular disease, lack of regular exercise

### How are prediabetes and diabetes diagnosed?

- Get a lab test from your primary care provider (PCP)
- You can also take the Diabetes Risk Test here: <https://www.cdc.gov/prediabetes/takethetest/>

### What if I know I have prediabetes?

- Join a Diabetes Prevention Program (DPP) – see this issue of the Bulletin!
- Get your blood sugar checked at least every year.

### What if I have diabetes?

- See your primary care provider (PCP) and get your hemoglobin A1c checked every 3 to 6 months
- Ask your PCP about Diabetes Self-Management Training: It's for EVERYONE with diabetes.
- Be sure to get all of the regular screenings your PCP recommends