

BRANCATI CENTER BULLETIN



DEAR NEIGHBORS,

The holiday season is now in full swing, and we are pleased to share the last issue of the Brancati Center Bulletin for 2022. December is HIV/AIDS Awareness Month, and we want to remind everyone of the effective ways to prevent and treat HIV. Also, to make our holidays as safe as possible, we want to remind everyone to get their COVID-19 and flu shots; you can get them at the same time! In this issue, we also highlight two recent community events with Liberty Grace Church of God and Operation PULSE. Finally, we continue to start new Diabetes Prevention Programs (DPPs) nearly every month, and we are excited to announce the Full Plus recognition of our distance learning DPP by the Centers for Disease Control. We wish you all the happiest of holidays and look forward to hearing from you about what you would like to see in the Bulletin.

-The Brancati Center Team

COVID CORNER

If you test positive for COVID-19, you might be able to get a treatment to reduce your chances of **getting very sick** (oral antivirals, intravenous antivirals, or monoclonal antibodies). However, these treatments are indicated for people at high risk and must be taken in the **first few days** after the first COVID-19 symptoms.

Your risk of getting **very sick** is high if:

- You are unvaccinated
- You are 50 years of age or more
- You are immunocompromised or have certain **medical conditions**.

You can **get treatment** for COVID-19 through your Primary Care Physician, local pharmacy, or health clinic.

Staying up to date with COVID-19 vaccines remains essential to reduce the risk of sickness, hospitalization, and death. You can get the flu shot at the same time as your COVID-19 shot. Updated **COVID-19 boosters** are available for individuals 5 years and older.

HIV

In the last decade, the rate of HIV-related deaths in the United States fell by almost half. However, keeping up efforts to stop the spread of HIV is critical.

What is it?

HIV (Human Immunodeficiency Virus) is a virus that weakens the body's ability to combat other infections and diseases. After an acute phase that can go unnoticed, the HIV infection evolves into a chronic infectious disease. Without adequate treatment, it can lead to AIDS (Acquired Immunodeficiency Syndrome).

Who is at risk?

Anyone, regardless of age, sex, gender, and sexual orientation, is at risk of contracting HIV. Unprotected sex and sharing needles increase the risk of HIV transmission.

How to prevent it?

There is currently no treatment to cure HIV, but it can be prevented by:

- Using condoms
- Using Prep (pre-exposure prophylaxis)
- Getting tested and treated for other sexually transmitted diseases
- Abstinence

Drugs are available to stop an HIV infection if you have been exposed. However, they must be taken within 72 hours after exposure to the virus.

Resources for HIV testing and treatment in Baltimore City can be found **here**.



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 or call us at 410-614-2701



" We didn't know what to expect when we switched our DPP to Zoom. We thought that a great strength of our DPP was that people could see each other face-to-face. What we've found is that attendance is even better with Zoom, and our participants continue to lose weight, be more active, and improve their overall diabetes risk."

Nisa M. Maruthur, M.D., M.H.S.

In March 2020, with the COVID-19 pandemic settling in, we converted our Diabetes Prevention Program from in person to remote through Zoom (distance learning). Since then, we have held all of our DPP classes through Zoom. And, since 2020, more than 450 people have started one of our DPPs. Recently, our Distance Learning DPP earned Full Plus recognition from the Centers for Disease Control based on our program's excellent attendance, retention, and outcomes such as weight loss. This places us among only 12% of distance learning programs across the country that have achieved this elite status.

We think that the keys to our distance learning DPP's success are:

- Excellent DPP coaches trained for distance learning
- Ease of joining sessions through Zoom
- 1 on 1 training for people new to Zoom
- Using Zoom features like whiteboards, breakout rooms, group polls, and games
- Coordinated delivery to make sure each participant gets their program materials

While we are excited about the success of our distance learning DPP through Zoom, we do hope to be providing the DPP in person again.



November's Community Events

The Brancati Center team enjoyed participating in two community events in November. On November 5, we partnered with Liberty Grace Church of God on a COVID-19 vaccine event, and on November 21 we sponsored 100 produce boxes that were given away at Operation PULSE's Pre-Thanksgiving and Community Dinner. Congratulations to Operation PULSE on a very successful event that fed approximately 500 people.

Thank you to our partners 4MyCity, LifeBridge Health, and the Baltimore City Health Department for taking part in these events.

If you are interested in having health-related services at an upcoming event, please don't hesitate to contact us!

The Sydney Kimmel Comprehensive Cancer Center Education Sessions

Join our Webinar:

What You Need to Know
About

Cancer Screenings

January 17,

2023 at 6:00 pm

REGISTER

HERE



Learn Signs of Opioid Overdose



cureoperationpulse.org

SAMHSA Helpline

1-800-662-HELP (4357)

