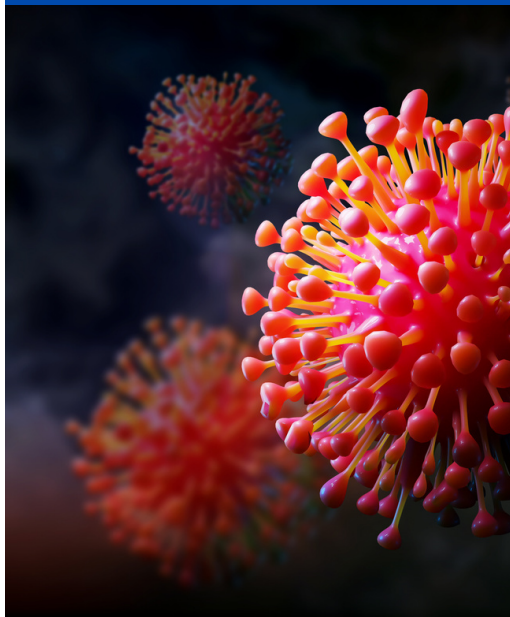


BRANCATI CENTER BULLETIN



COVID CORNER

A new COVID-19 subvariant ("XBB"), highly transmissible, is driving increase in COVID-19 cases and hospitalization. COVID-19 infections remain most severe among unvaccinated individuals and those at high risk. This is also true for children and teens. Infection among children may lead to hospitalization, long-term health problems, and death. To reduce the risk, COVID-19 vaccines are available for children 6 months and above. Talk to your child healthcare provider or your local pharmacy to check if they offer the vaccine. To limit the virus spread and avoid getting sick:

- Avoid crowded indoor spaces
- Wear a mask in public
- Get vaccinated and boosted
- Wear your mask for 10 days if you were exposed.
- Stay at home if you feel sick

Free covid test are available on request at covid.gov/tests.



DEAR NEIGHBORS,

Happy New Year! As we enter 2023, COVID-19 remains an issue in our community. We remind you to get vaccinated or boosted, and in this issue, we announce our work, funded by the Baltimore City Health Department, with Walgreens to increase COVID-19 vaccines in our community. January is Cervical Cancer Awareness Month, and we outline risk factors and how to prevent cervical cancer through screening. We also spotlight the Brancati Center's DECIDE program for people with diabetes while we also continue to recruit for our Diabetes Prevention Program for people with prediabetes. As you consider your New Year's resolutions, we offer tips on increasing physical activity, a way to get healthier and feel better. As always, we welcome your thoughts on what you'd like to see in the Brancati Bulletin.

-The Brancati Center Team

Cervical Cancer

The CDC estimates about 13,000 new cases of cervical cancer are diagnosed a year and about 3,000 deaths a year occur in the United States.

What is it?

Cervical cancer is a cancer that starts in uterine cervix. This is the lower, narrow end of the uterus that is at the top of the vagina. The cervix connects the vagina to the upper part of the uterus.

Who is at risk?

Anyone with a cervix is at risk for cervical cancer. Most cervical cancers are caused by a persistent infection from certain types of Human Papillomavirus (HPV). HPV is a group of more than 150 related viruses called papilloma. HPV is spread through vaginal, anal, and oral sex.

How to prevent it?

The HPV vaccine protects against most types of HPV that cause cervical cancer. Vaccines are available for all children starting as early as age 9 through age 26. If an individual has not been vaccinated by age 26, they should speak with their healthcare provider about whether to be vaccinated or not.

Routine cervical cancer screening: Individuals with a cervix are recommended to be screened with a Pap test every three years starting at age 25. The Pap test looks for changes of the cells in the cervix that may become cancer. Starting at age 30, individuals have the choice to be screened once every five years with HPV Infection testing, which looks for HPV infection, or continuing the Pap test every three years.

Tiffani McGronan, M.S., B.S. JHU School of Medicine

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Facebook: BrancatiCenter
Twitter: @BrancatiCenter

The Johns Hopkins Brancati
Center is based in Baltimore,
Maryland



Program recruitment

Diabetes Prevention Program Recruitment

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



"I see getting more active as a marathon rather than a sprint. Drastic changes might not last, but small steps will take you far."

*Mamadou Sy, M.D., M.S.P.H Candidate
Department of Health Behavior & Society*

New Year's resolution: how to get more active.

The new year is an excellent time to turn over a new leaf and adopt healthier habits. If your new year's resolution includes getting more active, here are some tips to help you achieve your goals.

1. **Do not bite off more than you can chew!**

Drastic and abrupt changes are sometimes necessary, but small and progressive changes are often better. Examples include taking the stairs instead of the elevator and walking instead of driving a car when possible. No matter how small the changes are, if you remain consistent, you will start feeling the benefits.

2. **"No pain, no gain," but don't take it literally!**

It is normal to feel some soreness on the first day. The soreness should go away after a few days. However, if the pain is unbearable or is triggered by a specific movement, you should stop that activity and see your healthcare provider.

3. **Choose an activity that you enjoy!**

You can walk, run, dance...Just make sure to choose an activity you enjoy. Associating pleasure with physical activity will increase your likelihood of being consistent.

4. **Find buddies!**

Group practice can help you build your network and benefit from peer support.



DECIDE Program

The Brancati Center has been offering the DECIDE program since 2019, beginning with Zion Baptist Church. DECIDE stands for Decision-Making Education for Choices in Diabetes Every Day. This program provides important information and skills to help people take control of their diabetes. In addition to Zion Baptist Church, we have launched DECIDE programs with Israel Baptist Church and Liberty Grace Church of God. 46 people have joined and benefitted from our DECIDE program. This 3-month program is designed to help people identify what is getting in the way of managing their diabetes and equipping them with skills to develop solutions that will work in the context of their daily lives.

To learn more, contact Tonya Rosebrough at TRosebr1@jhmi.edu or email DECIDENOW@jhmi.edu for more information.

The Sydney Kimmel Comprehensive Cancer Center Education Sessions

Join our Webinar:

Colon Cancer:
Risk Reduction and Early
Detection

February 21,
2023 at 6:00 pm
**REGISTER
HERE**



Announcement

From January to March 2023, the Brancati Center will work with Walgreens and church partners to support the Baltimore City Health Department's effort to increase COVID-19 vaccination rates in **Midway/Coldstream, Clifton-Berea, Madison/East End, and Greenmount East.**

To learn more, contact Megan Brown at mbrown61@jhmi.edu.

