

# BRANCATI CENTER BULLETIN



## DEAR NEIGHBORS,

Happy March and early spring! Our health topic focus for March is kidney disease in recognition of National Kidney Month. We also highlight Diabetes Alert Day, which takes place on March 26th, 2024. Diabetes Alert Day reminds us to proactively check our diabetes risk status with a 60-second online test. Check out the COVID corner section of this bulletin for updated CDC guidance on COVID-19 vaccination for elderly individuals and respiratory virus prevention. We would love your feedback on the Brancati Bulletin and ways in which we can improve it. We ask that you provide us written feedback on the Bulletin via email at [brancaticenter@jhmi.edu](mailto:brancaticenter@jhmi.edu).

-The Brancati Center Team

## COVID CORNER

This month the Centers for Disease Control (CDC) issued an updated guideline on respiratory viruses, including COVID-19, flu and RSV. These guidelines can be reviewed at the CDC website [Respiratory Virus Guide](#).

Of note, the CDC now recommends that adults ages 65 years and older receive an additional updated 2023-2024 COVID-19 vaccine dose. This recommendation is based on data from October 2023 to December 2023, which showed that adults 65 years and older accounted for over half of the COVID-19 hospitalizations. Individuals who are immunocompromised are also recommended to have an additional dose of the 2023-2024 COVID-19 Vaccine.

COVID-19 cases and hospitalizations continue to be improving to a lower rate than in previous years. You can stay updated on the trend in COVID-19 infections in the Baltimore by visiting the Maryland State Health Department COVID-19 website: [Maryland COVID 19 Data](#)

## NATIONAL KIDNEY MONTH

Every March, National Kidney Month is observed as a time to raise awareness about kidney health and chronic kidney disease (CKD). March 14th is also recognized as World Kidney Day.

### What is CKD?

80 million U.S. adults (1 in 3) are at risk of CKD, which includes conditions that damage your kidneys and decrease their ability to keep you healthy by filtering wastes from your blood. When CKD progresses, it may lead to kidney failure, which requires dialysis or a transplant.

### Who is at risk?

Kidney disease disproportionately affects communities of color. Black/African Americans are almost four times more likely and Hispanics/Latinos are 1.3 times more likely to have kidney failure compared to White Americans. However, they are less likely to receive a kidney transplant than White patients.

### How to prevent it?

Major causes of kidney disease include diabetes and hypertension. You can protect your kidneys by preventing or managing health conditions that cause kidney damage, such as diabetes and high blood pressure. Early detection and treatment can often keep chronic kidney disease from getting worse.

To watch a recording of the recent National Kidney Foundation webinar, "Increasing Trustworthiness and Community Engagement to Advance Transplant Equity," visit here: [Webinar](#)





# Spotlight:

## Diabetes Alert Day

Every year on the fourth Tuesday in March (this year it is March 26th) we recognize Diabetes Alert Day. This day, which is supported by the American Diabetes Association, is a one-day, “wake-up call” for the American public to act against diabetes by completing the Diabetes Risk Test. The Diabetes Risk Test is an online test which asks a few simple questions about an individual’s weight, age, family history and other risk factors to help identify if someone is at risk for diabetes. The test takes 60 seconds to complete. Individuals who complete the test are provided guidance on diabetes prevention and encouraged to speak with their healthcare provider if they are identified as high risk for diabetes.

### Who should take the Diabetes Risk Test?

Any individuals who have not been screened for diabetes in the past 6-12 months should take the test. The more individuals who take the test and become aware of their risk, the more likely we will be able to prevent and reduce the burden of diabetes affecting Americans. We encourage you to take the test and share it so others can benefit as well!

Here is a link to the Diabetes Risk Test: <https://diabetes.org/diabetes-risk-test>

Please contact us if you would like to learn more about diabetes prevention!

## The Sydney Kimmel Comprehensive Cancer Center Education Sessions

### Join our Webinar:

**What You Need to  
Know about HPV  
and HPV  
Vaccinations**

April 16, 2024  
at 6:00 pm

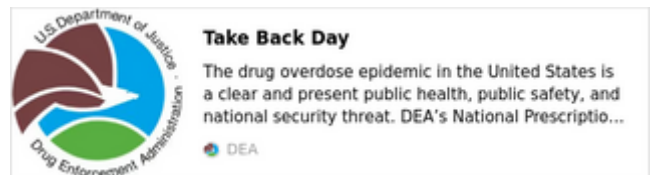
REGISTER  
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## B'More Healthy Expo

The Brancati Center team enjoyed participating in the 15th Annual B'More Healthy Expo on February 10th. This event offered something for every age and every interest. It engaged, entertained, educated and empowered families to take action and make choices to be healthier. We had the opportunity to connect with over 250 attendees to provide Diabetes Prevention Program and Diabetes Self Management resources.

If you are interested in having health-related services at an upcoming event, please don't hesitate to contact Tracy Powell at [tnewsome5@jhmi.edu](mailto:tnewsome5@jhmi.edu) or at (443)287-6857.



## National Prescription Take Back Day

The DEA has announced its next National Prescription Drug Take Back Day. On Saturday, April 27, 2024, communities across the country can drop off unneeded, unwanted, and old medications at locations in their area. To find the nearest participating collection site please click the link here: <https://www.dea.gov/takebackday>.