

BRANCATI CENTER BULLETIN



DEAR NEIGHBORS,

In this month's issue we highlight Men's Health Month and encourage young boys and men to be proactive about their health. We discuss bird flu in our Hot Topics section. In our Spotlight, we share about a recent meeting which took place between Dr. Jill Biden and some of our Brancati Center leadership team in our nation's capital. We also remind folks about upcoming events. Thank you for your continued readership and we wish you a safe and fun start to the summer!

-The Brancati Center Team

HOT TOPICS

Bird Flu

Bird Flu, also known as Avian Influenza A, is a type of virus transmitted from infected birds to humans. **Currently, there is a particular strain of Bird Flu known as A(H5N1) which is causing infectious outbreaks in poultry and U.S. dairy cows with several identified cases in U.S. dairy workers.**

How is bird flu spread?

The virus causing bird flu spreads through contact with the saliva, mucus and feces from infected birds. If another animal, such as a chicken or cow has been infected, the bodily fluids from those infected animals can also carry the virus and transmit infection to humans. Avoiding contact with surfaces contaminated with animal feces, raw milk, or litter can help prevent the spread of infection.

The general public health risk for the H5 bird flu is currently low, however, you can stay up to date with flu cases and surveillance at the Centers for Disease Control website <https://www.cdc.gov/flu/avianflu/h5-monitoring.html>.

MEN'S HEALTH MONTH

June is Men's Health Month! During this annual observance we encourage men and boys to be proactive in taking charge of their health.

What steps can you take to improve your health:

Even if you feel well and think you are healthy, it is still recommended that you visit a doctor or healthcare professional at least once a year for a physical or wellness check-up. At these visits you should have your blood pressure, blood sugar, cholesterol, and weight checked to learn about your health status. Conditions like high-blood pressure, high cholesterol and even type 2 diabetes do not always present with symptoms, so unless you get checked out specifically for these conditions you may not be aware of your risk for them. Visit [MyHealthFinder](#) to get personalized recommendations on preventive healthcare services.

Tips men can take to improve their overall health:

- **Be active.** Try to fit movement into your regular routine as much as possible. Choosing activities you enjoy or having a partner to exercise with can help keep you motivated. The [Move Your Way Activity Planner](#) can help you set personalized goals and stay motivated.
- **Avoid smoking and exposure to secondhand smoke.** Seek help from your medical provider and/or peers to help you quit smoking. Make sure your loved ones are aware that there are [resources](#) to help them quit if they desire.
- **Limit alcohol use.** Pay attention to how many drinks you consume on a regular basis and stay below the [dietary guideline](#) recommendation of two or less drinks per day.
- **Manage stress.** This is easier said than done, but worth the effort to find ways to destress before you feel overwhelmed. Chronic stress can increase your risk of many health conditions, including heart disease, obesity, high-blood pressure and depression.





Spotlight: Cancer Moonshot Initiative



Photo: Tonya Rosebrough

The Brancati Center team was honored to be invited by Dr. Liz Jaffee to participate in a Cancer Moonshot initiative discussion with Dr. Jill Biden, First Lady of the United States, and Rachel Ruto, First Lady of Kenya. Dr. Jeanne Clark, Executive Director, presented on the Brancati Center’s efforts in preventing chronic disease and the importance of community partnership. We were inspired by Dr. Biden’s message of hope as we work together to improve health outcomes.

The Sydney Kimmel Comprehensive Cancer Center Education Sessions

Join the Webinar:

What You Need to Know about Cancer Screening

July 16, 2024
6:00 pm

REGISTER
HERE:



JH General Surgery Residency Program Workshop

On June 13th Dr. Tanjala Purnell, Brancati Center Education Director, along with other speakers, conducted a training on social determinants of health and community engagement for the surgery residency training program. Topics presented included advancing health equity, the role of social determinants of health in medical care, violence prevention, trauma informed care, and community engagement opportunities. Thank you to all of the presenters for taking the time to address these important topics!

Upcoming Events

June 22nd, 11:00am- 1:00pm, Men’s Health Day:
Liberty Grace Church of God, 3400 Copley Road
Services: hemoglobin A1c and blood pressure screening, health education

June 29th, 10:00am- 12:00pm
YMCA, 900 E. 33rd Street
Services: Prediabetes education, diabetes related program information

July 19th, 2:00pm-7:00pm, Women’s Empowerment Summit
The Manor, 924 North Charles Street
Services: Women’s health and wellness education

National HIV Testing Day

Mark your calendars! Walgreens is hosting a **FREE HIV Testing Day** on **Saturday June 27th from 10:00 am to 2:00 pm** at 900 N. Washington Street. Knowing your status is the first step to staying healthy. Join us for quick, confidential testing and take control of your health.