

BRANCATI CENTER BULLETIN



HOT TOPICS

The Food and Drug Administration (FDA) approved the 2024-2025 mRNA COVID-19 vaccine on August 22nd, 2024. This updated vaccine offers booster protection against infection and serious complications associated with COVID-19 illness.

Everyone 6 months and older should receive the 2024-2025 COVID-19 vaccine this year, regardless of previous vaccination status. Yearly vaccine boosters are required because protection from the COVID-19 vaccine decreases with time and the updated vaccine is most specific for current circulating strains of the virus.

Only individuals who are moderately or severely immune compromised (e.g., taking medications or treatments which weaken the immune system) should receive 2 or 3 doses of the 2024-2025 COVID-19 vaccine. All others should receive a single dose of the vaccine, including seniors 65 years and older.

For more information on COVID-19 vaccines, please visit the Centers for Disease Control's COVID-19 website.

DEAR NEIGHBORS,

In this issue of the Bulletin, the Brancati Center's Executive Director shares a message about her upcoming departure from Johns Hopkins. Our health topic of the month draws attention to Alzheimer's disease and dementia. We also remind you to get boosted with the 2024-2025 COVID-19 vaccine as we enter the fall season. Finally, please complete the brief reader survey to help us better serve you!

-The Brancati Center Team

WORLD ALZHEIMER'S AWARENESS MONTH

In 2012, World Alzheimer's Awareness Month was created to provide a month-long period of heightened awareness among the medical community and the public around Alzheimer's disease and dementia. September 21st is World Alzheimer's Day.

What are Alzheimer's Disease and Dementia?

Dementia is a serious health condition, not just part of aging, that affects both individuals and their caregivers. It causes memory loss and difficulty with daily tasks. Alzheimer's disease, the most common form (60-80% of cases), starts with short-term memory loss and progresses to long-term memory issues, along with trouble talking, walking, eating, and personality changes.

What are risk factors for Alzheimer's Disease?

Risk factors include age (65+), family history, race, poor heart health, and brain injury.

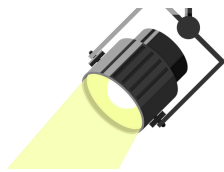
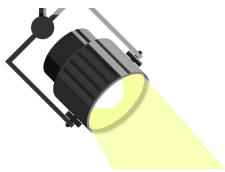
How can we prevent dementia?

Lifestyle habits such as regular exercise, eating plenty of fruits, vegetables and less processed foods and maintaining strong social connections are all linked with lower risk of dementia.

If you or your loved one are displaying signs of memory loss, changes in ability to communicate or make decisions, getting evaluated by your healthcare provider should be a top priority.

You can learn more about dementia and resources for caregivers at the [Centers for Disease Control's website](#).





Spotlight:

Message from our Executive Director

Dr. Jeanne Clark



In October 2024, I will be leaving Johns Hopkins to become Chair of Medicine at Rutgers Robert Wood Johnson Medical School. After 27 years at Johns Hopkins, it's quite difficult to say goodbye. Starting and overseeing the Brancati Center has been one of the highlights of my career. I have learned so much, especially from our community and partners. I am extremely proud of how much we have accomplished, though much work remains to eliminate health disparities locally and globally. I feel certain Dr. Brancati would also be proud. I want to express my deep gratitude to the Center's members, advisory board, and partners, whose dedication and collaboration have been key to our success.

Dr. Nisa Maruthur will assume the role of Executive Director of the Center and I am confident she will continue to guide the Center towards its mission. The future of the Brancati Center is bright, and I look forward to seeing its continued growth and impact.

Reader Survey

We want to hear from you! Please consider taking this short, 2-question survey so we can learn more about what topics to include in future issues. All responses are anonymous. Thank you!

Please [CLICK HERE](#) to complete the survey.



Free COVID-19 Tests

At the end of September, U.S. households can order four free COVID-19 tests from [COVIDTests.gov](https://www.COVIDTests.gov). These tests detect current COVID-19 variants and are usable through the end of the year. Testing helps individuals determine if they have COVID-19, guiding them in seeking treatment to reduce severe illness and in taking steps to prevent spreading the virus to others.

Upcoming Events

September 21 from 10:00am-2:00pm:

Shiloh Baptist Church of Edgemere Health Fair
2499 Sycamore Ave, 21219
Services: DPP education

September 25 from 9:00am-2:00pm:

Baltimore Housing Authority Health Fair w/the Office of Diversity and Inclusion
201 N. Aisquith Street, 21202
Services: A1c and blood pressure screening, DPP education, COVID/Flu/RSV vaccines, eye and dental care, smoking cessation, narcan training, nutrition/exercise, cancer risk reduction, job prep resources, expungement information, voter registration, insurance resources and food boxes

The Sydney Kimmel Comprehensive Cancer Center Education Sessions

Join the Webinar:

**Ask the Expert:
What You Need to
Know About Breast
Cancer ft. Dr
Pouneh Razavi**

**October 15, 2024
6:00 pm**

**REGISTER
HERE:**

