

BRANCATI CENTER BULLETIN

Baltimore

HOT TOPICS

PrEP, or pre-exposure prophylaxis, is prescription medicine people can take to lower their risk of getting HIV from sex or injection drug use. PrEP can reduce the chance of getting HIV from sex by 99% and reduce the risk of HIV transmission through injection drug use by at least 74%.

There are currently three FDA-approved medications for PrEP – two are oral medications and one is a long-acting injectable form.

Who should consider PrEP?

1. If you are HIV negative and have had sex (anal or vaginal) in the past 6 months, and you:

- have a sexual partner with HIV, or
- have not consistently used a condom, or
- have been diagnosed with a sexually transmitted infection in the past 6 months

2. If you inject drugs and:

- Have an injection partner with HIV, or
- Share needles, syringes or other injection equipment

DEAR NEIGHBORS,

It certainly is HOT outside and in this month's issue we talk about the importance of hydration for seniors. We also cover the basics of PrEP and who can benefit from accessing PrEP treatment. We also recognize International Overdose Awareness Day, which is August 31st, and go over ways in which we can recognize and prevent overdose.

-The Brancati Center Team

HYDRATION FOR SENIORS

Hydration refers to the process of making our bodies absorb water or other liquids. Water is responsible for several key bodily functions, including controlling body temperature, maintaining blood pressure, transporting nutrients into our cells and removing wastes from our cells. Dehydration is a shortage of water in the body due to inadequate water intake or excess water loss (i.e., vomiting, diarrhea).

Why are seniors at increased risk for dehydration?

- As we age, we tend to lose normal thirst drive, which leads to less water intake.
- Older adults tend to experience illnesses at a higher rate, which leads to water loss and increases risk of lower water intake during periods of illness.
- Seniors with mobility impairments may have a harder time physically accessing water as frequently as needed.
- Frequent urination can increase the risk for dehydration.

Signs of dehydration include dark urine, dry lips, mouth, and eyes, as well as less frequent urination, typically fewer than three to four times per day. Individuals may also experience headaches, confusion, and brain fog, along with muscle weakness, fatigue, dizziness, and low blood pressure. Tips to stay hydrated:

- Drink sips of water throughout the day and with meals.
- Choose foods which have higher water content, such as fruits, veggies, & yogurt.
- Avoid alcohol and highly caffeinated beverages which may contribute to increased urination and dehydration.
- Keep water with you when going outdoors during the hotter months.
- For most people without heart, liver or kidney failure, 64 ounces of water per day is generally sufficient to stay hydrated. Speak with your health care provider about your specific hydration requirements, because this can vary for each individual.





Spotlight:

International Overdose Awareness Day

August 31st of each year is recognized as International Overdose Awareness Day, allowing for global recognition and remembrance of the lives lost to drug overdose. We take this day to grieve loved ones who we have lost and to recommit to the work needed to end overdose.

Overdose deaths continue to rise annually throughout the nation, with nearly 108,000 people dying from a drug overdose in 2022 – this is roughly 1.5 times the person capacity of the Baltimore Raven’s M&T Bank Stadium. Baltimore City, which makes up 9% of Maryland’s population, had over 38% of the state’s overdose deaths in 2022.

How to recognize and treat and overdose

Signs of an overdose may include:

- Lack of consciousness
- Shallow breathing or difficulty breathing (choking sounds, gurgling or snoring noises)
- Discolored skin, nails or lips
- Small, constricted pupils that don’t react to light

If you are not sure if someone has overdosed, it is best to treat the situation like an overdose. You can administer naloxone (available over-the-counter) and then call 911.

What can we do to prevent an overdose?

Understand the medications you are being prescribed and ask your doctor questions to know if they may have addictive potential. This can help you take medication safely.

If you or someone you know struggles with addiction, know that addiction is a medical condition and should be treated as any other chronic illness by healthcare professionals. You can access addiction by calling the Substance Abuse and Mental Health Services Administration (SAMHSA) helpline at 1-800-662-HELP or by visiting SAMHSA’s Behavioral Treatment Services Locator. Addiction treatment is the most effective way to prevent an overdose.

To learn more about resources for overdose and addiction, visit the CDC Overdose Prevention website.



Diabetes Prevention Program Recruitment

Do you know your risk for prediabetes? Our Diabetes Prevention Program offers education and support to help improve your health.

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)

Does my insurance cover it? The Brancati Center is contracted with the following insurance providers: Medicare, Priority Partners, Jai, Maryland Physicians Care, Wellpoint, and the Johns Hopkins Employee Health Plan.

How do I learn more? Visit our website: <https://www.hopkinsmedicine.org/populationhealth/dpep/diabetes-prevention-program/>

We offer both in-person and remote options. If you are interested in joining the program, please call us at 410-614-2701.

The Sydney Kimmel Comprehensive Cancer Center Education Sessions

Join the Webinar:

Prostate Cancer:
What You Need to Know

September 17, 2024
6:00 pm

REGISTER
HERE:

