

# THE PATIENT PRESCRIPTION

Your Monthly HopeHealth Insights



## How to Put Some Step in Your Spring!

Finding ways to increase your activity to the recommended 150 minutes each week can be tough. Even more so if you suffer from a chronic condition such as hypertension or arthritis.

If you want to take advantage of the spring sunshine and ease into a walking routine, check out the HopeHealth Walk with Ease classes.

The classes focus on easing arthritis pain

through nutrition changes and walking. Join us from 9-10:30 a.m. each Wednesday beginning April 10 in the Magnolia Room at the HopeHealth Medical Plaza in Florence and find out how you too can Walk with Ease!

For more information, or to register for the class, contact Sonda Jett-Clair at 843-432-3717 or [sclair@hope-health.org](mailto:sclair@hope-health.org).

## STD Awareness Month

April is STD Awareness Month, a time to raise awareness about what sexually transmitted diseases are and a time to take action to protect your own health.

Three common STDs, chlamydia, gonorrhea, and syphilis, have increased sharply across the United States for the fourth consecutive year, according to the Centers for Disease Control and Prevention (CDC). The good news? All STDs can be prevented and treated, and most can be cured.

Chlamydia, gonorrhea, and syphilis are all curable, yet most cases go undiagnosed and untreated – which can lead to severe health problems and increased HIV risk.

Anyone who has sex can get an STD, but some groups are more affected than others: young people aged 15-24, gay and bisexual men, and pregnant women.

You can take three actions to protect yourself and your partner from STDs: Talk, Test, and Treat.

- Talk openly with your partner and health care provider about sex and STDs.
- Get tested. Because many STDs have no symptoms, getting tested is the only way to know for sure if you have an infection.
- If you test positive for an STD, work with your doctor to get the correct treatment. Some STDs can be cured with the right medication. Those that aren't curable can be treated.

HopeHealth will be out in our communities throughout April educating people on the important of getting screened and tested for STDs and hosting testing events. Look for details on [Hope-Health.org/events!](http://Hope-Health.org/events!)

Free walk-in testing is available year-round



at HopeHealth in Aiken, Manning, and Orangeburg, as well as at the HopeHealth Medical Plaza in Florence. Walk-in testing hours vary by location. Visit [hope-health.org](http://hope-health.org) or call 843-667-9414 for details.



## Recognizing and Treating Seasonal Allergies

Your primary care provider or allergist can recommend a variety of medications to improve your seasonal allergies.

Seasonal allergies can include symptoms such as:

- Nasal congestion
- Runny nose
- Sneezing
- Itchy nose and eyes

Treatment options include:

- **Saline nose spray** - can be used throughout the day to help flush out pollen triggers
- **Eye drops** - can help itchy eyes
- **Oral antihistamines** - available over the counter to prevent and

counteract symptoms. Check with your primary care provider to ensure the medication will not interfere with other medications you take. Be aware that over-the-counter allergy options may include a decongestant that can elevate blood pressure and heart rate.



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