

Your Health Begins Here

hope-health.org

June 2019



HopeHealth staff earn state awards

Three of HopeHealth's Diabetes and Nutrition Institute team members were among a dozen individuals recently recognized by the South Carolina Public Health Association as recipients of the Voice of Public Health award. This new award recognizes those doing exceptional work in public health in South Carolina.

Recognized are:

- **Anita Longan**, registered dietitian and certified diabetes educator
- **Sonda Jett-Clair**, chronic disease prevention coordinator
- **Kitty Finklea**, registered dietitian and certified personal trainer

The three are part of HopeHealth's Diabetes & Nutrition Institute at the Medical Plaza in Florence and work with primary care providers to address obesity, diabetes prevention and management, as well as the nutritional needs of HopeHealth patients.

For details on upcoming Diabetes & Nutrition classes, visit hope-health.org/events.

VIRTUAL REALITY THERAPY A new reality for behavioral health

The behavioral health services team at HopeHealth on Palmetto Street in Florence recently completed training on virtual reality exposure therapy and have begun using the treatment.

The therapy uses body tracking devices, visual displays, and tactile sensory input to immerse patients in a real-time computer-generated virtual environment.

"Exposure therapy has been used for decades as a highly effective, evidence-based treatment for anxiety disorders

including phobias, social anxiety, and post-traumatic stress disorder," said Dr. Farrah Hughes, director of Behavioral Health Services. "With this virtual reality equipment, our therapists can make this highly effective treatment more widely available to those who need it."

The therapy is also effective for treating various traumatic experiences, relapse prevention training for substance use disorders, and mindfulness training.

For more on services at HopeHealth, visit hope-health.org/services.

Seniors *with Hope in June*

June 6, 2-3:30 pm

Betha Retirement
Community Chapel

157 Home Ave
Darlington

June 13, 2-3:30 pm

HopeHealth Medical Plaza
Magnolia Room

360 N. Irby St.
Florence

June 20, 2-3:30 pm

HopeHealth in Kingstree
Conference Room

520 Thurgood Marshall Blvd.
Suite B, Kingstree

Scheduling annual visits for preventive health

As we approach the midpoint of the year (July 2), take a moment to check your preventive health schedule and make appointments for the coming months.

Preventive health begins with your annual well visit, well child, or Medicare wellness exam. The appointment is meant to prevent illness and detect changes in your health that could become a concern.

Preventive health visits include:

- Physical exam
- Age-appropriate heart disease screenings (blood pressure, blood glucose, and cholesterol tests)
- Immunization review and updates
- Cancer screenings (pelvic exam, Pap smear, prostate and colorectal screening)
- Sexually-transmitted

disease testing

- Depression screening
- Obesity counseling
- Alcohol and tobacco screening

Insurance companies are required to cover preventive care and our patient benefits counselors are available to help all patients manage their health care costs.

To schedule your well visit, call (843) 667-9414.