

COMING UP

For details on the following events, visit hope-health.org/events.

SNAP Into Health

Wednesday, Nov. 13,
11am-12 pm

HopeHealth Medical Plaza
Palm Room
360 N. Irby St., Florence

Seniors *with* Hope

Thursday, Nov. 7, 2-3:30 pm

Bethea Retirement Community Chapel
157 Home Ave., Darlington

Thursday, Nov. 14, 2- 3:30 pm

HopeHealth Medical Plaza
Magnolia Room
360 N. Irby St., Florence

Thursday, Nov. 21, 2-3:30 pm

HopeHealth in Kingstree
Conference Room
520 Thurgood Marshall Blvd. Suite B,
Kingstree

Veterans with Hope

Tuesday, Nov. 19, 5-6 pm

HopeHealth Medical Plaza
Palm Room
360 N. Irby St., Florence



Prediabetes Assessment Test

The Centers for Disease Control and Prevention (CDC) released a new Prediabetes Risk Test this summer that can better help people determine their health needs.

The updated test means the American Diabetes Association (ADA) and CDC now use the same risk test that includes:

- stronger calls to action
- seven easy-to-understand questions
- a results page and explanations

“The majority of people who have prediabetes have no idea that their

blood sugar is higher than it should be and that it is putting them at risk for type 2 diabetes,” said Anita Longan, registered dietitian nutritionist at the HopeHealth Diabetes & Nutrition Institute in Florence.

“Taking the prediabetes risk test is a first step to recognizing that it’s time to lead a healthier lifestyle. This simple quiz takes just a minute to do but can inspire a person to make changes that can impact their health for a lifetime!”

To read more about the test, visit hope-health.org/news.

86 MILLION adults have prediabetes

Source: cdc.gov



9 in 10 don't know it

Diabetes & Nutrition Institute Drop-In

Nov. 6, 2-4 pm

HopeHealth Medical Plaza
Palm Room

Come by, say hello, and sample healthy alternatives to the snacks you love!

This event is open to the public and free of charge.

Outbreak Awareness: Hepatitis A

Since November 2018, South Carolina has been experiencing a hepatitis A outbreak. More than 500 cases of the infection have been reported, 63 percent of which have required hospitalization.

Hepatitis A is a virus that spreads through contaminated foods, objects, and close personal contact. The

virus attacks the liver and can cause symptoms such as: fever, nausea/ vomiting, diarrhea, abdominal pain, dark urine, joint pain, and jaundice.

Spread of the infection can be reduced with proper hand washing and a hepatitis A vaccination which is 95 percent effective in protecting a healthy adult for several years.

The vaccination is available from your HopeHealth provider or by scheduling an appointment at a DHEC county health department. DHEC is providing the vaccination at no cost to individuals at higher risk.

Visit hope-health.org/blog to read more on hepatitis A from Dr. Heather Leisy, director of preventive medicine.