

February 17, 2023

# THE PATIENT PRESCRIPTION

Your Health Begins Here



## Developing Heart-Healthy Habits

HopeHealth focuses on a different quality measure each month, and February's quality is cardiovascular health. Keep reading for information from providers on key topics related to heart health: prevention, blood sugar control, and exercise.

### Cardiovascular Health: A Preventive View

#### Heather Leisy

MD, MBA, MPH

Cardiovascular disease, or heart disease, describes disorders that affect the circulatory system including coronary heart disease, heart failure, and stroke, according to the Centers for Disease Control and Prevention (CDC). Why is it so important that we recognize cardiovascular disease and work to prevent it?

National Vital Statistics reports show that heart disease is the overall leading cause of death in the United States, causing more than 600,000 deaths each year. In South Carolina, the cardiovascular disease death rate between 2018-2020 was higher than the national rate, according to the CDC, with 438.6 deaths per 100,000 people compared to 422.4. The rate in Florence county was even higher, at 628.0 deaths per 100,000.

About half of those who die suddenly from coronary heart disease had no idea they even had the disease, according to the American Heart Association. This lack of knowledge indicates the critical need for more preventive cardiovascular health awareness.



[Click here to read more about heart health risk factors.](#)

### Four Tips For Better Blood Sugar Control

#### Rona Ewart

RDN, LDN

Do you know someone with diabetes? Chances are you do, whether it's a friend, family member, or even yourself.

The Centers for Disease Control reports that in 2019, 1 in 10 adults in the U.S. (over 37 million people), were living with diabetes. Of those, 8.5 million met the laboratory criteria for the diagnosis, but were not aware they had diabetes. It is estimated by 2050, 1 in 3 adults will have diabetes, with the elderly and minority groups experiencing the most rapid increase.

Diabetes is a medical condition that affects how food is turned into energy. Much of the food we eat is broken down into sugar (or glucose) in the digestive tract and absorbed into the bloodstream as blood sugar. The pancreas then produces insulin, a hormone which acts like a key to let the blood sugar into the body's cells for energy.



For people with diabetes, the pancreas either doesn't make enough insulin or the body doesn't use insulin properly, and blood sugar rises to an unhealthy level. High blood sugar, over time, is linked to the development of complications including vision problems and blindness, kidney disease, and heart and blood vessel disease. Diabetes comes at a high price, estimated at 327 billion dollars annually in health care costs, lost work, and wages. It is also the 8th leading cause of death in the United States.

[Click here to read about four tips to help improve blood sugar readings.](#)

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## A How-To For Getting Your Steps In

**Kayla Thompson**  
*MS, ACSM-EP*


Walking is one of the simplest and most underrated activities. When someone mentions the word exercise to you, what comes to mind? Is it countless hours in a gym? Does it bring a shiver down your spine? Do you immediately check out? Exercise can look like spending hours in the gym, but it can also look like walking for ten minutes after breakfast, lunch, and dinner.



According to the Mayo Clinic, "regular brisk walking can help you maintain healthy weight and lose body fat, improve your mood, cognition, memory, and sleep, reduce stress and tension, improve cardiovascular fitness, increase energy levels, and strengthen your immune system." Walking can do all of this and more if you are willing to give it a try. The other great news is that it can be done anywhere! Walking requires no great investment or equipment unless you want to track your steps.

[Click here for more tips to help you meet your step goal.](#)

**Food Talk**



Want to learn skills to make better food choices?  
Try our nutrition class, **Food Talk!**



## Food Talk

Better Choices for Better Health

This is a **free** monthly series of 4 classes designed to help you learn effective, evidenced-based tools for a healthy lifestyle. Each session is a stand-alone class led by a registered dietitian / nutritionist.

**No registration required - Join anytime!\***

*\*No classes on 5th Thursdays of the month (e.g. September, December)*

**Topics include:** meal planning, portion control, nutrition label reading, healthy cooking tips, eating out strategies, exercise / movement tips, and much more!

**When:** Thursdays, 5:30-6:15pm

**Where:** HopeHealth Medical Plaza  
(360 N. Irby St. in Florence)  
Magnolia Room

Take advantage of this free class offering if you're interested in learning more about living a healthy lifestyle! For more information, contact Sonda Jett-Clair at 843-432-3717 or email [sjclair@hope-health.org](mailto:sjclair@hope-health.org).

**Black History Month:  
Addressing Health Disparities**

# BLACK | HISTORY MONTH

## **Nicole Echols**

*Director of External Affairs*

Throughout the years, Black History Month has been a time to celebrate the achievements of Black leaders all over the world. It is often an opportunity to focus on historical accomplishments as opposed to negative disparities. Unfortunately, data from entities such as the CDC show that African-Americans suffer from hypertension, heart disease, and diabetes at a much higher rate than their white counterparts. This puts a unique twist on utilizing Black History Month as a time to create a platform for preventive health in the Black community.



**Keep reading for ways to help ensure more equitable health results for all.**

## **Upcoming Seniors with Hope Events**



### **Seniors with Hope at Bethea**

**March 2, 2-3:30 PM**

### **Seniors with Hope at the Medical Plaza**

**March 9, 2-3:30 PM**

### **NEW - Seniors with Hope in Kingstree**

**March 16, 2-3:30 PM**

**Conference Room**

**Williamsburg Co. Health Dept.**

**520 Thurgood Marshall Highway**

Seniors with Hope is held monthly and includes speakers, games, snacks, door prizes, and more. For more information about participating in the program, email **Diane Davis** or call 803-525-4241.

# Access Hope: After-Hours Care

Access Hope is our convenient after-hours program for patients to receive care when life doesn't go as planned.

## Why HopeHealth patients use Access Hope:

- Your primary care provider isn't available when you're not feeling well
- You are sick after-hours or on Saturday
- You are a new patient whose busy schedule doesn't allow you to be seen during normal provider hours

Our staff of health care providers at Access Hope is available to help in Florence and Manning, **Monday-Saturday from 8 am - 8 pm**. Examples of after-hours care services provided by Access Hope are minor aches and pains, cold and flu sick visits, treatment of high blood pressure, management of diabetes and other chronic conditions, immunizations/flu shots/PPD testing, urinalysis, annual and pre-employment physicals, and STD treatment.

For more information about Access Hope, [visit our website](#).



# HopeHealth Volunteers



## HopeHealth ♥ Volunteers

Did you hear? Volunteering is good for you! Join HopeHealth Volunteers and assist our guests in navigating their health care experience while also growing your skills, forming new friendships, and improving your mental and overall health. By volunteering at HopeHealth, you help us provide services to those who often encounter social and financial roadblocks to receiving health care.

### Volunteer opportunities include:

- Greeting and guiding guests
- Serving special patient populations
- Providing social support to patients
- Outreach
- So much more!

Bring your compassion, communication skills, talents, and service mindset. Receive training, recognition, and social engagement opportunities while giving back to your community.

Reach out today to find out how HopeHealth Volunteers can fit into your life!

## Behavioral Health Seminars

### Free Educational Classes

HopeHealth is offering free classes which are open to the general public. Each class serves as a 3-hour, informal lecture with handouts and time for questions and answers. These are not emotional support groups, and participants will not be asked to process personal feelings in the class setting.

#### Good Grief Seminar

This educational seminar is for anyone dealing with the transition of death, chronic illness, terminal illness, trauma, divorce, job loss, career change, retirement, and/or relocation. It is helpful for individuals dealing with grief directly, as well as for those who are supporting others through the grief process.

**Friday, February 24, 9 am-12 pm**  
**Monday, March 6, 2-5pm**

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#### Building Stress Resilience Class

This class provides interactive and practical information to better understand stress and the impact it has on our physical, mental, emotional, and spiritual health. A light-hearted, motivational approach with specific tools and strategies to help participants better manage challenging situations and receive inspiration to make changes to improve well-being.

**Thursday, February 23, 9 am-12 pm**  
**Tuesday, March 7, 2-5 pm**

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#### Healthy Communication and Conflict Resolution Workshop

This workshop provides practical information to help participants improve their interpersonal communications and conflict management skills. It is a hands-on, interactive format with specific tools, strategies, and skills practice for strengthening relationships.

**Monday, February 20, 2-5 pm**  
**Friday, March 3, 9 am-12 pm**  
**Thursday, March 16, 2-5 pm**

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#### **\*NEW\*** Building Self-Esteem Workshop

This workshop provides strategies and practical information to help participants improve their self-esteem, set goals to improve productivity, and strengthen relationships.

**Tuesday, February 21, 9 am-12 pm**  
**Monday, February 27, 2-5 pm**  
**Wednesday, March 15, 9 am-12 pm**

Classes are led by Georgann O'Quinn, LPC, NCC, BCC at the HopeHealth Medical Plaza (360 N. Irby Street in Florence). COVID precautions continue, with masks required and social distancing observed. Pre-registration is required - seating limited to 22 participants. To register, call (843) 413-3245 and ask for Hannah McCutcheon.

## **It's Your Health, Take Charge!**



Healthy food doesn't have to be boring or tasteless! Join us for a monthly drop-in nutrition class to take charge of your health. Each class includes a discussion on the topic of the month, a cooking demonstration with samples to taste, handouts, recipes, and a fun time learning with others!

**Topics include:** whole grains and fiber, portion distortion, salt and sodium, label reading, healthy cooking at home, shopping on a budget, choosing healthy options when dining out, and increasing physical activity

**When:** Second and fourth Wednesday of the month

**February 22**

**March 8**

**March 22**

**Cost:** FREE!

### **Timmons ville**

**Time:** 1:30-3:00 pm

**Where:** HopeHealth in Timmons ville  
Classroom

### **Medical Plaza**

**Time:** 10:00 -11:30 am

**Where:** HopeHealth Medical Plaza

Each class includes a nutrition topic with handouts and a quick recipe of the day with samples to taste. Share with others, ask questions, and learn from a registered dietitian nutritionist on simple ways to improve your nutrition habits.

Commit to attending at least four out of the six classes and make sure to attend the final class/graduation to receive a surprise!

For more information, contact Sonda Jett-Clair at (843) 432-3717 or email [sjclair@hope-health.org](mailto:sjclair@hope-health.org).

*This class is sponsored by HopeHealth in partnership with SCDHEC.*

## HopeHealth QuickLinks

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