

August 25, 2023

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Diabetes

HopeHealth's quality focus for the month of August is diabetes. Below, read about tips for improving your blood sugar control.

Four Tips for Better Blood Sugar Control

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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.

A simple blood test called A1C is typically used to diagnose and track diabetes control. An A1C reading is an average of blood sugars over 2-3 months and is reported as a percentage:

Normal A1C readings are 4.7-5.6%
Prediabetes levels are 5.7-6.4%
Diabetes is diagnosed at 6.5% and above

Keeping levels at 7% or below is considered good control for most people. The higher the number above 7%, the more risk for long-term complications.

Decreases in A1C levels indicate improved blood sugar control and a decrease in the risk of complications. In the Endocrinology, Nutrition, and Diabetes Institute at HopeHealth, we've started the S.U.G.A.R Club (Success Under Gradual A1C Reduction) to encourage patients to work on reducing their A1C levels over time. The club offers recognition and incentive prizes for those who make strides to improve their overall health.

Here are 4 simple tips to consider to help improve blood sugar readings:

Talk to your health care provider. Having a conversation with your provider about your A1C levels and target goals, dietary changes, or how much exercise is safe, can be helpful. Managing stress effectively and getting adequate sleep are two other considerations to help control blood sugar you can discuss with your provider.

Rethink your drink. Sugary beverages such as regular soda, sweet tea, fruit juice, and juice drinks are major factors in increasing blood sugar. A 12-ounce can of soda contains almost 10 teaspoons of sugar! Choose water with a squeeze of lemon or lime for flavor, unsweet tea or coffee, or zero-sugar sodas. If you're not ready to change completely, gradually replace some of your sweet drinks with water.

Adopt the plate method. This simple plan doesn't require any measuring or counting! Use a 9-inch plate to help control portions.

Here's how to divide your plate:

- 1.** Fill half your plate with non-starchy veggies such as salad greens, broccoli, green beans, onions, peppers, squash, etc.
- 2.** Add lean protein to a quarter of the plate. Best ways to cook are to bake, broil, stew, grill, or air-fry. Good choices are poultry, seafood, or lean red meat, nuts, nut butters, cheese, and eggs.
- 3.** To the remaining quarter, add a carbohydrate in the form of starch, milk, or fruit. This portion of the plate is the most important for controlling blood sugar!

Starch—potatoes, rice, whole grain pasta or bread, legumes, corn, or peas

Fruit—fresh, plain frozen, or low sugar canned

Milk or yogurt – 6-8 ounces unsweetened

- 4.** Include water or a 0-calorie drink. Aim for 64 ounces of water a day.

Find ways to move more. Human bodies are made to move. If you're sedentary, aim to get up every hour and move around for at least 3-5 minutes. Start slowly and build into longer times by adding a few minutes a week. If you use a wheelchair, look for free chair exercise sessions on Youtube. Do what you're able to do to get moving. The goal is to build up to 150 minutes a week of heart-pumping activities you enjoy such as dancing, walking, swimming, gardening, or sports. Join a gym or check your local recreation department for more ideas and group activities.

Making a commitment to get your blood sugar under control can help you feel better, have more energy, and possibly even need less medicine!

The Plate Planner

Non-starchy Vegetables

Fruits



Milk



Free Foods



Fats



For more information, call (843) 432-3716



Healthy Meal Tips

- Eat regularly throughout the day—approximately every 4-5 hours.
- If you are going to be late with a meal, eat a snack that includes a protein and a carb.
- If you have the “munchies” between meals, try having sugar-free popsicles, sugar-free jello, raw vegetables (carrots, celery, broccoli, etc) or low-fat popcorn.

How to Build a Healthy Plate

- **Fill 1/2 the plate** with non-starchy vegetables
Examples: lettuce, spinach, green beans, carrots, peppers, cucumbers, broccoli, cauliflower, squash, cabbage, tomatoes. Some healthy toppings for salads are nuts, seeds, avocado, and light-vinaigrette dressings.
- **Fill 1/4 of the plate** with a lean protein
Examples: chicken, turkey, lean beef and pork, tofu, fish, eggs, other seafood. Choose grilled, baked, steamed or broiled instead of fried, whenever possible.
- **Fill the last 1/4 of the plate** with carbs (or starchy foods)
Examples: whole grain bread, rice, pasta, tortillas, beans, peas, potatoes, corn or whole grain high-fiber cereal.
- **Have a low-calorie drink** (less than 10 calories per serving)
Examples: water, tea or coffee with low calorie sweetener, low-calorie flavored waters.
- **On the side, you may include a small bowl of fruit or dairy**
Examples: fresh fruit, canned fruit packed in water or juice, yogurt.



For more information, call (843) 432-3716

[Click here](#) to download a PDF of this plate planner.

Are you looking for a provider to guide you in the proper management of your diabetes? HopeHealth offers providers, diabetes educators, and registered dietician nutritionists who are dedicated to providing the best in diabetes and nutrition care. Visit hope-health.org for more information.

Live 95.3 Honor A Vet Spotlight



On July 21, US Army Veteran Henry Humphries was recognized on Live 95.3's Honor A Vet Program (third from left) alongside Graham Jordan, care navigator for Veteran services (second from left). They are pictured with Ken Ard (far right) and Dave Baker (far left) of Live 95.3.

Henry served 30 years in the military, including two tours in Vietnam and one in the first Gulf War. He now serves as a liaison for Veterans, working with HopeHealth and other community partners to improve their health and well-being. Henry has handled over 300 Veteran claims and has helped Veterans over the years claim more than \$269,000 dollars that they were entitled to. He freely volunteers to do this work because he deeply cares for his fellow Veterans.

For more information about Veterans services at HopeHealth, contact [Graham Jordan](#).

Upcoming Seniors with Hope Events

Seniors with Hope at Bethea

September 7, 2-3:30 PM
157 Home Avenue, Darlington

Seniors with Hope at the Medical Plaza

September 14, 2-3:30 PM
360 N. Irby Street, Florence

Seniors with Hope in Kingstree

September 21, 2-3:30 PM
520 Thurgood Marshall Hwy, Kingstree

Seniors with Hope is held monthly and includes speakers, games, snacks, door

HopeHealth Receives Grant to Advance Health Equity



HopeHealth is pleased to receive support from the National Association of Community Health Centers (NACHC) to further the education, engagement, and empowerment of communities to own their health and wellness. [Click here](#) to read more!

Medicaid Renewal Continues

Do you or a loved one have Medicaid or CHIP coverage? Medicaid renewals were paused due to COVID-19, but they're back! Don't wait – update! Make sure your address and other information is up to date so that you can receive critical updates and re-apply. [SC residents can do that here.](#)

[Click here](#) to view a helpful video providing information on the Medicaid renewal process! Additionally, [click here](#) to read an article about what to know if you lose Medicaid coverage in South Carolina.

Nutrition and Wellness Class Offerings



Click [here](#) to access the full list of nutrition and wellness classes offered by HopeHealth!

For more information on the classes offered, contact Sonda Jett-Clair at (843) 432-3717 or email sjclair@hope-health.org.

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 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](#).

Save the Date: Golf Classic



For more information about the HopeHealth Golf Classic, contact [Charlee Rhodes](#).

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 3-hour educational seminar is for anyone dealing with the transition of death, chronic 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.

Wednesday, August 30, 2-5 pm
Friday, September 15, 9 am-12 pm
Tuesday, September 26, 2-5 pm

Building Stress Resilience Class

This 3-hour 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.

Monday, August 28, 2-5 pm
Thursday, September 14, 9 am-12 pm
Friday, September 29, 2-5 pm

Healthy Communication and Conflict Resolution Workshop

This 3-hour workshop provides practical information to help participants strengthen interpersonal skills. It is a hands-on interactive format with specific tools and skills practice for improving relationships.

Thursday, August 31, 2-5 pm
Friday, September 22, 9 am-12 pm

Building Self-Esteem Workshop

This 3-hour workshop provides strategies and practical information to help participants improve their self-esteem, set goals to improve productivity, and strengthen relationships.

Tuesday, September 5, 9 am-12 pm
Monday, September 18, 2-5 pm

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

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hope-health.org

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