



## Quality Spotlight - Respiratory Health

HopeHealth's quality focus for the month of November is respiratory health. This focus includes topics like asthma, COPD, tobacco cessation, and lung cancer screening. Below, read about COPD prevention and management.

### Important Strategies to Prevent and Manage COPD

**Amanda Cieluch**  
AGNP



COPD, or Chronic Obstructive Pulmonary Disease, is a serious lung condition affecting more than 15 million Americans, and many may not be aware they have it. For those living with COPD, the airways, or tubes carrying air in and out of the lungs, are partially blocked, making it more difficult to breathe.

The symptoms of COPD increase slowly over time, can vary from person to person, and include shortness of breath and fatigue with daily activities such as walking or climbing stairs, frequent coughing (often called "smoker's cough"), wheezing, trouble taking a deep breath, and excess mucus or phlegm production. If you have the symptoms of COPD, share these concerns with your health care provider.

The two common types of COPD are emphysema and chronic bronchitis. With emphysema, the air sacs in the lungs (called alveoli) become damaged, making it harder to pull in oxygen. Bronchitis is inflammation of the lining of the airways, (called bronchial tubes), producing a wet cough, mucus, shortness of breath, and fatigue. Symptoms of bronchitis seen periodically for two years or more lead to chronic bronchitis and COPD.

COPD is the sixth leading cause of death in the U.S. and increases the risk of heart disease and cancer. It is usually diagnosed after age 40, and research indicates more women live with and die from COPD than men. While the number of cases for men is decreasing, women's cases have increased, and evidence suggests this is due to a higher susceptibility of the lungs to the damage of smoking.

The number one risk factor for COPD is smoking. One in four people who have COPD have never smoked, but other risk factors include exposure to secondhand

smoke and workplace exposure to air pollutants such as chemicals, dust, fumes, gases, and vapors. Other factors include a history of childhood respiratory infections and asthma, and over 100,000 Americans have been diagnosed with COPD due to a genetic deficiency called alpha-1-antitrypsin affecting the lungs.

To prevent and treat COPD, it is important to take action. If you smoke, the most vital thing to do is quit smoking. While the damage of smoking cannot be reversed, stopping can help prevent further damage. Talk to your provider about ways you can quit. If you are 50 or older and have a smoking history of 20 years or more, it is important to complete a CT lung screening once a year. If you live or work with smokers, take precautions to prevent exposure to secondhand smoke. If exposed to air pollutants in the workplace, wear protective equipment and stay informed regarding workplace safety.

[Click here to read more about COPD.](#)

## Mindful Tips for Holiday Parties

### Kitty Finklea

*RDN, LDN, AFAA-CPT*

Eating mindfully over the holidays may seem like another stressor with all the delicious and tempting food options. And it's fun to enjoy all the special foods we love. Did you know that with mindful eating, you can enjoy the treats and traditional holiday foods without overeating and feeling guilty later? Dieters focus on food rules, while mindful eating is an approach to food that focuses on sensory awareness and the experience of eating without judgement. By becoming more aware of hunger and fullness cues, slowing down, and focusing on taste and texture, mindfulness can help you eat less and still enjoy what you're eating.



While eating mindfully is a practice that can have a learning curve, tuning in more and paying attention when eating is a good start to enjoying the holiday season without guilt and shame. Holiday parties and celebrations are a great time to explore and adopt any of these guidelines to help you feel more in control while enjoying meals and treats.

[Click here to read about six tips for mindful holiday enjoyment.](#)

## Holiday Closure Reminder



**HopeHealth offices will be closed on Thursday, November 23 and Friday, November 24 to celebrate Thanksgiving.**

**Register for the AIDSWalk - December 2**





Join us for our annual AIDS Walk at the HopeHealth Medical Plaza (360 North Irby Street) in the back parking lot.

9 am: Registration and check-in at Meditation Garden - participants receive a free t-shirt\*

10 am: Program and non-competitive awareness walk on the grounds

Enjoy great door prizes, music by DJ Stylz, health screenings, health information tables, and free to-go box lunch for participants.\*

[Click here](#) to register and receive your t-shirt.

\*t-shirts and lunches while supplies last

## Upcoming Seniors with Hope Events



### Seniors with Hope at Bethea

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

### Seniors with Hope at the Medical Plaza

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

### Seniors with Hope in Kingstree

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

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.

# Cheer Baskets for Seniors with Hope



### Donation Ideas

Cosmetic bag	Picture frame	Address book
Slippers	Jigsaw puzzle	Gift certificate
Photo book	Activity book	Candle
Calendar	Adult coloring book	Magnifying glass
Key chain	Shawl	Jar opener
Snacks	Tote bag	Winter hat
Lip balm	Book	Pill organizer
Eye glass case	Hand cream	First-aid kit
Socks	Lotion	Blanket
Nail clipper	Makeup	Perfume
Grocery store gift card	Gloves	Crafts
Perfume	Journal	Scarf

Interested in supporting our seniors with a holiday fundraiser? [Click here to download the letter](#) and learn more about how to donate. Donations are due to [Diane Davis](#) by November 28. You can provide additional help by distributing this information at your local churches and community organizations!

## 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.

## 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.](#)

## **Behavioral Health Seminars**

### **Free Educational Classes**

#### **These are the final offerings for these 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.

**Tuesday, November 21, 2-5 pm**  
**Wednesday, December 6, 9 am-12 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.

**Tuesday, December 5, 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.

**Wednesday, November 29, 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, November 28, 2-5 pm  
Thursday, December 7, 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). 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.**

## **HopeHealth QuickLinks**

[Locations](#)

[Services](#)

[Providers](#)

[News](#)

[Contact Us](#)

[\*\*hope-health.org\*\*](http://hope-health.org)

Support Community Health Centers at [hcadvocacy.org](http://hcadvocacy.org). Become an advocate today!