



Quality Spotlight - Heart Health

HopeHealth's quality focus for the month of February is heart health. This focus includes topics like controlling high blood pressure, statins, and aortic aneurysm screenings.

Below, read about the DASH diet and its benefits for lowering blood pressure.

Proven Health Benefits of the DASH Diet

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The DASH eating plan was introduced over 25 years ago by the National Heart, Lung, and Blood Institute to help people lower their blood pressure with foods that taste good. DASH stands for Dietary Approach to Stop Hypertension, and the eating plan includes fruits and vegetables, whole grains, nuts and seeds, lean proteins (poultry, fish, and beans), low-fat dairy products, and vegetable oils. The DASH eating plan works well for lowering blood pressure, with many people seeing lower numbers in two weeks! Making the change to a DASH-based lifestyle helps with the lowering and maintenance of blood pressure, and provides many other health benefits.



Over the years, ongoing research has shown numerous other health benefits from the DASH diet including a decreased risk of:

- High LDL (bad) cholesterol
- Heart disease, heart failure, and kidney disease
- Colon and rectal cancers
- Insulin resistance and diabetes
- Kidney stones and gout

A unique aspect of DASH is the focus on foods high in potassium (fruits and vegetables), magnesium (nuts and leafy greens), and calcium (dairy and leafy greens) for blood pressure control and overall cardiovascular protection. Adequate potassium helps relax blood vessel walls, keeping the arterial walls from getting hard and easier to clog. Magnesium helps balance out sodium and calcium and promotes a strong healthy heartbeat. Calcium helps muscles and nerves function properly, blood to clot properly, and the heart to beat normally. While these

















nutrients typically work better from food rather than supplements, you should talk to your health care provider or dietitian about what works best for your individual needs.

The DASH plan is lower in sodium, animal fat, and added sugars. The standard DASH plan recommends 2300 milligrams (mg) of sodium per day, which is the equivalent of 1 teaspoon of salt. A lower-salt version of DASH recommends 1500 mg or $\frac{3}{4}$ teaspoon of added salt. It is important to read nutrition labels when following this plan to limit high sodium intake from processed foods. Red meat and processed meat (beef, pork, lunch meat, bacon, sausage, etc.) are also limited, as well as coconut and palm oils. DASH recommends five or less servings per week of sweets such as candy, dessert, or sugary drinks.

[Click here to read more about the DASH diet and its benefits.](#)

DASH Eating Plan

The Benefits: Lowers blood pressure & LDL “bad” cholesterol.

 Eat This	 Limit This
 Vegetables	 Fatty meats
 Fruits	
 Whole grains	 Full-fat dairy
 Fat-free or low-fat dairy	
 Fish	 Sugar sweetened beverages
 Poultry	
 Beans	 Sweets
 Nuts & seeds	
 Vegetable oils	 Sodium intake

www.nhlbi.nih.gov/DASH



National Heart, Lung,
and Blood Institute



Black History Month Spotlight



To honor Black History Month, let's shine a spotlight on just a few of the many contributions made by African Americans to the field of health and medicine.

In 1837, **Dr. James McCune Smith** studied medicine in Scotland at the University of Glasgow. He is recognized as the first African American to earn a medical degree.

In 1864, **Dr. Rebecca Lee Crumpler** graduated from the New England Female Medical College in Boston and became the first African American female to earn a medical degree.

In 1879, **Mary Eliza Mahoney** became the first African American professional nurse after graduating from a training program at the New England Hospital for Women and Children.

In 1891, **Dr. Daniel Hale Williams** founded Provident Hospital and Training School for Nurses in Chicago. It is the first Black-owned and first interracial hospital in the United States. In 1893, Dr. Williams performed the first successful heart surgery, saving a man who had been stabbed in the chest. He was later a charter member of the American College of Surgeons and was the only African American member for many years.

In 1904, **Dr. Solomon Carter Fuller** became the first African American research assistant for Dr. Alois Alzheimer and built a career researching dementia and degenerative disorders of the brain. In 1912, Dr. Fuller was recognized as the first Black psychiatrist in the United States. He wrote a journal article that reviewed all known Alzheimer's Disease cases reported at the time.

In 1927, **Dr. William Augustus Hinton** developed the Hinton Test for diagnosing syphilis. In 1936, Dr. Hinton's *Syphilis and Its Treatment* became the first medical textbook written by an African American that was published widely. He was the first African American professor at Harvard Medical School, teaching there for nearly 30 years.

During World War II, **Dr. Charles Richard Drew** became known as the "Father of the Blood Bank" after developing safe blood storage and shipment methods from the United States to Britain for soldiers and victims of German bombings. He also designed bloodmobiles while working for the Red Cross.

In 1951, **Henrietta Lacks** was diagnosed with terminal cervical cancer at Johns Hopkins University. A researcher discovered cells he had extracted, without her knowledge or consent, could be kept alive indefinitely. These cells were patented by the university and sold to researchers who used them to study the effects of radiation and test the polio vaccine. The family was unaware of Ms. Lacks' significant contribution to medical science for many years. You can read more about her in *The Immortal Life of Henrietta Lacks* by Rebecca Skloot.

In 1968, **Prentiss Harrison** became the first African American Physician Assistant. He attended Duke University and worked at Duke University, Princeton University, and Baylor College of Medicine. He was a strong advocate for Physician Assistant

programs throughout the United States.

In 1992, **Dr. Mae Jamison**, medical researcher and astronaut, became the first African American woman in space. She conducted several life science experiments during her mission.

Best Chance Network



The advertisement features a smiling woman with glasses and a blue top. In the top left corner, there are two logos: 'dhec' with the tagline 'Healthy People. Healthy Communities.' and the 'Best Chance Network' logo with the tagline 'for women's cancer screening'. The text 'FREE SCREENINGS' is prominently displayed in large white letters. Below this, a purple box contains a list of services: '• Clinical breast exam • Pelvic exam • Pap smear • Mammogram'.

FREE SCREENINGS

- Clinical breast exam • Pelvic exam
- Pap smear • Mammogram

Preventive screenings are incredibly important for your overall health. You may qualify for free screenings through the Best Chance Network if you meet certain criteria! Click here to view the eligibility guidelines [in English](#) and [in Spanish](#).

Recipe Spotlight

Is eating healthy, delicious foods part of your plan for the new year? If so, check out our recurring spotlight which will feature fun and nutritious recipes!

Enjoy Dark Chocolate Covered Strawberries

An easy, sweet, and healthy treat for Valentine's Day! Dark chocolate has more nutrients than milk chocolate and is good for the heart.

Ingredients

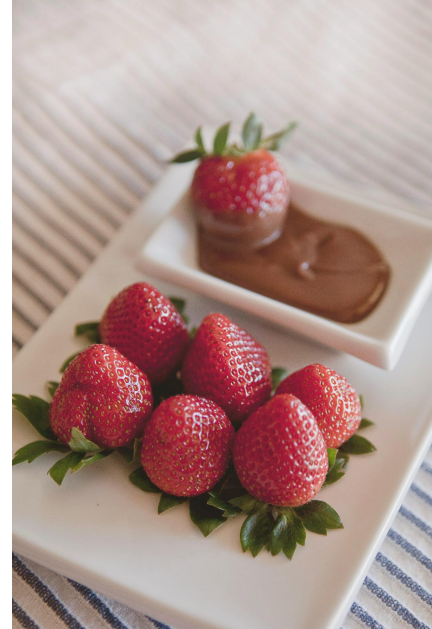
- 1 pint or 12 large fresh strawberries, room temperature
- ¼ cup (56 grams) of dark chocolate with 70% or more cacao, cut into small pieces or shaved
- ½ teaspoon vegetable oil

Directions

- Wash whole strawberries and dry on paper towels. Strawberries need to be completely dry

for chocolate to stick. Ready a baking sheet with wax/parchment paper to hold the dipped strawberries. Make sure there is room in your refrigerator for the baking sheet.

- Place chocolate and vegetable oil in a smaller, shallow glass container in the microwave. Microwave on 50% power for 30 seconds and then stir well. Continue to heat for 30 seconds on half power and stir until chocolate is completely melted.
- Once the chocolate is melted but still warm, pick up a strawberry by the green stem and leaves, then dip and roll into the chocolate until covered. Allow excess chocolate to drip off and turn the strawberry upside down for a few seconds to allow the chocolate to set. Place on the baking sheet. Repeat until all strawberries are dipped. Place the baking sheet with dipped strawberries in the refrigerator for 10-15 minutes to set.
- Serve at room temperature.



Notes

- If the stem isn't long enough, stick a toothpick into each strawberry
- To keep the chocolate warm for dipping, place the bowl in another bowl of warm water
- High-quality chocolate makes for smoother looking dipped strawberries

Enjoy and Happy Valentine's or Galentine's Day!

Upcoming Seniors with Hope Events



**Seniors with Hope
at Bethea
March 7, 2-3:30 PM**

157 Home Avenue, Darlington

**Seniors with Hope
at the Medical Plaza**
March 14, 2-3:30 PM
360 N. Irby Street, Florence

**Seniors with Hope
in Kingstree**
March 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.

Free Community Classes



Visit hope-health.org/community/events to learn about and sign up for free community classes offered by HopeHealth! Topics range from healthy cooking to diabetes management, prioritizing movement, and more.

See Your Primary Care Provider!

Cold weather in the month of February can often increase joint pain. This may be a sign of an injury that has gone untreated. If you are experiencing joint pain, make an appointment to speak to your provider to determine next steps.

Additionally, February can be a time full of triggers for those who experience mental health issues. If you need to talk, make an appointment with your health care provider.

To make an appointment, call (843) 667-9414.

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 8am-8pm.**

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.](#)

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hope-health.org

Support Community Health Centers at hcadvocacy.org. Become an advocate today!