

June 28, 2024

# THE PATIENT PRESCRIPTION

Your Health Begins Here



## Quality Spotlight - Men's Health

HopeHealth's quality focus for June is men's health. This clinical focus includes measures like annual physicals, colon cancer screenings, depression screenings, and controlling high blood pressure. [Click here](#) to view the recording of our Facebook Live panel on men's mental health.

Below, read more about promoting health equity among Black men.

## Promoting Health Equity Among Black Men

### Alan Barrett

PA-C, DPAS, DFAAPA

A 2022 Cleveland Clinic survey found that out of 1,000 men surveyed, ages 18 and above, 53% do not get regular health screenings. For men of color, the number rises to 63%.

Research shows Black men have the worst health profiles of any other ethnic group in the United States and die four years earlier than white men. Black men are more likely to have undiagnosed or poorly managed medical conditions such as diabetes, HIV, cancer, and heart disease and often do not seek medical care. Many times, their first visit to a doctor is in the emergency department of a hospital. One contributing factor for the differences in men's health outcomes is strongly related to racial biases, stereotypes, and cultural insensitivity, resulting in health disparities. Research also shows Black men face disadvantages that affect their lives and overall health including less education, lower wages, and higher levels of poverty, unemployment, violence, and incarceration.



The concept of health disparity refers to health differences between different groups of people. A Pew Research Center survey of Black Americans showed mixed opinions on the progress made in health equity and outcomes, with 47% saying they believe health equity has improved over the past 20 years, 31% saying it has stayed the same, and 20% saying it is worse. Reasons cited to explain this perceived worsening include a belief that health care providers are less likely to give Black people the most advanced medical care and that hospitals and medical centers give lower priority to their well-being. Additionally, 56% of Black Americans report at least one negative experience, including having to speak up to get proper care, and being

treated with less respect than other patients.

Health equity affects other underserved groups such as Latinos and Native Americans and health disparities costs the U.S. an estimated 360 billion dollars annually. Inequities across the U.S. health system limited underserved people's access to affordable, high-quality care, creating avoidable costs and leading to financial waste. This number is predicted to rise to 1 trillion dollars by 2040 as the population of people of color continues to grow. The health care system is focusing on eliminating health disparities and medical organizations are working toward health equity by developing policies and programs and adding more education and research. Other disparities affecting health include education, economic stability, health coverage, adequate housing, safe environments, transportation, and access to quality food.

At HopeHealth, a Federally-Qualified Health Center, our culturally diverse medical team and staff is dedicated to treating patients with respect and providing high quality medical care to all individuals, regardless of race, ethnicity, or medical coverage status. In 2018, HopeHealth purchased the Streater Building, an important Black architectural landmark located on the Medical Plaza campus, to provide value-based community services outside of the traditional scope of health care.

[Click here](#) to read more about how HopeHealth works to combat health inequity.

## James (Tripp) Elvis Now In Hemingway



James (Tripp) Elvis, FNP-C, is now seeing patients at HopeHealth in Hemingway. A native of Johnsonville, he is committed to serving his community by addressing the diverse needs of individuals across all age groups, from children to seniors. Make HopeHealth in Hemingway your health care home. Call today at (843) 896-5896 or [visit our website](#) to learn more.

**Program Spotlight -  
Medication-Assisted Treatment (MAT)**

QUESTION & ANSWER

**Q:** What is MAT?

**A:** Medication-assisted treatment is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders.



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

HopeHealth offers Medication-Assisted Treatment, or MAT, as part of our Substance Use Disorder Treatment Program. If you or someone you know is facing a substance use disorder, call (843) 667-9414 to see how we can help. Next-day appointments are available.

## 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.](#)

## Coffee with Joe Veterans Program



Senator Mike Reichenbach joined Coffee with Joe, a coffee hour held on the fourth Friday of the month at 9 am, to express his heartfelt gratitude to the Veterans in attendance for their courage and sacrifice. He also engaged in a thoughtful discussion, addressing various issues affecting Veterans in our region.

For more information about Veterans with Hope and programs like Coffee with Joe, [visit our website](#) or [email](#) Graham Jordan, Care Navigator (Veteran Services).

## Recipe Spotlight

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

# Healthy Cobb Salad

Try a healthy twist on a traditional Cobb salad. Swapping lunch meat for grilled chicken decreases the sodium content, and added vegetables increase the fiber content. It's also easy to assemble and a light, cool meal for those hot summer days!

**4 servings**

## **Ingredients:**

- 4 cups of your greens of choice, such as romaine, spring mix, spinach, kale, etc.
- 2 grilled chicken breasts or rotisserie chicken (about 12 ounces), sliced or cubed
- 4 boiled eggs, chopped or sliced
- 1 large avocado, sliced
- 16 grape tomatoes, sliced in half
- 1 large cucumber, sliced
- ½ cup canned corn, drained and rinsed
- ½ cup blue cheese crumbles
- Light ranch dressing



## **Directions:**

Divide greens, eggs, avocado, tomato, cucumber, and corn among 4 plates. Top with chicken slices or cubes, sprinkle blue cheese crumbles on top, drizzle with ranch dressing, and enjoy!

## **Tips:**

- Add any other veggies you like such as onions, celery, beans, etc.
- If you miss the bacon, opt for turkey bacon without added preservatives such as nitrates or nitrites.

## See Your Primary Care Provider!

Summer is here! While your kids are out of school, go ahead and make appointments to update vaccines for those registering for school and students heading off to college. Call (843) 667-9414 or [visit the website](#) to learn more.

## HopeHealth QuickLinks

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

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