

August 23, 2024

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Diabetes

HopeHealth's quality focus for the month of August is diabetes. This clinical focus includes measures like A1c levels, diabetic foot exams, and diabetic eye exams. [Click here](#) to learn more about The Diabetes Institute and its patient offerings. The Diabetes Institute at HopeHealth, which offers the most comprehensive diabetes care in the Pee Dee Region, has expanded services to Clarendon County and surrounding areas with board-certified endocrinologists Dr. Melissa Gonzalez and Dr. Gulce Solakoglu seeing patients in Manning.

Keep reading below to understand the signs and symptoms of diabetes.

Diabetes Signs and Symptoms

Padigar S. Tantry
MD

About 34 million adults in the US suffer from diabetes. That's 11.6% of the total population. According to the American Diabetes Association, of the total 34 million adults with diabetes, 8.7 million are undiagnosed. Diabetes can lead to serious health problems over time if left untreated. It is essential to notice warning signs early on to decrease your risk of complications from uncontrolled diabetes.

Diabetes mainly comes in 2 forms - type 1 and type 2 diabetes. Each of them has their own indicators and features.

Type 1 diabetes occurs when your immune system attacks the cells in your pancreas, called beta cells, that produce insulin. With little or no insulin in the body, blood glucose levels may become elevated (hyperglycemia). This disrupts the normal physiological balance and can cause diabetes-related complications if not detected early. Type 1 diabetes usually occurs in children and young adults, but it is possible to develop it at any age. The onset of symptoms can be sudden, escalating from mild to severe within weeks.

Some common signs of high blood sugar levels, present with both type 1 and type 2



diabetes, include excessive urination and thirst, weight loss, fatigue, numbness in the hands and feet, and blurry vision. It is crucial to inform your health care provider if you have any of these symptoms, so you can get tested and started on treatment right away.

People with type 2 diabetes produce insulin but become insulin-resistant over time. This is usually due to a combination of poor diet, sedentary lifestyle, and genetic factors. Many people with type 2 diabetes have mild symptoms that go unnoticed for a long time. As a result, these individuals may not notice their symptoms until their blood sugar levels are very high. Due to this, it is critical to be screened for diabetes if you have lifestyle indicators or a genetic predisposition.

Additionally, about one in three Americans have prediabetes, blood sugar levels that are higher than normal but not yet high enough to be classified as type 2 diabetes. According to the CDC, more than 80% of people with prediabetes are unaware they have it. Prediabetes, if left untreated, can lead to diabetes and increase the risk of stroke and heart disease.

Prediabetes often doesn't have any symptoms. However, some possible signs may include skin tags, darkened skin on parts of the body like armpits or neck, and similar symptoms to diabetes.

Prediabetes can be reversed by adopting a healthier lifestyle and losing weight to return your blood sugar levels to a normal range.

If you are overweight, lead a sedentary lifestyle, are experiencing any of the aforementioned symptoms, and/or have a parent or sibling with diabetes, you should contact your health care provider. Your provider can run blood tests to help determine if you have diabetes or prediabetes, and begin implementing treatment for blood sugar control.

HopeHealth provides diabetes education, prevention, and treatment resources via [The Diabetes Institute](#). To learn more, [visit our website](#) or call (843) 432-3717.

HopeHealth & LaNorris Sellers - On Your Team!



Check out our ad with LaNorris Sellers, USC Quarterback!

We all have our teams in life. Make sure HopeHealth is part of yours.

HopeHealth Pharmacy Pine Needles New Hours



To better serve our patients, HopeHealth Pharmacy Pine Needles is offering the following extended hours **beginning September 3:**

8 AM to 7 PM - Monday through Friday
9 AM to 2 PM - Saturday

Online Bill Pay

Did you know that you can conveniently and securely pay your HopeHealth bill online? You don't even have to be signed up to the patient portal to do so. **Visit [this link](#)** or use the "Online Bill Pay" button on the home page of our website, **hope-health.org**.

Online Bill Pay

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.](#)

**Provider Spotlight -
Alan Barrett, DPAS, MSPAS, PA-C**



South Carolina Air National Guard Lt. Col. (and HopeHealth provider) **Alan Barrett, DPAS, MSPAS, PA-C**, completed a military mission trip called Continuing Promise 2024 in Cartagena, Colombia. He is pictured here communicating with a patient. Barrett and other providers saw patients from August 8-10. The South Carolina National Guard worked in conjunction with the USNS Burlington, the smaller version of the USNS Comfort medical ship.

Recipe Spotlight

Summer Veggie Pasta

Tomatoes, corn, and zucchini are in abundance and easy to find in late summer. This quick and budget-friendly pasta dish is a delicious side to accompany lunch or dinner!

Serves 4

Ingredients:

8 ounces of dried penne pasta or other short pasta
3 tablespoons extra virgin olive oil
3 ears fresh corn, sliced off the cob
2 medium-sized zucchinis, sliced and halved
2 large tomatoes, diced
1 medium onion, diced
1 clove garlic, diced
Fresh basil leaves, about ½ cup
Salt and pepper to taste

Directions:

1. Cook the pasta as directed until tender. Drain the pasta, but reserve about ½ cup of pasta water to use if needed.
2. Heat a large skillet on medium-high heat and add 2 tablespoons of olive oil when the skillet is warm. Add corn, onions, and garlic and sauté for 4-5 minutes, stirring frequently until veggies are soft.



3. Add diced tomatoes to the vegetables and reduce heat to a simmer for another 4-5 minutes, stirring occasionally until tomatoes start to break down. If the veggies start to dry out, add some of the pasta water to them, about ¼ cup at a time.
4. Add salt, pepper, and basil in the last few minutes of cooking.
5. Add the cooked pasta and remainder of the oil, stir and warm through, and serve.

Tips:

- Substitute yellow squash or other veggies (like mushrooms, broccoli, or peppers) for zucchini, or add them in with zucchini.
- Substitute 1 cup frozen or low-salt canned corn for fresh corn
- Substitute 1 teaspoon dried basil or Italian seasoning for fresh basil
- Add fresh mozzarella or parmesan cheese to this dish at the end.
- Add chili flakes to kick it up a notch!
- Great as a pasta salad leftover and keeps for 3-4 days.

Back-To-School Health Tips

Most parents and kids are in back-to-school mode, which can often cause a lot of stress for both. If you or your children have concerns about how to handle these feelings, consider learning more about our [behavioral health services](#).

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hope-health.org

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