

November 22, 2024

THE PATIENT PRESCRIPTION

Your Health Begins Here



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 managing chronic asthma.

Fighting for Breath: Managing Chronic Asthma

James "Tripp" Elvis
MSN, FNP-C

Imagine yourself going for a walk with your dog on a beautiful, crisp morning. You prefer the dry, chilled air over the heat and humidity, though it does agitate your sinuses a little. You cough, trying to clear your throat of a small tickle to little effect.

You stop to let a school bus pass, then hustle across the street before the next wave of cars arrives. You make it safely to the other side, but the tickle has worsened as you start to cough hard. You can feel your heart racing and break out in a sweat despite the cool breeze.

Becoming lightheaded, you sit down on the cold sidewalk and struggle to catch your breath. The annoying tickle in the back of your throat becomes a growing tightness. You feel as if you're breathing through a drinking straw. Then it hits you – you're having an asthma attack.

This is an example of what an asthma attack could look like. Asthma is a chronic lung disease in which inflammation of the airway causes swelling, leading to coughing, wheezing, and shortness of breath. Asthma attacks are often sudden, can be triggered by a variety of factors, and are life-threatening without treatment or medical intervention.

Other symptoms of an asthma attack may include:



- Difficulty speaking or eating
- Fast breathing
- Increased mucus
- Rapid pulse
- Pale, sweaty face
- Blue lips or fingernails

The National Center for Health Statistics reports there are between 27 and 28 million people in the United States living with asthma, including almost five million children.

There is also a higher prevalence of asthma in Black and Indigenous populations compared to white and Hispanic groups, which may be explained in part by racial and ethnic disparities, as well as genetic and cultural differences.

Early detection of asthma is key for preventing severe disease and complications. Health care providers who suspect a patient has asthma can confirm a diagnosis with a combination of a medical history assessment and physical exam. Often other studies, such as a pulmonary function test, blood tests, and x-rays of the chest and sinuses may be needed.

While the diagnosis and management of asthma is similar for children and adults, there are some significant differences in how these populations respond to the illness that can influence treatment.

[Click here](#) to read more about dealing with chronic asthma.

Holiday Closure Reminder



HopeHealth offices will be closed on Thursday, November 28 and Friday, November 29 to celebrate Thanksgiving.

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 for the patient portal. [Visit this link](#) or use the "Online Bill Pay" button on the home page of our website, hope-health.org.

[Online Bill Pay](#)

AIDSWalk is December 7!

END HIV

STIGMA

 **AIDSWALK 2024** 
HOPEHEALTH

SATURDAY | DECEMBER 7

**HOPEHEALTH MEDICAL PLAZA
360 N IRBY ST, FLORENCE, SC
LOOK FOR THE BLUE SAILS**

9 AM - Registration and check-in (participants receive a free t-shirt*)

10 AM - Program and awareness walk

*T-shirts and Lunches available while supplies last

**EXCITING DOOR PRIZES | MUSIC BY DJ STYLZ
FREE LUNCH FOR FIRST 250 PARTICIPANTS
HEALTH SCREENINGS | HEALTH INFORMATION
AND MUCH MORE!**

 **HOPEHEALTH**
YOUR HEALTH BEGINS HERE

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.](#)

An on-call provider is also available 24/7 for patients.

Patient Education Resources

Caregiving During The Holidays

Caregiving During the Holidays

Presented by the Alzheimer's Association® South Carolina Chapter



Navigating the holidays as a dementia caregiver

For many caregivers the holiday season may give rise to stress, frustration or sadness, rather than peace and goodwill.

Join us to learn about:

- ❄️ How to care for yourself
- ❄️ Making the holidays more enjoyable
- ❄️ Tips to help others understand
- ❄️ Alzheimer's awareness
- ❄️ Holiday safety

DECEMBER 9th
2:00pm - 3:00pm

HopeHealth Medical Plaza
360 N. Irby St
Florence, SC 29501

Please call Hannah Stallings
at HopeHealth for more info
843-413-3245

Visit alz.org/CRF to explore additional
education programs in your area.

ALZHEIMER'S  ASSOCIATION®

HopeHealth community health worker, Corey Remle, will be facilitating this course.

Medicare Open Enrollment Events



Mark your calendars for the first week of December when we will be hosting Medicare Open Enrollment events with staff available to assist patients in enrollment. All events will be from **10 am - 2 pm.**

December 2
HopeHealth in Orangeburg | Conference Room

December 3
HopeHealth Medical Plaza | Magnolia Room

December 4
HopeHealth in Manning | Conference Room

December 5
HopeHealth in Kingstree | Conference Room

Downcountry Grill Now At HopeHealth Medical Plaza!



Brought to you by the creators of Tubb's Shrimp & Fish Company and King Jefe, Downcountry Grill is thrilled to serve not just HopeHealth patients and staff but the entire community with a tasty and nutritious menu.

Online Ordering

You asked, and they delivered – literally! Downcountry Grill is now offering online ordering with pick-up and delivery options. Enjoy mouth-watering meals crafted with the freshest ingredients without leaving the comfort of your home or office.

Why Choose Downcountry Grill?

- **Delicious Variety:** The menu is designed to nourish your body and delight your taste buds. From hearty salads to savory entrees, there's something for everyone.
- **Convenient:** With the new online ordering and delivery service, enjoying your favorite dishes has never been easier.
- **Community-Centered:** Proudly serving the Florence community and providing a cozy spot for friends, families, and colleagues to gather and enjoy wholesome food.

Order Now!

[Click here](#) to explore the menu and place your order. Whether you're planning a breakfast or lunch break, DOWNCOUNTRY GRILL is ready to serve!

Hours of Operation

Monday – Friday
8 - 10:30 AM | Breakfast
11 AM – 2 PM | Lunch

Located at HopeHealth Medical Plaza, 360 N. Irby St., Florence, SC!

Recipe Spotlight

Roasted Sweet Potatoes and Green Beans

Looking for a quick and delicious holiday side? This dish is great any time of year, with easy clean up, too.

Ingredients:

- 1 large sweet potato (about 13 ounces)
- ¾-1 cup (about 10 ounces) fresh green beans
- 2 tbsp olive oil
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon sugar
- Black pepper to taste
- ¾ cup roughly chopped pecans



Directions:

1. Preheat your oven to 425 degrees.
2. Cut up sweet potatoes into small 1-inch pieces.
3. Trim and cut green beans in half.
4. In a large bowl, combine sweet potatoes, green beans, olive oil, pecans, and seasonings. Toss well with a large spoon.
5. Spread the vegetables on a sheet pan evenly. Roast in the oven for 20 minutes.

Tips:

- Make sure the veggies aren't crowded so they roast evenly.
- If the sweet potatoes are cut too large, halve the seasonings and toss the sweet potatoes and green beans separately. Roast the sweet potatoes by themselves for 5-10 minutes, and then add the green beans for another 20 minutes.
- Line the sheet pan with aluminum foil or parchment paper for easy clean-up!

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