

# THE PATIENT PRESCRIPTION

Your Health Begins Here



## Quality Spotlight - Lifestyle Health

HopeHealth's quality focus for January is lifestyle health. This clinical focus includes measures like annual wellness visits and physicals, diet and exercise counseling, colon cancer screenings, and dental health.

Below, read about how to incorporate more walking into your routine for better health.

### Take A Stand: The Secret To A Healthier Life

**Alan Barrett, PA-C, DPAS, DFAAPA**

Many people set goals in the new year, and one of the most effective goals for overall health is becoming more active. Only one in four adults in the U.S. gets the recommended amount of physical activity. It's important for all Americans to move, especially for those who have desk jobs or a sedentary lifestyle. If a person sits, reclines, or lays down for 8 hours or more a day, their risk of heart disease, diabetes, obesity, dementia, and certain types of cancers increases.



Prolonged sitting is a silent killer that also causes aches and pains and lowers mood. The good news is that anyone can find ways to move more in everyday life, and movement can help you become fitter, feel better, and have more energy!

The human body is designed for movement. Being more physically active promotes blood flow, which decreases the risk of chronic conditions and can help manage them. Being more active also improves overall mood, sleep, and stress, helps regulate your digestive tract, and can help with certain types of back, shoulder, and neck pain.

For the 18-64 age group, a total of 150 minutes of moderate physical activity is recommended each week, with two days of strength training activities to preserve or build muscle. Moderate physical activities include walking, running, biking, swimming, dancing, or other activities that increase heart rate and use major muscle groups. Strength training activities may be as simple as squats or wall push-ups, or using weight machines, body weight, free weights, or resistance bands and straps. After age 65, balance exercises such as standing on one foot for several seconds without assistance are an added recommendation.

While adding in regular physical activity each week is important, it is also vital to take active breaks throughout the day. People who work a desk job may sit too long due to deadlines, not wanting to stop, or a work culture promoting long periods of sitting. People at home may sit too long due to pain, depression, or out of habit.

Breaking the sitting habit can help with burnout and stress while improving focus and mood. Getting up and moving will increase blood flow, help improve certain types of pain, and improve mood and energy levels. The following tips can help you explore methods for proper body mechanics when sitting and learn to break the sitting habit:

**Assess your environment.** Make sure your office space is properly set up to avoid strain on the body. The office chair needs to be at a height for feet to be flat on the floor and knees level with the hips. Use a box for your feet if needed. Make sure the chair has lumbar support, or use a pillow. Keep wrists straight while typing and use a wrist rest for support. The computer monitor should be arm's length away and high enough so your head and eyes are looking straight ahead into the screen.

**Aim for movement breaks every 30-60 minutes for 2-5 minutes.** For work or home, get up regularly between tasks, shows, or commercials, or set an alarm as a reminder. If at work, walk around and find a bathroom farther away, or visit a colleague in person instead of texting or calling. If at home, do a simple chore such as unloading the dishwasher, washing dishes, and changing or folding laundry. Take a quick walk outside for sunshine and fresh air, or do some squats or wall/desk/counter push-ups. Gently stretch out any sore muscles and hold the stretch for 20-30 seconds, taking slow, deep breaths in and out to help release tension.

**Look for ways to be more active in everyday life.** Take the stairs, park farther away, and walk around before you start shopping. At home, you can pace or walk in place while waiting for food to cook or when on the phone, and keep chores going for 10 minutes or longer, such as sweeping, dusting, or mopping. Make sure to drink plenty of water and stay hydrated, not only for health, but also as more bathroom breaks mean more activity!

**Find physical activities you enjoy.** People are more likely to stick with activities they enjoy. It may be a challenge at first, but over time, it becomes part of your lifestyle. Join a gym or senior center, hire a personal trainer, take an exercise class, try a new sport, put on a YouTube exercise video, or get a good pair of walking shoes and go outside. Experimentation means trying new things; some might not work, but keep at it until you find physical activities you love.

**Develop a routine.** Sticking with an exercise program is important to improve your health. Aim to build a weekly routine over time to get in the 150 minutes. If you get off track, get back to it. Life ebbs and flows and can get crazy, so it's normal to miss activity sessions at times. Avoid guilt or shame and start back to your routine as soon as you can.

**Find an accountability partner to help you stick with your plan.** Enlist friends, family, or a personal trainer and be accountable. Technology such as fitness trackers can also help with motivation and accountability to get more steps, drink water, get up from your chair, and achieve your physical activity goals.

**Focus on good nutrition.** Eating a diet of lean proteins, whole grains, fruits, veggies, nuts, seeds, beans, and peas also promotes overall health. Eating three balanced meals and healthy snacks, getting proper hydration, and limiting overly processed foods helps fuel your body and mind for more physical activity and improved overall health.

Regular physical activity, good nutrition, adequate sleep, and managing stress are all part of a healthy lifestyle, but you don't have to do it all at once. Often, when people start moving more, they feel better and begin adding other health-promoting changes. Starting small and building over time can make healthy habits a lifestyle instead of an inconsistent habit.

Getting up from the desk, chair, or bed and moving more in daily life is the first step of a fitness journey. If you have any chronic medical conditions or are over 40, make sure to discuss exercise safety with your health care provider. Explore other options by talking to your provider and other health professionals, friends, and family members to decide on weekly activity goals for better overall health. Start today to thrive in 2025!

## 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](https://hope-health.org).

Online Bill Pay

## Dr. Alanna Scott Recognized With 2024 Quality Improvement Award



Each year, we recognize a provider who has demonstrated dedication to excellence and has committed time and energy above the job requirements to help the organization achieve excellence through quality improvement efforts. This award is named after Yvonne Van Camp, who worked at HopeHealth in multiple capacities for 15 years and retired in 2018. Prior to her retirement, she served as director of quality and had a passion for continuous quality improvement.

This year, we would like to recognize **Alanna Scott, PharmD**, clinical pharmacist, as the recipient of the 2024 Yvonne Van Camp Quality Improvement Award – Advancement in Medication Safety!

Dr. Scott has served as a clinical pharmacist at HopeHealth since 2021. She and the clinical pharmacy team have provided invaluable consultation to medical providers regarding drug therapy, therapeutic intervention, medication interactions, and side effects. She developed training for the clinical staff to improve the quality and accuracy



of the medication reconciliation process. She helped to streamline the prior authorization process, improving the timeliness of securing appropriate medication for our patients and relieving providers and staff of this arduous task.

She helped establish HopeHealth's first primary sponsorship of a residency, developed the curriculum, served as the primary preceptor for our ambulatory clinical pharmacy residency program, and educated pharmacy students.

Dr. Scott chartered the newly developed Pharmacy and Therapeutics Committee, which guides the medication selection and management in our clinical pharmacy areas. She oversaw the development of our first published therapeutic guideline for chronic disease management with the recent release of the Hypertension Treatment Algorithm, was instrumental in the establishment of the Hypertension Clinic, and facilitated patient care and treatment recommendations for patients with uncontrolled blood pressure.

After Dr. Leisy's departure, Dr. Scott has navigated the organization through difficult clinical decisions regarding COVID patient management, medical therapy, and vaccine policies. She has represented HopeHealth by presenting at the SC Pharmacy Association Meeting and the SC Primary Care Association Clinical Network Meeting.

HopeHealth is fortunate to have a pharmacist who is so committed to continuous quality improvement and dedicated to our organization and the patients we serve!

## 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

Access Hope is available at the HopeHealth Medical Plaza in Florence  
**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.

## Free Community Classes



Visit [hope-health.org/community/events](https://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, carbohydrate counting, and more.

## Recipe Spotlight

### Veggie Egg Muffins

These veggie egg muffins are simple, delicious, and easy to prep ahead for a portable breakfast on the go!

#### Ingredients:

- 3 cups mixed veggies of your choice (onions, peppers, mushrooms, spinach, broccoli, etc.)
- Olive oil spray
- 6 ounces shredded cheddar or parmesan cheese
- 12 large eggs
- ¼ cup milk
- ½ teaspoon dried mustard
- Salt and pepper to taste

#### Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Chop veggies into small pieces. Spray a medium-sized skillet with olive oil spray and sauté veggies on medium-high heat, stirring frequently, for about 5 minutes or until tender. Set aside to cool.
3. Spray each cup in a muffin pan with olive oil spray.
4. Divide the veggies and cheese evenly among the 12 cups. There should be about ¼ cup of veggies and 1 tablespoon of cheese per muffin cup.
5. In a large bowl, combine the eggs, milk, and seasonings and mix well.



6. Pour the egg mixture evenly into the cups. Bake for 22-25 minutes or until set.
7. Remove from the cups and serve warm or let cool and refrigerate/freeze.

## 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!

HopeHealth | 360 N. Irby St. | Florence, SC 29501 US

[Unsubscribe](#) | [Update Profile](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)