

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Medication Management

HopeHealth's quality focus for September is medication management. This clinical focus includes measures like medication adherence, controlled substance prescribing, statin use, and utilizing the HopeHealth Pharmacy.

Below, read about nine easy tips for taking your medicine. [Click here](#) for more information about the HopeHealth Pharmacy.

Medication Mindfulness: 9 Easy Tips for Taking Your Medicine

Matthew Guerriero, RPh, AAHIVP

Many adults in the U.S. take prescription medications. Around 33% take one medication a day, and 20% take five or more each day. Despite this level of use, research suggests that over half of Americans with chronic diseases such as high blood pressure, high cholesterol, and diabetes don't take their medications as prescribed. Even more concerning, over 30% never even fill their prescription for a new medication.



There are many reasons people don't take medicine the way they should. Some people worry about side effects, or don't feel any different while taking it. Others think the medicine isn't needed because they don't have symptoms. Cost can also be a big reason. Additionally, some people take so many medicines that they feel confused or overwhelmed.

Sometimes it's easy to forget to take medicine, like when you're sick, traveling, or busy. However, missing doses can be dangerous. For example, skipping blood pressure medicine can lead to serious problems like stroke, heart disease, or kidney damage. You might feel fine at first, but stopping your medicine can cause bigger problems later.

The good news is that there are simple ways to stay on track with your medicine. Here are nine tips to help:

1 - Talk to Your Provider or Pharmacist

Find a provider or pharmacist you trust. Ask questions like:

- Why am I taking this?
- How should I take it?
- What side effects should I look out for?

Never stop your medicine without talking to your provider first. Some medicines can cause harm if you stop suddenly.

2 - Keep a List

Make a list of all your medicines, even vitamins, supplements, and over-the-counter drugs. Write down the names, doses, and times when you take them. Update the list when things change.

3 - Schedule a Yearly Medication Check

Ask your doctor or pharmacist to review your medicines once a year. They can:

- Look for side effects
- Check for drug interactions
- See if there are easier or cheaper options

If you have Medicare or other insurance, this might be a covered service.

4 - Take Medicine at the Same Time Each Day

Taking your medicine at the same time every day helps it work better. Try pairing it with a daily habit, like brushing your teeth or making coffee. Keep your medicine in a spot where you'll see it (but out of reach of children and pets!).

5 - Use Reminders

You can:

- Set phone alarms
- Use a notebook or sticky note
- Turn the bottle sideways after taking it, then upright before bed
- Try timer caps that tell you the last time the bottle was opened

Timer caps are available at many retail pharmacies or online, and they make it easier to see if you've taken your medication. These are designed with a built-in timer that starts when you close the bottle, so you can see how much time has passed. The timer resets each time the bottle is opened.

6 - Use a Pill Organizer

Pill boxes can help you sort medicine by day and time. Some have spaces for morning, afternoon, and night doses. Choose one that fits your schedule, whether daily, weekly, or monthly. Smaller options are also available and convenient for travel.

7 - Don't Run Out

Set reminders to refill your prescriptions. Some pharmacies offer auto-refill or even home delivery. Ask your pharmacy if these options are available.

8 - Try a Medication App

There are free apps like Medisafe, MyMeds, and Pillboxie that help you:

- Get reminders
- Track doses
- Set refill alerts
- Keep notes about side effects

9 - Ask for Help with Costs

If your medicine is too expensive, talk to your doctor or pharmacist. They may:

- Find a lower-cost option
- Give you a discount card
- Help you apply for programs that lower the cost

HopeHealth Pharmacy locations are open to HopeHealth patients and the public. HopeHealth offers six pharmacy locations, with two in Florence at the Medical Plaza and Pine Needles locations, as well as Kingstree, Greeleyville, Manning, and Orangeburg locations. HopeHealth patients find it easy and convenient to see their provider and pick up medications in the same location.

Our pharmacy staff takes extra steps to make copays as economical as possible, and a sliding fee scale is also available for those who qualify. Additionally, HopeHealth Pharmacy offers the Rx Local App with "Rx ready" text messaging, mobile refill requests, and medication listing. Free local delivery or shipping medications to your home is available at Florence pharmacy locations and HopeHealth Pharmacy Manning. Shipping is also available at HopeHealth Pharmacy Orangeburg. Stop by or call any of our pharmacy locations for more information.

Upcoming Facility Closure



Please note that all HopeHealth sites will be closed on **Wednesday, October 15**, for a staff meeting. Patients can still reach an on-call provider by calling the number associated with their main provider. In an emergency, dial 911 or visit the nearest emergency department.

HopeHealth Launches Clinical Trial

HopeHealth Launches First Clinical Trial

**Advancing Lupus Research
in South Carolina**

Lead Investigator: Dr. Supen Patel

Learn More: hope-health.org/community/news/



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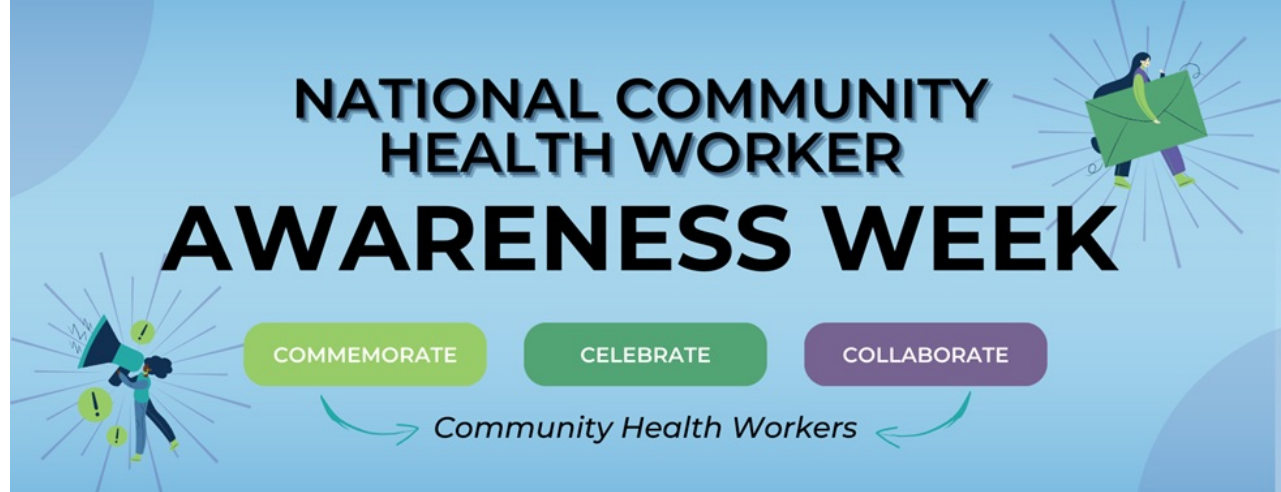


Big news! HopeHealth has launched its first clinical trial, advancing lupus research right here in South Carolina. This milestone helps expand access to cutting-edge medical research in rural communities.

Click [here](#) to read more about this exciting advancement in research.

**HopeHealth Celebrated Important
Awareness Weeks**

**National Community Health Worker
Awareness Week**



National Community Health Worker Week: August 25 - August 29

The Patient Navigation Services department celebrated National Community Health Worker Week with a full week of activities and volunteer opportunities. Our Community Health Workers and Care Navigators play a vital role in bridging gaps in health care - offering essential support, guidance, and compassion to those who need it most.

National Health Center Week



HopeHealth celebrated National Health Center Week from August 2-8 with employee appreciation activities, advocacy efforts, and community events.

Grits with Gents



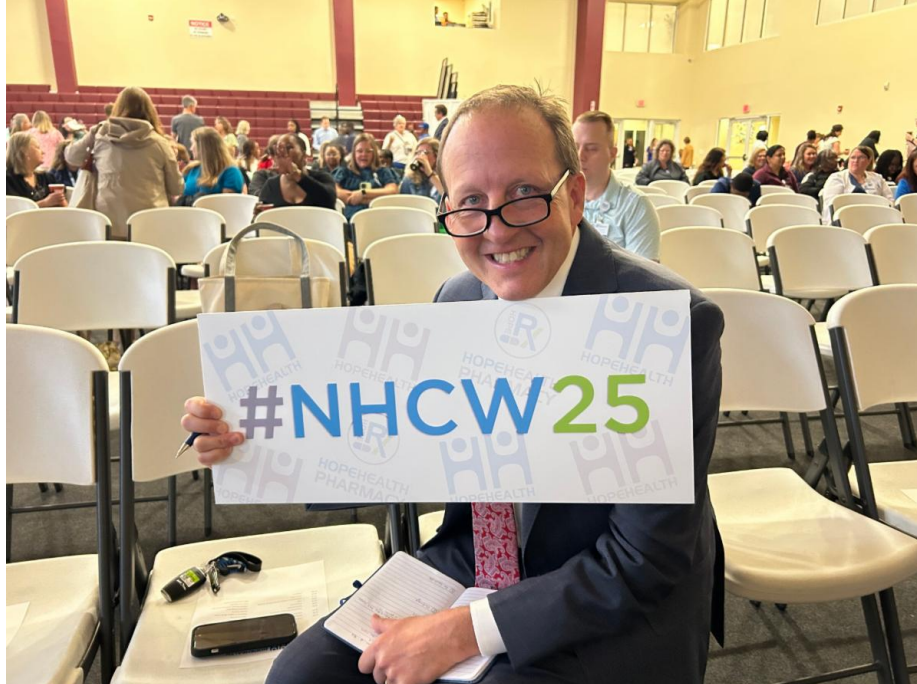
Grits with Gents occurred on Saturday, August 2, at the Streater Community Center (301 N. Dargan Street, Florence). This recurring event, held at 9am on the first Saturday of each month, provides men with a comfortable and open space to learn about, discuss, and ask questions regarding key health concerns. Attendees enjoyed inspiring speakers and door prizes!

Step Into National Health Center Week



This event was held on Monday, August 4, at the Streater Community Center. Patients and staff took a walk around the HopeHealth Medical Plaza walking trail. Following the walk, participants enjoyed refreshments and giveaways!

Social Media Day



Staff were encouraged to take photos with the selfie boards and share them with the #NHCW25 hashtag during Social Media Day. Visit the [HopeHealth Facebook page](#) to view more staff selfies!

HopeHealth's mission relies on strong support from our communities and elected officials. **It takes less than two minutes to become an advocate. Register by visiting www.hcadvocacy.org and be sure to choose HopeHealth as your health center.**

Patient Resource - PrEP Awareness Week Event



PrEP AWARENESS WEEK EVENT

PrEP (pre-exposure prophylaxis) is a one-a-day pill that prevents contracting HIV

WHAT | **FREE Lunch** (First 50) + Free HIV Testing
+ Info Materials + Giveaways + Health Screenings

WHEN | Thursday, September 25 | 10 am - 3 pm

WHERE | FMU - University Center | 4822 E. Palmetto St.



hope-health.org

Recipe Spotlight

One Pot Spaghetti and Meat Sauce

This is a quick and healthy recipe with easy cleanup and a few “sneaky” vegetables to increase the nutritional profile. Serve with green beans, broccoli, salad, or another vegetable, as well as garlic bread.

Serves 6

Ingredients:

- 1 pound 90/10 ground beef or ground turkey
- 1 small onion, diced
- 1 large carrot, peeled and grated
- 1 cup freshly chopped spinach
- 2 cloves garlic, minced
- 2 teaspoons Italian seasoning
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1/8 teaspoon red pepper flakes
- 1 teaspoon salt
- 4 cups of low-sodium broth – chicken, beef, or vegetable
- 1 28-ounce can of low-sodium crushed tomatoes
- 1 13-ounce box of whole wheat or veggie spaghetti noodles



Directions:

- In a large skillet, cook the ground beef or turkey and onion over medium heat until the meat is cooked, about 12-14 minutes. Stir it frequently and break up the ground beef or turkey with a spatula.
- Add the onion, shredded carrot, spinach, garlic, Italian seasoning, oregano, basil, pepper, and salt. Stir and cook for 3-4 minutes until veggies are softened.
- Add broth and crushed tomatoes. Stir and bring to a simmer over medium-high heat. Add dry spaghetti and lower to medium heat. Cover and cook for 10-15 minutes, stirring often to prevent the spaghetti from clumping. If the sauce thickens too quickly, add another ¼ to ½ cup of broth and keep cooking.
- When the pasta is cooked, taste and adjust the seasonings as desired. If the tomato sauce is bitter, add a pinch of sugar (about 1 teaspoon).
- Served with shredded Parmesan cheese and fresh basil as desired.

Tips:

Making this one day ahead and refrigerating the dish promotes resistant starch in the pasta. Reheating before serving does not affect the starch content if it's been refrigerated for 24 hours or overnight. Resistant starch can help you stay full longer, promote gut health, and improve blood sugar control for people with diabetes. If you have diabetes, monitor portions and check blood sugar 1-2 hours after the meal to see if resistant starch has a positive effect on your post-meal blood sugar control.

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, carbohydrate counting, and more.

How satisfied were you with the content of this email?

1 - Very Dissatisfied

2 - Dissatisfied

3 - Neutral

4 - Satisfied

5 - Very Satisfied

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hope-health.org

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