

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Women's Health

HopeHealth's quality focus for October is women's health. This clinical focus includes measures like breast cancer screening, cervical cancer screening, chlamydia screening, and osteoporosis management in women.

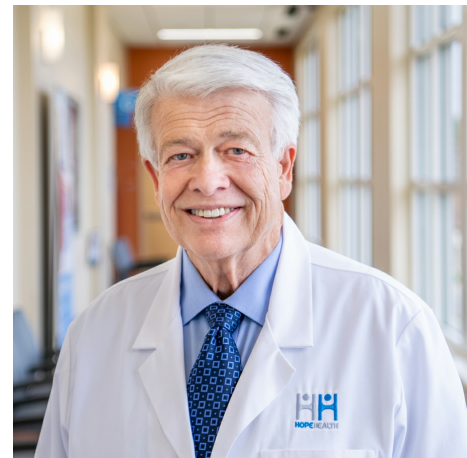
Below, read about cervical cancer prevention. [Click here](#) to read about managing symptoms of perimenopause and menopause.

Two Important Steps for Cervical Cancer Prevention

Charles Webb, MD

Cancer screenings are a vital part of a woman's reproductive and overall health. While breast cancer is the most common reproductive cancer in women, cervical cancer is the third most common type of gynecological cancer, following endometrial and ovarian cancer.

This type of cancer starts in the cells of the cervix, the lower part of the uterus that connects to the vagina. In the United States, about 13,000 new cases of cervical cancer are diagnosed, and about 4,000 women die of this type of cancer each year.



Cervical cancer is most frequently diagnosed in women between the ages of 35 and 44, with an average diagnosis age of 50. It rarely develops in women younger than 20. Many older women don't realize they are still at risk of developing cervical cancer as they age, when in fact, the risk of transmission slowly increases with age. More than 20% of cervical cancers are found in women over 65. However, these cancers rarely occur in women who have been getting regular tests to screen for cervical cancer before age 65.

If caught early, cervical cancer can be treated and often cured. However, there are typically no symptoms in the early stages. If a woman does not get regular screenings, precancerous cells typically become cancer cells over time. Without symptoms, the cancerous cells may not be caught until a later stage, making them more challenging to treat. Cervical cancer screenings and following vaccination guidelines for the human papillomavirus are two important prevention steps to greatly decrease your risk of

cervical cancer.

Human Papillomavirus (HPV)

Nine out of ten cases of cervical cancer are caused by HPV, the human papillomavirus. HPV is the most common sexually transmitted infection in the US, often acquired soon after initiating sexual activity. The risk of transmission is also higher with any new sex partners.

There are over 200 strains of HPV, and many HPV infections are cleared by the immune system. Some types of HPV infections may cause warts in different areas of the body, including the mouth and genitals, but don't lead to cancer. Certain types of high-risk genital HPV infections are passed through sexual or other skin-to-skin contact and may take 20 years or longer to develop into cervical cancer. Certain HPV strains are also associated with cancer of the vagina, penis, anus, head, and neck.

The HPV vaccine was introduced in 2006 and is widely available. While getting vaccinated doesn't mean you have no risk of contracting cervical cancer, the vaccine has the potential to prevent over 90% of cancers caused by certain high-risk HPV strains. The vaccine is seen to be most effective if it's administered before the patient is sexually active.

Current guidelines recommend children (both boys and girls) ages 11-14 complete the two-dose vaccination series, but it is safe to give as early as 9 years old. A three-dose series is recommended for patients ages 15-27 who have not been vaccinated or did not complete the series. Parents are encouraged to talk to their pediatrician about HPV vaccinations for their children.

For anyone ages 27-45 who has not had the HPV vaccine, it is recommended to discuss the risks and benefits with your health care provider. It is not recommended for those over 45, as most have been exposed to the virus, and the immune response may not be as effective. Those who are pregnant or allergic should not take the vaccine.

Since the vaccine was introduced, the incidence of HPV infections and cervical pre-cancers (abnormal cells on the cervix that can lead to cancer) has dropped by over 80% in teen girls and young women, with an overall 40% drop for women who have been vaccinated.

Cervical Cancer Screening Guidelines

Screening for cervical cancer may include Pap tests, HPV testing, or both. For both tests, cells are taken from the cervix and sent for lab testing. The Pap test looks for any abnormal cells, and the HPV test looks for infection from the HPV strains linked to cervical cancer.

Younger than age 21:

- No screening is needed

Ages 21-29:

- Complete a Pap test alone every three years
- HPV testing alone can be considered for women ages 25-29, but Pap tests are preferred

Ages 30-65: Choose one of three options:

- Have a Pap test and an HPV test every five years (co-testing)
- Have a Pap test alone every three years
- Have an HPV test alone every five years

Ages 65 and older: Testing is not needed if there is no history of cervical changes in the last 10 years, with the last test in the previous three to five years, depending on the type of testing completed:

- Three negative Pap tests in a row
- Two negative Pap tests in a row
- Two negative co-test results in a row within the past 10 years

Women who have been vaccinated for HPV still need to be screened for cervical cancer, as well as those who have had a hysterectomy with the cervix still intact.

The annual women's wellness visit is also an important part of a woman's preventive health. It includes a review of any symptoms, along with breast and pelvic exams, screenings, and labs as needed. Schedule an additional appointment with your provider or gynecologist immediately if you have any abnormal symptoms, including prolonged or heavy periods, abnormal vaginal bleeding, breast issues, or pelvic pain.

It's important to discuss both the HPV vaccine and cancer screening guidelines with your health care provider or gynecologist to decide what works best for you. Stay proactive with prevention measures to protect the future you against cervical cancer. The result pays off big, with a much lower risk of cervical cancer in the long run.

Bring Your Medications To Appointments!

BRING YOUR MEDICATIONS TO APPOINTMENTS

THIS HELPS YOUR PROVIDER
PREVENT **ADVERSE DRUG EVENTS**



Did you know that more than 1.5 million people visit emergency departments for adverse drug events each year in America, and almost 500,000 require hospitalization? Bringing all of your medications in their original containers to your appointments helps keep your provider in the know so you can stay healthy!

Upcoming Events

Boo The Flu



Get your flu shot* and decorate a pumpkin.
NEW THIS YEAR: Adult HopeHealth patients can also
receive their flu shot!



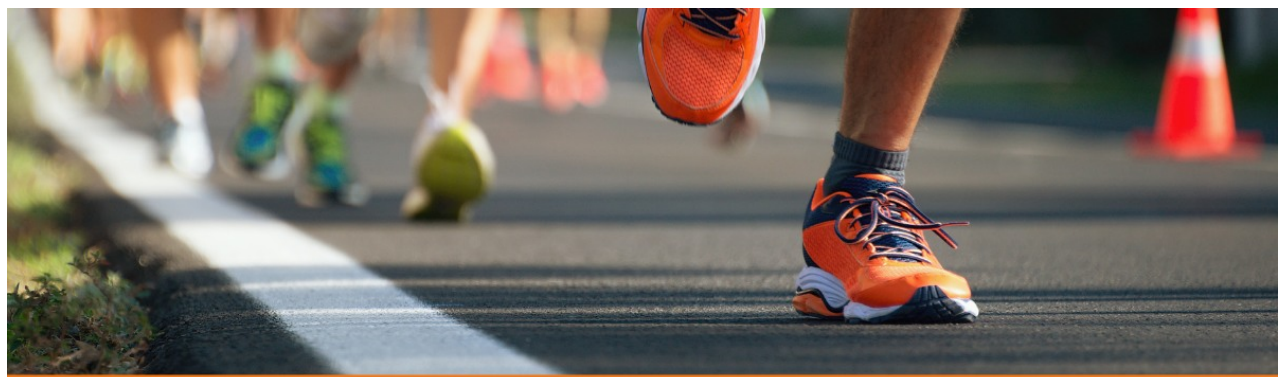
HopeHealth Pediatrics

1920 Second Loop Rd | Florence, SC

October 30 | 5:30-7 PM

Enter by Valparaiso Dr. (left of building) &
Follow signage for flu vaccine.
Then visit our pumpkin patch to decorate a pumpkin.
All are welcome to decorate. Costumes encouraged!

***REGISTRATION IS REQUIRED FOR FLU SHOTS AND FOR CURRENT PATIENTS ONLY.
CALL 843-432-3700 TO REGISTER FOR SHOTS.**



DIABETES
AWARENESS
WALK



SATURDAY | NOVEMBER 15
STREATER COMMUNITY CENTER



The Diabetes
Institute

Mark your calendars! The Diabetes Institute is hosting an awareness walk on Saturday, November 15! Join us for screenings, giveaways, and snacks as we walk to raise awareness for diabetes.

Join us at the Streater Community Center (301 N. Dargan Street, Florence) from 8:30 - 11:00 am. Pre-registration is not required.

For more information, call (843) 667-9414 ext. 1209.

Awards Spotlight

HopeHealth has again been named a Gold Level Advocacy Center of Excellence by the National Association of Community Health Centers (NACHC), one of only three Community Health Centers in South Carolina to earn this status.

HopeHealth has been an Advocacy Center of Excellence (ACE) since 2016 and has earned and maintained Gold Level status since 2018. HopeHealth was the first Community Health Center in South Carolina to achieve ACE status, and the 22nd center in the country to achieve Gold status.

The ACE program recognizes and rewards Community Health Centers that demonstrate excellence in formalizing their advocacy program to make it an integral, institutional part of their health center operations. These Community Health Centers create a culture of advocacy to ensure policymakers at all levels of government commit to investing in the affordable, equitable, and innovative care they provide.

To achieve Gold ACE Status, organizations must earn at least 75 points by completing advocacy-related initiatives. These include securing 100 percent staff and board participation as health center advocates, participating in civic engagement efforts, and establishing an advocacy committee.

In a letter notifying HopeHealth of its renewed Gold status, Kyu Rhee, MD, MPP, President & CEO of NACHC, stated, "Earning Gold ACE status requires serious dedication and prioritization of advocacy at your health center. Your organization is now part of an elite group that serves as an example to other Community Health Centers striving to achieve advocacy excellence. The amount of effort and time needed to achieve this requires hardworking, engaged staff and supportive leadership - two pieces of the puzzle necessary for a successful and robust advocacy program - both of which you have demonstrated."

HopeHealth Recognized by HRSA



HopeHealth was the recipient of two Community Health Quality Recognition (CHQR) awards from the Health Resources & Services Administration (HRSA).

HopeHealth was recognized with the Gold Health Center Quality Leader badge for the second year in a row and also earned the National Quality Leader – Heart Health badge.

Health Center Quality Leader – Gold

HopeHealth retained its gold status and was recognized with this badge, given for achieving the best overall clinical quality measure performance among all health centers. Gold is the top 10 percent of all centers nationwide for overall quality performance, while silver is the top 11-20 percent, and bronze is the top 21-30 percent.

National Quality Leader – Heart Health

In order to earn this award, HopeHealth had to meet or exceed three of the four national targets for cardiovascular care.

These include:

1. Tobacco use: screening and cessation intervention
2. Ischemic Vascular Disease (IVD): Use of aspirin or another antiplatelet
3. Statin Therapy: Prevention and treatment of cardiovascular disease
4. Hypertension Control: Controlling high blood pressure

Community health centers annually report a core set of information, including data on patient characteristics, services provided, clinical processes and health outcomes, patients' use of services, staffing, costs, and revenues as part of a standardized reporting system known as the Uniform Data Systems (UDS). More information on the data can be found at data.hrsa.gov.

Recipe Spotlight

Hearty Black Bean Soup

Ingredients:

- 2 Tbs. olive oil
- 1 yellow onion, chopped
- 3 celery stalks, sliced
- 1 large carrot, peeled and sliced into rounds
- 4-6 garlic cloves, minced
- 4 tsp. ground cumin
- ¼ tsp. red pepper flakes (increase to ½ tsp. if you like spicy!)
- 4 15-ounce cans black beans, drained and rinsed
- 4 cups (32 ounces) vegetable broth, preferably low sodium
- ¼ cup chopped fresh cilantro (or parsley), optional
- 2 Tbs. fresh lime juice (1 standard lime)
- Salt and pepper to taste



Directions:

- Heat the olive oil in a soup pot or large Dutch oven over medium heat until shimmering. Add the onion, celery, and carrot, and cook until soft, stirring occasionally for 10-15 minutes.
- Stir in garlic, cumin, and red pepper flakes and cook another minute.
- Pour in the beans and broth and bring to a low boil. Reduce heat to simmer and cook for 25-30 minutes.
- Transfer about 4 cups of soup to a blender, blend until smooth, and return to the pot, or use an immersion blender on a portion of the soup.
- Stir in cilantro, lime juice, salt, and pepper and serve.
- Add optional toppings such as avocado, extra cilantro or parsley, radish slices, or tortilla chips.

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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