

THE PATIENT PRESCRIPTION

Your Health Begins Here



Quality Spotlight - Lung Health

HopeHealth's quality focus for August is lung health. This clinical focus includes measures like tobacco and vape cessation, asthma assessment and control, COPD assessment and control, and lung cancer screening.

Keep reading to learn about COPD.

Important Strategies to Prevent and Manage COPD

Amanda Cieluch, AGNP

COPD, or Chronic Obstructive Pulmonary Disease, is a serious lung condition affecting more than 15 million Americans, and many may not be aware they have it. For those living with COPD, the airways, or tubes carrying air in and out of the lungs, are partially blocked, making it more difficult to breathe.

The two common types of COPD are emphysema and chronic bronchitis. With emphysema, the air sacs in the lungs (called alveoli) become damaged, making it harder to pull in oxygen. This causes shortness of breath and fatigue. Bronchitis is inflammation of the lining of the airways, (called bronchial tubes), producing a wet cough, mucus, shortness of breath, and fatigue. Symptoms of bronchitis seen periodically for two years or more lead to chronic bronchitis and COPD.



COPD is the sixth leading cause of death in the U.S. and increases the risk of heart disease and cancer. It is usually diagnosed after age 40, and research indicates more women live with and die from COPD than men. While the number of cases for men is decreasing, women's cases have increased, and evidence suggests this is due to a higher susceptibility of the lungs to the damage of smoking.

The symptoms of COPD increase slowly over time, can vary from person to person, and include shortness of breath and fatigue with daily activities such as walking or climbing stairs, frequent coughing (often called "smoker's cough"), wheezing, trouble taking a deep breath, and excess mucus or phlegm production. If you have the symptoms of COPD, share these concerns with your health care provider.

The number one risk factor for COPD is smoking. One in four people who have COPD have never smoked, but other risk factors include exposure to secondhand smoke and workplace exposure to air pollutants such as chemicals, dust, fumes, gases, and vapors. Other factors include a history of childhood respiratory infections and asthma, and over 100,000 Americans have been diagnosed with COPD due to a genetic deficiency called alpha-1-antitrypsin affecting the lungs.

To prevent and treat COPD, it is important to take action. If you smoke, the most vital thing to do is quit smoking. While the damage of smoking cannot be reversed, stopping can help prevent further damage. Talk to your provider about ways you can quit. If you are 50 or older and have a smoking history of 20 years or more, it is important to complete a CT lung screening once a year. If you live or work with smokers, take precautions to prevent exposure to secondhand smoke. If exposed to air pollutants in the workplace, wear protective equipment and stay informed regarding workplace safety.

The earlier COPD is diagnosed, the faster medical treatments can help improve and control symptoms. This will help to slow the progression of the disease and manage flare-ups, ensuring you can stay active and feel better. COPD can be diagnosed in-office using spirometry or pulmonary function testing. Treatments include oral medications and/or inhalers to open airways, decrease mucus production, and manage any infections or flare-ups. Additionally, oxygen therapy can be added when needed. Once you have a COPD diagnosis, there are several strategies to manage your health.

For shortness of breath, there are two helpful and simple breathing techniques: tripod position breathing and pursed lip breathing.

For the tripod position, you may stand or sit in a sturdy, straight chair with arms slightly bent and hands braced on the knees, table, or pillow for support. Lean forward with a straight back to a 45-degree angle, and take several slow, deep breaths from the belly (diaphragm).

Pursed lip or straw breathing can be done at any time. Close your mouth and take a slow, steady breath in through the nose, then breathe out through the mouth while pursing your lips, like blowing out with a straw.

Regular physical activity can help with oxygen intake and build strength and endurance. Talk to your provider about physical activity or ask for a referral to pulmonary rehab for monitored exercise. Pulmonary rehab is a wonderful way to learn to exercise safely and meet others with COPD. Managing stress and getting adequate sleep also promotes overall health.

Good nutrition helps with overall health and energy levels. Include whole foods such as lean meat, poultry, seafood, whole grains, fresh fruits, and vegetables. Try smaller, more frequent meals and snacks to avoid getting too full. Limiting sugar, sweets, sweet drinks, and highly processed foods can also help decrease shortness of breath.

Many people with COPD are sensitive to allergens, including air pollution and irritants. Find someone else to clean the house or wear an N-95 mask. Fumes from bleach, bathroom and oven cleaners, and spray polish in unvented areas can set off breathing issues. Use baking soda, vinegar, and mild solutions of soap and water instead. Purchase unscented soaps, lotions, shampoos, and hygiene products. Use air purifiers and HEPA filters in heat and air systems and vacuum cleaners to reduce airborne irritants. Reduce humidity with air conditioners, dehumidifiers, and fans.

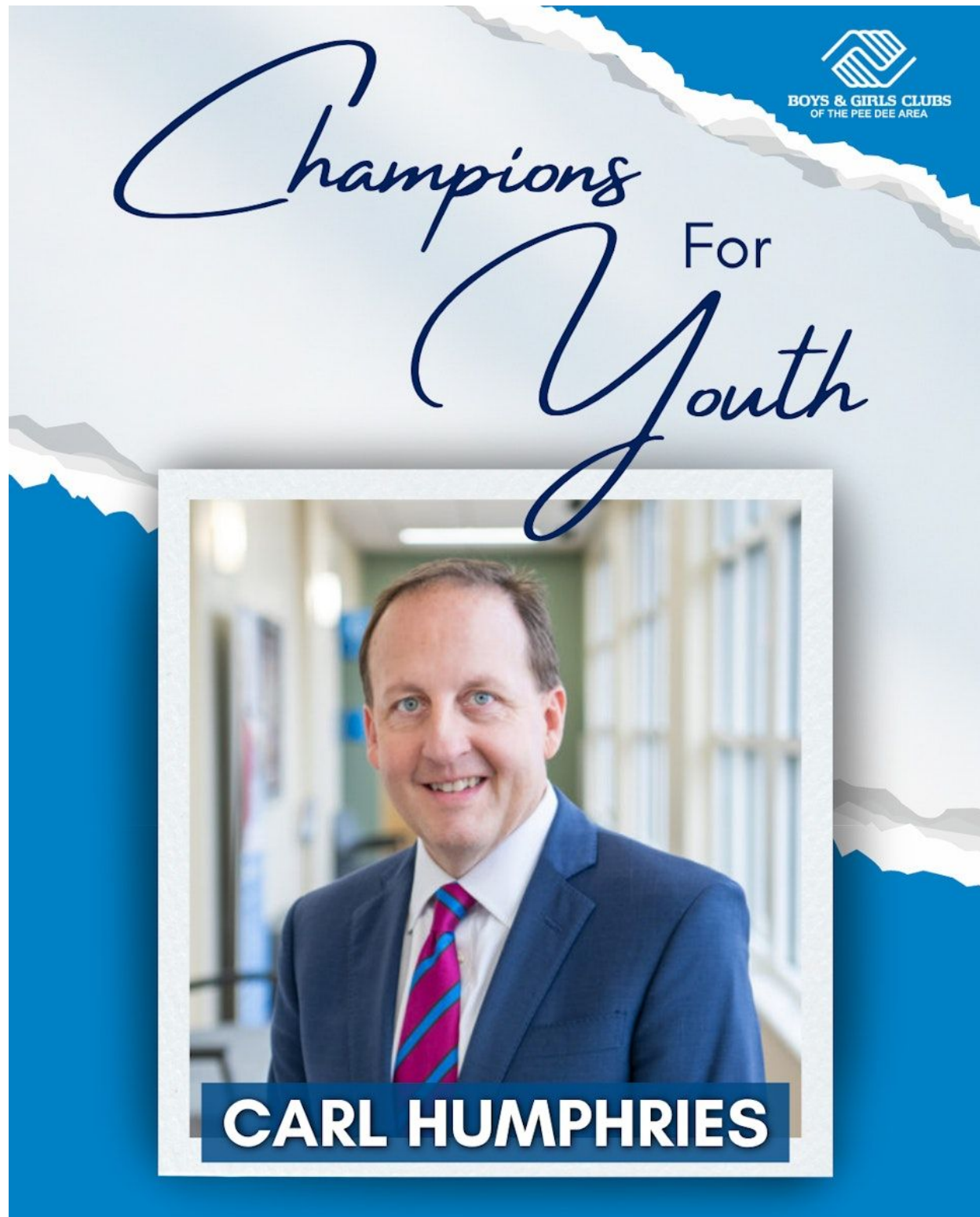
Dust mites are another culprit. Replace carpet with wood floors, wash bedding and area rugs regularly, and vacuum regularly. Keep pets washed and groomed, and make the bedroom a no-pet zone. Be on the lookout for mold in the kitchen and bath areas. If pollen triggers symptoms, limit time outside during pollen season and close the windows.

Know your day-to-day COPD symptoms, be alert to any changes, and call your provider if symptoms progress. Coughing more, feeling more tired or restless, having a fever over 100.5 degrees, experiencing increased breathing issues and needing more oxygen or meds, or producing more mucus all signal the need for a provider call or visit.

More serious changes that may require a visit to the emergency department include difficulty breathing when at rest, feeling more confused or sleepier than usual, medications not providing relief, or fingers, toenails, or lips turning blue.

Talk to family and anyone in your circle about the different levels of care, from day-to-day management to symptoms for seeing your provider, or a more serious issue necessitating emergency care. COPD isn't an easy diagnosis, but it is manageable when you develop a plan to minimize symptoms, maximize health, and know when to ask for help!

Boys & Girls Clubs of the Pee Dee to Recognize HopeHealth CEO



The graphic features a light blue background with a white torn-paper effect at the top. In the top right corner is the Boys & Girls Clubs of the Pee Dee Area logo, which consists of a stylized interlocking 'B' and 'G' above the text 'BOYS & GIRLS CLUBS OF THE PEE DEE AREA'. The words 'Champions For Youth' are written in a large, elegant, dark blue script font. Below this, a white-bordered rectangular frame contains a portrait of Carl Humphries, a middle-aged man with short brown hair, wearing a dark blue suit, white shirt, and a pink and blue striped tie. He is smiling and standing in front of a blurred office background. At the bottom of the frame, a dark blue banner with white text reads 'CARL HUMPHRIES'.

Champions For Youth

CARL HUMPHRIES

Boys & Girls Clubs of the Pee Dee Area will recognize HopeHealth's Chief Executive Officer Carl Humphries as its 2026 Champion for Youth on Tuesday, August 25.

Carl has led HopeHealth since 2000, and throughout his career, he has remained committed to HopeHealth's mission of serving the underserved by ensuring access to affordable, high-quality health care for children and families across South Carolina.

A graduate of the University of South Carolina with a bachelor's degree and a Master of Social Work focused on the humanities, Carl began his career as a public health social worker with the South Carolina Department of Health and Environmental Control (DHEC), specializing in HIV prevention, education, and support services.

[Click here](#) to read more.

2026 HopeHealth Town Hall Series



HopeHealth CEO Carl Humphries continues to host quarterly town hall meetings for patients and community members, designed to build awareness and deepen understanding of HopeHealth's mission, services, and unique role as a community health center.

The next event will be held at the Streater Community Center on Monday, August 24, at 4:30pm.

For more information and to register, visit our [Facebook page](#) or the [website](#)!

HopeHealth Celebrated National Health Center Week



HopeHealth celebrated National Health Center Week from August 2-8, raising awareness of the importance of community health centers like HopeHealth.

As part of the week-long emphasis on the importance of people and the power of partnerships in making innovation possible, HopeHealth hosted a Partners in Impact Luncheon on August 4. The luncheon brought together community leaders, partners, advocates, and supporters to celebrate the partnerships and people who help advance health and well-being across the communities we serve.



Staff were encouraged to participate in partner recognition by thanking the community partners they collaborate with to advance patient outcomes.

Staff also received a complimentary ice cream treat as a small token of gratitude for their hard work and dedication, and were encouraged to take photos with the #NHCW26 selfie boards.



Thank you for celebrating [National Health Center Week](#) with us!

HopeHealth CEO's Op-Ed Published by The Post & Courier



As HopeHealth celebrates 35 years of expanding access to care, the 340B Drug Pricing Program remains essential to our ability to serve rural and underserved communities. In this editorial, HopeHealth CEO Carl Humphries explains why protecting 340B means protecting affordable medications, comprehensive services, and healthier futures for South Carolinians. [Click here](#) to read the full editorial.

Partnership Spotlight: The Healthy Huddle with LaNorris and Jayden Sellers





Saturday, July 25 | 10 am
Florence Family YMCA gymnasium | 1700 S. Rutherford Rd., Florence

HopeHealth and the Florence YMCA hosted The Healthy Huddle: Back-to-School with LaNorris and Jayden Sellers on Saturday, July 25. This exciting event featured SC football quarterback LaNorris Sellers and his brother, SC wide receiver Jayden Sellers, as well as HopeHealth pediatrician Michael K. Foxworth II, MD, FAAP. The children in attendance enjoyed a morning of exercise and mindfulness, then received autographs, photos, healthy snacks, and back-to-school supply giveaways. Over 100 kids got a [head start on school readiness](#) thanks to this event!

Recipe Spotlight

Mediterranean Chicken Kabobs with Tzatziki Sauce

Ingredients:

Marinade

- 1/3 cup olive oil
- 1/4 cup lemon juice (about 2 medium lemons)
- 1 Tbsp. apple cider vinegar
- 2 tsp. dried oregano
- 4 garlic cloves, minced
- Salt and pepper to taste

Kabobs

- 1 1/2 pounds or 3-4 chicken breasts, cut into 2-inch pieces
- 1 medium zucchini, cut into 1/2-inch thick rounds
- 1 large red, yellow, or orange sweet pepper, cut into 1 1/2-inch squares
- 1 large red onion, cut into 1 1/2-inch squares
- 6-8 skewers (if using wooden skewers, soak in water for 30 minutes before assembling)

Tzatziki Sauce

- 1/2 cup grated cucumber, squeezed to remove water
- 1/2 cup plain Greek yogurt



- 1 1/2 Tbsp. lemon juice (1 small lemon or 1/2 medium to large lemon)
- 1 Tbsp. olive oil
- 1 tsp. dried dill
- 2 garlic cloves, minced
- Salt and pepper to taste

Directions:

- Make the marinade by combining all ingredients in a bowl or mason jar. Mix with a fork or shake the jar to combine. Keep in the refrigerator until ready to marinate the kabobs.
- Prepare the kabobs by cutting the chicken into cubes and the zucchini, pepper, and onion into chunks.
- Marinate the chicken in 3/4 of the marinade mixture for 4-24 hours, tossing a few times while it marinates. Reserve the remaining 1/4 of the marinade mix, covered and in the refrigerator, until ready to grill.
- Cover and store the veggies until ready to assemble the kabobs.
- Make the tzatziki by combining all the ingredients and mixing well. Cover and refrigerate until ready to serve.
- Preheat the grill to 400 degrees Fahrenheit. Assemble the kabobs on the skewers, alternating chicken and veggies as desired.
- Discard the marinade used for the chicken, and brush the remaining marinade mix from the refrigerator on the kabobs.
- Grill the kabobs until the chicken is cooked through, about 5-7 minutes per side or until the internal temperature reaches 165 degrees Fahrenheit.
- Serve the kabobs with tzatziki sauce.

Visit hope-health.org/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?

5 - Very Satisfied

4 - Satisfied

3 - Neutral

2 - Dissatisfied

1 - Very Dissatisfied

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hope-health.org

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