



## Welcome to the Sentara Quality Care Network (or SQCN, pronounced "sequin")

You are receiving this because your doctor or provider is in the SQCN network. They have chosen to come together to offer you seamless healthcare.

This month we are covering these important topics:

- Back-to-School Well-Care Visits and Immunizations
- Children's Eye Health and Safety Month
- Sun Safety Awareness

You have access to customizable, no-cost services. Find them [here](#). You can contact us at [SQCN@sentara.com](mailto:SQCN@sentara.com) to get started. We look forward to serving you!

### Are You Taking Your Medications?

Be sure to talk with your primary care team if any of these factors are getting in the way of taking your medications:

- The overall cost and/or lack of convenience.
- Taking a medication you might not need.
- Do you have your most recent list of all prescriptions?

Please take our quick, four-question survey and let us know what challenges you are facing.

Staying on top of your medications is a great way to manage your health.

## It's Back-to-School Time: Well-Care Visits and Immunizations

### Well-Care Visits

With kids going back-to-school, now is a good time for well-care visits. This covers:

- Suggested vaccines
- Flu shots during the season
- Growth tracking and milestones
- Going over any concerns you may have

The well-care visit is not only for the late summer. It can be scheduled at any time in the calendar year.

### Recommended Vaccines

COVID-19 continues to impact the health of our children. Some may have fallen behind in [routine visits and immunizations](#).

Students going into school have minimum vaccine requirements. (That is, unless they are religiously exempt.) Most students get the required vaccines from their primary care team or local health department.



Rising 7th and 12th graders need additional vaccines before each grade.

See the [Child and Adolescent Vaccine Assessment Tool](#) from the Centers for Disease Control and Prevention (CDC).

## Why the HPV Vaccine is Important

The Human Papillomavirus vaccine (HPV) can prevent six types of cancer. Getting your kids vaccinated now can help them through adulthood.

The recommended schedule is as follows:

- Age 9 and up are on a two-dose schedule.
- One dose is recommended to enter 7th grade.

Vaccines are **safe**, effective, and help protect your kids from dangerous diseases. Find the immunization schedules for **Virginia** and **North Carolina** here. Check out the Ask Your Pharmacist: Vaccine Myths section below.

Talk with your primary care team about any concerns.

Sources: <https://www.cdc.gov/vaccines/partners/downloads/teens/vaccine-safety.pdf>

<https://www.cdc.gov/vaccinesafety/vaccines/hpv-vaccine.html>

## Healthy Eyes for Kids

The annual eye check is part of back-to-school readiness. However, you can help your children take care of their eyes all year.

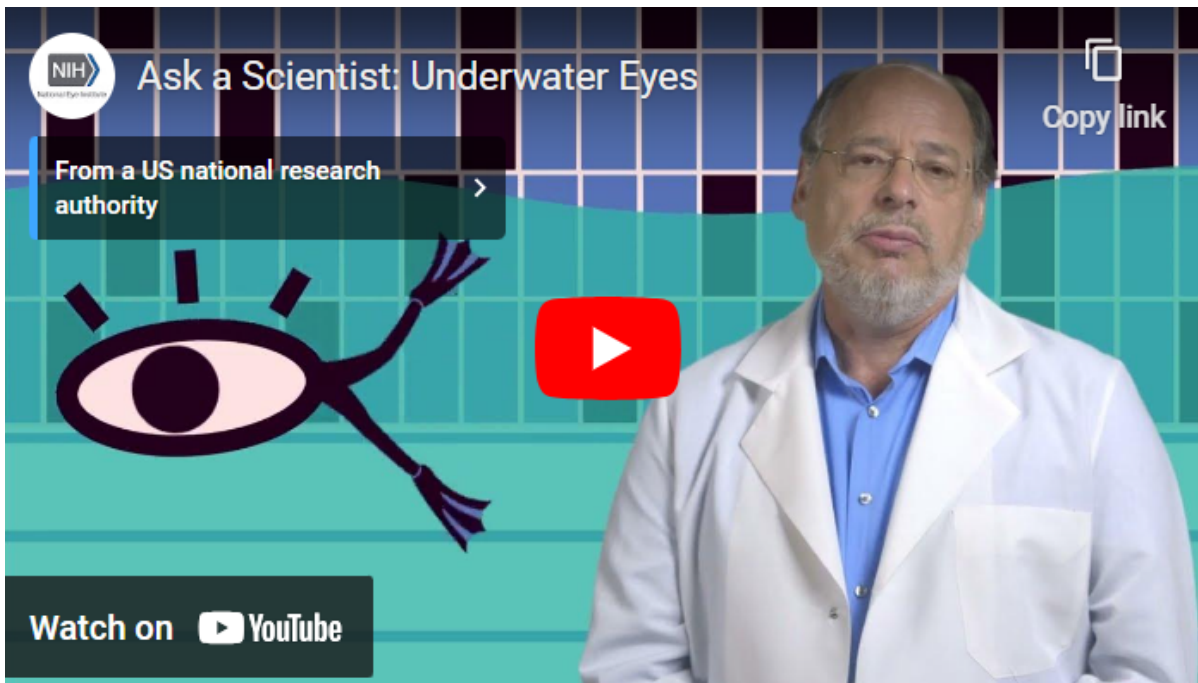
Encourage them to:

- Eat fruits, vegetables, and fish.
- Exercise to keep a healthy body weight and avoid diabetes.
- Wear prescribed glasses. (Help them to keep the glasses clean and free of smudges.)

Don't forget eye safety in sports. Protective eyewear is recommended for sports like basketball, soccer, lacrosse, field hockey, and paintball. Baseball batting and football helmets need a protective face shield. Swim goggles are a must for swimmers.

The sports exam is a great time to talk about any concerns. For more information on sports eyewear, see this National Eye Institute [link on Sports & Your Eyes](#).

And while you're at it, click on the link below for a factual and fun [two-minute video on Underwater Eyes](#).



## Ask Your Pharmacist: Vaccine Myths and Reasons Why Adults Need Them Too

Vaccines are important for both kids and adults. Read on to see some of the myths and facts that surround childhood vaccines.

1. **Vaccines contain harmful ingredients. Facts: Vaccines contain ingredients that keeps it safe for use.** Small amounts of thimerosal, formaldehyde, and aluminum, as an example, can be found. The dose is lower than what we find in our daily environment.
2. **Vaccines cause autism and sudden infant death syndrome (SIDs). Facts: Vaccines are safe.** The most common reaction is minor, such as fever or sore arm. It is more common to be harmed by a disease that could have been avoided. What causes autism and SIDs is still being researched.
3. **Vaccine-preventable diseases are part of being a kid. Facts: Vaccine-preventable diseases can be avoided.** About 36,000 people die from flu each year. Vaccines help to build an immune response and fight off the virus. They do not cause the virus or put the person in harm.
4. **I don't need to vaccinate my kid because all the kids around them are already immune. Facts: Herd immunity occurs when a large amount of the community is vaccinated against a contagious disease.** Patients who are infants, pregnant, or immunocompromised may not be able to get every vaccine. They depend on this type of

protection. If people outside of those specific groups rely on it, then herd immunity will go away.

5. **A child can get the disease from the vaccine. Facts: Most vaccines are inactive, which makes it impossible to get the disease.** Live vaccines may lead to a mild case of the disease. For example, chickenpox can cause a mild rash. It is not harmful and shows the vaccine is working.

#### **And some reasons why adults need them too:**

1. Vaccines have saved lives for years. However, serious disease is still a concern.
2. Vaccines are an effective method to protect against preventable diseases.
3. Vaccines can protect against serious illness.
4. The vaccines you receive are safe and are continuously reviewed and monitored.
5. Certain vaccines may be needed for school, work, or travel.

As always, contact your primary care team if you have any questions or concerns.

Sources: <https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/vaccine-myth-fact>

<https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

#### **Care Corner: Diabetes and the Flu**

According to the CDC, people with diabetes may get more serious flu complications like:

- Ear or sinus infections
- Bronchitis
- Pneumonia

Be sure to get your flu vaccine early in the season. Learn more about [flu and diabetes here](#).

Interested in [diabetes self-management services](#)? Contact us at [SQCN@sentara.com](mailto:SQCN@sentara.com).

## Diabetes Self-Management Care Services

### A Message on Behalf of Your Primary Care Team

Having a diagnosis of diabetes can be stressful and scary. It can feel like it is too much to handle on your own. Your primary care team is working with specially trained registered nurse care managers and care coordinators. Together, they can help you understand and manage your diabetes. They can also help with any other health issues that you may have.

Here are some examples of the kind of help the team can give you. These services are personalized and do not cost you anything:

- ✓ Diabetes education and how daily events affect glucose control
- ✓ Treatment option education including medications and glucose monitoring
- ✓ Benefits and eligibility for continuous glucose monitoring (CGMs)
- ✓ Healthy eating and activity recommendations
- ✓ Reducing risk for complications
- ✓ Maximizing your insurance benefits



When you have blood sugar levels over 180, this can cause damage to blood vessels and nerves. It can lead to:

- Heart disease or stroke
- Kidney disease
- Eye damage
- Poor circulation in the feet or legs
- Poor wound healing
- Immune system issues
- Depression, distress, or low mood

Contact our care management team to get started with diabetes self-management services at [SQCN@sentara.com](mailto:SQCN@sentara.com).



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## Summer Skin Safety

August is Summer Sun Safety Month. Summer safety includes sunscreen, coverings like hats and sunglasses, and having your doctor check your skin.

Skin cancer is the most common of all cancers. Here are three types:

- **Melanoma is a black or brown tumor.** It is the most dangerous type of skin cancer and is found more often than it used to be. Ultraviolet (UV) exposure is one of the main reasons.
- **Basal cell carcinoma is an abnormal growth of skin cells.** It may look like an open sore, red patches, pink growth, or scar. Typically caused by sun exposure, it is one of the most common forms of skin cancer.
- **Merkel cell carcinoma is malignant as well.** It's typically found in elderly patients with sun exposure. It looks like a flesh-colored or bluish-red lump typically seen on the neck, head, and face.

Make an appointment for your annual skin exam today.

Source: <https://www.cdc.gov/cancer/skin/statistics/>

**Questions? Contact the SQCN Team:**

757-455-7330 | [SQC�@sentara.com](mailto:SQC�@sentara.com)

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