



Healthy Tips Summer Safety



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

Welcome to the July edition of *Healthy Tips*. 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:

- Eye health when coupled with diabetes
- Minority mental health awareness
- UV safety and medications

Did you know you have access to customizable, no-cost [care management services](#)? Our team of care managers help improve your healthcare experience.

This team includes:

- **Diabetes care and education specialists** that help create an individualized plan of care that is specific to your health needs and lifestyle.
- **Care coordinators that will help facilitate a diabetic eye exam appointment** with our high-quality network optometrists and ophthalmologists to check and detect early signs of retinopathy.

- **Social workers and care coordinators** that review social determinants and provide support with additional resources like transportation, food, medication affordability, and financial assistance.

Contact us at SQC�@sentara.com to get started today.

We look forward to serving you!

How are we doing?

Please take our quick, 5-question anonymous survey and let us know your thoughts and feedback.

HEALTHY TIPS SURVEY

Diabetes and eyes

Diabetes is a condition that may affect eye health. If you have diabetes, make sure you get an [annual eye exam](#). Download [this tip sheet](#) for helpful information on how to care for your eyes. Contact us for [no-cost diabetes self-management services](#).





NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



Minority mental health awareness

Mental disorders affect all ages and backgrounds, but racial and ethnic minority populations experience numerous mental health disparities including lower treatment rates for depression and higher rates of attempted suicide. [Read more.](#)

Kids and summer

Summer break is the time for kids to connect with the great outdoors. It's also a good time for reminders on how to keep them safe. Find safety tips [here.](#)



Pyx Health app

Need a little extra support? With the no-cost Pyx Health service, you can speak to helpful humans over the phone or chat with the friendly chatbot, Pyxir.

This service is available to our SQCN commercial patients. [Download the app](#) today!



Ask Your Pharmacist: UV safety and medications

Summer is here, and it is important to know how to protect yourself from the sun. Some medicines can make skin extra sensitive to sunlight. This is known as photosensitivity.

What Is photosensitivity?

- When certain medications (taken by mouth, applied topically, or injected) can increase the skin's sensitivity to ultraviolet (UV) rays from the sun or tanning beds.
- This increased sensitivity can lead to sunburn-like symptoms.

Types of photosensitivity:

1. Phototoxicity: Most common type. Skin irritation occurs within hours of sun exposure.
2. Photoallergy: Less common. Allergic reaction on the skin, which may show up days after sun exposure.

Medications that can affect your skin:

- Taken by mouth:
 - Antibiotics (like Doxycycline, Minocycline, Ciprofloxacin, Trimethoprim)
 - Allergy or motion sickness medicine (like Promethazine)
 - Blood pressure drugs (like Hydrochlorothiazide, Furosemide, Amlodipine)
 - Heart rhythm drugs (like Amiodarone)
 - Antidepressants (like Amitriptyline)
 - Cholesterol-lowering pills (like Simvastatin, Atorvastatin)
 - Pain relievers (like Ibuprofen, naproxen)
 - Birth control pills or estrogen pills
 - Diabetes meds (like Glipizide, glyburide)
- Topical medicines:
 - Acne creams (like Tretinoin)
 - Hydrocortisone (for skin irritation)
 - Pain gel (like Diclofenac)

- Cosmetics:
 - Some makeup ingredients (like Salicylates)
 - Soap and hand sanitizer (like Triclosan)
 - Sunscreen chemicals (like Benzophenones)
 - Sunblock (like PABA)

If you're taking any of the medications listed above, talk with your healthcare provider and/or pharmacist about staying safe in the sun.

Remember:

- Use sunscreen (SPF 30 or higher).
- Cover up with hats, sunglasses, pants, and protective clothing.
- Seek shade between 10 a.m.-4 p.m.
- Not everyone will have problems with UV rays from the sun or tanning beds but photoallergy and phototoxicity from medications can occur.

For more information:

- [Sun Protection - The Skin Cancer Foundation](#)
- [The Sun and Your Medicine | FDA](#)
- [PABA - Safe Cosmetics](#)

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