



Healthy Tips Stay Well



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

Welcome to the August 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:

- International Overdose Awareness Day
- National Immunization Awareness Month
- Children's Eye Health and Safety Month
- Psoriasis Awareness Month

Did you know you have access to customizable, no-cost [care management services](#)? Contact us at SQCN@sentara.com to get started today.

We look forward to serving you!

Survey says!

We posted an anonymous survey in our May and June editions. We learned the following:

- Almost 90% would recommend this newsletter to a friend.
- You want to see more physical health and lifestyle information (out of categories that included mental health, pharmacy, and care management).
- Almost 100% agree that the newsletter may have or has helped with their health journey.

Thank you for participating. We welcome your feedback anytime at SQC�@sentara.com.

Ask Your Pharmacist: Opioid overdose

Opioid overdose is the top cause of accidental overdose in the U.S. Opioids, whether they are prescribed by a doctor or used illegally, can be dangerous and lead to an overdose. Naloxone is a medicine that can quickly fix an opioid overdose. It's important for family members, caregivers, and friends to know how to spot an overdose and use naloxone in an emergency.

Naloxone only works if opioids are in the person's body. Some opioids include morphine, heroin, codeine, oxycodone, hydrocodone, and fentanyl.

Here are some signs of an opioid overdose:

- Unconsciousness
- Slow or irregular breathing
- Very small pupils
- Pale or cold skin
- Slow heart rate

Knowing these signs and having naloxone ready can help save lives if an overdose happens. Find free Naloxone resources [here](#). Click the link below for much more information, tips, and statistics.

[OPIOID OVERDOSE INFO, TIPS, AND STATS](#)

Health Equity Corner: Putting the "well" back in wellness visits

As school starts again, it's a good time to think about your child's health. Regular check-ups and vaccines are important to keep them healthy. Here's what you should know:

1. Doctor visits

- Many kids see the doctor before school starts.
- This is a good time to update vaccines or get a sports physical.
- Doctors use this time to build trust with kids and will ask about your child's life and listen carefully.

2. Healthy eating

- Talk to your child's doctor about healthy eating.
- Some food and beauty products have harmful chemicals.
- Ask your primary care team for a list of safer choices to help avoid these chemicals.

3. Important questions

- Doctors need to ask specifics to learn about your child's health.
- They may ask about feelings, drugs, or other sensitive topics.
- It's often better if parents are not in the room for these questions.

4. Immunizations

- All kids in public and private schools need to be up to date on vaccines.
- With so much information online, it's important to talk about any concerns.
- The HPV vaccine is important for preventing certain cancers.
- Doctors can explain why vaccines are important and answer any questions.

5. Why it matters

- Regular check-ups, vaccines, and healthy habits save lives.
- Prevention is easier than treating problems later.

Need more info?

- For school vaccine requirements, click [here](#).
- Call the Division of Immunization at 1-800-568-1929 (in-state) or 804-864-8055.

The importance of the HPV vaccine

The Human Papillomavirus vaccine (HPV) can prevent six types of cancer. Getting your kids vaccinated before the age of 13 can help them through adulthood. Click [here](#) for the recommended schedule for HPV and other vaccines.



Kids and eye safety

Help keep your athletes safe. Protective eyewear is recommended for most sports. The annual child well-care visit or 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](#).

Older adult vaccines

Are you over 50? There is a [recommended schedule](#) for adults that includes:

- COVID-19 vaccine
- Flu vaccine (influenza)
- Shingles vaccine (zoster)
- Tdap or Td



Diabetes and flu

Flu season is almost here!

[People with diabetes](#) may get more serious issues. If you have diabetes, be sure to get the flu vaccine early in the season.

[Contact us](#) if you may benefit from our no-cost diabetes self-management program.

Pyx Health and you

The no-cost Pyx Health service is available to commercial SQCN patients. It is an additional tool for your personal health journey. Whether you need to find a doctor, transportation, or just need someone to talk to, Pyx Health can help. [Download the Pyx Health app](#) to get started today.



Is it psoriasis or eczema?

Both skin conditions have their similarities and differences. Here is more information on the two from the [National Psoriasis Foundation](#). If you have a new condition or are not sure what you may have, ask your primary care team. They know you best.

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