



## Healthy Tips Giving Thanks



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

Welcome to the November 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:

- Lung health, including smoking cessation and COPD
- Bladder health
- Antibiotics and kids
- Hospice and palliative care
- Diabetes self-management program
- Family Health History Day

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

We look forward to serving you!

It's the Great American Smokeout on November 21

Ready to quit smoking? Consider the Great American Smokeout this year. You'll be joining thousands of people across the country who smoke in taking an important step toward a healthier life and reducing your cancer risk. Find all the resources you need to get started below.

GET HELP QUITTING HERE

## Ask Your Pharmacist: How can I manage COPD?

Facts:

- In the United States, more than 14 million adults have COPD, and more than half are women.
- Tobacco smoking accounts for over 70% of COPD cases in high-income countries.
- In low- and middle-income countries, tobacco smoking accounts for 30-40%, with household air pollution as a major risk factor.

If you or a loved one has COPD, know that you are not alone. COPD is not curable, but symptoms can improve if you avoid or quit smoking and exposure to air pollution. Get vaccines to prevent infections, including flu, RSV, pneumococcal, and COVID. COPD be treated with medicines, such as inhalers, oxygen, and lung therapy.

Treatments:

- Inhaled medicines that open and reduce swelling in the airways are the main treatments.
- Bronchodilator inhalers are the most important medicines for treating COPD. They relax the airways to keep them open.
- Short-acting bronchodilators start to work in seconds and can last for 4–6 hours. These are often used during worsening of symptoms.
- Long-acting bronchodilators take longer to start working but last longer. These are taken daily and can be used with inhaled steroids.

Other treatments:

- Steroid pills and antibiotics are often used to treat worsening of symptoms.
- Oxygen is used for people who have had COPD for a long time or have severe COPD.
- Lung therapy teaches skills to improve your breathing and ability to exercise.

Make sure to bring your COPD inhalers with you to medical visits for review and refills.

COPD PATIENT RESOURCES



## Health Equity Corner: Lung cancer

Black men have the highest rates of developing and dying from lung cancer. If you smoke, try to quit. If you're 50 to 80 years old and smoke now or quit in the last 15 years, [lung cancer screening](#) may be right for you.

## Bladder health

Bladder issues can affect both male and female patients at all adult age groups. However, as adults age, the bladder tissue becomes tougher and less stretchy. The National Institute on Aging has developed [15 tips](#) to help you keep your bladder healthy.



## Antibiotics aren't always the answer

Parents or caregivers, do you have a sick child? Antibiotics aren't always the answer. Use the right tool to help your child feel better. *Be Antibiotics Aware* and watch this [30-second video](#) from the Centers for Disease Control and Prevention.

## Hospice and palliative care information

While both palliative care and hospice care include symptom relief and maximizing the quality of life, do you know the differences? This [tip sheet](#) will help you learn more about care options for you and your loved ones ahead of a health crisis.



## Self-management for diabetes care

Having diabetes can feel unmanageable. The good news? You have access to no-cost, personalized diabetes self-management services.

[Download this tip sheet](#) to learn more about the kind of help the team can give you.

# National Family History Day

This Thanksgiving, encourage your family to talk about health over turkey. Gathering family health history is a great way to keep on top of potential health issues and screening priorities. The Surgeon General has an easy-to-access [database here](#).



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