



## Healthy Tips Pain Management



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

Welcome to the September 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:

- Pain management, including low back pain
- Telehealth tips
- Prostate and ovarian cancer awareness
- Healthy aging and fall prevention
- Kids and obesity
- "Good" cholesterol education
- Diabetes and meal planning

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

We look forward to serving you!



## Patient spotlight: Dorothy "Dottie" Southall turns 106

Dottie was born in Whaleyville, Virginia, a neighborhood in Suffolk, in 1918, two years before women gained the right to vote and two months before the end of World War I. She lived on her own in a high-rise apartment building until she was 103 years old; still managing her own bills and finances.

After an emergency room visit for a fall, she was referred to the Sentara Population Health team by her physician, Dr. Charlene Robertson, an independent provider within the network. Karen Spencer, Integrated Care Manager, Population Health, assisted Dottie and her family with care coordination, care navigation, education on community resources and available levels of care (long term care, private duty, Medicaid personal care, assisted living, and PACE).

Read more about [her incredible story here](#). Click the links below to see the local news coverage on her birthday celebration.

If you are interested in no-cost care management services, [contact us](#).

10 On Your Side: At 106, Suffolk woman 'could just bounce like a ball'

13News Now: Suffolk woman celebrates 106th birthday

## Ask Your Pharmacist: Pain management

Pain is a feeling of hurt or strong discomfort in some part of the body caused by injury or disease. It can be influenced by multiple factors including physical, mental, and social factors. Pain can lead to body dysfunction, poor mental health, and reduced quality of life.

The purpose of pain management is identifying the cause of pain, establishing a diagnosis, and starting measurable treatment outcomes that reduce pain and improve function and quality of life. Treatment for pain includes non-medication and medication therapy.

[READ MORE ABOUT PAIN MANAGEMENT](#)

## Telehealth tips and tricks

There is no need to be afraid of a telehealth visit. Telehealth is a tool that helps patients like you have access to providers in a more convenient and easier way. There are several items you can do ahead of time to help your telehealth visit run smoothly.

1. **Know the costs.** Before the visit, ask how much to expect. If you can't afford the visit or do not have health insurance, your healthcare provider may have local resources.
2. **Ask for help if needed.** Let your provider know if you need support like a screen reader, closed captioning, a translator, or other

resources.

3. **Check your visit details.** Your healthcare provider will remind you about your visit. They may send you a text, email, call, or message in the patient portal. Sometimes there are forms to fill out or directions on how to start your telehealth visit.
4. **Find a good spot.** Choose a quiet place with good access to the internet. Make sure you are comfortable and can talk openly.
5. **Test your technology.** Make sure your internet and the device you are using for the visit works well. Sometimes, a member of your healthcare provider's team will help you test.

Find more information to help you feel more confident before your next telehealth visit [here](#).

## Prostate cancer

The National Cancer Institute's SEER Program estimates the following for 2024 U.S. prostate cancer rates in men:

- 299,010 will be diagnosed
- 35,250 will die from it

More info can be [found here](#).





## Ovarian cancer

The American Cancer Society estimates the following for 2024 U.S. ovarian cancer rates:

- 19,680 will be diagnosed
- 12,740 will die from it

Learn more about [testing for prevention](#).

## Healthy aging

A fall can instantly change your mobility, independence, and confidence. The results from a fall can decrease quality of life and contribute to social isolation. There are many ways to alter your home, diet, and daily habits to help prevent a fall. Review [the following tips](#) to make your environment safer.





## Kids and weight

Being overweight or obese are common problems for children and teens in the United States. Among young people ages 2 to 19 years, about 16.1% are overweight and 19.7% have obesity. Obesity rates increase as kids age. [Here are resources](#) that can help.

## Cholesterol education

Did you know that not all cholesterol is bad? Some types of cholesterol are needed for good health and to perform certain tasks within the body.

Find more myths and facts at the Centers for Disease Control and Prevention (CDC) website [here](#).



## Diabetes and meal planning

Meal planning is one of the best ways to manage diabetes. Here is a tip sheet to help you with [The Plate Method](#).

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



[Privacy Policy](#)

[Manage Preferences](#)

[Unsubscribe](#)

[Contact Us](#)



Sentara Health  
1300 Sentara Park, Virginia Beach, VA 23464  
© 2024 Sentara Health. All rights reserved.