



Healthy Tips Heart Health



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

Welcome to the February 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:

- American Heart Month
- Sepsis Survivor Week
- National Eating Disorder Awareness Week

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!

It's Heart Health Month

Did you know that [an adult dies from heart disease every 34 seconds?](#) This is in the U.S. alone.

High blood pressure can lead to heart disease. [Almost half of adults have it.](#) Do you know if you are at risk? See the Centers for Disease Control and Prevention (CDC) article below.

Be sure to talk with your primary care team if you have any of these barriers:

- Little or no access to monitoring equipment
- Medications that are expensive, have bad side effects, or are hard to get
- High amounts of stress that are hard to manage
- Lifestyle changes that are hard to make like quitting smoking

KNOW YOUR RISK FOR HIGH BLOOD PRESSURE



Heart Health and Exercise

Did you know that regular exercise can be just as important for your heart as medication? Don't get caught up in what you can or can't do. Studies show that [any amount of physical activity can be helpful.](#) Talk with your doctor about what is best for you.

Pyx Health

Loneliness and isolation can increase your risk of heart disease. [Download the no-cost mobile app](#) for 24/7 support.





Diabetes and Your Heart

Having diabetes can cause many issues, including problems with your heart. You are more than [twice as likely to have heart disease](#) than a person without it. This is due to high blood sugar causing damage to nerves and blood vessels.

Here are some ways you can take care of your heart:

- Eat well and exercise each day
- Be tested for or treat sleep apnea
- Quit smoking or tobacco use
- Avoid sweet drinks and drinking too much alcohol
- Manage your A1C count (near 7% or average blood glucose <180)
- Watch your cholesterol (total should be <200 and LDL <100)
- Lower your blood pressure (to 130/80 mm Hg or below)
- Medication to reach safe blood sugar, blood pressure, and cholesterol

If you or a loved one would benefit from no-cost diabetes self-management services, you can contact our care management team.

CONTACT US FOR DIABETES SELF-MANAGEMENT SERVICES

Ask Your Pharmacist: Blood Pressure Control

Your primary care team may give you medications if other changes in diet and exercise do not lower high blood pressure. Blood pressure is reduced in different ways by these medications. It is common to use two or more medications to help keep your blood pressure within your goal. Your

prescriber is also thinking about how it may affect other conditions you may have, such as heart or kidney disease.

Talk to your doctor if you have any concerns about side effects. Or if you can't afford it or get it. They may change the dose or give you a new one.

The Centers for Disease Control and Prevention (CDC) [released a 1.5-minute video](#): "Tips for Taking Blood Pressure Medicines As Directed."

MANAGING YOUR HYPERTENSION TIP SHEET

How to Stay Ahead of Sepsis

[Nearly 1 in 3 people who die in a hospital have sepsis](#). It is an extreme response to infection. The good news is that there are ways you can protect yourself and your family.

There are four ways to prevent sepsis:

1. Take care of your health. Keep on top of chronic conditions and get vaccines
2. Stay clean. Wash hands and make sure wounds are kept clean
3. Know sepsis symptoms. There are telling signs like being in pain, out of breath, or having a fever
4. Get help immediately if you see any symptoms or feel something is off

Read more from the CDC article below.

4 WAYS TO GET AHEAD OF SEPSIS

Eating Disorders in Children and Teens

Eating Disorders Awareness Week is this February 26-March 1. Eating disorders can start in children and teens, and are serious, and sometimes fatal, mental health issues.

[Find resources](#) for you and your loved ones from the National Institute of Mental Health (NIH).



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