



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

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:

- Healthy Vision Month
- National Minority Mental Health Awareness Month
- Annual Wellness Visit (AWV)

Are you 65 or over with Medicare or Medicare Advantage? If so, you are entitled to the AWV every year. This visit will help with your ongoing preventive care plan. [Learn more here.](#)

You have access to customizable, no-cost services. Find them [here](#). You can contact us at SQCN@sentara.com to get started. We look forward to serving you!

It's Healthy Vision Month

The ability to see affects how we observe the world around us. Which of the following statements are true?

- Diabetes is the leading cause of blindness in people aged 20-74.

- Almost 90% of blindness caused by diabetes is preventable.
- Up to 50% of people are not getting their eyes examined or are diagnosed too late for treatment to be effective.
- Healthy eating, exercise, and no smoking may lower the risk of vision loss.

You can find the answer in "Diabetes and Vision" below.

Ask Your Pharmacist: Eye Drops for Eye Health

Taking good care of your eyes may include eye drops. They can help treat glaucoma, allergies, dry eye, red eye, and more.

Glaucoma

- Medicated eye drops are the first line of defense against glaucoma and may help prevent further damage.
- The goal for these eye drops is to reduce pressure. Some work by helping the eye drain excess fluid and others reduce the amount of fluid produced by the eye.

Allergy

- Dust, mold, pet dander, or grass may cause eye redness, irritation, and watering.
- Eye drops with antihistamines can block the release of these triggers.

Antibiotics

- Bacterial eye infections like "pink eye" can be treated by prescription eye drops to reduce symptoms and promote healing.
- May be prescribed after surgery to prevent infections.

Dry eye

- It may cause redness, itching, irritation, and light sensitivity. Exposure from dry and windy environments can be a trigger.
- Some have chronic dry eye from not producing enough tears or tears evaporating too fast.

- Over the counter eye drops may correct some imbalances for a time. Some may need prescription eye drops to increase tear production or decrease chronic inflammation.

Red eye

- Allergies, infections, contact lens irritation, or being tired can cause blood vessels in the eye to swell up and look bloodshot.
- Decongestant eye drops can help bring down swelling and refresh eyes.

Diabetes and Vision

There are some diseases that can lead to vision problems. This includes high blood pressure, high cholesterol, or diabetes. Diabetes is the leading cause of blindness in those aged 20-74. But did you know that 90% of blindness caused by diabetes is preventable?

If you have diabetes, make sure you have an annual dilated exam. Other ways to prevent or delay vision issues are:

- Keep blood sugars, blood pressure, and cholesterol levels in target.
- Quit smoking.
- Stay active with physical activity.

[Download this tip sheet](#) to learn more.

Source: <https://www.cdc.gov/diabetes/managing/diabetes-vision-loss.html>

Diabetes Prevention in Children

Type 2 diabetes is on the rise in kids and teens. The good news is that there are changes you can make as a family to help your child. Try:

- Serving a variety of foods and water
- At least 1 hour of physical activity daily
- Limiting screen time to 2 hours daily

Talk with your pediatrician or family doctor if you would like more information on getting your child tested.

The American Diabetes Association has a virtual after care program to help

slow weight gain in kids. Click to learn more about [Project Power](#).

Source: <https://www.cdc.gov/diabetes/prevent-type-2/type-2-kids.html>

Care Corner: Diabetes and Blood Sugar

When you have diabetes, there are many issues to manage. One of the most important is your blood sugar levels. Staying within range may keep away serious problems and help your overall energy and mood. **This [two-page tip sheet](#) covers low and high blood sugar.**

Interested in diabetes self-management services? Contact us at SQCN@sentara.com.

Diabetes and Low Blood Sugar

A Message on Behalf of Your Primary Care Team

When you have diabetes, there are many issues to manage. One of the most important is your blood sugar levels. Blood sugar is checked with a meter called a glucometer. Staying within range can keep away serious problems and help your overall energy and mood. The safe targets for most people are:

- From 80 to 130 mg/dl before a meal
- Less than 180 mg/dl two hours after you start eating

You will want to check with your primary care team on how often to check your levels and what is your safe range. If you test less than 70 mg/dl, you may have low blood sugar or hypoglycemia.

If you have low blood sugar, here are some ways to take care of yourself:

- ✓ Drink 4 ounces of fruit juice or regular soda (not diet); juice boxes are easy options.
- ✓ Eat ½ cup of fruit or have a small piece of fruit.
- ✓ Eat 4 pieces of hard candy or take 4 glucose tablets.
- ✓ Wait 15 minutes to recheck. If your blood sugar continues to be less than 70, follow the same steps.



Low blood sugar can show there is a health problem. Pay attention to these issues:

- Shaking, sweating, nervousness or anxiety
- Dizziness or hunger
- Irritability or confusion
- Not everyone will have these signs/symptoms of low blood sugar. It can be dangerous since you won't know your blood sugar is low.



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It's National Minority Health Awareness Month

Your mental health is as important as your physical health for overall well-being. This July, we are observing National Minority Mental Health Awareness Month.

Why minority health?

Minorities are groups of people who are represented by less than half of the population. It includes racial/ethnic groups, religious groups, those in the LBGTQ+ community, and many more. It may be even harder for some minority populations to get help. This may be due to cultural stigma, available information, and/or lack of mental healthcare services.

Here are some questions to ask your primary care team:

- I don't always see myself represented in mental health. Is there a way to work with someone that might know more about my community?
- Taking medication is not something I am comfortable with right now. What other options are there to try first?
- I would like to talk with other people from within my culture who also have mental health needs. Where can I find them?

There are many mental health myths that can lead to stigma, no matter what group or culture. Take this Centers for Disease Control and Prevention (CDC) [quiz](#) to test your understanding.

Source: <https://minorityhealth.hhs.gov/minority-mental-health/index.html>

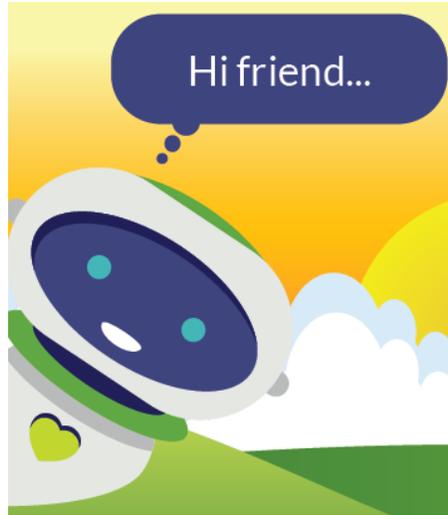
Program Update: Pyx Health

Do you need some extra support?

Meet Pyxir, a virtual robot. Pyxir has daily tips, helpful resources, and games/activities. He can put you in touch with a live staff member who can take your call.

Watch this [one-minute video](#) to learn more about the no-cost Pyx Health app.

Download it now by following the steps below.



From a smartphone or tablet:

- Search "Pyx Health" in the App Store or Google Play
- Download the app to your smartphone or tablet

Don't have a smart device? No problem, sign up by:

- Landline: Call 1-855-499-4777 (select option 1)
- Web: PyxHealth.com/store-download

Contact the team at SQC�@sentara.com for more information.

Cooling Assistance Program

If you need monetary help with:

- Purchase of a window unit.
- Help with their electric bill.
- Repairs to existing equipment.

- Paying the electric bill.

The [Virginia Department of Social Services Energy Assistance program](#) may be able to assist. The program is open until August 15.

Questions? Contact the SQCN Team:

757-455-7330 | SQCN@sentara.com

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