



Healthy Tips Your Heart



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 clinician is in the SQCN network. They have chosen to come together to offer you seamless healthcare.

This month we are covering these important topics:

- Heart health and diabetes management
- National Donor Day and Sepsis Survivor Week
- Eating disorders and more

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!

Ask Your Pharmacist: What is hypertension?

Hypertension (high blood pressure) is what happens when the force of your blood pushing against the walls of your blood vessels is too high. When blood pressure is high for too long, it can damage the walls of

blood vessels, causing them to develop tiny tears. Click the button below to learn more about high blood pressure and how to control it.

HIGH BLOOD PRESSURE & YOU

Heart health for all

High blood pressure can put you at risk for heart disease and stroke. Even if you don't feel badly, untreated high blood pressure can damage your heart, brain, and kidneys.

According to the Centers for Disease Control and Prevention (CDC):

- Close to 1 in 2 adults have high blood pressure (48%). It affects more men than women.
- More non-Hispanic black adults (56%) develop it than in non-Hispanic white adults (48%), non-Hispanic Asian adults (46%), or Hispanic adults (39%).
- NHBs are at-risk for developing it earlier in life.
- Even with blood pressure medication, control rates are lowest among NHBs (48.5%), Hispanics (47.4%), and Asians (43.5%).

These disparities may be due to insurance coverage, access to healthcare, and/or the types of treatments used. If you have any of the risk factors above or others—including diabetes—talk with your primary care team to see if you are a candidate for treatment. Here are some questions you can ask your doctor:

- Should I check my blood pressure regularly at home?
- Do I need to modify my diet?
- How often should I exercise?
- Will medication help?
- How will I know if the treatment is working?

Here is an [American Heart Association video](#) with more information on

checking your blood pressure correctly at home. Click on the link below for CDC information.

HIGH BLOOD PRESSURE FACTS



National Donor Day

This February 14 is not only Valentine's Day but also National Donor Day. Consider giving the gift of life. [Learn more](#) about different donation types, including eye, tissue, organ, and more. Find donor registration and other ways to support and educate yourself [here](#).

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. [Learn more](#).





Support and resources for eating disorders

Many people may be concerned about their health, weight, or appearance on occasion. But some are fixated or obsessed with weight loss, body weight or shape, and controlling their food intake. Find support and resources for [eating disorders](#).

Sepsis survivor week

Did you know that over half of sepsis survivors (60%) are left with health challenges, including physical, mental, and emotional?

Sepsis Survivor Week shines a light on sepsis survivors and honor their experiences. [Find individual stories](#) of survival and what comes next.

Sepsis Survivor Week 2025

I AM
1 IN 2

1 in 2 sepsis survivors experience long-term physical and/or psychological effects, known as post-sepsis syndrome.

Learn more at SepsisSurvivorWeek.org.

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Baby Sleep Day: March 1

The Pediatric Sleep Council has designated March 1 to raise awareness in the sleep health and hygiene of babies.

Use this [sleep score calculator](#) to gauge if your child is getting a good night's rest.

Hospice Myth of the Month

Myth: Hospice accelerates death.

Fact: Another common hospice myth is that hospice may hasten death, which is not true. This misconception is sometimes linked to the use of morphine, which may be given for pain management in the final weeks and months of life. However, in appropriate doses, morphine never speeds up death but rather helps to relieve symptoms and make patient's as comfortable as possible while their disease takes its natural course. Ultimately, death is related to how advanced a patient's condition is, not because of the morphine or hospice services.

Source: [Sentara Hospice Services](#)

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