



Healthy Tips Colon & Kidney



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

Welcome to the March 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:

- National Colorectal Cancer Awareness Month
- National Kidney Month
- National Nutrition Month
- National Endometriosis Awareness Month

It's also National Social Work Month. Did you know you have access to customizable, no-cost social work services and more? Contact us at SQCN@sentara.com to get started today.

We look forward to serving you!

It's Colorectal Cancer Month

Colorectal cancer is the fourth deadliest form cancer that affects both male and female adults. The good news is that colorectal cancers are highly treatable when discovered early.

The American Cancer Society now recommends starting regular colorectal cancer screenings if you are 45 years old or older (or have a higher risk).

Questions to ask your doctor:

- Do I need to get a screening test for colorectal cancer?
- What screening test(s) do you recommend for me? Why?
- How do I prepare? Do I need to change my diet or my usual medication before taking the test?
- What's involved in the test? Will it be uncomfortable or painful?
- Is there any risk involved?
- When and from whom will I get results?
- Who will do the exam? Will I need someone with me?

COLORECTAL CANCER SCREENING RECOMMENDATIONS



Kidney Health

Kidneys are responsible for filtering your blood 25 times a day. That's a big job. You can take care of your kidneys by:

- Healthy eating and exercise
- Managing diabetes, high blood pressure, and heart disease

Here is more information from the National Institutes of Health (NIH) about your kidneys, available [in English](#) or [en Español](#).

End Stage Kidney Disease

When you have end stage kidney disease, you may be at risk for serious complications if you do not get the care that you need. Contact our [care management team](#) to get started on no-cost ESKD support. This may include treatment options and coordination.



Ask Your Pharmacist: What Is a Drug-Drug Interaction?

This term describes a reaction that may happen between two (or more) drugs that you are taking. This can change a drug's effect on the body. Or it may cause side effects. It is important to tell your healthcare provider about all the medications you are taking. Your doctor can help you avoid medications that may interact with each other. It is helpful to pick up all your drugs at the same pharmacy. Feel free to contact our Pharmacy Team for medication review.

[CONTACT OUR PHARMACY TEAM](#)

Start simple
with MyPlate

Healthy Eating for Kids

Healthy eating is important at every age. Offer kids a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Offer variety

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks during each day.



Connect at mealtimes

Eat meals together whenever possible. Turn off the TV and put away phones and tablets, so you can “unplug” and focus on healthy foods and each other.



Make good nutrition easy

Designate a shelf or a drawer in your fridge for your kids. Stock it with cut-up fruits and vegetables, yogurt, nut butters, and whole-wheat mini bagels and crackers.



Think about their drinks

Make water and low-fat or fat-free dairy milk or fortified soy alternatives easy options to grab in your home. Have ready-to-go containers filled and in the fridge to take on outings.



Get kids involved

Depending on their age, kids can peel fruits, assemble salads, measure, scoop, and slice. Let them create and name their own side dish.



Have a shopping buddy

Let kids participate in grocery shopping online or in the store. Reward them by letting them choose their favorite fruit or maybe a new one.

Kids and Nutrition

Kids are not too young to benefit from healthy eating. The USDA MyPlate website has created a series of [interactive games and activities](#) to help children learn about nutrition in a fun and meaningful way. There is also a Healthy Eating for Kids tip sheet in both [English](#) and [en Español](#).

Diabetes and Nutrition

[Meal planning](#) is one of the best ways you can take care of your diabetes. You can keep your blood sugar levels safe (less than 180 after eating) while getting good nutrition. [Contact us](#) to get started with no-cost diabetes self-management services.



Endometriosis Awareness

Even though endometriosis is found in 1 out of 10 females, it can still be hard to diagnose. This is because it can seem like another health issue like appendicitis. Talk with a primary care doctor or OB/GYN if you or a loved one are between the ages of 15-44 and have:

- Severe pain with menstrual cramps and/or bowel movements
- Chronic pain in pelvic area or low back
- Fertility issues
- Digestive problems

Learn more from the Office on Women's Health [here](#). The earlier it is found, the more helpful treatment can be.

SENTARA - EVMS ENDOMETRIOSIS INFORMATION

[Privacy Policy](#)

[Manage Preferences](#)

[Unsubscribe](#)

[Contact Us](#)



Sentara Health

1300 Sentara Park, Virginia Beach, VA 23464

© 2024 Sentara Health. All rights reserved.