



Healthy Tips Health Aware



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

Welcome to the October 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:

- Mental health awareness
- Breast cancer screening
- Understanding your health information
- Domestic violence
- How to keep your kids healthy
- Value of 90-day refills

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!

It's World Mental Health Day on October 10

Did you know that 1 in 5 adults in the U.S. experiences mental illness each year? It may affect you or a loved one. Caring for your mental health is just as important as caring for your physical health. On World Mental Health Day and every day, take time to look after yourself and prioritize your well-being.

Contact your primary care team about a depression screening and to put you in touch with mental health professionals, if needed. Here are some questions you can ask your provider:

- What is something I can do to feel better?
- Could these feelings be related to changes in my body?
- Would menopause or other hormonal changes affect my mood?
- Could these feelings be a side effect of medications?
- Where could I find someone to talk with about these feelings?

Always remember, **if you are having any suicidal thoughts, contact 988 immediately**. This is the Suicide & Crisis Lifeline. You can call or text and connect with mental health professionals.

NAMI MENTAL HEALTH RESOURCES

Health Equity Corner: VOICES in cancer

American Cancer Society is launching the VOICES of Black Women study in May 2025. This groundbreaking population cohort study aims to understand the factors driving cancer risk, mortality, and survivorship among Black women.

Breast cancer is a disease where harmful cells grow in the breast, and these cells can spread to other parts of the body. If caught early, 99% of people can survive for five years or more. Both men and women can get breast cancer, but it's much less common in men.

Some things can increase the risk of getting breast cancer like being older, drinking alcohol, using birth control pills, smoking, and having a family

history of cancer. Black women tend to be diagnosed at a younger age and have lower survival rates compared to White women. Hispanic women are often diagnosed less frequently, but breast cancer is the leading cause of cancer deaths for them. Asian and Pacific Islander women have the lowest death rates from breast cancer, while American Indian and Alaska Native women have the fewest cases.

Breast cancer health disparities include:

- Black women often get it before age 40.
- Black women have the lowest survival rates.
- Black women are 42% more likely to die than White women.
- White, Asian, and Pacific Islander women are often diagnosed earlier.
- Asian and Pacific Islander women have the lowest death rates.
- American Indian and Alaska Native women have the fewest cases.

[READ MORE ABOUT VOICES IN CANCER](#)

Are you high risk for breast cancer?

There are several factors that may put you at a higher risk for breast cancer. Some of these include:

- Having a personal or family history of breast or ovarian cancer particularly if diagnosed before age 50
- Having a male in your family with breast cancer
- Being younger than 12 at the time of your first period
- Starting menopause after age 55
- Having your first child after 30 or never having children
- Having dense breast tissue as reported on mammogram
- Being overweight after menopause or gaining weight as an adult
- Having more than one drink of alcohol per day

If you have any of these risk factors, talk with your primary care team about

advance screenings that may be available to you.

You can locate [mammography facilities through the FDA portal](#) and find more information on the [Sentara High Risk Breast Program here](#).

Health literacy awareness

October is Health Literacy Month. Together, we can build a world with greater health equity where all people can attain positive health outcomes. Visit healthliteracymonth.org today to learn how you can turn awareness into action.

It's Health Literacy Month!



How are you taking action to build awareness about health literacy? Share with the community today!



#healthliteracymonth

healthliteracymonth.org



Domestic violence

October is Domestic Violence Awareness Month. The theme this year is "Heal, Hold & Center." Learn how you can take action for yourself, a loved one, or a friend at the Domestic Violence Awareness Project.

Resources can be found [here](#).

Kids and health

This month is also children's health awareness, with the theme of "Growing Healthy, Growing Happy." Some [ways to keep your kids healthy](#):

- Protect their health
- Give them a safe environment
- Plan ahead for a crisis



Ask Your Pharmacist: How can I make it easier to get my medications?

One of the most cost-effective and convenient ways to receive medications is switching to 90-day refills with a mail order pharmacy.

Some of the benefits include:

- Switching to a 90-day refill can save an average of \$82/year
- 90-day refills require less visits to the pharmacy
- Medicine delivery to you (\$0 delivery fee)
- Automatic refills and notifications prior to refill
- Low-income patients may qualify for \$0 out of pocket cost
- It may reduce plastic waste

Speak with your primary care team about changing your prescription to a 90-day refill with a mail order pharmacy. Please note that 90-day supplies are typically not recommended for seasonal disease, antibiotics, or acute pain.

Learn more about our available clinical pharmacy services [here](#).

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