



NEWSLETTER

Serving others, giving hope, changing lives

Seniors with Hope

January Topics

Get up and Move | Seniors & Taxation

Free - Door Prizes - Refreshments

Thursdays from 2-3:30 pm

JAN 3 Bethea Retirement Community
The Chapel | Darlington

JAN 10 HopeHealth Medical Plaza
Magnolia Room | Florence

JAN 17 HopeHealth in Kingstree
Conference Room | Kingstree

New Year Solutions

For resolution solutions
in Florence, Manning, & Kingstree,
if you're at risk for diabetes
sign up now for DPP ...

The Diabetes Prevention Program is coming to town – in Florence, Kingstree, and Manning. If you are at risk of developing diabetes and want to find out how to make a positive change, join one of our Ground Zero meetings this January.

Florence

- Jan. 8, 5:30-6:30 p.m.
- Jan. 10, 10-11 a.m.
- Jan. 18, 2:30-3:30 p.m.

Kingstree

- Jan. 17, 10:30-11:30 a.m.

Manning

- Jan. 16, 11 a.m. - noon

To reserve your space or for more information, call Sonda Jett-Clair, chronic disease prevention coordinator, at 843-432-3717.

Scheduled closings

All HopeHealth offices will be closed, Monday, Jan. 21.

Cancer Prevention Through Vaccination

Each year, more than 11,000 U.S. women get cervical cancer. Almost all cases are caused by a common infection called HPV, or human papillomavirus, that often has no symptoms.

According to the Centers for Disease Control and Prevention, at least four of every five women will experience a HPV infection. HPV is also common in men.

Fortunately, cervical cancer is one of the most preventable, and, when found early, one of the most treatable cancer.

Two tests can help prevent

the cancer or find it early:

- **HPV tests** look for the virus
- **Pap tests** look for cell changes, known as precancers, on the cervix

The HPV vaccine is cancer prevention. It protects against the types of HPV that cause most cervical cancers and is recommended for all pre-teens, including boys ages 11-12. Teens not already vaccinated, women up to age 26, and men up to age 21 can also get the vaccine.

Pap tests can identify cervical cancer early and are recommended for women aged 21-65 years old.



5 Ways to start S.M.A.R.T. in 2019

From career and fitness goals, to home and health goals, no matter what you want to accomplish in 2019, use these five tips to help you start **S.M.A.R.T.**

1 Specific - Be specific when planning or your won't get you to your goal. It's like using a map to get to Grandma's and only knowing she lives in Ohio.

Don't say, "I want to be healthier." Instead, define what being healthier means to you.

2 Measurable - Make it measurable. If you want to be healthier, define how you can measure your progress.

Don't say, "I want to be healthier." Instead, define how you will track your health improvements.

3 Actionable - Define what you will do to achieve your goal and write out what you want to do to get there.

Don't say, "I want to be healthier." Instead, define what actions you will take to accomplish your goal.

4 Realistic - Recognize your abilities, your limitations, and what you can achieve with some effort.

Don't say, "I want to be healthier" and plan to run a marathon in six months when you haven't run a step in 10 years.

Instead, start with a smaller goal such as a 5k walk/run.

5 Time-bound - Set a date for completing your goals. Deadlines are the mile markers along your journey.

Don't say, "I want to get my blood sugar levels under control." Instead, set a S.M.A.R.T. goal such as, "to reduce my blood sugar to an A1c below 7, I will half my added-sugar intake each week, and check my A1c levels with my doctor every three months beginning Feb. 1.

Being **S.M.A.R.T.** about your goals will make your decision to make 2019 a healthier year more possible. Make your wellness visit appointment today and talk with your primary care provider to determine healthy goals.

