

# WHAT'S HAPPENING AT CSC!

## HISPANIC LATINO HERITAGE MONTH

SEPTEMBER 15 - OCTOBER 15

CareSouth Carolina is Celebrating Hispanic and Latino American Culture, Heritage and Contributions

Saturday, October 19, 2019  
9:00AM - 12:00PM

Presentations by: CareSouth Carolina, DHEC, South Carolina Agricultural Worker Health Program

Fun, Food, Fellowship, Music and Education!

TB THOMAS RECREATION CENTER  
701 W Washington St., Hartsville, SC 29550

Free screenings:  
Cholesterol, Glucose, BMI, Heart Health, HIV, Hep C

Vendors:  
Education of Migratory Children & Youth  
Legal Services of South Carolina  
Darlington County First Steps  
Molina Health Care  
and more

Sponsored by:  
careSOUTH carolina



# Patient Connect

CareSouth Carolina, serving your local area since 1980.

OCTOBER 2019

## OCTOBER IS

BREAST CANCER AWARENESS MONTH



About 1 in 8 U.S. women (12 percent) will develop invasive breast cancer over the course of their lifetime. In 2019, an estimated 268,600 new cases of invasive breast cancer are expected to be diagnosed in women

in the U.S., along with 62,930 new cases of non-invasive (in situ) breast cancer. Here's a few myths vs. facts about Breast Cancer (According to the National Cancer Institute):

- MYTH: If I don't have a family history of breast cancer, I won't get it.
- FACT: Many people diagnosed with breast cancer have no known family history.
- MYTH: If you maintain a healthy weight, exercise regularly, eat healthy, and limit alcohol, you don't have to worry about breast cancer.
- FACT: Although these behaviors can help lower breast cancer risk, they can't eliminate it.
- MYTH: Breast cancer always causes a lump you can feel.
- FACT: Breast cancer might not cause a lump, especially when it first develops.
- MYTH: Wearing a bra, using underarm antiperspirant, carrying your cellphone in your bra or consuming too much sugar can cause breast cancer.
- FACT: There is no significant evidence of a connection between these things and breast cancer, but they are all still being studied.

Talk with your provider about your risk for breast cancer and make sure to schedule a yearly mammogram.

**FREE**

## Fall FESTIVAL & Trunk or Treat

SATURDAY, OCTOBER 26  
10AM - 12PM

GAMES • FOOD • FUN  
INFLATABLES • MUSIC  
HEALTH INFORMATION & SCREENINGS

CareSouth Carolina Hartsville Office  
1268 South Fourth Street

In case of rain, event will be held at  
T.B. Thomas Sports Center  
701 West Washington Street Hartsville

careSOUTH carolina  
www.caresouth-carolina.com

## CareSouth Carolina to Host Veteran's Appreciation Health Event

CareSouth Carolina will show appreciation to our veterans by offering free health & dental screenings to Military Veterans on Saturday, Nov. 16.

From 9 a.m. to 3 p.m., veterans can bring their Current Veterans Card or DD-214 discharge papers (DD-256 for reserve members and NGB22 for National Guard members) to CareSouth Carolina's Hartsville Medical office located at 1268 S. Fourth Street and receive free health and dental screenings.

Services available include medical examinations, ear & retinal eye exams, blood sugar testing, oxygen levels, blood pressure & Hemoglobin (HA1C) screenings, Dental screenings for Emergent pain, and much more.

Welvista, SC Thrive, Veteran Advisors and VA Card Assistance will also be in attendance. To sign up, please call 843-332-3422. Appointments and walk-ins will be accepted until the schedule is full.

### VETERANS APPRECIATION DAY

**FREE HEALTH & DENTAL SCREENINGS**

MILITARY VETERANS ONLY

SATURDAY, NOVEMBER 16  
9AM - 3PM

CARE SOUTH CAROLINA  
1268 S. FOURTH STREET  
HARTSVILLE, SC

Bring your Current Veterans Card or DD-214 discharge papers (DD-256 for reserve members, NGB22 for National Guard members).

**ALSO IN ATTENDANCE:**  
Welvista  
SC Thrive  
Veteran Advisors  
VA Card Assistance

**Services Available:**  
• Medical Exam  
• Ear & Retinal Eye Exam  
• Blood Sugar Testing  
• Oxygen Levels  
• Blood Pressure & Hemoglobin (HA1C) Screenings  
• Dental Screenings for Emergent Pain & Schedule Followup  
• Other Services as Available

**FREE REFRESHMENTS!**  
To sign up call: 843-332-3422.  
Appointments and Walk ins will be accepted until schedule is full.

### MEDICAL LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Chesterfield • Dillon • Lake View • Latta • McColl

### PHARMACY LOCATIONS:

Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Latta

To make an appointment, please call 866.498.0399.

www.caresouth-carolina.com

follow us:



# CareSouth Carolina Bishopville Pediatrics Wins Award

CareSouth Carolina's Bishopville Pediatrics office was recognized with an award for "Spreading the Truth" at the most recent QTIP Collaborative Meeting.

QTIP, which stands for Quality Through Technology and Innovation in Pediatrics, is a program that works to improve health care for children in South Carolina by working on quality measures and incorporating mental health into a medical home. CareSouth Carolina Pediatrics is one of just 30 sites in the state of South Carolina in the QTIP program.

"As a QTIP site, we are required to attend learning collaborative sessions every six months," CareSouth Carolina's Morgan Windham, DNP, CPNP-PC, said. "While there, we discussed our recent QI work, including a PDSA cycle we did on smoking cessation and our data showed improvement in our positive answers. This reinforces my commitment to strive for quality improvement and our commitment to collaboration with the community and our fellow QTIP sites."



Morgan Windham,  
DNP, CPNP-CP

Following the collaborative, CareSouth Carolina has future plans to implement a breastfeeding care plan for mothers and plans to continue working with community partners to reach pregnant mothers before delivering to discuss the benefits of breastfeeding for the mom and the baby.

## "Trick or Treat?"

It's October and that means that Halloween is quickly approaching. Thousands of Pee Dee residents will make their way around neighborhoods and at events donning their favorite costumes and receiving candy as part of a tradition known as "Trick-or-Treating." Here's a few numbers to know related to Halloween and your health.

- \$7.4 billion will be spent on Halloween candy, costumes and decorations this year in America.
- 90 million pounds of chocolate will be bought by Americans during the week of Halloween.

- 41 million potential trick or treaters between the ages of 5 and 14 in the U.S.
- 3,500 to 7,000. The number of calories a child collects on average on Halloween night.
- 41 percent of children ages 2-11 have had at least one cavity.
- The average adult has 13.6 decayed tooth surfaces.

### A few tips to have a healthy and safe Halloween (according to the CDC):

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For guest, offer a variety of fruits and vegetables.
- Use party games or trick-or-treat time as an opportunity for kids to get their daily dose of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that cause someone to fall. If you're trick-or-treating, only visit well-lit houses and never accept rides from strangers.
- Keep candle-lit jack o'lanterns and luminaries away from doorsteps, walkways, landings and curtains. Place them on sturdy tables and out of reach of pets and small children. Don't leave them unattended.
- When driving, make sure to watch out for trick-or-treaters and drive safely.

## New Bennettsville PEBA Office Set to Open

CareSouth Carolina is set to open its second PEBA insurance office for Public employees. The office, located at 100 Matheson Street in Bennettsville, SC, will open Tuesday, October 15.

It will offer primary care exclusively for public employees and their dependents in a separate suite located in the back of the Marlboro County School District Office Annex. This includes county, school district, municipal and state government employees and retirees in the area.

Lauren Bailey, a Pee Dee native, will be the provider in the clinic. "I come from a background filled with public employees," Bailey said. "The impact they have on our community is great and this is just a small way to give back to them and to let them know that we have their back. They serve the community and this service will allow them quicker access to care, which in turn helps the community thrive."