

# WHAT'S HAPPENING AT CSC!

**Spring Fling & OPEN HOUSE**

CareSouth Carolina  
 McColl Health & Wellness Center  
 3080 Highway 15-401 E  
 McColl, SC 29570

**MARCH 28 SATURDAY**

**11AM to 2PM** EGG HUNT 12:30PM ♦ FREE FOOD  
 BOUNCY HOUSES ♦ PRIZES  
 HEALTH SCREENINGS  
 BUILDING TOURS  
 RIBBON CUTTING AT 11AM

Overflow Parking Will Be Available  
 Shuttle Pickup By PDRTA

**MARDI GRAS GALA**

care SOUTH carolina  
 10th Annual  
 28 Years of Ryan White

**SATURDAY, APRIL 18, 2020**  
 6PM - 11PM

DeLoach Center (Coker University)  
 451 East Carolina Ave Hartsville, SC 29550

\$25 Per Person | 6PM Cocktail Hour | Entertainment by:  
 \$50 Per Couple | 7PM Program | A New Creation

For Tickets or Sponsorship Opportunities, please call 843-378-3441



# Patient Connect

CareSouth Carolina, serving your local area since 1980.

MARCH 2020

## Check Presented to CareFIRST Carolina

CareSouth Carolina presented a \$1,500 check in February to the CareFIRST Carolina Foundation as part of the proceeds from the Run2Care 5K event held in 2019.



Ann Lewis, CEO of CareSouth Carolina, presents a check to Mark Sobiski, Director of CareFIRST Carolina.

More than 140 runners and walkers participated in the event, which was held in downtown Hartsville.

All proceeds from the 5K went to the CareFIRST Carolina foundation and will be directed toward two basic categories: improving access to care for those in need and improving the health of people in care.

“We want to thank Ann Lewis and the team at CareSouth Carolina Inc. for hosting this 5K Run 2 Care,” CareFIRST Carolina Foundation Director, Mark Sobiski, said. “The dollars raised by this community event go back to the community in better access to healthcare for CSC patients in critical medical needs.”

CareFIRST Carolina is an independent supporting foundation dedicated to financially supporting the mission of CareSouth Carolina. It is the first regional foundation to focus on improving the access and the quality of primary health care in the Pee Dee region of South Carolina.

“We are proud to accept this investment in our communities’ better health,” CareFIRST Carolina President Charlie Gray said. “CareSouth Carolina Inc. is consistently a national leader in improving access to care. Thank you so much

## Spring Fling is Almost here...Saturday, March 28, 2020

CareSouth Carolina will be celebrating the opening of the McColl Health & Wellness Center, a 28,992 square-foot facility that offers complete family medical services with state-of-the-art technology to the people of Marlboro County.

Limited parking spots will be available at the site with overflow parking down the road in Tatum, S.C. The overflow lot will have signage and the Pee Dee Regional Transportation Authority (PDRTA) will provide shuttle services to and from the event. Please allow extra time for shuttle services.

Attendees will have the opportunity to tour the facility, enjoy games, food, inflatables, music, meet the Easter bunny and receive free health screenings & information.

The McColl Health & Wellness Center, located at 3080 Highway 15-401 E, houses state-of-the-art technology, a whirlpool and therapy pool, a gym and rehab area, pharmacy, as well as medical and dental services all under one roof.

### MEDICAL LOCATIONS:

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

### PHARMACY LOCATIONS:

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

To make an appointment, please call 866.498.0399.

[www.caresouth-carolina.com](http://www.caresouth-carolina.com)

follow us:



# CSC Provides More Than \$89.3 Million in Economic Impact

CareSouth Carolina provided more than \$89.3 million in total economic impact, according to the latest Value & Impact report from Capital Link.

According to the report, CareSouth Carolina provided 24 percent lower costs for health center Medicaid patients, resulting in \$27 million in savings to Medicaid and \$59 million in savings to the overall health system.

“We really appreciate getting this report from such a reliable and competent source such as Capital Link,” CareSouth Carolina CEO Ann Lewis said. “Too often we think only of the direct services impact of CareSouth Carolina, but this reminds us of the significant community economic impact. We are CareSouth Carolina – making a difference in the Pee Dee.”

Of the patients CareSouth Carolina serves, 65.7 percent of patients are low income, 8,395 of patients are children & adolescents and 61.9 percent of patients identify as ethnic or racial minorities. Veterans make up 2.6 percent of the patient population and 1.3 percent are agricultural workers.

## Better Nutrition, Better You!

Choosing nutritious foods and getting enough physical activity can make a significant difference in your health. For National Nutrition Month® 2020, in March, the Academy of Nutrition and Dietetics encourages people to make informed food choices and develop sound eating and physical activity habits.

Here are five statistics to know about nutrition nationwide (according to The U.S. Department of Health & Human Services):

1. More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth.
2. Typical American diets exceed the recommended intake levels or limits in four categories: calories from solid fats and added sugars; refined grains; sodium; and saturated fat.
3. Obesity rates in children are estimated at more than 17 percent.
4. More than 23 million Americans, including 6.5 million children, live in food deserts – areas that are more than a mile away from a supermarket.
5. Recent reports project that by 2030, half of all adults (115 million) in the United States will be obese.

If you're having trouble with nutrition, consult with primary care provider and they can give you education, tips and guidance.



## March is National Colorectal Cancer Awareness Month

Colorectal cancer is the second-most common cause of cancer-related deaths in the United States. It's expected to cause about 53,200 deaths during 2020.

The American Cancer Society estimates that there will be 104,610 new cases of colon cancer and 43,340 new cases of rectal cancer in 2020.

### Symptoms:

In many cases, colorectal cancer has been known as a “silent killer,” not showing any symptoms until the disease is much farther along.

- Changes in bowel movements, including constipation and diarrhea
- Bleeding or cramping in your rectum
- Feeling like you can't empty your bowels completely or urgently need to have a bowel movement
- Persistent pain in your abdomen, such as cramps, gas or pain
- Dark patches of blood in your stool
- Discomfort or bloating in your belly
- Unexplained fatigue; loss of appetite and weight loss
- Pelvic pain

### Prevention:

The most effective way to reduce your risk of colorectal cancer is to get screened routinely beginning at age 50, though sometimes it should be earlier depending on your family history and risk. Making lifestyle changes can help reduce the risk of Colorectal Cancer. Eating a variety of fruits, vegetables and whole grains; drinking alcohol in moderation, if at all; not smoking; frequent exercise; and maintaining a healthy weight can reduce your risk, as well.

