

# WHAT'S HAPPENING AT CSC!

**careSOUTH carolina** **Spring Fling**

**FREE COMMUNITY EVENT**

**SATURDAY, APRIL 13**  
**10AM - 1PM**

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

**CareSouth Carolina**  
1268 South Fourth Street • Hartsville, SC

Egg Hunt starts at 11am.  
For more information call  
866-498-0399.

\*In case of rain, event will be held at Hartsville High School Gymnasium West Washington Street Hartsville www.caresouth-carolina.com

**CARESOUTH CAROLINA OFFICES WILL BE CLOSED ON THE FOLLOWING DATES:**

**ALL EMPLOYEE STAFF MEETING:**  
**THURSDAY, APRIL 18, 2019**

**GOOD FRIDAY:**  
**FRIDAY, APRIL 19, 2019**

**HARTSVILLE SATURDAY CLINIC WILL BE CLOSED:**  
**SATURDAY, APRIL 20, 2019**

**DID YOU KNOW** 

Always Look at the Bright Side: Being an Optimist Can Help You Live Longer 



# Patient Connect

CareSouth Carolina, serving your local area since 1980.

APRIL 2019



**NATIONAL MINORITY HEALTH MONTH**

*“Without health and long life, all else fails.”  
Dr. Booker T. Washington*

Celebrated every year in April, National Minority Health Month is an effort to raise awareness about health disparities that continue to affect racial and ethnic minority populations.

The theme for the 2019 observance is Active & Healthy. Physical activity promotes health and reduces the risk of chronic diseases and other conditions that are more common or severe among racial and ethnic minority groups.

National Minority Health Month promotes health equity- when everyone has the opportunity to be as healthy as possible- and awareness to health disparities- differences in health outcomes and their causes among groups of people. For example, African Americans ages 18-49 are 2 times as likely to die from heart disease as whites.

By realizing these health disparities, we can work together to create a healthier community. CareSouth Carolina works to provide education, as well as high-quality and affordable healthcare to everyone. For more information, please visit [caresouth-carolina.com](http://caresouth-carolina.com).

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

follow us:



# MEDICATION-ASSISTED TREATMENT (MAT) PROGRAM

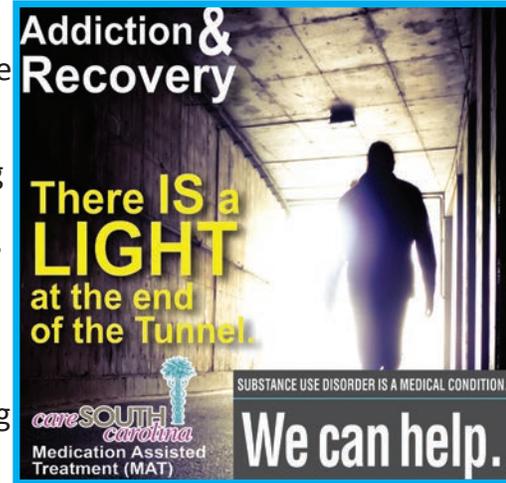
CareSouth Carolina offers Medication Assisted Treatment (MAT) services to those with substance-abuse disorders with the hope of providing the ultimate goal of full recovery, including the ability to live a self-directed life.

MAT is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. MAT patients will receive counseling, which could include different forms of behavioral therapy, as well as medical, vocational, educational and other assessment and treatment services.

The mission of the MAT program is to reduce morbidity, mortality and harm associated with opioid misuse and overdose in our communities by increasing immediate access to prevention, treatment and sustained recovery.

MAT services are offered at Bennettsville, Bishopville, Chesterfield, Hartsville, Latta, Dillon and Society Hill locations. In addition to offering the program on-site, CareSouth Carolina will provide MAT services at remote locations: Trinity Behavioral Health on Tuesdays, Rubicon Family Counseling on Wednesdays and ALPHA Behavioral Center on Thursdays.

Should you or a loved one struggle with a substance abuse disorder, please visit [caresouth-carolina.com](http://caresouth-carolina.com) or give us a call at 843-378-4501.



There's a medical help available to the public that has been proven to help with weight loss, lowering your blood pressure, reduce your risk of chronic disease, help you gain more energy and live a healthier lifestyle.

**It's spelled: E-X-E-R-C-I-S-E.**

More than 80 percent of American adults do not meet the guidelines for both aerobic and muscle-strengthening activities and only one in three children are physically active every day. More than 78 million people (16.9 percent) in the United States are obese and recent reports suggest that by 2030, half of all people in the U.S. (115 million adults) will be obese.

5 Healthy Tips for Beginning Exercise:

- Just start! The hardest part is beginning
- Try to block out specific times each week where you will exercise
- Do something you enjoy. Go for a jog or walk around the park; Play a sport; Bike with family members.
- Have an accountability partner. When going to the gym or working out, it's much more fun with a buddy and you're more likely to continue.
- Remain active throughout the day. Instead of sitting on the couch, take that time to walk or stand. Take time if you work at a desk to get up and walk or stretch.

## SCHOOL-BASED CARE

CareSouth Carolina's R.O.A.D.S. mobile unit visits 57 schools in five different school districts in the Pee Dee every year, providing annual wellness visits and screenings to thousands of students around the area.

Parents are able to pre-register their students for the service. During the school year, each student pre-registered will receive a full physical by a family nurse practitioner, including vision screenings, hearing screenings and social-history risk factors. CareSouth Carolina is then able to make referrals for abnormal findings and social needs.

The unit is part of CareSouth Carolina R.O.A.D.S. initiative (Reach out and Deliver Services). CareSouth Carolina currently has three units- Mobile ROADS, Care ROADS and Freedom ROADS- that are able to provide on-site, remote care. For more information on the school-based program, contact a member of the ROADS team at 843-309-8102.

