

# WHAT'S HAPPENING AT CSC!



**SPONSORSHIP OPPORTUNITIES AVAILABLE!**

**Run2Care 5K** Run/Walk

**Saturday, September 21, 2019**

**All participants will be entered for a chance to win\* fabulous prizes!**

**Starts at 8:00AM**

**REGISTRATION FEES:**  
\$25 THRU September 21st  
\$30 on Race Day

Register online at:  
<http://caresouthcarolinarun2care5k.itsyourrace.com/>

**For more information, please call 843-309-8347.**



# careSOUTH carolina Patient Connect

CareSouth Carolina, serving your local area since 1980.

**AUGUST 2019**

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

**national IMMUNIZATION awareness month**

Adults need vaccines, too!



**VACCINES**  
are not just for kids.

August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. Some diseases that are prevented by vaccines, like whooping cough

and seasonal flu, remain common in the United States. This year's measles outbreaks are a key reminder of how quickly diseases can spread when people aren't vaccinated.

Vaccines are safe and effective at preventing serious diseases. Some infections that are prevented by vaccines, like HPV, can also lead to serious health problems later in life. Over 30,000 men and women in the United States are diagnosed with cancers caused by HPV each year.

During NIAM, CareSouth Carolina encourages you talk to your primary care provider to ensure that your entire family is up to date on recommended vaccines.

## Health Centers...Rooted in Community

CareSouth Carolina celebrates National Health Center Week as a way to give back to the Pee Dee community. National Health Center Week is an annual celebration that brings awareness to the mission and accomplishments of America's health centers over the past five decades.

### Here are five numbers to know about Community Health Centers:

- 28 million. That's how many people Community Health Centers serve each year.
- 355,000 veterans are given treatment through Community Health Centers.
- Community Health Centers treat more than 65,000 patients with MAT (Medication Assisted Treatment) for substance abuse and opioid disorders.
- 44 percent of Community Health Centers are located in rural areas and many of which do not have a hospital within 50 miles.
- CareSouth Carolina has served the Pee Dee region almost 40 years and we look forward to another 40 as we continue to grow here in the community.

CareSouth Carolina serves more than 36,000 patients every year and seeks to be a medical home — a place where people can experience healing, caring relationships — regardless of their personal circumstance.

### 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:

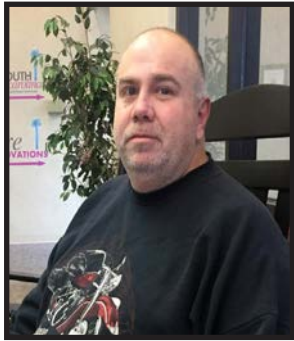


# Bishopville Pediatric Dental NOW OPEN!

CareSouth Carolina opened the doors to a new pediatric dental office on Monday, July 15 in Bishopville, becoming the lone dental office in Lee County.

The new office, located at 101 Harris Street, offers examinations, cleanings, restorative care and extraction services to an area that has been without a dental office for several years.

Bishopville Pediatric Dental will be open three days a week- Monday, Tuesday and Friday- from 8 a.m. to 5 p.m. and can accept patients up to age 19. To schedule an appointment, please call 866-815-9845.



## Patient Success Story: Shawn Melton

Things changed immensely for Shawn Melton back in July of 2018 when he was diagnosed with type 2 diabetes.

Melton, who has been coming to CareSouth Carolina for several years, said he was in shock when he received the news.

"I didn't want to have to deal with that," Melton said. "I talked with my provider and found out a lot about controlling sugar. I knew that meant that I was going to have to cut out things like soft drinks, breads and pasta."

Melton said he began taking Hemoglobin insulin at every meal, along with 20 units of BASAGLAR insulin and a Metformin pill to control his A1c, which was over 300.

He began treatments in July and around August, he no longer was using the Hemoglobin insulin and had dropped the dial on the BASAGLAR insulin to 15 units by September. By November, Melton said he was completely off of it altogether.

"Since then, I've been controlling everything about my sugar and I have started losing weight," Melton said. "The symptoms have reversed and I lost about five pounds per month, around 54 pounds overall. I've been able to eat moderate portions of bread, but mostly stay away from those foods and drink with high sugar. I continue to test my sugar, but haven't had a problem. There's a variety of things you can do."

## Struggling with asthma? You're not alone.

There are more than 26 million Americans living with asthma and 1 in 13 people have asthma, according to the Centers for Disease Control and Prevention (CDC).

Asthma is a chronic disease involving the airways in the lungs. These airways, or bronchial tubes, allow air to come in and out of the lungs. With asthma, your airways are always inflamed, but they can become even more swollen and the muscles around the airways can tighten when something triggers symptoms, such as coughing, difficulty breathing and chest tightening.

Here are a few tips for dealing with asthma.

1. Know your triggers and avoid them.
2. Take your asthma medication as prescribed by your primary care physician.
3. Learn how to use your inhaler properly.
4. Keep your inhaler with you where you go in case of an unforeseen emergency.
5. Quit smoking and avoid second-hand smoke.
6. Exercise safely, checking with your primary care physician for the best and safest routine possible.
7. Be in control and have a plan prepared in case of an asthma attack.

If you're struggling with asthma, schedule an appointment to talk with a CareSouth Carolina provider, who can assist with a plan for treating the condition.

