

WHAT'S HAPPENING AT CSC!

FREE careSOUTH carolina **BACK TO SCHOOL BASH** **FREE** SCHOOL SUPPLIES!

10:00AM - 12:00PM
East College Gymnasium
(Former Old Bishopville High School Gymnasium)
121 East College Street
Bishopville, SC 29010

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

AUGUST 10

* BACKPACKS & SCHOOL SUPPLIES LIMITED TO FIRST 500 PARTICIPANTS. A LIMITED QUANTITY OF SCHOOL SUPPLIES WILL BE AVAILABLE TO REMAINING PARTICIPANTS. LIMIT ONE PER CHILD.

Opening July 15

**Accepting New Patients
Up to Age 19**

**8:00AM-5:00PM
Monday, Tuesday
& Friday**

To Schedule an appointment,
please call 866.815.9845.

**101 Harris Street
Bishopville, SC 29010**

careSOUTH carolina
**Bishopville
Pediatric Dental
Office**

**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.

**Welcome
to Our
Hartsville Center**

To make an
appointment, please
call 843-332-3422.

**Dawn Calhoun, FNP-C
Family Nurse Practitioner**

ACCEPTING NEW PATIENTS



careSOUTH carolina Patient Connect

CareSouth Carolina, serving your local area since 1980.

JULY 2019

JULY is JUVENILE ARTHRITIS AWARENESS MONTH

It's a common misconception that only "old adults" get arthritis, but nearly 300,000 children in America have been diagnosed with the condition as well.

Arthritis is an inflammation (swelling and irritation) of the synovial membrane, which lines the joints (like the knees or knuckles).

When it becomes inflamed, fluid is produced. The joints can become stiff, swollen, painful, and warm to the touch. Over time, inflammation in a joint can damage the cartilage and bone.

Juvenile Arthritis is a chronic condition that may last months, years or a lifetime. There are certain symptoms that may arise, such as joint pain, swelling & tenderness; fatigue and loss of appetite; uneven growth; eye problems; and fever or skin rash.

The good news is that there are treatments available that can help deal with symptoms and allow children to live a normal life.

If you suspect that your child may have Juvenile Arthritis, please call 866-815-9845 to schedule an appointment with one of CareSouth Carolina's pediatric providers.

CareSouth Carolina To Celebrate National Health Center Week August 4-10, 2019



CareSouth Carolina will celebrate National Health Center week (Aug. 4-10) as a way to raise awareness about our mission and goals set for in the 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. Health centers serve 28 million patients a year and look to provide high-quality healthcare and education in the communities in which we serve. For more than 30 years, CareSouth Carolina has served as 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

follow us:



Bishopville Pediatric Dental Opening July 15

CareSouth Carolina will open 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, will offer examinations, cleanings, restorative care and extraction services to an area that has been without a dental office for several years.

The location 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.



The Dangers of Sunburn

Summertime signifies a season in which people will spend days at the beach or lake, out by the pool and working in the yard. With increased daylight and time spent outdoors, there comes an inherent risk of sunburn.

Though sunburn can seem relatively harmless, 1-in-5 Americans will develop skin cancer by age 70 and there are more than 200,000 cases of Melanoma each year, both of which can be caused by sunburns over time.



3 Tips to Avoid Getting Sunburnt:

1. Avoid the sun during peak hours of the day (10 a.m. to 2 p.m.) and seek shade when possible.
2. Wear clothing with UPF (Ultraviolet Protection Factor) protection, including sunglasses with UPF protection and a wide-brimmed hat.
3. Always remember to apply broad spectrum sunscreen before heading outdoors. The American Academy of Dermatology suggests that the sunscreen should have a SPF of 30 or more.

How to Treat Sunburn:

- Use a moisturizer that contains aloe vera or soy to help soothe sunburnt skin.
- Take frequent cool baths or showers and apply moisturizer as soon as you get out of the tub.
- Drink extra water to ensure that you don't become dehydrated.
- If your skin blisters, allow the blister to heal.
- Take extra care of sunburnt skin while it is healing. Wear clothes that cover the area and take extra precaution.

Fatigue Effects Your Work Production

According to a survey from the National Safety Council, 43 percent of Americans say they do not get enough sleep to mitigate critical risks that can jeopardize safety at work and on the road, including the ability to think clearly, make informed decisions and be productive.

Employers lose \$1,200 to \$3,100 per employee annually in work production due to drowsiness and fatigue. Fatigue also puts Americans at a higher risk when getting behind the wheel.

You are three times more likely to be in a car crash when tired and losing two hours of sleep is similar to the effect of having three beers, while being awake for more than 20 hours is the equivalent of being legally drunk, studies show.

Here are a few tips for getting a good night rest:

1. Go to sleep at the same time each night.
2. Avoid naps after 3 p.m.
3. Stay away from coffee and alcohol late in the day and avoid nicotine completely.
4. Get regular exercise and don't eat a heavy meal right before bed.
5. Follow a routine to help you relax before sleep (reading, listening to music, etc.) and make your bedroom comfortable, dark and quiet.

More than 70 million Americans suffer from a sleep disorder. If you have trouble sleeping, it may be time to schedule an appointment with your primary care physician to discuss options. To schedule an appointment with one of CareSouth Carolina's providers, please call 866-815-9845.

