

WHAT'S HAPPENING AT CSC!

WE WILL BE

CLOSED

MONDAY, MAY 27, 2019

IN OBSERVANCE OF MEMORIAL DAY

CAREFIRST CAROLINA FOUNDATION

GOLF TOURNAMENT

PROCEEDS BENEFIT MILES OF SMILES CHILDREN'S DENTAL VAN

May 15, 2019

Call Mark Sobiski for
Sponsorship opportunities
at 843-339-1920.



SPONSORSHIP
OPPORTUNITIES
AVAILABLE!

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.

RACE WILL BEGIN AND END AT THE
HARTSVILLE YMCA (111 E. Carolina Avenue)

USDA SNAP

Welcome



Latta Center:
Carolyn Fulmore,
LPC, LAC, CAC II
Behavioral Health
Counselor

Accepting New Patients

To make an appointment,
please call 843-627-6252.



Patient Connect

CareSouth Carolina, serving your local area since 1980.

MAY 2019

MAY IS MENTAL HEALTH AWARENESS MONTH

stand up against stigma

No Health without
Mental Health

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

Mental Health Month highlights the importance of work-life balance, pets, spirituality & religion, social

connections & recreations, as well as humor in achieving balanced mental health.

Work-Life Balance...

- Of adults employed full time in the U.S., nearly 40 percent reported working at least 50 hours per week and 18 percent work 60 hours or more. Poor work-life balance increases your risk for health conditions like sleep problems, digestive disorders and mental health problems.

- People who feel they have good work-life balance are more satisfied with their job and their life, and experience fewer symptoms of depression and anxiety, according to Mental Health America.

Pets...

- Scientifically, pet ownership has been known to improve cardiovascular health and physical activity; decrease stress and lower blood pressure; and reduce loneliness, which increases the risk of developing many chronic health conditions.

(CONTINUE ON BACK)

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:



MAY IS MENTAL HEALTH AWARENESS MONTH (CONTINUED)

- For people receiving treatment for mental illnesses, animal-assisted interventions reduce anger, anxiety, depression and general distress, while improving the ability to socialize. For people being treated for HIV, those who own dogs show fewer symptoms of depression and are better at taking medications- likely because of the routines that come with dog ownership.

Spirituality & Religion...

- Spiritual practices like meditation are linked to increased levels of feel-good chemicals like serotonin, dopamine and endorphins. Research has found that the areas of the brain associated with reward and positive feelings are activated when devout followers of a religion read scripture.
- A study found that people who attended religious services monthly showed a 22 percent lower risk of depression and that U.S. military veterans who identified themselves as being religious or spiritual showed high levels of gratitude, post-traumatic growth, and lower risk of depression, suicidal thinking and alcohol abuse than peers who did not identify in the same way.

Social Connections & Recreation...

- Being lonely can cause the same amount of damage to your lifespan as smoking 15 cigarettes a day is more dangerous to health than obesity, according to Mental Health America. People with strong social relationships are 50 percent more likely to live longer.



A Few Tips for Healthy Nutrition...

According to recent studies, Americans eat less than the recommended amounts of vegetables, fruits, whole-grains, dairy products, and oils, and around 90 percent of people in the U.S. eat more sodium than what is recommended for a healthy diet.

HHS estimates that reducing the amount of sodium Americans eat daily by 1,200 mg could save up to \$20 billion a year in medical costs.

If you're struggling with maintaining a proper diet, here are some healthy tips for nutrition:

- Don't drink your calories! Cut out soft drinks and other sugary drinks when possible.
- Keep a food diary/journal. When you have to write down everything that you put in your mouth, it increases your accountability.
- Cut back/out the additives to your food (sugar, salt, butter, etc.)
- Choose fresh, whole foods over frozen, pre-cooked foods.

Diabetes affects about 30.3 million Americans or about 9.4 percent of the U.S. population, and yet nearly 1 in 4 adults living with diabetes, or 7.2 million Americans, are unaware that they have the disease. Nine out of 10 adults with prediabetes don't know they have it, according to the American Diabetes Association.

Common symptoms of diabetes include:

- Frequent urination
- Feeling very thirsty or hungry
- Extreme fatigue
- Blurred vision
- Cuts or bruises that are slow to heal
- Unexplained weight loss
- Constant cravings for sweets can also be connected to signs of prediabetes.

Diabetes Screening

are you at risk for diabetes?

Type 1 diabetes can develop at any age, though it often appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40. Although there are many similarities between type 1 and type 2 diabetes, the cause of each is very different, and the treatment is usually quite different, as well.