

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



Patient Connect

CareSouth Carolina, serving your local area since 1980.

FEBRUARY 2020

What's Got You Sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your provider for tips on how to relieve symptoms and feel better.

| Common Condition | Common Cause | | | Are Antibiotics Needed? |
|---|--------------|-------------------|-------|-------------------------|
| | Bacteria | Bacteria or Virus | Virus | |
| Strep throat | ✓ | | | Yes |
| Whooping cough | ✓ | | | Yes |
| Urinary tract infection | ✓ | | | Yes |
| Sinus infection | | ✓ | | Maybe |
| Middle ear infection | | ✓ | | Maybe |
| Bronchitis/chest cold (in otherwise healthy children and adults)* | | ✓ | | No* |
| Common cold/runny nose | | | ✓ | No |
| Sore throat (except strep) | | | ✓ | No |
| Flu | | | ✓ | No |

Take Your Medical Career to New Heights!

Career Fair

Saturday
 February 22
 9:30AM - 12:30PM

CareSouth Carolina
 Hartsville Medical
 1288 S. Fourth St.
 Hartsville, SC

Positions Available:
 LPNs & Certified or Registered Medical Assistants
 Locations: Hartsville, Bishopville, Bennettsville, Cheraw, Dillon, etc.

Please bring Resumes, Certifications (including CPR) and Degree.
 Managers will be on site.

Other open positions are located on our "Careers" Page on our Website:
<http://www.caresouth-carolina.com/about-us/careers/>

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careSOUTH carolina
 WWW.CARESOUTH-CAROLINA.COM

CSC Provider Spotlight: Sarah Knight



Sarah Knight, MSN, ANP-BC

Knight received her Bachelors of Science in Nursing from the University of South Carolina before completing a Masters of Science in Nursing Adult Nurse Practitioner at South University.

"I like being able to help the patients and see the gratitude when they're seeing improvement in their numbers or when they're able to get a test done that they've never been able to get before because CareSouth Carolina can offer opportunities that they've never had," Knight said. Knight, a Chesterfield native, said she always had a desire to serve her community to the fullest through medical practice.

Outside of work, Knight enjoys spending time with her family and shopping. She married her "high school sweetheart" Trent and the two are going on nine years of marriage. She has three boys and the family enjoys traveling, and cheering on the South Carolina Gamecocks and Atlanta Braves.

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

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Love Your Heart! February is Hearth Month

One person dies every 48 seconds in the United States from heart disease.

Heart disease is the leading cause of death in Americans. One in four deaths are caused by heart disease and it accounts for more than 640,000 deaths every year.

The good news? Heart disease is largely preventable and can be avoided by living a healthy lifestyle, managing proper nutrition and identifying problems before they start.

In February, communities around the U.S. will celebrate American Heart Month, which will bring awareness and education about cardiovascular diseases and how to prevent them.

5 symptoms of heart disease...

- Chest discomfort or pain, which also can be known as “Angina”
- Shortness of breath
- Palpitations (irregular heartbeats)
- Weakness, dizziness or nausea
- Pain that spreads to the arm

5 ways to prevent heart disease...

- Control your blood pressure
- Eat a healthy diet
- Exercise regularly
- Limit alcohol, don’t smoke
- Manage stress

If you are suffering from any of these symptoms or want more information on how to prevent or treat heart disease, please talk to your primary care provider.

McColl Health & Wellness Center Opens Pharmacy

After months of development, CareSouth Carolina opened a state-of-the-art pharmacy inside its 28,992 square-foot McColl facility in February.

The CSC Community Pharmacy is a full-service pharmacy that looks to provide excellent care through consultation and affordable prices on prescriptions. Before the opening of the CSC Community Pharmacy, the town of McColl was without a local pharmacy for more than 30 years.

“This is an added benefit for everyone in the community,” Ashley Singleton, Chief of Pharmacy at CareSouth Carolina, said. “They can see their provider and get prescriptions filled all under the same roof. Adding this new building with the pharmacy is giving the residents of McColl and surrounding areas more access to care than they’ve ever had before.”

The CSC Community Pharmacy takes all major insurances and is open to all, even those who are not patients of CareSouth Carolina. The McColl pharmacy also has a drive-thru to make things more convenient for patients getting their medications filled.

The Pharmacist in Charge at the McColl location is Terri Woodham, who is a native of Marlboro County. The CSC Community Pharmacy will be open from 8:30 a.m. to 6 p.m. Monday through Friday. The drive-thru will be the only way to drop-off or pick-up prescriptions from 5 p.m. to 6 p.m. during those days.

New OPEN

McColl Health & Wellness Center
CSC Community Pharmacy

All Prescriptions Welcome
Convenient Drive-Thru Available

Monday-Friday
8:30AM-6:00PM | 3080 Highway 15-401 E
McColl, SC 29570

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Dealing with Stress and Anxiety

Common Effects of Stress (According to The Mayo Clinic):

On your body: Headaches, muscles tensions or pain, chest pain, fatigue, change in sex drive, upset stomach, sleep problems, frequent illness. **On your emotions:** restlessness, lack of motivation or focus, irritability or anger, sadness or depression, forgetfulness, feeling overwhelmed, insecurity.

On your behavior: Over or under eating, angry outbursts, drug/alcohol use, social withdrawal, oversleeping or too little sleep, relationship conflicts, crying spells, avoidance/procrastination.

A few suggestions on Stress Management:

- Get enough sleep
- Eat a healthy diet
- Get regular exercise
- Pay attention to negative self-talk
- Meditate
- Say ‘No’ to situations that add stress to your life, when possible
- Get a massage
- Talk with a friend or someone you trust
- Limit your Caffeine intake
- Avoid using alcohol or drugs in attempt to relieve stress
- Manage your time and energy
- Laugh! Watch a funny movie
- Take time for relaxation, fun and hobbies

When to seek help:

An estimated 40 million Americans live with some type of anxiety disorder. People with these disorders may feel anxious or stressed on a frequent basis and for prolonged periods of time. Stress and anxiety are treatable conditions and there are many resources, strategies and treatments that can offer assistance. If you’re unable to control your worries and stress is impacting your daily life, talk to your primary care provider about ways to manage stress and anxiety.

If you’re having thoughts about harming yourself or others, you should seek immediate medical help.