

HARTSVILLE MEDICAL
SATURDAY HOURS

NO APPOINTMENTS NECESSARY

HOURS
9AM - 1PM

1268 S. FOURTH STREET
HARTSVILLE, SC

WALK-INS WELCOME



FREE

careSOUTH carolina

FREE SCHOOL SUPPLIES!

BACK TO SCHOOL DRIVE-THRU

JULY 29, 2023
10:00AM - 12:00PM*

DILLON WELLNESS CENTER
1647 Commerce Drive
Dillon, SC 29536

*Backpacks & school supplies limited to first 300 Participants. A Parent/Guardian must be present, with child, to receive supplies. Limit one per child. While supplies last. USDA SNAP



SUMMER DENTAL DAYS



Charles W. & Dorothy Love
MILES OF SMILES
MOBILE DENTAL CENTER

careSOUTH carolina

FOR APPOINTMENTS
866-815-9845

MCCOLL CENTER
3080 HWY 15-401 E.
MCCOLL, SC

MAY 30-JULY 31, 2023

Evaluations • Exams • Cleanings • Procedures If Necessary
APPOINTMENTS ONLY.

careSOUTH carolina
www.caresouth-carolina.com




Patient Connect

CareSouth Carolina, serving your local area since 1980.

JUNE 2023

June is Men's Health Awareness Month



June is recognized globally as Men's Health Month, serving as a platform to raise awareness about the unique health challenges faced by men and promoting the importance of preventive care. This annual observance encourages men to prioritize their well-being and empowers them to make informed decisions about their health. Through education, outreach, and support, Men's Health Month aims to improve the overall health and longevity of men worldwide.

Men's Health Month aims to address the disparities in healthcare outcomes between men and women. Research consistently shows that men are more likely to engage in risky behaviors, delay seeking medical attention, and have higher mortality rates for various health conditions. By highlighting these issues and providing resources, the campaign strives to encourage men to take charge of their health.

The campaign emphasizes the significance of regular health screenings and check-ups. Many diseases, such as cardiovascular conditions, prostate cancer, and mental health disorders, can be detected early through routine screenings. However, men often neglect these preventive measures due to factors such as societal expectations, stigma, or a lack of awareness.

Men's Health Month seeks to challenge these barriers by promoting open conversations about men's health and dismantling the stereotypes that surround seeking medical help. It encourages men to be proactive in their health journey, fostering a culture of prevention rather than reaction.

To make an appointment, please call 843-309-8301.



All CareSouth Carolina offices will be closed on Monday, June 19, 2023 in observance of Juneteenth Freedom Day.

MEDICAL LOCATIONS:
Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Chesterfield • Dillon • Lake View • Latta • McColl

PHARMACY LOCATIONS:
Hartsville • Society Hill • Bennettsville • Bishopville • Cheraw • Latta • McColl • Chesterfield

To make an appointment, please call 843.309.8301.
www.caresouth-carolina.com



CSC Community Pharmacy in Bishopville offering free medication delivery

CSC Community Pharmacy is thrilled to announce the launch of its brand-new Medication Delivery Program in Bishopville, offering free at-home delivery of prescriptions to patients.

The program, which started on May 1, aims to enhance convenience and accessibility for patients in the Bishopville area. This initiative from CSC Community Pharmacy first started in Chesterfield County and has now made its way to Bishopville. Patients who use the Bishopville pharmacy, regardless of whether they use CareSouth Carolina medical facilities or other healthcare providers, are eligible for the home delivery service at no extra cost.

Once the medications are prepared, the pharmacy staff will provide information and consultation over the phone, ensuring that patients are well-informed about their prescriptions. The delivery driver will then head to the patient's location, obtain their signature, and deliver the medications directly to their doorstep.

Teshonna Gregg, the Pharmacy Tech and Delivery Driver at the Bishopville office, emphasized the significance of the new Medication Delivery Program. Jeffrey Hancock is serving as the Bishopville Pharmacist.

"I think the delivery option is important for our patients because it's local, convenient, and most importantly, it's FREE!!," said Gregg. "There's no greater feeling than going to a patient's house and them saying, "Thank you so much! You don't know how much I appreciate this." A lot of the patients have trouble getting a ride to the pharmacy, and with delivery services, we at CSC Community Pharmacy can continue to put the patient and their health first.

For more information about the Medication Delivery Program, patients are encouraged to contact the Bishopville pharmacy directly at 803-588-7960. The CSC Community Pharmacy team will be delighted to provide further details and assist you in taking advantage of this convenient and cost-free service.



DENTAL, VISION, OR HEARING ASSISTANCE PROJECT

Vantage Point, the Pee Dee Area Agency on Aging is offering financial assistance for a limited time to help those who face economic barriers to accessing assistive

Vantage Point is required to target or prioritize service to older individuals (age 60 and older) with the greatest economic or social need, particularly those living below the poverty threshold, minority persons, older individuals with limited English proficiency, and older persons living in rural areas.

Eligible clients who have submitted all necessary documentation will be approved on a "first come first serve basis" as long as funding is available.

To be assessed to determine eligibility, please contact Vantage Point at (843) 383-8632 or 866-505-3331 to schedule an appointment.

NOTE: Each individual that applies for assistance will need ALL of the following documentation (1, 2, 3, and 4) before an application can be fully approved.

1. The name, address, and telephone number of the doctor providing the service; and
2. an audiogram/official diagnosis of hearing loss from the audiologist and the total cost for the assistance needed;
 - or
 - a statement from the dentist or oral surgeon identifying the essential work needed, and the total cost for services;
 - or
 - a statement from the Optometrist identifying the service needed and the total cost;
4. An approval letter from Vantage Point.



216 South 2nd Street, Hartsville, SC 29550
(843) 383-8632 or 866-505-3331

ARE YOU ELIGIBLE FOR THE NEW COVID BIVALENT VACCINE?

ARE YOU AGES 6 MONTHS OR OLDER? **WAS YOUR LAST COVID SHOT MORE THAN 2 MONTHS AGO?** **WANT UPDATED PROTECTION FROM NEW VARIANTS?**

YES, YES & YES? GO GET THE SHOT!

CareSouth Carolina is currently offering COVID Bivalent vaccinations for individuals aged 6 months and older. This vaccine is replacing the mRNA (original) COVID vaccine. Whether you received or DID NOT receive the original COVID vaccines, you are eligible for the Bivalent vaccine.

Ages 6 months to 17:

For ages 6 months to 17 years, CareSouth Carolina is offering the COVID-19 Bivalent vaccine at our Bishopville, Latta, Bennettsville Pediatric, and Hartsville Pediatric offices. Vaccines for ages 6 months to 17 years are given by appointment only.

Ages 18 to 64:

For individuals age 18-64, we are accepting both appointments and walk-ins for COVID-19 Bivalent Vaccinations. The following offices are offering the vaccinations: Bennettsville, Bishopville, Cheraw, Chesterfield, Hartsville, Latta, Society Hill and McColl.

Ages 65 & Older/Immunocompromised:

Individuals age 65 & Older or immunocompromised are now eligible for two Spring Bivalent Boosters. The second booster may be administered at least two months following the initial bivalent booster. Both appointments and walk-ins are available at the following offices: Bennettsville, Bishopville, Cheraw, Chesterfield, Hartsville, Latta, Society Hill and McColl.

The updated vaccines offers stronger protection against severe illness and death.

If you would like to make an appointment, please call 843-309-8301.



Portion sizes have risen: A Few Tips to Help Your Family Thrive

Over the past two decades, portion sizes have undergone a significant transformation, and this shift has been closely linked to the rising rates of obesity. The evolution of portion sizes reflects changing societal norms, consumer preferences, and the practices of the food industry. Comparing portion sizes from 20 years ago to those of today reveals a stark contrast that has contributed to the obesity epidemic.

This increase in portion sizes has had a detrimental impact on public health, contributing to the obesity epidemic. Larger portions can lead to overeating and excessive calorie intake. Studies have shown that individuals tend to consume more when presented with larger portions, often ignoring their body's signals of fullness. The "clean plate club" mentality, where people feel compelled to finish everything on their plate, further exacerbates this issue.

Here are a few tips to help every family survive and thrive when it comes to portion sizes:

- When eating out, ask for a to-go box and take half of your meal home.
- Try to order protein, such as meat or fish, or plant-based food such as tofu, over carbohydrates such as pasta, rice and potatoes.
- When eating out, ask to hold the starch (pasta, potatoes, rice) and double up on the veggies.
- When serving food at home, use smaller plates for the main course, and larger ones for the salad.
- When eating at home, try to buy fresh, local produce in season. Stay away from processed foods as much as possible.
- When plating your food, make half of the plate veggies and salad. The other half should be split into 2/3 protein, and 1/3 carbs. The starchy carb items should be the smallest part of your plate.
- Have your family get up and serve themselves. Do not leave the food on the table, or everyone will eat more.
- When lured by more food for less money, look to see if they are just adding more starch (pasta, French fries or rice). If this is the case, don't bite!
- Limit eating out to no more than once per week, and try to cook more healthy meals at home.
- When eating, just eat! Refrain from watching TV, using electronics or reading a magazine or book.