

Flu Season is Here: Stay Protected with A Flu Shot!

We are officially in the heart of flu season, and CareSouth Carolina is encouraging everyone to protect themselves and their loved ones by getting a flu vaccine if they haven't already. Influenza spreads quickly in fall and winter, especially in schools, workplaces, and high-traffic areas, and staying up-to-date on vaccinations remains one of the best ways to reduce illness and keep our communities healthy.

Getting a flu shot helps lower the risk of severe symptoms, hospitalizations, and missed time from work, school, and family activities. It also helps protect those around us who may be more vulnerable, including young children, older adults, and individuals with chronic conditions.

Quick Facts:

- Flu season typically peaks between December and February
- The flu shot can reduce the risk of illness and complications
- Vaccination protects not only yourself, but those around you
- Even healthy individuals can get seriously ill from the flu
- It's safe to receive the flu vaccine alongside other recommended vaccines

For more information about the flu vaccine, just talk to your provider or call your local CareSouth Carolina office.

THINK THE FLU SHOT DOESN'T MATTER.... THINK AGAIN!

- Lowers risk of severe illness
- Fewer sick days
- Protects babies, seniors & those most at risk

Do your part—get vaccinated!

Flu Shots Available Now!

ASK YOUR PROVIDER ABOUT RECEIVING THE FLU VACCINE.

ON AVERAGE, FLU VACCINES HAVE REDUCED THE RISK OF FLU HOSPITALIZATIONS AMONG ADULTS BY 50%.

Did you know?

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Patient Connect

CareSouth Carolina, serving your local area since 1980.

November 2025

CareSouth Carolina Expands Miles of Smiles Program Through New Partnership with BCBS and MUSC



CareSouth Carolina is proud to announce a new partnership between its Dental Department, BlueCross BlueShield of South Carolina, and Medical University of South Carolina aimed at expanding access to early childhood oral health care.

Through this initiative, funding will support the expansion of CareSouth Carolina's Miles of Smiles program into local Head Start facilities. This effort will allow dental professionals to reach children at an even earlier age, providing vital oral health education and preventive care beginning with a child's very first tooth.

"This grant allows us to reach children sooner and make a lasting impact on their oral health," said Dr. Travis Russell, Dental Director at CareSouth Carolina. "We are passionate about helping children maintain beautiful, healthy smiles that build confidence and lifelong wellness."

The expansion doesn't stop with children. The Miles of Smiles team will also work closely with parents and caregivers, providing practical tools and education to help families establish strong oral health habits early on. By focusing on prevention during these formative years, the program aims to significantly reduce dental decay among elementary-aged children in the future.

Miles of Smiles has long been dedicated to improving oral health outcomes for children in the community through education, preventive services, and compassionate care. This new partnership strengthens that commitment, ensuring more families have access to essential dental resources and support from the very beginning.

HOLIDAY Closure Dates

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CareSouth Carolina offices will be closed in observance of Thanksgiving on Thursday, November 27 and Friday, November 28, 2025.

- 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 • Dillon

To make an appointment, please call 843.309.8301.

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CareSouth Carolina McColl Office Helipad Serves Community in Life-Saving Transport



CareSouth Carolina's McColl office helipad was used to airlift a local community member in need of urgent medical care. With Marlboro County lacking a hospital, having immediate access to air transport is a critical resource for residents when every second counts.

The helipad, generously provided through the support of the Love Family, ensures patients in Marlboro County can be rapidly transported to hospitals and trauma centers outside the area. This option fills a vital gap for the community, where quick response times can make all the difference.

"This is such an awesome resource for our community," said Pat Graham, McColl Site Administrator. "That could be me or my family being transported. What a wonderful option to have here in McColl."

To ensure the helipad was ready for emergencies, CareSouth Carolina's Maintenance Department recently applied a fresh coat of paint to the landmarks, making the pad more visible from the sky. The updates were completed just last week, ahead of this week's airlift.

"Seeing this helipad in action makes me CareSouth proud," Graham said. "We're so thankful to the Love Family for helping make this possible for our community."

CareSouth Carolina Hosts Successful Fall Festival & Trunk or Treat in Hartsville



CareSouth Carolina brought the community together for a morning filled with fun, health, and fellowship during its Fall Festival & Trunk or Treat event held on Saturday, October 25, 2025, at its Hartsville medical center.

The free event, which ran from 10 a.m. to 12 p.m., welcomed families from across the community to enjoy a festive celebration featuring food, games, inflatables, trunk or treat, and a variety of health resources and screenings.

"We are proud to host this event for the community," said Joe Bittle, Chief of Community Health at CareSouth Carolina. "It's a wonderful opportunity for families to come together, have some fun, and also focus on their health."

This event allows us to offer not only entertainment but also vital health resources to ensure our community remains healthy and well."

The Fall Festival & Trunk or Treat is part of CareSouth Carolina's ongoing commitment to providing whole-person care and connecting with the community beyond the walls of the clinic. Events like this help make health resources more accessible, while also creating meaningful moments for families to engage with one another and local providers in a fun, welcoming environment.

For more information about upcoming community events and health services, please follow CareSouth Carolina's Facebook page.

November is American Diabetes Month



November brings an important reminder for all of us at CareSouth Carolina and throughout our communities: it is American Diabetes Month. Diabetes affects millions of families, and early detection, education, and ongoing care can make a life-changing difference.

At CareSouth Carolina, we see firsthand how support, access to care, and simple lifestyle changes can empower patients to take control of their health. This month, we encourage everyone to continue raising awareness, having conversations with loved ones about risk factors, and staying proactive through screenings and education.

Fast Facts About Diabetes

- More than 38 million Americans are living with diabetes
- 1.4 million people in the United States are diagnosed each year
- Roughly 96 million American adults have prediabetes, yet more than 80% don't know it
- Diabetes remains the eighth leading cause of death in the United States
- Lifestyle changes like healthy eating, regular movement, and routine checkups can prevent or delay type 2 diabetes

CareSouth Carolina offers support for diabetes prevention and management, including primary care services, wellness education, nutrition support, and chronic care coaching. We are here to walk alongside our patients every step of the way.