

May Is National High Blood Pressure Education Month: Know Your Numbers, Protect Your Health

May marks National High Blood Pressure Education Month, a time dedicated to raising awareness about one of the most common—and preventable—health conditions in the United States. High blood pressure, also known as hypertension, often develops without noticeable symptoms, earning it the nickname “the silent killer.” Left unchecked, it can lead to serious health problems like heart disease, stroke, and kidney failure.

At CareSouth Carolina, we’re committed to helping our community take control of their health through education, screenings, and supportive care. Knowing your numbers is the first step. A normal blood pressure reading is generally considered to be below 120/80. If your numbers are higher, it’s important to work with your provider to create a plan that may include lifestyle changes, medication, or both.

Throughout the month of May, we encourage everyone to get their blood pressure checked, whether at a routine appointment or through one of our outreach programs. Small steps like eating a balanced diet, exercising regularly, managing stress, and cutting back on sodium can make a big difference in your numbers—and your long-term health. Early detection and management save lives, and at CareSouth Carolina, we’re here to support you every step of the way.

Your Health, Your Time: EXTENDED HOURS

We understand your schedule can be hectic. That’s why we’re extending our hours to better accommodate you.



Open Until 8:00pm

- ⊕ TUESDAY - BISHOPVILLE - 545 SUMTER HIGHWAY - 803.484.5317
- ⊕ WEDNESDAY - CHERAW - 812 STATE ROAD - 843.537.0961
- ⊕ THURSDAY - BENNETTSVILLE MAIN - 999 CHERAW STREET - 843.479.2341
- ⊕ SATURDAY - CHESTERFIELD - 204 PERRY WILEY WAY - 843.623.5080
- ⊕ SATURDAY - HARTSVILLE - 1268 S. FOURTH STREET - 843.332.3422
- ⊕ SATURDAY - DILLON - 1016 OLD LATTA HIGHWAY - 843.774.4337

WALK-INS ARE WELCOME - APPOINTMENTS ARE ENCOURAGED

Simply call the office for an appointment.



Patient Connect

CareSouth Carolina, serving your local area since 1980.

May 2026

CareSouth Carolina Names Dr. Christina Biester as Director of Family Medicine



Dr. Christina Biester

CareSouth Carolina is proud to announce that Dr. Christina Biester has been named the organization’s new Director of Family Medicine.

Dr. Biester will celebrate 20 years with CareSouth Carolina this July, having spent her entire tenure providing care to patients in Chesterfield. Her deep roots within the organization and the community position her uniquely for this leadership role, where she will focus on strengthening services, supporting providers, and expanding access to care.

In her new role, Dr. Biester will work closely with medical teams across CareSouth Carolina to enhance patient outcomes and improve the overall care experience. Her priorities include increasing efficiency, growing the scope of services, and ensuring the organization continues to meet the evolving needs of the communities it serves.

“This role is about enhancing the service we provide, supporting our providers, and doing everything we can to improve quality, patient experience, and success,” said Dr. Biester. “I also want to help grow and expand what we offer so we can better meet the needs of our community.” A key focus for Dr. Biester will be strengthening relationships between CareSouth Carolina and the local population.

“We can play a major role in meeting the needs of our local population through medical care, access, and education,” she said. “It’s about building and solidifying those relationships with the community.”

Throughout her career, Dr. Biester has valued the collaborative, team-based approach that CareSouth Carolina offers. She said that working alongside a multidisciplinary team that includes social workers, nurse practitioners, pharmacists, counselors, and support staff, is an important part of meeting the needs of the “whole patient.”

“What I’ve enjoyed most is being part of a team where we can truly address a patient’s needs from every angle,” she said. “If someone needs extra support, our counselors and social workers are there. There are so many different ways we can help people here, and I wouldn’t want to work anywhere else.”

Looking ahead, Dr. Biester is especially focused on increasing access to care, improving operational efficiency, and expanding outreach efforts. She noted that one of the biggest challenges is helping patients stay motivated after receiving medical advice. “The patients I worry about most are the ones who get guidance but aren’t able to take the next steps,” she explained. “We need to find ways to increase motivation and engagement. My goal is to strengthen our resources so we can help patients take control of their health and achieve better outcomes.”

Dr. Biester will continue seeing patients in Chesterfield with a slightly modified schedule, which will be communicated to patients. She also plans to increase collaboration with nurse practitioners to ensure continuity of care and expanded access for patients.

Outside of work, Dr. Biester enjoys spending time outdoors, particularly planting and bird watching. She is also actively involved in her church, where she plays the violin.

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.

www.caresouth-carolina.com

follow us:



Town of Latta Transfers Historic Latimer Building to CareSouth Carolina, Expanding Access to Care



The Town of Latta has officially presented the key to the historic Latimer School building, located at 122 Latimer Street, to CareSouth Carolina, marking a major step forward in expanding healthcare access for the community.

CareSouth Carolina has been operating out of the Latimer building since 2015, initially utilizing only a portion of the facility.

With the official transfer of ownership now complete, the organization will be able to fully occupy the space—allowing for significant upgrades, expanded services, and the ability to nearly double its patient capacity in the Latta area.

“We are deeply honored by the Town of Latta’s generous donation of the historic Latimer School,” said Ann Lewis, Chief Executive Officer of CareSouth Carolina. “Our organization first began providing services in Latta in 2015, initially occupying one half of the building as a lessee. This donation represents an important milestone for us. It will allow us to invest in much-needed repairs and improvements to preserve the building’s legacy while enhancing its functionality. We are especially excited about the opportunities this creates for future growth and expanded services to better serve the community.”

CareSouth Carolina plans to make necessary renovations and improvements while preserving the structure’s historical significance. The expanded footprint will allow for the addition of new services and improved patient flow.

“We’re excited about the partnership with CareSouth Carolina to bring more services to our communities and surrounding areas,” said Marcus McGirt, Mayor of Latta. “We’re thrilled to pass over a part of history to CareSouth Carolina so that they can redefine and redesign our history into something modern that can be for all of our people. We’re thankful for Ann [Lewis] and Joe [Bittle] and grateful that this is going with the Town of Latta.”

The Latimer building has long been a meaningful part of Latta’s history, and this new chapter ensures that it will continue to serve the community in a new and impactful way. By transitioning the building, both the Town of Latta and CareSouth Carolina are working together to ensure that residents have greater access to essential medical services close to home.



May is Mental Health Awareness Month, a time to bring more attention to something that impacts so many people, yet often goes unspoken.

Across the country, nearly 1 in 5 adults experience a mental health condition each year, and about 1 in 6 children ages 6–17 are affected as well. Even with how common these challenges are, many individuals still don’t get the support or care they need.

At CareSouth Carolina, mental health care is an important part of the bigger picture. We are home to a nationally recognized Integrated Behavioral Health program, which allows patients to receive support for things like anxiety, depression, stress, and much more right alongside their regular medical care. Instead of having to navigate separate systems, patients can talk to someone they trust in a setting that already feels familiar.

This kind of approach makes it easier for people to take that first step. It helps remove some of the common barriers—like stigma or access—and replaces them with convenience and real support from caring professionals.

May Is Women's Health Month

At CareSouth Carolina, we feel a special commitment to provide for the needs of women. CareSouth Carolina offers extensive gynecological services. We emphasize what we call “well-woman gynecology.” In addition, our health care providers are sensitive to the special needs of women and are committed to helping our patients become more active in promoting their own health and well-being.

We provide a full range of women’s services including:

- Annual Exams
- Ultrasounds for OB/GYN evaluations
- Pap Smears
- Reproductive Health Services
- Voluntary family planning
- Screenings for sexually transmitted infections
- Breast Cancer Screenings referrals



In the U.S., about 1 in 8 women will develop breast cancer in their lifetime, making routine screenings especially important. Heart disease continues to be the leading cause of death for women, accounting for roughly 1 in every 5 female deaths each year. On the preventive side, regular care can make a major difference—yet studies show that many women delay or skip annual exams and recommended screenings. Access to prenatal care is another key factor, as early and consistent care is linked to healthier pregnancies and better outcomes for both mother and baby.

If you’d like more information about the services that CareSouth Carolina provides to women, please give us a call at 843.309.8301.