

The Importance of Immunizations

One concerning finding since the first case of COVID-19 erupted in the US is the sudden and drastic decrease in childhood wellness visits and immunizations. The American Academy of Pediatrics (AAP) has issued statements recently reiterating the importance of continuation of childhood wellness visits and immunizations, even during this pandemic.

Here are five important reasons to not delay on your child's immunizations:

1. Immunizations can save your child's life. Because of advances in medical science, your child can be protected against more diseases than ever before.
2. Vaccination is very safe and effective. Vaccines are only given to children after a long and careful review by scientists, doctors, and healthcare professionals.
3. Immunization protects others you care about. Children in the U.S. still get vaccine-preventable diseases. In fact, we have seen resurgences of measles and whooping cough (pertussis) over the past few years.
4. Immunizations can save your family time and money. A child with a vaccine-preventable disease can be denied attendance at schools or child care facilities.
5. Immunization protects future generations. Vaccines have reduced and, in some cases, eliminated many diseases that killed or severely disabled people just a few generations ago.

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SEPTEMBER 2020

CareSouth Carolina awarded Five Quality Improvement Nationally-recognized Badges

CareSouth Carolina was recognized by the U.S. Department of Health and Human Services (HHS) and the Health Resources and Services Administration (HRSA) for our commitment and dedication to providing quality care and services to our patients and communities. In total, CareSouth Carolina received five badges which include:



HRSA Silver Health Center Quality Leader, in recognition of ranking among the top 20% of health centers for best overall clinical performance.



HRSA Access Enhancer, which recognized health centers that increased the total number of patients served and the number of patients receiving comprehensive services.



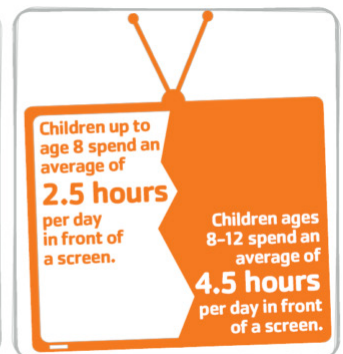
HRSA Health Disparities Reducer, which recognized health centers that met or exceeded the Healthy People 2020 goals, or made at least a 10% improvement across different racial/ethnic groups.



HRSA Advancing HIT for Quality, which recognized health centers that optimized HIT services for advancing telehealth, patient engagement, interoperability, and collection of social determinants of health to increase access to care and advance quality of care.



PCMH (Patient Centered Medical Home) badge



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CareSouth Carolina Employees Awarded Statewide Honors



Tracie Thigpen
Chief of Nursing



Kelli Cross
Population Health Manager

CareSouth Carolina's Tracie Thigpen was named the South Carolina Nurse of the Year and Kelli Cross was named Champion of Practice Transformation at the South Carolina Primary Health Care Association's 26th annual Clinical Network Retreat, which was held virtually.

Thigpen, the Chief of Nursing at CareSouth Carolina, has been with the organization for three years. CareSouth Carolina CEO Ann Lewis said Thigpen goes above and beyond the call of duty.

"I was proud to nominate Tracie Thigpen as SCPHCA Nurse of the Year and absolutely elated that she won," Lewis said. "Tracie is the epitome of what a nurse stands for: compassionate beyond all boundaries, committed in heart, soul and body, knowledgeable with grace and humbleness. I am amazed by her strength and perseverance during this time of the pandemic."

Cross, who has been with CareSouth Carolina for more than three years, took over the newly-created position of Population Health Manager last year and has since worked to provide healthier outcomes to patients throughout the Pee Dee region. "The best summary of the reasons why I believe that Kelli Cross should be honored as the Champion of Practice Transformation can be found in my five favorite words to hear from her 'I've got a crazy idea,'" said CareSouth Carolina Associate Medical Director Dr. Jeniqua Duncan. "For someone to truly champion transformation, they have to be comfortable working beyond limits that are placed on them and collaborative enough for those to see them as an ally who will protect them during the storm of change. Kelli Cross exhibits these qualities and more."

Know Your History, Know Your Risk: Colorectal Screenings Save Lives!

This past month, the United States of America was stunned to learn of the passing of Chadwick Boseman, the actor who was known for several prominent starring roles including King T'Challa in Black Panther and Jackie Robinson in the movie '42.'

Boseman, just 43 years of age, had been diagnosed with colon cancer back in 2016 and died after a four-year battle with the disease.

Symptoms:

In many cases, colorectal cancer has been known as a "silent killer," not showing any symptoms until the disease is much farther along.

- Changes in bowel movements, including constipation and diarrhea
- Bleeding or cramping in your rectum
- Feeling like you can't empty your bowels completely or urgently need to have a bowel movement
- Persistent pain in your abdomen, such as cramps, gas or pain
- Dark patches of blood in your stool
- Discomfort or bloating in your belly
- Unexplained fatigue; loss of appetite and weight loss
- Pelvic pain

Prevention:

Making lifestyle changes can help reduce the risk of Colorectal Cancer. Eating a variety of fruits, vegetables and whole grains; drinking alcohol in moderation, if at all; not smoking; frequent exercise; and maintaining a healthy weight can reduce your risk for Colorectal Cancer.

Guidelines generally say to begin colon cancer screenings at age 50 for both men and women, but that age can be earlier dependent upon several factors including your family history and risk factors. Factors that may increase your risk for Colorectal Cancer include, but are not limited to: older age, having a history of colorectal cancer, having a family history of colon cancer, eating a low-fiber, high-fat diet, diabetes, struggling with obesity, smoking, regular use of alcohol in addition to many others.



The CareSouth Carolina Community Live Podcast- hosted by Daniel Myers, MAT/SUD Program Director and Marek Calhoun, Director of Social & Community Services for CareSouth Carolina- takes a deep dive into the programs and services being offered in our communities by both CareSouth Carolina and our community partners.

"As many of you know this COVID-19 pandemic has created so much uncertainty within our communities," Calhoun said. "It has created circumstances that has caused us to reimagine how we approach the delivery of healthcare to our patients and the way we provide services and other information from many of our divisions and programs. So, as we adjusted to this new normal, what was born out of that was a way for us to continue to get our message and much-needed information out to our patients, community partners and the community at-large about CareSouth Carolina and our programs and services."

The CareSouth Carolina Community Live Podcast can be seen live on our Facebook page weekly and on Youtube.