

October is Breast Cancer Awareness Month



Patient Connect

CareSouth Carolina, serving your local area since 1980.

OCTOBER 2020

As you come back into our offices, we're working to ensure your safety

CareSouth Carolina is working hard to ensure the safety and health of our patients and staff members and has implemented several strategies as we continue to fight against the spread of COVID-19.

Here's a few things to expect as you enter in our offices:

- Since the beginning of the pandemic, CareSouth Carolina has implemented daily temperature checks of all of its employees upon reporting for work and requires universal mask-wearing. Should they have a fever, they are being seen by a provider and sent home.
- Any visitor who enters our facilities is required to wear a mask and will be met at the door by a nurse who take their temperature and complete a COVID-19 pre-screening.
- Hand sanitizer is available near each kiosk and disposable covers are placed on the kiosk screen and changed frequently.
- Front office counters, windows, chairs and door knobs are being wiped down frequently.
- Waiting room furniture has been spaced out six feet apart to promote social distancing.

In addition to these measures, CareSouth Carolina has also installed GPS Air Scrubbers in most medical and administrative offices, which is a state-of-the-art filtration system inside the facilities.

About 1-in-8 U.S. women (12 percent) will develop invasive breast cancer over the course of their lifetime. In 2020, an estimated 276,480 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 48,530 new cases of non-invasive (in situ) breast cancer.

Here's a few myths vs. facts about Breast Cancer (According to the National Cancer Institute):

- MYTH: If I don't have a family history of breast cancer, I won't get it.
- FACT: Many people diagnosed with breast cancer have no known family history.
- MYTH: If you maintain a healthy weight, exercise regularly, eat healthy, and limit alcohol, you don't have to worry about breast cancer.
- FACT: Although these behaviors can help lower breast cancer risk, they can't eliminate it.
- MYTH: Breast cancer always causes a lump you can feel.
- FACT: Breast cancer might not cause a lump, especially when it first develops.
- MYTH: Wearing a bra, using underarm antiperspirant, carrying your cellphone in your bra or consuming too much sugar can cause breast cancer.
- FACT: There is no significant evidence of a connection between these things and breast cancer, but they are all still being studied.

It is extremely important to schedule a yearly mammogram and CareSouth Carolina can help with your referral in ensuring that you get this important screening done. Just talk with your provider today.

Drive-Thru Halloween with CareSouth Carolina!

While it may look a little different than normal, CareSouth Carolina will still be celebrating Halloween this October with our community.

CareSouth Carolina will be hosting a Drive-Thru Style Trick or Treat from 10 a.m. to 12 p.m. on Saturday, Oct. 24 at the T.B. Thomas Sports Center in Hartsville. Children will have an opportunity to receive candy from our staff members while also practicing social distancing.

Attendees are asked to enter from the Byerly Park Russell Road entrance and stay in their vehicle. Children must be present and it is limited to the first 500 trick-or-treaters.

DRIVE THRU STYLE

TRICK OR TREAT

SAFETY CERTIFIED

SATURDAY, OCTOBER 24, 2020
10:00AM - 12:00PM

Please Stay in your vehicle at all times. Limited to First 500 Trick or Treaters. Children Must be Present.

TB Thomas Sports Center
Hartsville, SC
Enter From Byerly Park Russell Road Entrance.

careSOUTH carolina
www.caresouth-carolina.com

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.

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Get Your Flu Shot: Know The Facts

Thousands of Americans die from the flu, or influenza, each year and there is an added amount of concern about this coming flu season due to its potential to combine with the ongoing COVID-19 pandemic to create what could be a very difficult fall and winter for the nation.



The flu, or influenza, is a contagious respiratory illness caused by viruses that infect the nose, throat, and sometimes the lungs.

In a bad flu season- which peaks from December to February- 40 million to 50 million Americans may catch the flu, with some 800,000 requiring hospitalization. When that's combined with the ongoing COVID-19 pandemic, there is a concern that hospitals could become overrun and the medical system could reach its capacity. That's why health experts are strongly encouraging Americans across the country to get their flu shot. CareSouth Carolina is providing flu vaccinations at all of its medical offices. Anyone can get a flu shot and you don't have to be a patient of CareSouth Carolina to get the vaccine.

The CDC has also advised that anyone who has had COVID-19 can still get the flu vaccine as long as they are not in their current 14-day quarantine window.

"We are encouraging people to get their flu shots for this coming flu season," CareSouth Carolina Chief of Nursing Tracie Thigpen said. "The CDC is recommending getting this shot to help combat the spread of respiratory illness during this fall and winter. The flu shot is important to help protect our vulnerable populations from illness."

Flu vaccines prevent millions of illnesses, tens of thousands of hospitalizations and thousands of deaths every season, according to the Centers for Disease Control & Prevention (CDC).

The Facts About Flu Shots (According to the CDC):

- Flu vaccines are safe. Hundreds of millions of flu vaccines have been safely given to Americans for more than 50 years.
- Vaccination helps protect women during and after pregnancy. A CDC multi-year, multi-country study showed it reduced the risk of flu hospitalization among pregnant women by 40% on average. Flu vaccination during pregnancy also helps protect babies from flu for the first several months after birth when they are too young to be vaccinated. Flu vaccination can lower the risk of serious outcomes from heart disease and diabetes.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.
- While some people who get vaccinated do still get sick, there is a growing amount of data showing that vaccination makes illness less severe, helping to prevent serious outcomes.

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are used to make the vaccine.

To schedule an appointment with a CareSouth Carolina provider to receive the flu vaccination, please call your local CareSouth Carolina office.

CareSouth Carolina is joining with the Centers for Disease Control & Prevention and encouraging you to keep it safe this Halloween.

According to the CDC, if you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick-or-treaters.

Though the CDC is recommending staying away from high-risk activities like traditional trick-or-treating where treats are handed to children who go door to door, trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots, or attending an indoor costume party, there are plenty of lower risk alternatives in which you can celebrate the holiday such as:

- Carving or decorating pumpkins with members of your household and displaying them.
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends.
- Decorating your house, apartment or living space.
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest.
- Having a Halloween movie night with people you live with.
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house.

A Halloween-themed graphic with a full moon and the text "HAVE A SAFE AND HAPPY HALLOWEEN!" in orange, stylized letters.