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CareSouth Carolina, serving your local area since 1980.

2021

WINTER EDITION



204 Perry Wiley Way
Across from Chesterfield County DSS

New CSC Chesterfield Location Opening Jan. 12

For more than 15 years, CareSouth Carolina has served in the Chesterfield community and now the organization is set to open a new 17,000-square foot state-of-the-art facility on Tuesday, January 12 illustrating its commitment to the community for the long-term.

The new facility, which will be located at 204 Perry Wiley Way, more than quadruples CareSouth Carolina's capacity to provide services to Chesterfield county and its surrounding areas.

"CareSouth Carolina has been invested in the Chesterfield community for over 15 years," CareSouth Carolina CEO Ann Lewis said. "This has been a very long time in the making. We have outgrown our current location and this new facility will definitely fix the space problem and provide much needed expanded services to the area."

In addition to the services provided at the current location, the new facility will provide space for additional primary care providers, dental services, behavioral health counseling, x-ray, lab, ultrasound, pharmacy with a drive thru and a community room for various health and community events. CareSouth Carolina originally opened its site at 500 West Boulevard in 2005. Since then, the organization has focused on providing quality care that makes a difference in the Chesterfield community.

Currently, the site employs more than 16 medical professionals, including four providers: Christina Biester, M.D.; Sarah Knight, ANP-BC; Ryann Charisse Lee, APRN; and Jack W. Rhyne, LISW.

"We're excited to be welcoming the community into our new building," Lewis said. "The staff is looking forward to more efficient space, less crowded patient and staff areas, expanded parking, and a large community room for education and meeting needs."

CareSouth Carolina Chosen as One of Just 20 National Pilot Sites for NACHC 'Leading Change' Project

The COVID-19 pandemic has forced health systems to reimagine how to effectively manage preventive care and chronic diseases when regular in-person visits are difficult or no longer feasible. With many U.S. adults delaying preventive care, and with 6 in 10 having at least one chronic condition including heart disease, cancer, and diabetes, regular health management is a matter of life and death with added COVID-19 risks. A large population of high-risk patients who are more likely to suffer from a disproportionate array of chronic conditions are cared for by community health centers.

To address this problem, The National Association of Community Health Centers (NACHC) developed a cutting-edge pilot project with 20 select health centers in 16 states around the country who will now offer patients their own self-care tools and remote patient monitoring to prevent unnecessary health problems. NACHC's project is called, "Leading Change: Transforming At-Home Care".

Dr. Jeniqua Duncan, associate medical director for CareSouth Carolina, said one of the most exciting portions of the pilot program was seeing the patients' willingness to participate and excitement to try something new that could positively change their healthy outcomes.

"CareSouth Carolina is excited and extremely honored to be chosen for this timely initiative," Dr. Duncan said. "COVID-19 has forced us to look at different ways to reach our patients and connect with them, so this strategy to provide patients with the tools and information they need to care for themselves at home with our help, will make a tremendous difference in their lives."

20 high-risk patients from CareSouth Carolina will be given a Patient Care Kit that includes a home kit for colorectal cancer screening, a home blood-sugar monitor for diabetes, a blood pressure monitor, a thermometer and scale. Patients will also receive educational materials and regular virtual visits from clinic staff. Clinic staff will receive technical assistance from NACHC.

The pilot is funded by the Division of Cancer Control and Prevention at the Centers for Disease Control and Prevention (CDC) and is designed to capture data through June 2021. It officially began on September 24th.

NACHC's Quality Center is excited to launch this initiative. "This pandemic has shown us how community health center partners can step-up to transform our local healthcare systems and lead us into the future with new blended care delivery models that include at-home self-care integrated with virtual care. These steps have the potential to critically improve the way preventive care and chronic diseases are managed during and beyond this pandemic."

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Addiction & Recovery

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Make an Annual Wellness Check-in Part of Your 2021 Plans



Because of the ongoing COVID-19 global pandemic, many Americans have put off routine or well-care checkups but as we approach the New Year, it's becoming increasingly important to schedule those annual 'check-ins' with your primary care provider.

Making an annual check-in with your primary care provider and being prepared for the visit can be the difference between living with chronic conditions unknowingly and addressing those issues moving forward. As a matter of fact, there are an estimated 1.2 million people living with diabetes who don't know it. About 13 million U.S. adults with hypertension (high blood pressure) aren't even aware they have it and are not being treated.

Early diagnosis, prevention and treatment are keys to fighting many chronic conditions and underlying issues that, if left untreated, can prove to be deadly.

Even in a time where many patients might be leery about coming into the office, CareSouth Carolina is encouraging them to make these annual check-ins for the betterment of their health. CareSouth Carolina offers appointments in-person, via telehealth and by hybrid- which is a mixture of both a telehealth visit and a limited, brief in-person visit. "CareSouth Carolina has adapted to the limitations that COVID-19 has placed on us," CSC Associate Medical Director Jeniqua J. Duncan said. "There are ways to have these visits done- including all of the ways we are offering appointments- and to be safe, as well."

The first step is to be prepared.

Healthcare Information Checklist:

- Copies of insurance cards/dental/eye coverage
- Name/Address/Specialty office information/Any hospitalizations/Primary Care Provider information
- List of medical issues, history
- List of prevention/screenings (when it was done, next due)
- Immunization Record
- Surgical or Hospitalization information (if applicable)
- Medication list (what, why you take it, when you take it, how often)
- List of allergies
- Emergency Contacts (have more than one)
- Advanced Directives (Even if you're healthy, it's important to have documentation stating what you would want to have done/not have done if you were too sick to answer for yourself)
- Notes on things that serve as roadblocks or obstacles to you being healthy

"It's important to know that offices like CareSouth Carolina can help with many things that might create a barrier to your health," Dr. Duncan said.

In addition to having information ready for your provider, it is also to know what questions to ask and to be proactive in discussing your health with your provider.

What questions should I ask?

- What medical conditions am I at risk for and what should I be screened for?
- What needs to be done differently so that I can live a healthier lifestyle?
- What should I be doing now or continuing to do to keep me healthy? (I.e: Screenings, tests, recommendations for maintaining health)

What to expect on a first-time visit?

While many Americans know visiting the doctor is important, millions choose to ignore the visit and their symptoms each year.

If you're making a visit to check-in for the first time, Dr. Duncan said the visit will mainly consist of the provider trying to get to know you- including your medical and family history.

"They'll ask you questions about if you're taking any medications, if you smoke, what your lifestyle is like," Dr. Duncan said. "In primary care, we're working to prevent you from being sick. It's not just about treating things when they come up, it's a proactive approach that, in the long-run, is going to leave you with a much higher quality of life."

Please contact your local CareSouth Carolina office to schedule your annual wellness check-in.

Services:

Family Practice
Pediatrics
Women's Care
Behavioral Health Counseling
Lab
Radiology/Ultrasound
Chiropractic Care
Dental Care
Family Support Services
Substance Abuse Prevention Program
Infectious Diseases Primary Care
Senior Support Services
Community Pharmacy

Convenient Locations

Bennettsville Center
999 Cheraw Street
Bennettsville, SC 29512
843.479.2341

Dillon Center
207 E. Monroe Street
Dillon, SC 29536
843.774.4337

Bennettsville Pediatric Center
210 W. Main Street
Bennettsville, SC 29512
843.479.1200

Hartsville Center
1268 S. Fourth Street
Hartsville, SC 29550
843.332.3422
843.339.5520 Chiropractic

Bennettsville Women's Center
1076 Marlboro Way, Suite 1
Bennettsville, SC 29512
843.454.2294

Lake View Center
103 N. Kemper Street
Lake View, SC 29563
843.759.2189

Bishopville Center
545 Sumter Highway
Bishopville, SC 29010
803.484.5317

Latta Center
122 Latimer Street
Latta, SC 29565
843.627.6252

Hunt's Family Practice
106 Hospital Square
Bishopville, SC 29010
803.484.5943

McColl Center
3080 Highway 15-401 E
McColl, SC 29570
843.523.5751

Bishopville Pediatric Dental
101 Harris Street
Bishopville, SC 29010
866.815.9845

Society Hill Center
737 S. Main Street
Society Hill, SC 29593
843.378.4501

Cheraw Center
715 S. Doctors Drive Suite E
Cheraw, SC 29520
843.537.0961

Public Employee Health
Services - Marlboro County
100 Matheson Street
Bennettsville, SC 29512
843.456.7752

Chesterfield Center
500 W. Boulevard
Chesterfield, SC 29709
843.623.5080

CSC Community Pharmacy Locations

HARTSVILLE
1280 South Fourth Street
843.339.5530

LATTA
122 Latimer Street
843.627.6261

BENNETTSTVILLE
999 Cheraw Street
843.456.7777

BISHOPVILLE
545 Sumter Highway
803.588.7960

CHERAW
715 S. Doctors Drive, Suite A
843.865.4080

SOCIETY HILL
737 S. Main Street
843.378.4148

MCCOLL
3080 Highway 15-401 E
843.523.6212

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PO Box 1090
Hartsville, SC 29551
Telephone: 843.857.0111
Fax: 843.857.0150

Website: www.caresouth-carolina.com

CareSouth Carolina's MAT Program is Here For You

MAT (Medication Assisted Therapy) is the use of FDA-approved medications, in combination with counseling and behavioral health, to provide a "whole-patient" approach to the treatment of substance use disorders.

CareSouth Carolina offers MAT services to those with substance-abuse disorders with the hope of providing the ultimate goal of full recovery, including the ability to live a self-directed life.

"This is a time of year with many unemployed and stress and anxiety is at a high with as we continue to battle through the COVID-19 pandemic," CareSouth Carolina MAT SUD Program Director Daniel Myers said. "One of the first thoughts for those struggling with addictions is to go back to old habits. We are encouraging our patients to speak with counselors and meet with DAODAS agencies. We encourage them to come to all their appointments and we are proud of our patients who are continuing to have success."

The mission of the MAT program is to reduce morbidity, mortality and harm associated with opioid misuse and overdose in our communities by increasing immediate access to prevention, treatment and sustained recovery.

Since its inception, Myers said the program has seen sustained success for those who have participated.

"We're with you the entire way," Myers said. "We're not giving you something that you can get addicted to a second time. We're working to reduce cravings, monitoring closely, using drug screens, weekly counseling and we have partnerships with DAODAS for counseling and behavioral health needs. It's a blend of medical and counseling care that provides a holistic approach to care and makes sure you get the services you need."

New patients can schedule a visit with a CareSouth Carolina provider either in-person or via telehealth. From there, they can receive a referral.

"We have availability. We have 18 MAT providers available and that means there will never be a time where you won't be able to meet with a provider," Myers said. "This can be a stressful time and we all have different anxieties going on in our lives. We want to help you."

Should you or a loved one struggle with a substance abuse disorder, please visit caresouth-carolina.com or give us a call at 843-378-4501.



CareSouth Carolina