

# HEALTHY BOTTOM LINE

JUNE 2019



## The effects of UV rays on the eyes

The sun can be both friend and foe. A warm, sunny day can improve mood and increase levels of vitamin D in the body. Exposure to sunlight during the day also can help regulate the body's natural sleep-wake cycle, known as the circadian rhythm. However, overexposure to the sun can be dangerous as well.

Many people recognize that exposure to the sun can lead to sunburn and long-standing skin damage, but they may not realize that the eyes also are susceptible to damage caused by the sun. The eye health resource All About Vision warns that extended exposure to the sun's UV rays has been linked to significant eye problems, including cataracts, macular degeneration, pinguecula, pterygia, and photokeratitis. UV rays come in three types: A, B and C. The atmosphere's ozone layer blocks virtually all UVC rays, which are the most potent, but UVA and UVB can be dangerous when exposure to the sun is significant.

Exposure to excessive amounts of UV radiation over a short period of time can cause photokeratitis, which is essentially a sunburn of the eye that can cause pain and redness. Prolonged exposure to UV rays without adequate protection may cause lasting damage, says the American Optometric Association. UV rays come from both the sun itself and tanning beds. Here's a look at some of the common UV-induced eye conditions.

- **Cataracts:** A clouding of the eye's natural lens, or the part of the eye that focuses the light a person sees.
- **Macular degeneration:** UV rays may lead to macular degeneration, which is a leading cause of vision loss for older people. The macula is the center portion of the retina, essential for vision.



- **Pterygium:** This is a growth that begins on the white of the eye and may involve the cornea. The growth can eventually impede vision, says the organization Prevent Blindness America.

Sunglasses and other protective lenses are essential to keeping the eyes healthy. AOA says that for sunglasses to be effective, they should:

- block out 99 to 100 percent of both UV-A and UV-B radiation;
- screen out 75 to 90 percent of visible light;
- have lenses that are perfectly matched in color and free of distortion and imperfection; and
- have lenses that are gray for proper color recognition.

In addition, people can wear wide-brimmed hats to protect their eyes from the sun and harmful UV rays. This will shield the eyes and the delicate skin of the face.

Learn more about protecting the eyes at [www.allaboutvision.com](http://www.allaboutvision.com), [www.aoa.org](http://www.aoa.org), or [www.preventblindnessamerica.org](http://www.preventblindnessamerica.org).

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# CareSouth Carolina opens state-of-the-art McColl facility

MCCOLL – After months of construction and planning, CareSouth Carolina opened the doors to its state-of-the-art McColl Health & Wellness Center on Monday, June 17.

The new facility, located at 3080 Highway 15- 401 E, has a total of 28,992 square-feet and more than quadruples CareSouth Carolina's capacity to provide services to Marlboro County and its surrounding areas.

"With the extraordinary generosity of the Charles W. and Dorothy Love Foundation, this building is a beautiful testament to their love and commitment to McColl," CareSouth Carolina CEO Ann Lewis said. "While Dr. Love served on the CareSouth Carolina Board of Directors, his love and compassion was evident and heartfelt.... Not only for the folks in the McColl area but for the needs of the underserved in all of the CareSouth Carolina service area."

The center will offer space for additional primary care providers, behavioral health counseling, lab services, family support services and senior support services.

"To be able to have a state-of-the-art facility and have all these services available in one space will make a difference in the lives of our patients and the community," said McColl Site Administrator Pat Graham. "We've gotten to see the building go up in every phase and we're so thankful to have a facility where we can serve this community."

Graham said that MARTi-- a program started through partnership with the Marlboro Area Regional Transportation initiative and CareSouth Carolina that offers free transportation through with routes in McColl, Bennettsville and Clio-- will allow patients without access to transportation to still see a primary care physician and receive care.

"Transportation has been one of the biggest issues for our patients and our community," Graham said. "In such a rural county, there are many people who don't have a car or access to transportation. With the MARTi bus and Vantage Point helping to schedule our patients for pickup, our patients will be able to be seen. I can't wait for them to see the new facility. They're not going to be able to believe what they see."

In the coming months, the location will open a CSC Community pharmacy with a convenient drive-thru, and unveil many new medical services, including x-ray, ultrasound, dental services and physical therapy.

The new facility will house a state-of-the-art Cardiac Rehab with a therapy pool and whirlpool, a gym with exercise equipment, coffee bar



and a teaching kitchen.

In addition to medical, dental and wellness services provided, the CareSouth Carolina McColl Health & Wellness Center has a Helipad on its property.

"This is an absolute must in a county that doesn't have a hospital," Graham said. "If there is an accident or a disaster, the EMS, sheriff's department or fire department can call in a helicopter for services into the community and can airlift patients that may have experienced a traumatic accident at any time. This can save lives and it was something we absolutely needed."

For more information or to schedule an appointment in the new office, please visit [caresouth-carolina.com](http://caresouth-carolina.com).

CareSouth Carolina is a private, non-profit community health center delivering patient-centered health and life services in the Pee Dee region of South Carolina. CareSouth Carolina operates centers in Bennettsville, Bishopville, Cheraw, Chesterfield, Dillon, Hartsville, Lake View, Latta, McColl and Society Hill.

Services provided by CareSouth Carolina include family practice, internal medicine, pediatrics, women services, OB/GYN, HIV/AIDS primary care, dental, chiropractic services, pharmacy, substance-use prevention, geriatrics, social services, clinical counseling, laboratory, 4D ultrasound, X-Ray, migrant services and veterans choice provider.

## Prevent dehydration during the dog days of summer

A person's desire to be outdoors can sometimes be at odds with the outdoors itself. The dead of winter tends to be a time of year when people know to stay indoors, but the dog days of summer can be dangerous as well.

Heat-related diseases like dehydration can put lives at risk. According to Johns Hopkins Medicine, children and people over the age of 60 are particularly susceptible to dehydration. Understanding dehydration and how to prevent it is essential for anyone who plans to spend time outside during the summer.

### What is dehydration?

The U.S. National Library of Medicine notes that a dehydrated body does not have enough fluid and electrolytes to work properly. On an average day, the human body needs about three quarts of water. But the USNLM notes that anyone planning to spend time outside in the hot sun needs significantly more water than that to avoid dehydration.

### What are the signs of dehydration?

Johns Hopkins Medicine notes that people experience dehydration differently. However, there are some common symptoms that indicate someone is dehydrated. These symptoms include:

- thirst,
- less frequent urination,
- dry skin,
- fatigue,
- light-headedness,
- dizziness,
- confusion, and
- dry mouth and mucous membranes,
- increased heart rate and breathing.

Children who are dehydrated may exhibit additional symptoms, including dry mouth and tongue; no tears and crying; no wet diapers for several hours; sunken abdomen, eyes or cheeks; listlessness; irritability; and skin that does not flatten when pinched and released.



### How to prevent dehydration

Drinking plenty of fluids when working or playing in the sun is one way to prevent dehydration. Being sure to take in more fluid than you are losing is another way to prevent dehydration. Anyone, and especially people who sweat a lot, should keep a close eye on fluid loss when spending time outdoors in the summer. Sports drinks that help people maintain their electrolyte balance, such as Gatorade, can help prevent dehydration as well. Pedialyte is often recommended for sick infants or children who have experienced vomiting, as it can help restore electrolyte balance that was adversely affected when kids became sick. The solution can be equally effective at restoring electrolyte balance that was thrown off during heat exposure.

Dehydration poses a significant health risk at any time of year, but people who spend time out in the summer heat may be especially vulnerable. Limiting time spent outdoors on hot days and keeping a close eye on your fluid intake and fluid levels can help prevent dehydration.

# Spring and summer blues?

The arrival of autumn and winter can herald a period of reduced feelings of vitality and happiness for some people. Known as seasonal affective disorder, or SAD, this condition produces a range of symptoms from depression to anxiety to oversleeping when the cooler temps usher in. However, many may be surprised to know that a similar phenomenon can occur during the time when people are supposed to be recharged and ready to take on the world.

Data published in Psychology Today says that about one in 10 people suffer from something similar to SAD in the spring or summer. Dubbed reverse seasonal affective disorder or the "summer blues," this condition can lead to restlessness, poor appetite, irritability, and weight loss, among other symptoms. Some doctors think this form of depression can be a reaction to higher heat and humidity, noting that their patients have benefited from traveling to a cooler locale when the condition sets in.

John Sharp, a Harvard psychiatrist and author of "The Emotional Calendar," has studied the seasons and mental health in detail. He says that, for those who suffer from depression, the expectations of spending time outdoors or resuming social calendars with people now that the weather has warmed can be challenging. For others, a specific event that occurred in the spring or summer, such as a death or traumatic injury, can trigger



Despite the sunshine and longer days, some people experience mood changes when spring and summer arrive.

feelings of depression and anxiety that counter the expectations of the season.

A 2014 study conducted in Austria also found that seasonal variations in unemployment rates as well as the dearth of clinicians available due to summer vacation schedules can contribute to summertime sadness.

Understanding that reverse SAD is a real thing and recognized by those in the mental health profession can be a comfort to sufferers who realize it is not just their imaginations.

Individuals who notice a dramatic change in mood are encouraged to seek help. Talk therapy, medication or a combination of the two can be the right course of action.

## Did you know?

Psoriasis is a common skin ailment that affects approximately 7.5 million people in the United States, according to the American Academy of Dermatology. While psoriasis affects people in all age groups, it is primarily seen in adults — with the highest rates of affliction among those between the ages of 45 and 64. The most common form of psoriasis is called "plaque psoriasis," which is characterized by raised patches of reddish skin with silvery-white scale. Between 25 and 30 percent of those with psoriasis will also experience complementary joint inflammation that produces symptoms of arthritis. This is called psoriatic arthritis. Although there is no cure for psoriasis, which is believed to be an autoimmune disorder, it can be managed with topical treatments for mild cases or immune-suppressing medications for severe cases.

## Did you know?

When feeling stressed, people may want to reach for a cup of tea. Research conducted by psychologists at the City University London found that a cup of tea reduces stress, not just by drinking it, but also because of the calming effect of putting the tea kettle on. Furthermore, decaffeinated green tea also can calm a person and encourage sleep. In a 2017 study published in the journal Nutrients, participants were able to fall asleep much more easily when drinking decaffeinated green tea. Also, they reported feeling much less stressed out over the course of the one-week experiment. Even black tea has been found to relieve stress by lowering cortisol levels when a person is faced with stressful situations. According to the herbal remedy site Herbwisdom.com, chamomile tea is an age-old medicinal herb that has been used as a remedy for numerous conditions, including asthma, nervousness, sleep, and stomach ailments and as a treatment for colds. It, too, many help reduce stress. Tea has many benefits for the body, and helping to tame stress may be one of them.

### Create a **Safe Sleep** Environment for Baby

Did you know that the features of your baby's sleep area can affect his/her risk for **Sudden Infant Death Syndrome (SIDS)** and other sleep-related causes of infant death, such as suffocation?

**Reduce the risk of SIDS and other sleep-related causes of infant death by creating a safe sleep environment** for your baby.

How can you make a **safe sleep environment**?

-  **▶ Always place baby on his or her back** to sleep for all sleep times, including naps.
-  **▶ Room share**—keep baby's sleep area in the same room next to your sleep area. Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
-  **▶ Use a firm sleep surface**, such as a mattress in a safety-approved\* crib, bassinet, or portable play area, covered by a fitted sheet.
-  **▶ Keep soft objects, toys, pillows, crib bumpers, and loose bedding out of your baby's sleep area.**
-  **▶ Don't let baby get too hot during sleep.** Dress your baby in no more than one layer more of clothing than an adult would wear to be comfortable. A one-piece sleeper or wearable blanket can be used.

\*Visit the U.S. Consumer Product Safety Commission website for more information about safety-approved baby sleep areas: <http://www.cpsc.gov/en/Safety-Education/Safety-Education-Centers/cribs/>



Learn more about ways to reduce the risk of SIDS and other sleep-related causes of infant death at

<http://safetosleep.nichd.nih.gov>

<http://www.scotlandcounty.org/680/Safe-Sleep>



### Health Department Now Offering Long-Acting Reversible Contraceptives

Scotland County Health Department is pleased to announce we are now offering Long-Acting Reversible Contraceptives (LARCs) as a method of birth control. These contraceptives include Intrauterine devices (IUDs) and birth control implants. Examples include Mirena (IUD) and Nexplanon (Implant). LARCs are an effective way of preventing pregnancy for 3-5 years upon insertion, without the need to take a daily pill. "We are excited to be able to offer these methods of birth control to any new or current patient at Scotland County Health Department which will allow us to better serve the people in our community," stated Kristen Patterson, Health Director.

For more information about Long-Acting Reversible Contraceptives, to determine eligibility, or to make an appointment, please call the Scotland County Health Department at 910-277-2440 or 910-277-2470 ext. 4466.

THIS AD WAS PROVIDED WITH TITLE X FUNDS.



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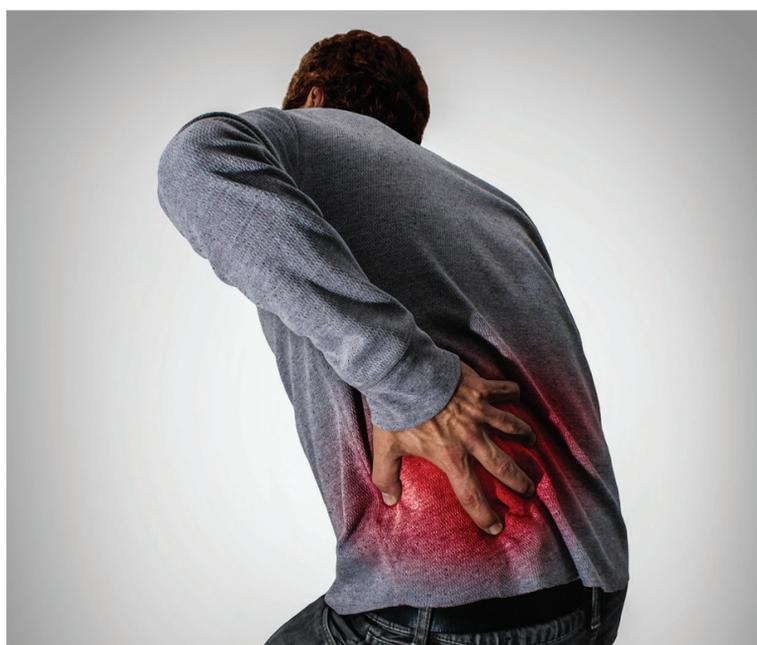
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# How to keep back pain at bay

Back pain is a part of life for many people. The American Chiropractic Association says 31 million Americans experience low back pain at any given time, and experts estimate that up to 80 percent of the population will experience back pain at some point in their lives. WebMD says back pain is the second most common reason people visit the doctor.

Back pain can take on various forms, ranging from a dull ache to a sharp pain. Some may experience intermittent back pain, while others may have chronic back pain. The causes can be considerable, from injury to underlying medical conditions. Alleviating back pain — or preventing it in the first place — involves understanding the common causes and taking appropriate actions.

- Try exercise. Routine exercise is not guaranteed to eliminate back pain, but it can make it less frequent, advises doctors at Harvard Medical School. Low back pain due to muscle strain or muscle spasm can be tamed by exercise. Yoga, or a similar stretch-based exercise, can be very effective at alleviating back pain. Yoga relaxes muscle tension and expands range of motion in the joints. It also can build muscle strength.
- Maintain proper posture. Slouching over computers or looking down at phones while texting may be doing damage to the back. Work ergonomically and take breaks to stretch. Sit up straight in chairs and try to keep a straight back while walking as well.
- Shed some pounds. Extra pounds at the midsection can shift the center of gravity and put strain on the lower back, advises WebMD. Try to stay within a range of 5-10 pounds of your ideal weight.
- Don't smoke. The Arthritis Foundation says research shows a high prevalence of spinal stenosis and back pain among smokers. It is believed that smoking can



damage blood vessels that supply blood to the back. Smoking is also bad for the bones and is a risk factor for osteoporosis.

- Try a different sleeping position. Talk with a doctor about the best position for sleeping to ease up back pain. It may include being on your side with knees pulled up, or placing a pillow under your knees if you're a back-sleeper.
- Lift cautiously. Always bend at the knees and use the legs to lift items. This can help you avoid straining your back.

Back pain can be overwhelming, but with some strategies a person can reduce his or her propensity for pain.

# Safety first when driving with pets in the car

Many people can recognize the familiar image of a car traveling down the road with the head of a seemingly happy dog hanging out from the front passenger seat. Traveling in such a way may seem harmless, but doing so can be detrimental to both pets and their owners.

According to Paws to Click, a community that aims to inspire pet owners to travel responsibly with their pets, allowing pets to travel in cars without employing a harness poses a significant threat to everyone in the car. The group notes that an unrestrained 75 lb. dog will exert about 2,250 lbs. of force in a crash in which the car is traveling at just 30 miles per hour. Such force can injure others in the car as well as the pet. In addition, unrestrained pets may challenge first responders in an effort to protect their owners after an accident has taken place.

It makes all the sense in the world to harness pets when taking them along in the car. After all, drivers and their passengers wear seat belts, so why not provide the same safety net to pets? But Paws to Click notes that 84 percent of dog owners drive with their dogs in the car without using restraints. This despite the fact that American Veterinary Medical Foundation advises all pet owners to properly restrain

their pets before departing on a car trip, no matter how short or how long that trip is expected to be.

In addition to properly restraining pets on car trips, pet owners can take these steps to ensure their pets are safe.

- Don't take pets along on car trips unless it's absolutely necessary. It can be fun to take a pet with you everywhere, but the AVMF advises pet owners to leave their pets home when possible. Pets that are not suffering from separation anxiety will be fine at home without their owners. Pet owners whose pet owners are exhibiting signs of anxiety should address the anxiety so pets are comfortable at home alone. Taking pets everywhere is not a cure for separation anxiety.

- Do not leave pets unattended in cars. A study from the Louisiana Office of Public Health found that temperatures in a dark sedan or a light gray minivan parked on a hot, but cloudy day reached higher than 125 F in just 20 minutes. The study also found that cracking the window in such situations had little effect on the temperature inside the vehicle. On hot days, leave pets at home. Owners who must take their pets with them should never leave them in the car, as temperatures inside vehicles rise quickly, putting pets' health in jeopardy.

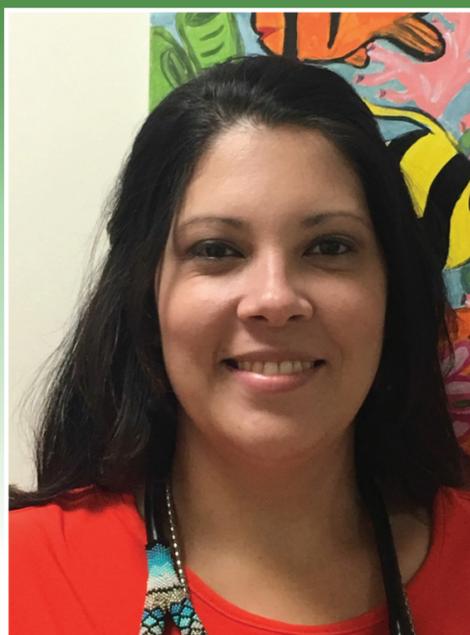
Many pet owners are tempted to take their pets with them on car trips. But that should only be done when absolutely necessary, and safety must be the utmost priority when traveling with pets in a car.

# Scotland County Health Department is pleased to welcome



**Michelle Gilchrist, RN, BSN, FNP**

Michelle Gilchrist comes to us with 13 years' experience as a Registered Nurse in various roles. During her time at McLeod Medical Center, she received the South Carolina Palmetto Gold Award. Encouraged by her family, she earned a Bachelor of Science in Nursing degree from Francis Marion University in 2015. In 2018, she earned her Master of Science in Nursing-Family Nurse Practitioner degree from the Walden University. Michelle Gilchrist is currently certified in Family Practice by the American Academy of Nurse Practitioners. Michelle was born and raised in Dillon, SC. She enjoys the feel of a small, close knit community. She is passionate about educating patients so that they can be empowered to take care of themselves. Michelle and her husband Grant Gilchrist live in Dillon, SC with their two children. Michelle enjoys spending time with her family, shopping, traveling and reading.



**Ashley Locklear, PA-C**

Ashley Locklear has 8 years of experience as a Physician Assistant and has practiced for the past 6 years in Scotland County in the primary care setting. She was born and raised in Maxton, NC. She received a Bachelors in Chemistry from UNC Pembroke, going on to A.T. Still University in Mesa, AZ to attend the Physician Assistant Program. Her passion is preventive medicine and providing quality care to the under-served. She is happily married to Kenny Chavis and mother to 3 beautiful daughters; Embreal, Kennedy and Evanna. In addition to being a health care provider she enjoys spending time with her family and attending church at New Hope.



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