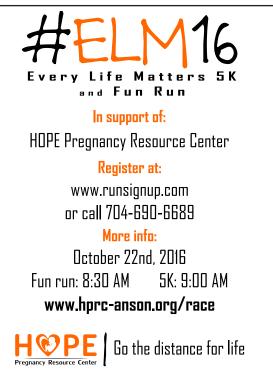


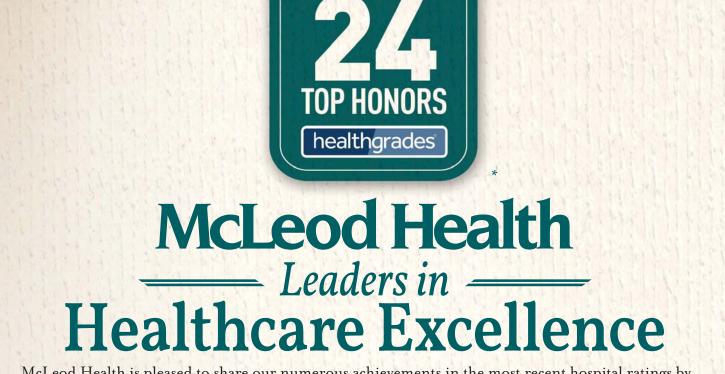
#### THE EXPRESS • August 31, 2016 • Page 2 **Important Information from** the Anson County Health Department

This is a release from the Anson County Health Department: The Anson County Health Department is proud to announce that we now offer the Gardasil 9 vaccine. This vaccine, unlike the previous Gardasil, covers nine strains of the HPV virus, helping to prevent cervical cancer, vulvar and vaginal cancer, anal cancer and genital warts.

The ideal age to begin immunizing is at age 9. By doing so, we aim to protect your child before they become sexually active. But, this vaccine can be administered to someone through the age of 26.

The vaccine is for both boys and girls. Interested? Have questions? Give us a call at 704-694-5188, and one of our friendly immunization nurses will be happy to speak with you.





McLeod Health is pleased to share our numerous achievements in the most recent hospital ratings by Healthgrades<sup>®</sup>, the top online resource for comprehensive information about physicians and hospitals. With 24 top honors, McLeod Health continues to be recognized as the region's leader in healthcare excellence. With seven hospitals, we serve communities in 15 counties from the Midlands to the Coast. As medical needs continue to grow - we also grow, expand, and improve our facilities and services. No matter where you go within the McLeod Health network, excellence follows.

# **TOP HEART & VASCULAR HONORS**

#### **Extension Notes Critical Documents in Case of Disaster**

September is the first month of fall, when most of the kids head back to school, and the traditional month to remember being prepared in case of natural disaster. With all the weather related disasters in other parts of the country, taking precautions now is advisable.

When disaster strikes, your immediate concern will be your safety and the safety of those you care about. Once the immediate danger passes, however, having your financial and medical records and important contact information will be crucial to help you start the recovery process quickly.

Taking time now to safeguard these critical documents will give you peace of mind, ensure you have access to essential medical and prescription information, and help you avoid additional stress during the difficult days following a disaster.

In addition, take the time now to think about the priceless personal items you would want to protect from damage or take with you if you had to suddenly evacuate your home. The first step is to take an inventory of your household documents, contacts, and valuables.

Prepare a list based on that inventory. Make copies of needed documents and keep with your list. Be sure to include emergency contact phone numbers or other contact information with your documentation for questions that may arise following a disaster.

Make copies of identification documents, such as birth, marriage, child custody papers, driver's licenses, Social Security cards, even pet ownership papers. Also include financial records, such as banking accounts, credit and debit cards, and investment accounts. Secure copies of insurance policies, legal documents, and even vehicle titles and VIN numbers. Be sure to have copies of medical information for everyone such as health/dental insurance, Medicare, Medicaid, and VA health benefits. Also keep a list of medications, immunizations, allergies, prescriptions, and pharmacy information. You will also want to make a list of priceless personal mementos, family photos, and keepsakes. Inventory possessions with monetary value, including jewelry, art, and collectibles, and document worth. Once you have gathered your financial, legal, and contact information, it is essential to safeguard this information. Consider storing paper copies of important documents at home in a fireproof and waterproof box or safe, in a bank safe deposit box, or with a trusted friend or relative. If you are using a safe deposit box, you may want to ask your bank or check state laws to confirm who can and cannot access the safe deposit box if the lessee dies or is incapacitated. Store electronic copies of important documents in a password-protected format on a removable flash or external hard drive in your fireproof and waterproof box or safe, or consider using a secure cloud-based service. By Janine B. Rywak, County Extension Director

One of America's 100 Best Hospitals for Cardiac Care<sup>™</sup> – 2016 One of America's 100 Best Hospitals Coronary Intervention<sup>™</sup> – 2016 One of America's 50 Best Hospitals for Vascular Surgery<sup>™</sup> (2015 – 2016) Recipient of the Cardiac Care Excellence Award<sup>™</sup> – 2016 Recipient of the Coronary Intervention Excellence Award<sup>™</sup> – 2016 Recipient of the Vascular Surgery Excellence Award<sup>™</sup> (2010 – 2016) Named Among the Top 5% in the Nation for Cardiology Services - 2016 Named Among the Top 5% in the Nation for Coronary Interventional Procedures – 2016 Named Among the Top 5% in the Nation for Vascular Surgery (2013 – 2016) Named among the top 10% in the Nation for Overall Cardiac Services – 2016  $\star$   $\star$   $\star$   $\star$  Recipient for Coronary Interventional Procedures – 2016 ★ ★ ★ ★ Recipient for Treatment of Heart Attack (2014 – 2016) ★★★★ Recipient for Treatment of Heart Failure (2014 – 2016)  $\star$   $\star$   $\star$   $\star$   $\star$  Recipient for Treatment of Stroke (2013 – 2016) ★ ★ ★ ★ Recipient for Repair of Abdominal Aorta – 2016  $\star$   $\star$   $\star$   $\star$   $\star$  Recipient for Carotid Surgery (2011 – 2016)

## TOP SURGERY HONORS

One of America's 100 Best Hospitals for General Surgery (2014 – 2016) Recipient of the General Surgery Excellence Award (2013 – 2016) Named Among the Top 5% in the Nation for General Surgery (2014 - 2016)  $\star$   $\star$   $\star$   $\star$  Recipient for Esophageal/Stomach Surgeries (2014 – 2016)  $\star$   $\star$   $\star$   $\star$  Recipient for Treatment of Bowel Obstruction (2014 – 2016)

## TOP ORTHOPEDIC HONOR

★★★★ Recipient for Total Knee Replacement – 2016

# TOP CRITICAL CARE HONOR

 $\star$   $\star$   $\star$   $\star$  Recipient for Treatment of Respiratory Failure – 2016

# TOP PULMONARY HONOR

★ ★ ★ ★ ★ Recipient for Treatment of Chronic Obstructive Pulmonary Disease (2009 – 2016)

McLeodHonors.org

\*Distinctions listed represent McLeod Regional Medical Center