

Martin Luther King Celebration at Burnsville Recreation & Learning Center

This is a release from the Burnsville Recreation & Learning Center: The Martin Luther King Annual Celebration at Burnsville Recreation & Learning Center (BRLC) was well attended by supporters, friends, local agencies and state government dignitaries. The event started with lunch provided by BRLC volunteers. The menu consisted of homemade beef stew and homemade chili, with different fixings and beverages to go along with the meal.

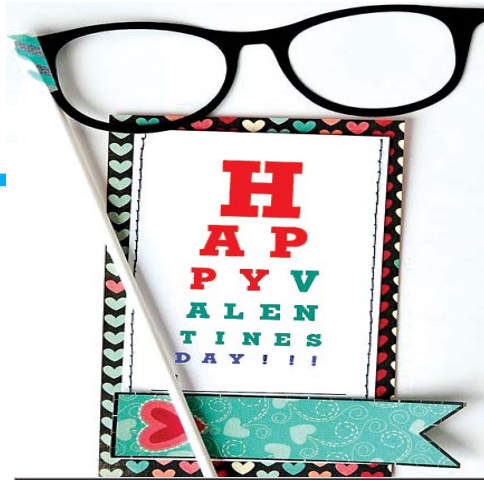
Youth Jamyiah Sturdivant and Malyah Caple from Anson High School volunteered to help BRLC volunteers make sure that all was served as much as they wanted. Volunteer Gregory Brewer acted as M.C. for the occasion.

The activities consisted of an opening prayer by Rev. Danny Williamson of the New Zion Baptist Church in Peachland. The welcome was extended by Malyah Caple, vocal selections by Poplar Spring Baptist Church Hymn choir and young Chelsea Thomas were offered, and the pledge of allegiance was recited by the audience. Dr. King's "I Have a Dream" speech was read by Alton Jackson, J. C. Caple and Caleb Williamson.

Kids Café teachers Trumenda Caple and Joyce Ledbetter, along with students and the audience sang one of the favorite selections from the civil rights movement, "We shall Overcome." Also, a short skits was presented by Mrs. Caple and students, reminding the audience of the time of segregation.

Volunteer Brenda Benton introduced the invited speaker, Dr. Leon H. Sturdivant from Greensboro. Dr. Sturdivant left the audience with four principles to be guided by daily, as Dr. King was - Spirituality, Love, Brotherhood and Peace. In his speech, Sturdivant reminded the audience of the levels of government and how we have the right to take part in each level. (Federal, State, Local and Community)

Anson County Social Services Director and member of Fairview Church of God Lula Jackson gave thanks to the speaker on behalf of BRLC organization and Anson County.



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Cheraw Physician Hopes to Educate with Personal Heart Story

Two weeks before his 60th birthday, Dr. David Bersinger with McLeod OB/GYN Cheraw woke before his alarm sounded feeling anxious. He assumed it was because he had very little sleep the previous three days and passed it off as exhaustion. Unable to go back to sleep, he went into the office early.

Dr. Bersinger wanted to determine if his symptom was sleep-related so he had an EKG performed at his office. From the EKG, he noted a heart rate in the 160s with atrial fibrillation. He was surprised by the results and went to McLeod Health Cheraw for evaluation.

"I am not sure if I was in denial; however, the only symptom I noted was the feeling of anxiety," said Dr. Bersinger. "My heartbeat had been racing, and I suppose this represented poorly controlled atrial fibrillation. Since that episode, I have not had any symptoms."

Atrial fibrillation, a rapid beating of the upper chambers of the heart, is associated with excess caffeine, tobacco use, stress and alcohol. "Previously, I consumed a lot of caffeine but I have since discontinued drinking caffeinated beverages," said Dr. Bersinger.



Dr. David Bersinger of McLeod Health

"I have never been a smoker so this was not a problem nor do I drink alcohol. My cardiac risk factor was excess stress. I have tried yoga for relaxation and it did seem to help, but I find aerobic exercise just as calming."

Dr. Bersinger is currently on medication to prevent his heart from going into atrial fibrillation. He also takes blood thinners, eats a reduced sodium diet and exercises for at least 40 minutes a day.

Dr. Bersinger's advice is what he considers common sense suggestions: eliminate caffeinated beverages, lose weight and maintain an ideal body mass index, do not drink alcohol or smoke, exercise daily, and consider some type of medication to control excess stress. His most important piece of advice is to listen to your body. If something does not feel right, it probably isn't, and that is when you need to see your primary care physician.

"I am currently involved in McLeod Cardiac Rehabilitation in Cheraw to help avoid a reoccurrence of atrial fibrillation," said Dr. Bersinger. "Sonny Usher, Director of Cardiac Rehab, has been very helpful, and I have only the highest regard for him and his team."

"As a healthcare professional, I would always prefer to give care, rather than to be on the receiving end of the spectrum. However, I felt very comfortable in the capable hands of the professionals at McLeod," concluded Dr. Bersinger.

About McLeod Health Cheraw

McLeod Health Cheraw serves the residents of Chesterfield, Marlboro, Anson, Richmond and Scotland Counties. The 59-bed hospital joins six other McLeod Health not-for-profit hospitals providing advanced heart, vascular, orthopedic, surgical, cancer, women's and children's services from the midlands of South Carolina to the coast.

McLeod Health RECEIVES TOP HONORS... AGAIN



McLeod Health is excited to share our most recent achievement in the hospital ratings by Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.

Recipient of the 2017 Distinguished Hospital Award - Clinical Excellence™*

As the recipient of this award, McLeod Health is recognized as being among the top 5% of more than 4,500 hospitals nationwide for its clinical performance.

This award was presented after recently receiving 24 other top honors by Healthgrades for various services in 2016. The credit for all our honors belongs to our dedicated and experienced physicians, nurses and other healthcare professionals. We are encouraged by this distinction and will continue to work hard for the best outcomes for our patients.

McLeodHonors.org

*Distinctions listed represent McLeod Regional Medical Center

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