


## Provider Calendar

<b>Dr. Denney, Cardiologist</b>	January 5th
<b>Dr. Kopriva, Surgeon</b>	January 18th
<b>Dr. Nitka, Neurologist</b>	January 17th
<b>High Plains Mental Health</b>	January 10th & 24th
<b>Wound Care Center</b>	Tuesdays

## Have a Wound, Heal a Wound



Nonhealing wounds, left untreated and unmanaged, can result in significant medical issues including infection, sepsis, the need for limb amputation, and even death. As a result, many procedures provided by wound clinics are essential – not elective – to protect the health of patients and prevent an escalation of their disease. Don't wait, call to schedule an appointment!

## Work Anniversaries

\*\*\*\*\*

Scott Brown	9 Years
Mary Howland	27 Years
Amie Lantz	8 Years
Dr. Tamara Robbins	2 Years
Destiny Schroeder	19 Years


## HELLO

Welcome

**Carissa McCain**  
**Emmersyn Higley**  
**Halie Forbes**

Clinic Medical Assistant  
Patient Care Tech  
Occupational Therapist

## Primary Care . . . What's that?



*It's time to get back to the basics. What is primary care? Why is it important? How does it affect me?*


Primary healthcare is taking a "go-ahead" approach to your health and well-being. Instead of only seeing a doctor when you have strep throat or need stitches, it's best to schedule regular check-ups to make sure there aren't any hidden problems.

It also gives you a chance to have open, honest conversations with your provider about your family history or things you might be concerned about. Maybe your dad has heart problems, you could be prone to the same thing. Maybe your sister recently found out she is diabetic and you are scared you might be at risk. With regular visits, you can have your questions answered and put your mind at ease.


Another part of primary care is preventative tests and screenings. These are simple procedures that can be a crucial step in catching a disease or illness, like cancer, when it's early and easier to treat.

**The bottom line . . . a primary care provider and a consistent treatment schedule will help you live your healthiest, happiest life.**


## The 4 C's of Patient-Centered Primary Care




**Communication**  
*Having open, honest conversations*



**Culture**  
*Understanding the individual needs of a patient*



**Care**  
*Doing what's best for the patients health*



**Collaboration**  
*Working together towards a common goal*