

Provider Calendar

Dr. Kopriva, Surgeon	February 1st & 22nd
Dr. Denney, Cardiologist	February 2nd
Dr. Nitka, Neurologist	February 6th & 7th
Wound Care Center	Tuesdays

Cancer Prevention Month

*Just being aware is not enough. We need to **TAKE ACTION!***

While there is no sure way to prevent cancer, certain risk factors increase the likelihood. Lower those risks through healthy lifestyle choices, getting recommended cancer screenings, and vaccinating against certain viruses.

Schedule an appointment with your Rawlins Clinic provider to see which cancer screenings are suggested.

Work Anniversaries

Theresa Gallegos

Faith Meitl

Lindsey Rippe

Diane Sis

Diana Solko

Cheryl Timm

1 Year

3 Years

6 Years

20 Years

11 Years

19 Years

HELLO

welcome

Miranda Stevenson


Samantha Krueger

Hospital LPN

Physical Therapy Assistant

Know Your Numbers!

Info provided by the American Heart Association



Watch your cholesterol!

Strive for a total cholesterol less than 200 mg/dL

Keep an eye on your triglyceride levels

Normal triglyceride levels in the blood are less than 150 mg/dL






Control your blood sugar

Aim for a fasting blood glucose less than 100 mg/dL

Manage your A1C levels

A normal range for your A1C is between 4% and 5.6%






Monitor your blood pressure

Keep your numbers below 130/80 mm Hg

Heart Health Services Available

Rawlins County Health Center has many services available to keep your heart in tip-top shape or help diagnose heart issues.

 CT Calcium Scoring
  Stress Testing

 Ultrasound
  Cardiac Wellness

 EKG's
  Cardiac Rehab Phase 2

Knowing your calcium score can help determine your risk of coronary artery disease. This is NOT covered by insurance, however, for \$100.00 and an order from your provider, the test can provide a view of your heart that is beneficial in measuring plaque in the arteries. Schedule by calling 785-626-3211 ext. 6

Plus, RCHC brings in a *cardiologist, Dr. Sean Denney.*

Healthcare Close to Home