

NEWSLETTER

HAPPY

★ Independence ★
★ DAY ★



JULY

2023



Provider Calendar

Dr. Denney, Cardiologist	July 6th
Dr. Kopriva, Surgeon	July 3rd & 17th
Dr. Nitka, Neurologist	July 17th & 18th
Wound Care Center	Tuesdays

July is Herbal/Prescription Interaction Awareness Month

From vitamins to herbs, dietary supplements have become increasingly popular in recent years, particularly among Americans aged 60 and older. In fact, according to a recent study published in the Journal of Nutrition, 70 percent of older adults take at least one supplement daily, and 29 percent take four or more each day.

What's the big deal, you might be thinking? After all, supplements are made of natural ingredients, so they must be safe-right? It's not always the case. While supplements can have harmful effects, taking them along with prescription medications can lead to dangerous interactions.

Take precautions to prevent problems for yourself and your loved ones by keeping complete records of all prescription and over-the-counter medications, vitamins, or herbal supplements you and your loved ones are taking.

>>>>>> Healthcare Close to Home <<<<<<

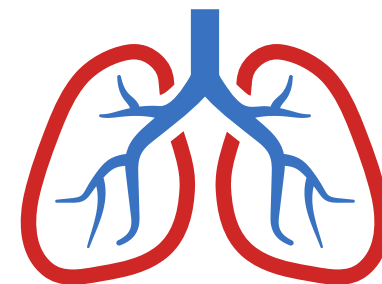
RCHC is now offering **PULMONARY FUNCTION TESTS**. Pulmonary function tests (PFTs) are noninvasive tests showing how well the lungs work. The tests measure lung volume, capacity, rates of flow, and gas exchange. This information can help your healthcare provider diagnose and decide the treatment of certain lung disorders.

There are many different reasons why pulmonary function tests (PFTs) may be done. They are sometimes done in healthy people as part of a routine physical. Or you may have PFTs if your healthcare provider needs help to diagnose you with a health problem such as:

- Allergies/Asthma
- COPD
- Trouble Breathing
- Restrictive Airway Problems
- Chronic Lung Conditions
- Pulmonary Fibrosis

Chris Fulwider, RRT and Director of Respiratory Therapy at Goodland Regional Medical Center will be at RCHC on **July 27th** to perform PFTs.

If you have experienced shortness of breath or have a history of asthma or COPD, it would be a good idea to contact your healthcare provider to see if a PFT would benefit you!



Patient & Family Advisory Committee (PFAC)

RCHC is committed to quality care and patient satisfaction through employee involvement, teamwork, and continuous improvement. A PFAC consists of patients and family members who have received care at an organization and administrators, clinicians, and staff.

Our goal is to create an environment where patients, families, and staff collaborate as partners to improve the patient experience and quality of care. If you have any questions or would love to join us, please get in touch with Dawn Stasser, RN, at 785-890-4027.

Rawlins Clinic Hours: Monday-Friday, 8 am - 5 pm & Saturdays 9 am - Noon
To make an appointment call 785-626-3241

RCHC is an equal opportunity employer & provider.

Find us on



www.rchc.us

EMERGENCY ROOM: OPEN 24/7

785-626-3211