



NEWSLETTER

Hello SUMMER!



JUNE 2023



Provider Calendar

Dr. Denney, Cardiologist	June 1st
Dr. Kopriva, Surgeon	June 5th & 19th
Dr. Nitka, Neurologist	June 12th & 13th
Wound Care Center	Tuesdays

June is National Safety Month



Beat the Heat Tips



Spring is in full swing and also brings warm weather! Exciting, yes, but it can also be dangerous. Hot days can cause you to suffer from dehydration, heat exhaustion, and in extreme cases, heat stroke. Use these tips for planning your time outside:

- Plan 15-minute breaks in a cooled area or shade every two hours in the sun.
- Drink one cup of water every 15 to 30 minutes in the heat.
- Avoid consuming caffeine, alcohol, and sugary items because they increase dehydration.
- Wear light-colored, lightweight, loose clothing.
- Use sunscreen of at least SPF 30 on any exposed skin. *

Stay cool, stay hydrated, and stay safe! If in doubt, don't hesitate to seek medical help. **RCHC's Emergency Room is open 24/7.**
* provided by www.aad.org

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

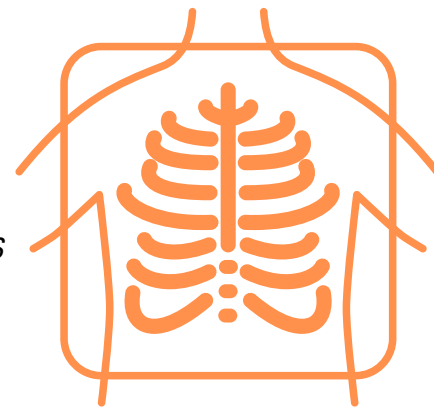
The **Radiology Department** at RCHC provides many diagnostic and preventative services for patients. Services available are as follows:

Ultrasound	Mammography	MRI	EKG
Nuclear Medicine	CT Scans	X-Ray	

Also offered are **DEXA Bone Density** tests. This test measures bone loss and is used in diagnosing osteoporosis.

CT Cardiac Calcium Scoring is offered as well. This non-invasive test is used to measure calcified plaque buildup in your coronary arteries to help determine your risk for a heart attack.

With RCHC's electronic medical record system, patients can have their lab work, X-rays, MRIs, or any other exam or outpatient services performed at RCHC and have the results sent to the provider of their choice. Outside providers also can view exam images over the web after the exam is complete.



Call 785-626-3211 Ext. 2231 to reach our Radiology Department.

Join the RCHC Team!

Do you want to be a part of a team that shares the vision of working together to provide exceptional healthcare for our community? If so, scan the QR code below to apply!

www.rchc.us/careers



- Career opportunities include:
- Medical and nonmedical positions
 - Competitive pay and benefits
 - Day and night shifts are available

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

