



# NEWSLETTER

*Thankful, Grateful, Blessed*



Rawlins County  
Health Center

NOVEMBER



2023



## Provider Calendar

Dr. Denney, <i>Cardiologist</i>	November 2nd
Dr. Frankum, <i>Surgeon</i>	November 2nd
Dr. Kopriva, <i>Surgeon</i>	November 6th
Dr. Nitka, <i>Neurologist</i>	November 6th & 7th
Wound Care Center	Tuesdays

## November is National Diabetes Month

Approximately 30 million Americans (9 percent) have diabetes, and another 84 million Americans (26 percent) have pre-diabetes. Diabetes lowers life expectancy by up to 15 years, increases the risk of heart disease by 2 to 4 times, and is the leading cause of kidney failure, lower limb amputations, and adult-onset blindness.

That might sound like a lot of bad news, but the important thing to remember is that your diabetes can be controlled. You can still live a healthy, fulfilling, active life while preventing complications through good self-management skills and collaboration with a healthcare provider.

**Diabetes Management** is offered through RCHC. Diane Sis, RN is a certified Diabetic Educator and is in the clinic on Wednesdays. Call today so schedule a time to meet with her.

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

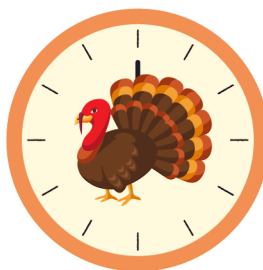
The **RCHC Cardiac Wellness Program** can benefit anyone regardless of medical history. Some individuals benefit from having the accountability of specific times each week to exercise. Persons may benefit from the **RCHC Cardiac Wellness Program** if their medical history includes:

- Heart attack
- Heart failure
- Peripheral arterial disease
- Cardiomyopathy
- Bypass surgery
- Angioplasty and stents
- Heart valve replacements
- Renal disease
- Diabetes
- Obesity

**Potential health benefits of the RCHC Cardiac Wellness Program include:**

- Decrease resting and submaximal heart rate
- Improve the function of the heart muscle
- Improve psychological and emotional well-being
- Increase "good" HDL Cholesterol
- Decrease "bad" LDL Cholesterol
- Improve blood pressure
- Increase oxygen supply
- Weight loss
- Muscle toning

The **RCHC Cardiac Wellness Program** is available from 6:30 am to 5:00 pm on *Monday, Wednesday, and Friday* or *Tuesday and Thursday* mornings. Cardiac Wellness does NOT require a provider's referral. Call Connie at 785-626-3211 ext. 2280 to schedule a visit.



## Thanksgiving Hours

Rawlins County Health Center Outpatient Services, Business Offices and Rawlins Clinic will be closed on **Thursday, November 23rd**

**The emergency room is always open, 24/7.**

**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](http://www.rchc.us)

**EMERGENCY ROOM: OPEN 24/7**

**785-626-3211**