

RCHD PROVIDERS LEND A MEDICAL HAND TO HURRICANE HARVEY VICTIMS



Providers Allen Graham and Troy Wilborn traveled to Rockport, TX to provide medical care and necessities to Hurricane Harvey victims. RCHD is beyond proud to have such a caring and giving staff.

Over 350 Burgers Served at Meet the Red Devils

On August 31st, RCHD employees grilled over 350 burgers to help kick off Red Devil Fall Sports. Community members of all ages gathered to show support for our hardworking athletes and coaches.



RCHD Employee Spotlight ERNIE CRUZ

HOMETOWN: O'Donnell, TX

HIGH SCHOOL: O'Donnell High School

YEARS AT RCHD: 5 years

HOBBIES: Golf, Watching Sports

FAVORITE THING

ABOUT WORKING AT RCHD:

Having the opportunity to serve our community, and my awesome co-workers!!!



RCHD Hosts RISD Employee “Back to School” Luncheon



On September 21st, the RCHD Dietary Crew prepared a fabulous “Back to School” lunch for RISD employees. The entire RCHD staff sends best wishes to all students, teachers, and staff embarking on a new school year!

RCHD is proud to announce that providers, Lindsey Bownds, and Brandon Sue, have been appointed to committees with the Texas Academy of Physicians Assistants.



Lindsey Bownds, PA-C
Public Relations

Brandon Sue, PA-C
Legislative Affairs

RCHD 9/21/17 Thursday Meal

**BBQ SANDWICH
BAKED BEANS
POTATO SALAD
CHIPS
TEA**

\$5⁰⁰

**ORDERS MUST BE IN BY WEDNESDAY AT 6PM.
ORDERS CAN BE PICKED UP AT 12PM.**

RCHD *Aesthetic* SEPTEMBER SPECIALS

Microderm \$50

Microneedling \$125

Microderm+Microneedling+LED Light \$195

RCHD Health Hints : What is Mono?

Infectious mononucleosis (IM), otherwise known as mono, is a viral illness that classically presents with complaints of fever, sore throat, and swollen tender lymph nodes in the neck. The most common cause of IM is Epstein-Barr virus (EBV). EBV is spread by contact between susceptible persons and those previously exposed to EBV. EBV is a member of the herpes virus family and is one of the most common human viruses. EBV is found in all population groups throughout the world. EBV is spread primarily through saliva, hence it is known as the “kissing disease”. One very common mode of spread is through sharing drinks with someone who is shedding the virus. It is possible to spread the virus for several weeks before you develop symptoms. It is estimated that up to 95% of adults test positive for previous EBV exposure. EBV acquired during childhood years is often not severe enough to present significant symptoms. Symptomatic infection does begin to rise in adolescent through early adult years. Large studies have shown that the peak incidence of infection is seen in the 15 to 24-year age range. IM is uncommon in adults, accounting for less than two percent of sore throat in adults. Most adults are not prone to this infection because of prior exposure.

Typical IM symptoms are fever, fatigue, and sore throat. IM classically will cause tender lymph nodes in the posterior neck. IM is commonly known for leaving a patient feeling fatigued. The fatigue symptoms can

persist for weeks. IM also can lead to splenomegaly (enlargement of the spleen). This is the reason contact sports should be avoided for at least 4 weeks. The risk of injury to the spleen is most likely to occur within the first 4 weeks of infection.

Confirmation of IM is done with simple blood testing looking for antibodies to EBV. It is common for testing to be negative in the first few weeks of symptoms. Currently, there is no vaccine against EBV. It is often difficult to prevent spread of IM as many patients shed the virus before onset of symptoms. You can protect yourself by not sharing drinks or food. Treatment of acquired infection is symptomatic including drinking plenty of fluids to stay hydrated, OTC medications for fever, and getting plenty of rest. Athletes can return to light training at about 3 weeks and return to contact sport at 4 weeks. Many patients will persist with fatigue for several weeks to months.

With return to school and other activities, it is important to remember simple protective measures such as frequent hand washing and avoid sharing drinks and food.

Happy Healthy Living,

Robert Baldree, PA-C, MPAS

PROVIDER CALENDAR

Sep 11th-15th

*Bownds & Sue
Bownds & Baldree
Weekend 16th-17st*

Baldree

Sep 18th- Sep22nd

Graham & Wilborn

Weekend 23rd-24th

Graham

Sep 25th- Sep 29th

Bownds & Sue

Weekend 30th-Oct 1st

Baldree