

## AUGUST HEALTH AWARENESS TOPICS

Children's Eye Health Safety Month /// National Breastfeeding Month /// National Immunization Awareness Month  
Psoriasis Awareness Month /// August 1st-7th World breastfeeding Week /// August 7th-13th National Health Center Week  
August 22nd-26th Contact Lens Health Week

**Snake  
Bites!!!**

*RCHD Health Hints*  
WITH  
**ALLEN GRAHAM, PA-C**



The dog days of summer are upon us. With temperatures well into the 100's rattlesnakes are sure to be warming their cold-blooded bodies in the Upton County heat. About 8000 snake bites are reported in the United States each year, but only about 10 deaths occur from these bites. There are four groups of dangerously venomous snakes in North America, and Texas has all four: rattlesnakes, copperheads, cottonmouths (water moccasin), and coral snakes. Of the four, coral snake bites are rare in Texas. The other three are known as "Pit Vipers." Pit viper bites account for the majority of venomous snakes bites in the US. Pit vipers are identified by their 2 retractable fangs and the heat seeking pits located between each eye and nostril. Pit viper bites cause a cascade of life threatening coagulopathies (inhibits clotting factors in your blood to function normally) that can lead to death if not treated rapidly with anti-venom. Despite all of the folk tales and commercially available rattlesnake kits of the 1950's, 60's, and 70's the best snake bite kit available today would include your car keys and a cell phone to give the closest hospital a call. In fact, if you do nothing but take the victim to the closest hospital then you have done what's right. The following is a list of do's and don'ts if someone is bitten by a pit viper:

### **Do's**

- Remain calm
- Minimize physical activity
- Immobilize the bitten extremity in a neutral position below the level of the heart.

### **Don't's**

- DO NOT use a tourniquet (can actually cause blood vessel damage and gangrene)
- DO NOT use ice on the bite site (can cause frost bite)
- DO NOT use the "incision and suction" technique (wound becomes more susceptible to infection and damage to blood vessels and nerves can occur)

### **Prevention**

Be careful around piles of rocks and wood piles. Don't stick your hands into places you can't see, such as holes or crevices. When hunting or hiking wear boots, long pants, long-sleeved shirts. Use a walking stick to clear tall grass and twigs, and constantly be on the lookout for snakes. Do not play or touch a venomous snake that has been killed, the "reflex action" of the fangs can inflict a wound for up to 45 minutes after it is killed.

## ***Avoid Surgery and Prescription Drugs***

While surgery and prescription drugs can be the best course of treatment for certain diagnoses, there is increasing evidence demonstrating that conservative treatments like physical therapy can be equally effective (and cheaper) for many conditions.

For example:

- Low back pain is routinely over-treated despite abundant evidence that physical therapy is a cost-effective treatment that often avoids advanced imaging scans like MRIs that increase the cost of care and the likelihood for surgery and injections.
- Physical therapy has proven as effective as surgery for osteoarthritis, spinal stenosis, and degenerative disk disease, among other conditions.

## ***Participate In Your Recovery***

Our therapists routinely work in conjunction with their patients. Treatment plans can be designed for the patient's individual goals, challenges, and needs. Receiving treatment by a physical therapist is rarely a passive activity, and participating in your own recovery can be empowering. In many cases, patients develop an ongoing relationship with their physical therapist to maintain optimum health and movement abilities across the lifespan.

THANK  
YOU

**JULY 2016**

*Department of the Month*

**PHYSICAL THERAPY & REHABILITATION SERVICES**



The RCHD Department of the Month for July, 2016 is the Physical Therapy & Rehabilitation Services Department. Justin Scharf and Delores Stroh-Scharf have done an amazing job building the PT program. Volume this year compared to the same period last year is up over 1400%. Their service consistently exceeds their patients' expectations and we are very proud of the work they're doing. Congratulations to Rehabilitation Services for earning July, 2016 Department of the Month!

-RCHD CEO, Jim Horton

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August 2016 Provider Calendar</b>	1	2	3	4	5	6
	GRAHAM THROUGH 8AM BOWNDS & SUE	BOWNDS & SUE			BOWNDS THROUGH 8AM	BALDREE THROUGH
7	8	9	10	11	12	13
GRAHAM & WILBORN (GRAHAM THROUGH 8AM FRIDAY)						
8AM MONDAY					WILBORN THROUGH	
14	15	16	17	18	19	20
8AM MONDAY					BOWNDS THROUGH 8AM	
BOWNDS & SUE					BALDREE THROUGH	
21	22	23	24	25	26	27
GRAHAM & WILBORN THROUGH 8AM FRIDAY						
8AM MONDAY					SUE	
28	29	30	31			
SUE	BOWNDS & SUE					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>August 2016 Wellness Center Calendar</b>	1	2	3	4	5	6
	Body Shredding 11:30AM Functional Fitness 2PM Yoga 5:30PM	KICKBOXING 6PM Body Shredding 4:30PM	Body Shredding 11:30AM	Functional Fitness 2PM Body Shredding 4:30 Yoga 5:30PM		
	7	8	9	10	11	12
	Body Shredding 11:30AM Functional Fitness 2PM Yoga 5:30PM	KICKBOXING 6PM Body Shredding 4:30PM	Body Shredding 11:30AM	Functional Fitness 2PM Body Shredding 4:30 Yoga 5:30PM		
	14	15	16	17	18	19
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28	29	30	31			
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# **REHABILITATION SERVICES**

Rankin County Hospital District now has a consistent team of a Licensed Physical Therapist and Licensed Physical Therapist Assistant providing full time coverage of inpatient and outpatient services. This continuity of consistent care has allowed RCHD to provide PT services to the community that has decreased the need for many of our residents from having to travel 30 to 45 minutes out of town to seek out the proper Physical Therapy care to help return them to a healthy lifestyle. The increased availability has also increased the influx of patients seeking their medical care at RCHD.

Our therapists have 20 years of experience in the Physical Therapy field and together will lay out goals and a treatment plan for each patient individually according to a Doctor's orders and the patient's needs whether to relieve pain, reduce the need for surgery and prescription drugs, or simply improve overall strength and endurance. Physical Therapy is evidence based and goal directed to allow patients to participate in their own recovery plan designed for their specific needs.

## ***Improve Mobility & Motion***

Physical therapists are experts in improving mobility and motion. Pain-free movement is crucial to your quality of daily life, your ability to earn a living, your ability to pursue your favorite leisure activities, and so much more.

For example:

- Movement is essential to physical activity, which is necessary to prevent obesity, which is responsible for many life threatening diseases as well as joint pain.
- Mobility is crucial for physical independence, and studies suggest that walking alone can reduce the risk of heart attack and stroke, hip fracture, and osteoarthritis, among other benefits.
- Consistent movement is vital to maintaining a healthy balance system, which can help prevent costly falls and other debilitating injuries.

**CONTINUED ON NEXT PAGE**

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