

RANKIN COUNTY HOSPITAL DISTRICT NEWS

VOLUME 1, ISSUE 1, JULY 2016



JULY HEALTH AWARENESS TOPICS

CORD BLOOD AWARENESS MONTH
INTERNATIONAL GROUP B STREP AWARENESS MONTH
JUVENILE ARTHRITIS AWARENESS MONTH
NATIONAL CLEFT & CRANIOFACIAL AWARENESS & PREVENTION MONTH
JULY 28TH, WORLD HEPATITIS DAY

RCHD Health Hints

WITH

LINDSEY MILLS BOWNS, PA-C, RN



Melanoma



Melanoma is a serious form of skin cancer. It can occur anywhere on the skin. Repeated sun exposure (especially being sunburned) and UV light exposure (i.e. tanning beds) can cause cells to become damaged and multiply rapidly causing the skin cancer. Melanoma produces changes in normal moles and birthmarks.

Those changes are known as the A, B, C, D & E's.

- **Asymmetry**- the mole does not look the same on both halves
- **Border**- the border of the mole is uneven or jagged
- **Color**- the mole may contain different pigments of brown or black, you may also notice other colors such as red, purple or blue
- **Diameter**- the mole is larger than 6mm, which is the size of a pencil head eraser
- **Evolution**- the mole may change over time

Melanoma, if caught early, is normally curable. Ways you can help protect yourself are to:

- *Wear SPF 15+ when in the sun; and reapply frequently. Especially after swimming.*
- *Cover up with long sleeves, pants, and a hat*
- *Avoid staying outside during times when the sun is the brightest (between 10am-4pm)*
- *Do not burn*
- *Avoid tanning or tanning beds*
- *Monitor moles for changes*
- *Schedule a yearly skin exam*



If you are concerned about a mole, schedule a skin exam with one of our providers! We are able to perform skin biopsies in the RCHD Clinic or provide you with a dermatology referral.



DEPARTMENT OF THE MONTH

RCHD Medical Staff

As many of you recall, RCHD conducted a community needs assessment asking questions about what hospital and health-related services are important to you. We followed that with a Community Health Forum where approximately 70 community members attended and gave input and feedback about the direction of RCHD. It was a tremendously positive experience and we have taken many steps to provide services that were requested by the community members. Our medical staff attended the health forum and were listening closely. Two things requested were an evening clinic one night per week and a Saturday morning clinic every Saturday. The Medical Staff quickly developed a plan to meet these requests and as of last week, both the Saturday morning clinic and the Thursday evening clinic were up and running. Because of the Medical Staff's dedication to our community and willingness to go the extra mile to meet their needs, the RCHD Medical Staff is our Department of the Month.

*Jim Horton, RN, BSN, MBA,
RCHD CEO*



Christopher Hall, M.D.



Lindsey Mills-Bownds, PA-C, RN



Troy Wilborn, NP-C



Robert Baldree, PA-C



Brandon Sue, PA-C





Allen Graham, PA-C



We'd also like to recognize **Guadalupe Cura, LVN**, and **Dedee Ellery, Medical Assistant**, for putting in the extra time and effort to ensure that our new and extended hours operate as smoothly as possible.



WELLNESS CENTER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 
					Closed in Observance of Independence Day	
3	4	5	6	7	8	9
Closed in Observance of Independence Day		KICKBOXING 6PM				
10	11 Functional Fitness, 2PM Yoga, 5:30PM	12	13	14 Functional Fitness, 2PM Yoga, 5:30PM	15	16
		KICKBOXING 6PM				
17	18 Functional Fitness, 2PM Yoga, 5:30PM	19	20	21 Functional Fitness, 2PM Yoga, 5:30PM	22	23
		KICKBOXING 6PM				
24	25 Functional Fitness, 2PM Yoga, 5:30PM	26	27	28 Functional Fitness, 2PM Yoga, 5:30PM	29	30
		KICKBOXING 6PM				31

PROVIDER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 
					Closed in Observance of Independence Day	
3	4	5	6	7	8	9
Closed in Observance of Independence Day		BOWNS & SUE			BOWNS	
10	11	12	13	14	15	16
BOWNS THROUGH 8AM MONDAY		GRAHAM & WILBORN THROUGH 8AM FRIDAY			GRAHAM	
17	18	19	20	21	22	23
SUE	BOWNS & SUE				BALDREE	
GRAHAM					GRAHAM	
				BOWNS THROUGH 8AM FRI		
24	25	26	27	28	29	30
		GRAHAM & WILBORN			GRAHAM	
BALDREE THROUGH 8AM MON					WILBORN THROUGH 8AM FRI	31

**AUGUST
2016**

Coming to RCHD in August 2016

About Low-Dose CT Lung Cancer Screening

Lung cancer is the leading cause of cancer death in men and women worldwide. Low-dose computerized tomography (CT) lung screening can save lives of individuals at high-risk of developing lung cancer. CT lung screening uses special x-ray technology to scan the body and make a series of detailed images of the lungs. This type of test can detect lung cancer in its earliest stages, when it is most treatable.

To schedule an appointment with your provider to discuss whether or not the screening would be beneficial and safe for you, please call 432-693-1200.

Eligibility Requirements

Rankin County Hospital Imaging Department offers CT lung screening to individuals with a high risk of developing lung cancer. The screening is recommended for those who meet the following eligibility requirements:

****Currently a smoker or have quit within the past 15 years **Age 55 to 77**

****Smoked at least a pack of cigarettes a day for 30+ years **No history of lung cancer themselves**

Coverage: Coverage for CT lung cancer screening may vary among insurance companies. However, the Centers for Medicare and Medicaid Services (CMS) cover lung cancer screenings. To insure compliance with your medical insurance, all orders require prior authorization. If you do not have insurance, you will need to cover the entire cost of the screening before services are performed. Please contact our Business Office at 432-693-1200 to set up payment for this service.

Screening Process: The screening process begins with an appointment with your PCP to discuss appropriateness of the CT lung screening. Screening for lung cancer includes a low-dose CT scan and appropriate follow-up if any abnormal results are found. Radiation exposure is the concern of most people undergoing a CT scan. Our low-dose CT scan is less than 25% of the radiation used in regular CT scan. The exposure will be monitored and recorded for your safety. The whole process takes less than ten minutes, and you do not need to do anything special to prepare for the screening.

Smoking Cessation: While CT lung screening can reduce your chances of dying from lung cancer, the most important way to reduce the risk of developing lung cancer is to not smoke or stop smoking. About 85 percent of lung cancers are caused by smoking.

In addition to discussing the appropriateness of the CT lung screening with your provider, we strongly recommend you take the opportunity to talk with your provider about smoking cessation.

***Information courtesy of Dora Williams, R.T. (R), MRT, RCHD Director of Imaging Services*

**NOT A MEDICARE PATIENT? CHECK WITH YOUR INSURANCE COMPANY
TO VERIFY COVERAGE, OR CONTACT OUR BUSINESS OFFICE FOR
MORE INFORMATION**