



Rankin Food Pantry Finds A New Home

In the summer of 2013, Rankin County Hospital District and Upton County began trade discussions regarding property needed to carryout the construction of a brand new, state-of-the-art hospital in Rankin. Upton County agreed to provide the property for the new hospital in exchange for the property RCHD would be leaving; however, the agreement allowed RCHD to retain possession of the portable clinic building located on the edge of the old property.

As construction of the new facility was wrapping up in the summer of 2015, RCHD was welcoming in new leadership with the hiring of CEO Jim Horton. After settling in to the new facility, Mr. Horton and the RCHD Board of Directors began to look at the possible sale of equipment and property no longer needed, including the former RCHD clinic building. Negotiations to sell the building eventually fell through, leaving the four-year-old portable building vacant. Around this same time, RCHD began working with the Rankin Food Pantry which serves between 110-140 Upton County residents every two weeks. With the steady increase of families in need, it was becoming clear that the food pantry would soon outgrow its facility.

In early 2016, Mr. Horton proposed donating the former clinic building to serve as the new home of the Rankin Food Pantry to the RCHD Board of Directors. After unanimous board agreement, Mr. Horton presented the idea to Upton County Judge Bill Eyler, and commissioners Tommy Owens, Dean Titsworth, Leon Patrick, and David Mooney. While the former clinic building was owned by RCHD, it still resided on the edge of county-owned property. While "portable," the large expense of moving the building off of county property quickly became a last resort. After exploring all options, Upton County Commissioners voted unanimously to allow the building to remain on the property. Additionally, the county also agreed to provide both water, and electricity to the food pantry.

On Tuesday, August 30, 2016, The Rankin Food Pantry held it's grand opening and ribbon-cutting ceremony. Several members of the Rankin community gathered to recognize the effort and collaboration involved in securing the future of the Rankin Food Pantry and the citizens it serves. Representatives of Rankin County Hospital District, Upton County, Rankin Independent School District, and several community churches were all in attendance.



OPEN EVERY OTHER TUESDAY 10AM-11:45



RCHD HEALTH HINTS

WITH
Robert Baldree, PA-C, MPAS

Disorders of the Gallbladder are a common problem seen in healthcare. Let's start with discussing the Gallbladder itself. The Gallbladder is a pear shaped organ that is attached to the undersurface of the Liver. The Liver is located on the right side of the abdomen. The purpose of the Gallbladder is to store bile. Bile is a brownish-green fluid that helps with digestion. The Gallbladder responds to a signal after we begin eating to secrete the stored bile into the small intestine through a duct.

The most common disorder of the Gallbladder that comes to mind is Gallstones (Cholelithiasis). Gallstones develop as a result of increased cholesterol in the bile and an imbalance with bile salts. In developed countries, 10-15% of the adult population can have Gallstones. There are certain risk factors for developing Gallstones such as pregnancy, obesity, female (estrogen), rapid weight loss, age, increased triglycerides, and diabetes mellitus. Gallstones are diagnosed with Ultrasound or CT. Typical symptoms related to Gallstones are associated with food intake. Patients will typically complain of nausea, vomiting, and pain. Pain can be increased after a fatty meal, as this causes the Gallbladder to contract. The stones can occlude the opening where bile escapes causing retention of bile leading to pain (Biliary Colic). The pain is usually located in the right upper abdomen, mid upper abdomen, and can radiate towards the back. If the Gallbladder wall becomes inflamed or infected, this can lead to Cholecystitis, which often requires surgical treatment.

How are Gallstones treated? No treatment for Gallstones is required if the patient is not having any symptoms. There are medications that can be used to help break up the Gallstones. The downside with the medications is that it often takes months to years to work. Another option is surgery. Surgery is usually recommended if the patient is having persistent symptoms. Removal of the Gallbladder is a very common procedure, most often done laparoscopically or Robotically.

What can I do to prevent Gallstones? Maintaining a healthy weight can significantly decrease the risk of developing Gallstones. Losing weight rapidly, such as with weight loss surgery, can lead to rapid development of Gallstones. Medications are often given after weight loss surgery to prevent this from happening.

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SEPTEMBER HEALTH AWARENESS

CHILDHOOD CANCER-NATIONAL ATRIAL FIBRILLATION-OVARIAN CANCER
NATIONAL CHILDHOOD OBESITY-NATIONAL SICKLE CELL
WORLD ALZHEIMER'S-SEXUAL HEALTH

Another disorder involving the Gallbladder is Biliary Dyskinesia. This disorder does not involve any Gallstones. Many of the symptoms are similar to having a Gallstone attack. The Gallbladder fails to empty bile into the bile ducts leading to nausea, vomiting, diarrhea, and pain. Ultrasound or CT are negative for stones. The diagnosis is made with a nuclear medicine test called a HIDA scan. This is a specialized imaging procedure using a tracer injected intravenously. Diagnosis is confirmed with a Gallbladder that fails to empty. Most often patients require surgical removal of the gallbladder due to persistent symptoms.

Maintaining a healthy weight, physical exercise, and making wise nutritional choices can decrease your chances for developing Gallstones. This will also lead to better cardiovascular health, improved pulmonary function, improved self-esteem, and overall well-being.

HAPPY, HEALTHY LIVING!!

AUGUST 2016

Department of the Month

RCHD BUSINESS OFFICE



The department of the month for August 2016 is the Business Office. With the leadership and expertise of Kathy Parker, paired with the dedication from every member of the business office team, they have managed to turn our hospital's cash flow around in a very short time. Our monthly receipts continue to grow and the time it takes to get a bill out the door continues to shrink. Financially, Rankin County Hospital District is on much more solid ground than it was one year ago. Congratulations on a job well done. Your teamwork and dedication has not gone unnoticed. Keep up the outstanding work!!

—RCHD CEO, Jim Horton

Top Row: Patty Ezell, Ro Armendarez, Shianne Stephens, Jennifer Clark
Bottom Row: Trisha bond, Kathy Parker, Deona Thompson



September Provider Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
28 Sue	29 Bownds and Sue	30	31	1	2 Baldree through Monday at 8AM Bownds til 8AM	3
4 Baldree through Monday at 8AM	5 Graham & Wilborn till Friday 8AM	6	7	8	9 Bownds	10
11 Bownds	12 Bownds and Sue	13	14	15	16 Baldree through Monday at 8AM Bownds til 8AM	17
18 Baldree through Monday at 8AM	19 Sue & Wilborn through Friday at 8AM	20	21	22	23 Baldree	24
25 Baldree	26 Bownds & Graham through Friday at 8AM	27	28	29	30 Baldree	1
2 Baldree	3	4	5	6	7	8



SEPTEMBER WELLNESS CENTER CLASSES

FUNCTIONAL FITNESS

EVERY TUESDAY & THURSDAY AT 2PM

