

Health Hints

with

RCHD PROVIDER

TROY WILBORN,FNP-C

HEAT STROKE

Dog days of summer are at our door step. It's important to remember good sun block, insect repellent, along with other typical protective devices. In this part of the world people work hard long days exposed to extreme heat. This combination can lead to heat stroke also known as sunstroke. Heat stroke is when a persons body gets too hot 104 degrees or higher. Heat stoke is the most serious condition of elevated body temperature and occurs from a progression from heat related illnesses such as heat cramps, heat fainting, and heat exhaustion. It's a medical emergency that needs to be treated quickly, if you suspect anyone with heat stroke call 911 and attempt to cool the person down. Signs and symptoms include headaches, muscle cramps, vomiting or diarrhea, skin redness, fast breathing, rapid heartbeat, muscle cramps, trouble walking, hallucinating, seizures, confusion and passing out. Preventative measures you can take to avoid heat stroke is work or exercise early in the day before it gets too hot, take breaks, avoid being too active, drink plenty of fluids such as water or sports drinks, wear loose, light-weight clothes, spray yourself with cool water. People with many health conditions, the elderly, and young athletes are more likely to develop heat stroke. Good common sense goes a long ways when temperatures rise. Avoid long heat exposers if possible, be aware of signs and symptoms and drink plenty of fluids and most importantly stay COOL.

-Troy Wilborn, FNP-C

RCHD HOLDS AESTHETIC SERVICES
Open House

On April 12th, RCHD held an open house event to introduce aesthetic procedures to RCHD's list of services. Lindsey Bownds, PA, visited with guests and helped them determine which procedures would best target their problem areas. A representative from PCA skincare was in attendance to discuss the benefits of each product and answer questions. The response was overwhelming and guests left with a bag full of goodies!



BOTOX
\$10.50 per unit

MICRODERMABRASION
Face+Neck \$100
Decollete \$70
Hands \$50

MICROFRAC
(MICRONEEDLING)
Face+Neck \$180
See Provider for Decollete and Hand Pricing

MICRODERM, MICROFRAC,
& LED LIGHT
\$280 per treatment
Package Discounts Available

DERMAFRAC

PCA skin

Aesthetic services are by appointment only. For booking, please call 432-693-1200.

Provider Schedule

April 17th-23rd

GRAHAM & WILBORN THROUGH FRIDAY AT 8AM

ROBERT BALDREE 21ST-23RD

April 24th-30th

BOWNDS & SUE THROUGH FRIDAY AT 8AM

ROBERT BALDREE 28TH-30TH

May 1st- 7th

GRAHAM & WILBORN THROUGH FRIDAY AT 8AM

GRAHAM 5TH-7TH

May 8th-14th

BOWNDS & BALDREE 8TH-10TH

BOWNDS & SUE 10TH-12TH

SUE 12TH-14TH

MARCH 2017

DEPARTMENT OF THE MONTH

Imaging Services

RCHD Imaging services were designed with the patient in mind. Not only does the department offer a comprehensive array of diagnostic imaging services, it works around your busy schedule by providing 24/7 service. We understand that if you or your loved one requires diagnostic testing, you prefer that it be done as soon as possible. With this being said, the department offers same-day results, including extended weekday and weekend hours. Additionally, all of our imaging procedures use advanced imaging technology subjected to stringent regulatory standards.

SATURDAY, MAY 27TH, 2017 RANKIN, TEXAS 9AM DUB DAY ARENA

Running Against the Wind Memorial 5K

In memory of the late Bill Lindsey

HOSTED BY THE RCHD WELLNESS CENTER

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

GENDER: ____Male____Female RACE DAY AGE: _____

Adult Shirt Size: **S M L XL 2XL 3XL**
(shirt sizes are not guaranteed unless preregistered)

Preregistration Fee: **\$25** (Before May 16th)

Race Day Registration: **\$30**

Donation Amount: (Goes to Scholarship): _____

Please mail registration form with cash or check to:

RCHD c/o Corey Owens

PO Box 327

Rankin, TX 79778

For questions, please call Corey Owens at (432)693-1207,
or email to cowens@rankincountyhospital.org

Red Devil Parent/Student Challenge

This category is open to any current RISD parent-student duo. The winners of this category will be the parent-student duo with the fastest combined times. Entrants of this category will still be eligible for regular race prizes. If entering this category, please list the parent info in form on the left. Add child name(s), age, and shirt size below.

Fees listed below replace standard fees.

Pre-Registration Fee: \$ 40 for parent/student duo

Race Day Registration Fee: \$ 50 for parent/student duo

Additional Child Fee: \$10 each

Child Name _____ Age _____ Sz _____

Child Name _____ Age _____ Sz _____

Child Name _____ Age _____ Sz _____

Child Name _____ Age _____ Sz _____

Total Amount Included: _____

Release form: I fully understand that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and conditions of the road, all risks being known and appreciated by me. Having read this waiver and release the Rankin Chamber of Commerce, its officers and agents, Upton County, City of Rankin, RCHD Wellness Center, all sponsors, their representatives and successors involved in the Running Against the Wind Memorial 5K from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Applicant (parent if minor): _____ Date: _____

Members of RCHD Administration Attend the Texas Organization of Rural & Community Hospitals Conference

The Texas Organization of Rural and Community Hospitals is dedicated to both informing, and guiding rural hospitals through constant industry change. Texas rural hospitals face many unique challenges, all of which play a direct role in the sustainability of the hospital, and in many cases, the community. TORCH organizes annual meetings and conferences across the state, all specifically designed to bring crucial and beneficial information to rural hospitals. Members of RCHD administration attended sessions detailing state & federal updates, hospital finance trends, and new perspectives in strategic planning.

