

Health Hints

with
RCHD PROVIDER

ROBERT BALDREE

HYPOTHYROIDISM

The thyroid is an endocrine gland that is positioned in the front of the neck. The thyroid’s main job is to regulate metabolism. Disorders of the thyroid gland affect approximately 1 in 200 adults in the United States. Thyroid disorders are usually more common in women and with advancing age. The reported incidence of hypothyroidism is 5 cases per 1,000 people each year, including 7% of women and 3% of men aged 60-89 years. One of the more common causes of having a low thyroid state is from Hashimoto thyroiditis. Hashimoto’s disease is an autoimmune condition in which the body’s own immune system attacks the thyroid leaving it in a state of low function. Other causes of hypothyroidism include certain drugs, post radiation, surgical removal of the thyroid, and dysfunction of the pituitary gland.

Symptoms related to a low thyroid state include lethargy (always tired), weight gain, dry skin, hair loss/thinning, slowed thinking, forgetfulness, heat and cold intolerance, constipation, abnormal menstruation, and fluid retention. In some patients, hypothyroidism can often be confused with depression. Physical signs include low heart rate, low blood pressure, dry skin, hair thinning, and swelling to the lower legs.

Hypothyroidism is diagnosed with a simple blood test called Thyroid stimulating hormone (TSH). We often check a thyroxine level (T4) as well. Classically, the TSH is elevated and the T4 is low. In low thyroid states, the pituitary gland in the brain signals the thyroid to “wake up” and releases TSH. High TSH levels and low T4 tells us that the thyroid is not functioning properly.

Treatment of primary hypothyroidism consists of thyroid hormone replacement with oral medication. Dosing of the oral medication varies with weight and age. Initial replacement is followed with blood work in about 6 weeks to recheck the TSH. Adjustments to the medication can then be made depending on the level. If you experience any of these symptoms, do not hesitate to discuss them with us in clinic.

Happy, healthy, living!!!!!!

RCHD Hosts Quarterly Regional Critical Access Meeting



On February 28th, RCHD hosted visitors from Several surrounding community hospitals to discuss current rural health issues. Representatives from Sutton County Hospital District, Crane Memorial Hospital, McCamey County Hospital District, Iraan General Hospital, Reeves County Hospital, Winkler County Memorial Hospital, and Martin County Hospital were all in attendance.

Roberto Solis, GeneMed Representative, discussed the future of genetic testing to determine which medications are best suitable for an individual. Mr. Solis explained how a simple cheek swab can determine which medications will, and will not work with an individual’s DNA structure.

Craig Carter of Jackson & Carter LLC. provided the legal update. Carter, the only lawyer in the state of Texas who is board certified in both Health Law, and Labor and Employment Law, discussed the latest topics affecting rural hospital from a legal aspect.

Durbin & Associates representative, Brent Fuller, detailed changes within the complicated world of hospital finance. With the logistical burden many rural hospitals face, updates of this nature are a lifeline to staying in tune with current industry rules and regulations.

RCHD Marketing Director, Corey Owens, discussed components of the Community Health Initiative the hospital rolled out during the winter months. Highlights included the addition of the RCHD Soup & Salad Bar, as well as providing employees with access to quality drinking water and exercise.



RHS Students Shadow RCHD Professional

An awesome group of Rankin High School students visited RCHD to take a deeper look inside the day-to-day routines of several healthcare professionals. Students interested in becoming doctors, pharmacists, nurses, radiologists, and IT specialists soaked up information while RCHD staff gave demonstrations and answered questions.



RCHD AESTHETIC SERVICES OPEN HOUSE

featuring



4.12.16 RCHD DINING FACILITY 6PM-8PM

- Overview of Services
- PCA Skin Information
 - Door Prizes
 - Samples

We are very pleased to announce the addition of aesthetic services to our medical practice at RCHD.

West Texas weather can take a toll on your skin. And we know proper skin care is vital for ideal health and well being. Patients of RCHD who are looking for anti-aging solutions, acne treatments, and help with discoloration issues can enjoy our convenient on-site treatment area for high-quality, personalized skin-care treatments. The providers at RCHD along with licensed staff provide the most advanced techniques (including BOTOX, microdermabrasion, micro channeling, chemical peels, and professional skin care) to help patients realize their goals. After a thorough analysis of the patient’s skin, we will develop the most beneficial course of therapy. It is of the utmost importance at RCHD that we educate our patients on the entire skin care process, the potential side effects and the expected outcomes following every procedure. We look forward to serving the Rankin community as well as surrounding communities with these exciting new services!

FOR MORE INFORMATION, PLEASE CALL (432) 693-1207

March Provider Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	1	2	3	4
GRAHAM THROUGH MONDAY	BOWNDS AND SUE THROUGH FRIDAY 8AM					
5	6	7	8	9	10	11
	GRAHAM & WILBORN THROUGH FRIDAY 8AM					
					BOWNDS AT 8AM	
12	13	14	15	16	17	18
BOWNDS AT 8AM	BOWNDS AND SUE THROUGH FRIDAY 8AM					
					BALDREE THROUGH MONDAY	
19	20	21	22	23	24	25
BALDREE THROUGH MONDAY	GRAHAM & WILBORN TILL FRIDAY 8AM					
					SUE	
26	27	28	29	30	31	1
SUE	BOWNDS AND SUE THROUGH FRIDAY 8AM					
					BALDREE THROUGH MONDAY	
2	3	4	5	6	7	8
BALDREE THROUGH MONDAY						

MARCH WELLNESS CENTER CALENDAR

KICKBOXING WITH OMAR

TUESDAYS AND THURSDAYS AT 6PM

HIIT [FULLBODY FITNESS] WITH BREE

WEDNESDAYS AT 5:30 PM AND FRIDAYS AT 6:30PM