


February Newsletter



Rawlins County
Health Center

An Affiliate of
 Centura Health.

Work Anniversary's!

Amanda Caudillo, 1 year
Megan Rippe, 5 years
Dallas Soderlund, 7 years
Destiny Schroeder, 18 years
Mary Howland, 26 years

Dr. Tamara Robbins, 1 year
Amie Lantz, 7 years
Scott Brown, 8 years
Connie Peckham, 23 years

Specialty Clinic Providers

Surgeon

Dr. Kopriva: Feb. 2, 16

Cardiologist

Dr. Denney: Feb. 3

Wound Care Center

Tuesdays

Mental Health

High Plains Mental

Health: Feb. 8, 22

Telebehavioral Health: Feb. 4, 18

Rawlins Clinic Providers

Tamara Robbins, MD

Mary Wilkinson, APRN, FNP-C

Jose Renteria, APRN, FNP-C

Brian Holmgren, PA-C

Paul Young, PA-C

Neurologist

Dr. Nitka:

Feb. 21

Diabetic Counseling

Diane Sis:

Wednesdays

Telemedicine Services

Endocrinology

Oncology

Rheumatology

Neurology

Urology

Nephrology

Behavioral Health

Be your own Valentine!
Schedule your annual physical
and preventative screenings.

Heart Health Services Available

February is Heart Health Month, and Rawlins County Health Center has many services available to help keep your heart healthy or diagnose heart issues.

CT Calcium Scoring
Cardiac Wellness
Ultrasound



Dr. Sean Denney, Cardiologist
Cardiac Rehab Phase 2
EKG's
Nuclear Stress Testing

Cancer Prevention Month

February is also Cancer Prevention Month. Eating a healthy diet and exercising are great ways to prevent cancer and protect your skin from the sun. Knowing your family medical history and getting regular cancer screenings are also important. Cancer screenings include mammograms, colonoscopies, lab work such as a PSA for men and pap smear for women. Schedule an appointment with your Rawlins Clinic provider to see which cancer screening is suggested for you.

Nerve Conduction Studies Available

Nerve conduction provides a diagnosis of carpal tunnel (wrist) or cubital tunnel (elbow) syndrome and can help provide a tailored physical therapy plan. With Dr. Ernest Nitka, Neurologist, Rawlins County Health Center can provide nerve conduction studies. Call Rawlins Clinic to schedule a nerve conduction study with Dr. Nitka.

(785) 626-3211 • www.rchc.us •

Rawlins Clinic: Open M-F 8am-5pm & Saturday 9am-Noon

To make a clinic appointment call (785) 626-3241

Emergency Room: Open 24/7, 365 days a year

RCHC is an equal opportunity provider and employer.

