



NEW REDWOODS RURAL SUBOXONE PROGRAM

Humboldt County has one of the highest opioid overdose rates in California, which means it has one of the highest rates in the United States. In response to this crisis, Redwoods Rural Health Center has recently introduced its **NEW Suboxone Program**.

Learn how this program can benefit you or someone you know.

To make an appointment, contact **Amber Wallan**
RRHC Back Office Supervisor: **(707) 923-2783**



NEWSLETTER OF REDWOODS RURAL HEALTH CENTER

WINTER 2019

MISSION & VISION & VALUES

- ❖ The purpose of Redwoods Rural Health Center is to provide responsive, preventive, high quality primary health care services, through a variety of healing disciplines, to all people without regard to social or economic status.
- ❖ We emphasize the client's right and responsibility to participate in his or her own health care decisions.
- ❖ It is our hope that the clinic be a place where the needs of the whole person are met—body, mind, and spirit.

CONTACT

101 West Coast Road
Redway, CA 95560
MEDICAL
(707) 923-2783
DENTAL
(707) 923-4313
www.rrhc.org

MARCH IS COLON CANCER AWARENESS MONTH

In February 2000, President Clinton officially dedicated March as **National Colorectal Cancer Awareness Month**. Since then, it has

grown to be a rallying point for the colon cancer community where thousands of patients, survivors, caregivers and advocates throughout the country join together to spread colorectal cancer awareness by wearing blue, holding fundraising and education events, talking to friends and family about screening and so much more.

Colorectal cancer (cancer that starts in the colon or rectum) is the **third most commonly diagnosed cancer** and the second leading cause of cancer death in men and women combined in the United States. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older.

Since the mid-1980s, the colorectal cancer survival rate has been increasing, due in part to increased awareness and screening. By finding polyps and cancer in the earlier stages, it is easier to treat. Improved treatment options have also contributed to a rise in survival rates.

There are currently more than one million colorectal cancer survivors alive in the US.

PREVENTING COLON CANCER

Did you know?

When caught early, colon cancer is **90% curable!** To help our patients get screened with the most modern, convenient option, Redwoods Rural is offering Cologuard.



Cologuard is the easy, noninvasive colon cancer screening test you can use at home. It's the only FDA-approved test based on stool DNA science and **finds 92% of colon cancers**. If you're 50 years of age or older at average risk of colon cancer, or if you've been avoiding screening, you should know there is a non-invasive option.



Cologuard is covered by Medicare and most major insurers. Talk to your medical provider to order your Cologuard test today.

FEBRUARY IS HEART HEALTH MONTH



Heart disease is the leading cause of death for both men and women in the US. Every year, **1 in 4** deaths are caused by

heart disease. **The good news?** Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

To prevent heart disease and increase awareness of its effects, RRHC is proudly participating in American Heart Month

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight
- Quit smoking & avoid secondhand smoke
- Control your cholesterol & blood pressure
- Get active and eat healthy
- If you drink alcohol, drink only in moderation

Make a difference in your community:

Spread the word about strategies to prevent heart disease & encourage people to live heart healthy lives.

PERINATAL SERVICES NOW AVAILABLE IN SOUTHERN HUMBOLDT!



Redwoods Rural Health Center
Bloom & Blossom
Perinatal Program



The new **RRHC perinatal program** is taking patients. It is important for newly pregnant women to establish perinatal care in the **first trimester** of their pregnancy. Early prenatal care can improve pregnancy outcomes, ensure a healthier pregnancy and reduce complications. Two of the most significant benefits of early and ongoing prenatal care are improved birth weight and decreased risk of preterm delivery. In the early stage of pregnancy, RRHC provides educational information, support, and referrals appropriate to the patient. Expectant mothers first meet with RRHC nurses and then with Dr. Nicely from **With Open Arms** or Carolyn Eldridge, LM. At 36 weeks, patients will be seen on a weekly basis at the provider of their choice until delivery. If the patient desires to deliver at **Redwood Memorial Hospital** in Fortuna, their care can be transferred to **Redwood Women's Center** in Fortuna at 32-36 weeks.

In the coming months, RRHC will also offer **monthly parenting classes** (breastfeeding, pregnancy, parenting, and postpartum information/subjects) as well as a **pregnancy support group**. Stay tuned for more updates.

Arts in Healthcare

Studies have shown that integrating the arts into healthcare settings helps to cultivate a healing environment, and support the physical, mental, and emotional recovery of patients. Thank you to local artists Nate Smith and Sarah Starck for displaying their paintings at Redwoods Rural Health Center this winter.

Art can ignite the mind and the healing process, we appreciate their work inspiring our community! 🎨



COMING SOON... NEW & EXPANDED SERVICES



Redwoods Rural Health Center is very excited to announce the purchase of a brand NEW 2019 Mobile Dental Van!

RRHC has had a mobile dental program for the last four years. We have loved servicing the needs of the community in a new and effective way. This program has allowed us to reach out to **eight different schools** and children in very remote areas. The program has been so successful that we are looking forward to our new 39ft Winnebago, with **two full operatories** to better meet the needs of the community.



The van is due to arrive late summer of 2019.

Stay tuned for the lovely Redwoods Rural logo coming soon to a town near you!

NON EMERGENCY MEDICAL TRANSPORT (NEMT) SERVICE

RRHC is excited to develop a new Non Emergency Medical Transport (NEMT) Service

providing rides from your home to health care appointments

Watch for more information about the future launch of this program

We are gearing up to open Redwoods Rural Health Center's **acupuncture clinic** in McKinleyville with **Michiah Tobin**, licensed acupuncturist. The office is located at

2620 Central Avenue

Starting in March 2019, our new McKinleyville office will be open on Mondays from 8:30am to 3:30pm and Thursdays from 12:30pm to 6:30pm and will accept Blue Cross, Blue Shield and Partnership Health Plan insurance.

Redwoods Rural services opening soon in McKinleyville!



REDWOODS RURAL WILL SOON PROVIDE MORE CONTRACEPTIVE SERVICES

RRHC will soon provide **vasectomies** in the clinic. Vasectomy consults can be scheduled with Dr. Nicely once a month. Following the consult, patients can schedule their procedure at With Open Arms in Eureka, until RRHC begins offering vasectomies in-house.

RRHC also plans to offer **family planning services** such as IUD and Nexplanon placements. In addition, at this time, any **well women exams** or other GYN services are to be scheduled with Redwoods Rural providers unless determined otherwise.

This is such an exciting program to finally be offering to the families of Southern Humboldt!

Call to get more information or to schedule a visit today!

(707) 923-2783

