

FALL 2019

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# RIDGECREST REGIONAL HOSPITAL Connected



Ridgecrest  
REGIONAL HOSPITAL

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**2018 RRH Community Benefit  
Report** is now available. Visit  
[www.rrh.org](http://www.rrh.org) to download for **FREE!**

   [RRH.ORG](http://RRH.ORG)

# DEAR FRIENDS

We have entered the final stretch of a year, which has brought with it both challenges and triumphs for Ridgecrest Regional Hospital. From evacuation and unexpected closure; to new business collaborations, department consolidations and service expansions, RRH stands stronger than ever.

Having announced the transition of management of Podell Chiropractic to RRH and the purchase of Liberty Ambulance; we are strengthening the quality of care and health resources available to our community. Likewise, our pediatrics consolidation, will enable us to meet the growing needs of our younger patient generation and the completed construction on our Sydnor building, has freed up medical office space, allowing for the expansion of the SSMC family practice clinic and making way for additional specialties.

Looking to the end of the year, the community can expect a brand new Pediatric Urgent Care, as well as a new location for our Rehabilitation services. Availability and access for our patients remain front of mind, with each and every effort to expand our services.

In other news, I would like to welcome our new Emergency Department and Primary Care physicians and commend our exceptional employees for their strength and loyalty through recent events.



**JAMES A. SUVER, FACHE,**  
President /Chief Executive Officer

## ONE WHOLE YEAR

### AS THE RRH FOUNDATION DIRECTOR

Having completed my first year as the Director of the Foundation, I am not only excited about what we have accomplished through the Foundation during this time, I am just as excited for what is to come. This past December we held our first annual Christmas Tree Village which was a fun time for the staff and guests and in April Women in Philanthropy hosted their first annual Women's Health and Wellness Expo which proved to be great success.

Speaking of Women in Philanthropy, since being reintroduced in October of 2018 it has now reached a membership of twenty-four strong and still counting.

The Foundation has instituted a new Community Partner Program wherein local businesses can be involved with the growth of the hospital through the Foundation and we have benefited by several new local business sponsors. Another new program is Pave the Way to Hope which supports hospice services. Donors can purchase bricks that will be engraved and laid in a pathway from the hospice home to a patio located on the grounds of the home once complete.



**KIMBERLY METCALF**  
RRH Foundation Director

The Foundation has just completed its 3rd annual Evening Under the Stars Wine Gala and it proved to be great success raising over \$44,000.00 for the hospice house. Looking forward to the remainder of 2019 Rolling for Pink will be held the end of October, a fall tea in November and our second annual Christmas Tree Village in December.

I can't wait to see what the rest of year will hold in store. If you are interested in any of our events or groups I would love to hear from you....I continue to be grateful for the opportunity to serve in this position and I continue to be amazed by our caring and giving community we are lucky enough to call home.

**"IT'S A SUCH A BIG DREAM, I  
CAN'T SEE IT ALL"**

**EDWARD CURTIS,**  
COWBOY/WESTERN PHOTOGRAPHER

### BOARD OF DIRECTORS 2019

**Bud Haslam**  
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**Margie Hannon**

**Walter Martin**

**Rita Read**

**Jim Rizzardini**

**Paige Sorbo-Netzer**

**Cornelis Vanderhoek, M.D.**



# PHOTO ALBUM



Ridgecrest Regional Hospital

Our Therapy Dogs LuAnn, Lucky and Eloise have been making the rounds again, this time visiting the residents of our skilled nursing facility, Bella Sera! Thanks as always to RRH volunteers Maria and Carole for making these special visits possible.



Ridgecrest Regional Hospital

RRHF Gala guests arrived at the secret castle location in Ridgecrest, where they gathered under the stars for a medieval feast. We would like to thank our table sponsors for the evening: The Swap Sheet, Mercy Air, Liberty Ambulance, Dr. & Mrs. Everard Hughes, and Alta One.



Ridgecrest Regional Hospital

Happy 9th Birthday to our Rural Health Clinic!! RHC staff gathered with cake and ice-cream today, to celebrate their accomplishments in serving our community for 9 years! #HappyBirthdayRHC #RuralHealth



Ridgecrest Regional Hospital

We are excited to reveal to the community our new logo for Liberty Ambulance! RRH is proud to be partners in providing quality emergency medical care and transportation services to our region. Watch this space... coming to our ambulance vehicles soon!

## CONGRATULATIONS!



Ridgecrest Regional Hospital

Thank you to all who supported the Ridgecrest Regional Hospital Hospice Services 9th Annual Butterfly Release & Anniversary Celebration. This beautiful event offered the community an opportunity to reflect on the happy memories of loved ones passed and celebrate the present.



Ridgecrest Regional Hospital

It's National Nurses Week (May 6-12, 2019)! The American Nurses Association (ANA) has named this year's campaign 4 MILLION REASONS TO CELEBRATE, dedicated to the 4 million registered nurses enriching our lives. We thank you, and we celebrate you!



Ridgecrest Regional Hospital

We would like to take a moment to congratulate our RRH employees who have been recognized for the 2018 Meritorious Award!

- Colleen Bruce - Payroll
- Mae Doreza - DON Bella Sera
- Jenny Hugbo - ICU & Med/Surg Clinical Manager
- Tommy Morehead - Telecom Support Analyst - IT
- Meghan Aslanian - PharmD - Pharmacy
- Josephina Weeks - CN III Surgery
- Susan Bodnar - Director of Senior Services
- Jenifer Pelayo - Patient Access Manager
- Carmelina Lara - Housekeeping Aid, EVS
- Carey Drake - PTA, Rehab
- Donna Ingle - CN IV - OPP

# NEW PROVIDERS

## IN THE EMERGENCY DEPARTMENT



**STEPHANIE CRAPO, M.D.**  
ED Medical Director

**"I WELCOME THE OPPORTUNITY TO  
PROMOTE EXCELLENCE IN PATIENT  
CARE AND PROGRAM HEALTH"**

Dr. Stephanie Crapo is board certified in both Emergency Medicine and Emergency Medical Services. She received her undergraduate degree at the University of Texas at Austin and her Doctor of Medicine at the University of Texas Southwestern Medical Center. She attended Emergency Medicine residency and completed an EMS fellowship at the University of North Carolina. She worked at the University for four years as an Assistant Professor in the Department of Emergency Medicine. Dr. Crapo also served as the Medical Director for the North Carolina State Highway Patrol. She left North Carolina to be closer to family and joined the RRH faculty in 2018.



**MAI LAI, M.D.**  
Emergency Department

**"I LOOK FORWARD TO WORKING WITH  
ALL OF THE OUTSTANDING AND  
TALENTED PHYSICIANS AND  
COLLEAGUES AT  
RIDGECREST REGIONAL HOSPITAL"**

Dr. Lai is a board certified Emergency Medicine physician. Dr. Lai completed her residency training at Michigan State University in 2005. She grew up in the Southern California area and has been practicing in the area since then. She enjoys traveling, hiking, and scuba diving.



# POSITIVE CHANGE IN THE ER DEPARTMENT

By Stephanie Crapo, ED Medical Director

The Department of Emergency Medicine at Ridgecrest Regional Hospital is undergoing a lot of positive change. It started with the creation of a department earlier this year. New physicians were recruited who are board certified in Emergency Medicine and bring with them many areas of experience and expertise. I began working in the Ridgecrest Emergency Department in 2018. In April, I signed on to RRH medical staff as Medical Director of the Emergency Department.

I bring nine years of Emergency Medicine experience including various leadership and medical director roles. RRH has a long-standing commitment to serving the healthcare needs of the community.

Accident and illness can befall us when we least expect it. Our Emergency Department is open 24/7/365. We recognize that when we greet you at the emergency department, it is likely your worst day. At Ridgecrest Regional Hospital, we place your health as our priority. With all of the change coming to the Department of Emergency Medicine, I welcome the opportunity to promote excellence in patient care and program growth.

# WELCOME TO RRH

NEW RURAL HEALTH CLINIC PRIMARY CARE PROVIDERS

## NEW RRH CHIROPRACTIC CLINIC



**HANI CHAABO, M.D.**

**Board Certified Family Medicine**

Dr. Hani Chaabo is board certified in Family Medicine. He graduated with his Doctor of Medicine in 2014 and completed his Family Medicine Residency in June, 2019 at the Charleston Campus of the West Virginia Medical School. Dr. Chaabo was recognized as the Outstanding Resident. He also received the Resident Wellness Recognition award from his program, as a result of the wellness curriculum he created, that was promulgated to all programs at WVU Medical School.

Immersed in the philosophy and practices of meditation and yoga, he believes in the intrinsic ability to re-attain wholeness in any given situation. Dr. Chaabo is trained in mindfulness based stress reduction (MBSR), a technique effective in helping patients with a variety of chronic medical conditions, including cardiovascular disease, heart failure and diabetes. It is also proven effective with migraines, chronic pain, chronic disease related to quality of life, cancer and many mental disorders including anxiety, depression and insomnia.



**SALMAN ZIAEI, M.D.**

**Board Eligible Internal Medicine**

Dr. Salman Ziaei is board eligible in Internal Medicine. He received his Doctor of Medicine in 2013. In addition to his medical training, he also received a Master's in Public Health at the University of Southern California in 2016, with a focus on epidemiology and biostatistics.

Dr. Ziaei is completed his residency in Internal Medicine in June 2019 at the University of Maryland Medical Center Midtown Campus, Baltimore, Maryland. As part of his residency program Dr. Ziaei together with a team of physicians from his campus, won the ACP Doctor's Dilemma®, in 2017 and 2019, a highly competitive competition testing the medical knowledge of some of the brightest residents from around the world. Dr. Ziaei recently received the Outstanding Performance in the Area of Humanism and Professionalism Award and the William C. Anthony Award for Outstanding Performance on the Internal Medicine Exam.



**DAVID LEDESMA, CCSP**

**Certified Chiropractic Sports Practitioner**

Dr. David Ledesma is a native of the Valley. He attended elementary school in Trona but was a 2002 graduate of Burroughs high school. He participated in Football and Track and Field. Football took him through college where he was awarded to the NAIA Midwest football conference All-Academic team at Iowa Wesleyan College.

Dr Ledesma's high school and college football career inspired him to want to work in the sports medicine field. "I grew up getting physicals and treatment from doctors, like Dr Podell... I also saw team mates and other athletes with injuries that went untreated and undiagnosed... One of my goals has always been, to provide healthcare to athletes and individuals who may not have an opportunity to receive it otherwise."

Dr. Ledesma is a Certified Chiropractic Sports Practitioner (CCSP). This certificate allows Dr. Ledesma to specialize in sports medicine and treat patients in the Sports Medicine field. This certificate allows Dr. Ledesma to work in any Olympic Training Center, helping athletes with injury rehabilitation, strength and conditioning, and rehabilitation program design.



# SSMC HAS MOVED!

## SOUTHERN SIERRA MEDICAL CLINIC CUTS THE RIBBON ON NEW BUILDING

Ridgecrest Regional Hospital's (RRH) Southern Sierra Medical Clinic (SSMC) cut the ribbon on the new clinic building, located at 105 E. Sydnor Ave., Ridgecrest, standing across the street from its previous location on the main hospital site.

The new clinic boasts twenty-seven patient exam rooms, two procedure rooms and eight physician offices. RRH President/CEO Jim Suver said: *"This expansion will free up additional medical office space to allow RRH to bring in additional specialties for our community."*

The Ridgecrest Chamber of Commerce hosted the ribbon cutting ceremony in the early hours on Monday, August 26, 2019, before SSMC staff officially welcomed patients onto the new site. SSMC doctors, staff, RRH board members and members of the Ridgecrest Chamber of Commerce were on hand for the special occasion.

*"It felt wonderful to finally cut the ribbon on our new building," said Administrator of Community Care Clinics, Daphne Unhassobiscay. "It is an exciting time for SSMC, as we begin settling into our new home, we are also welcoming two new doctors to the family practice team. We are constantly working to meet the ever-changing primary care needs of our community and this new clinic space will allow us to grow and do just that."*

The Southern Sierra Medical Clinic aims to provide the highest quality medical care to all age groups and entire families. Services include: routine examinations, camp & sport physicals, adolescent medicine, women's wellness, weight loss, preventative plans and much more.

### SSMC FAMILY PRACTICE PHYSICIANS:

Hope Wildenberg, M.D.

Love Singh, M.D.

Gul Anwar, M.D.

Paul Frenette, M.D.

Jimena Repetto Frenette, M.D.

The Southern Sierra Medical Clinic is open 8AM to 7PM Monday - Thursday and 8AM - 5PM on Fridays. For appointments, please call (760) 446-6404.



### INTRODUCING TWO NEW FAMILY PRACTICE PHYSICIANS



JIMENA REPETTO FRENETTE, M.D.

Family Practice

A board certified Family Medicine physician. She received her Bachelor's degree in Biology at Westminster College in Salt Lake City, UT. She then went on to complete her medical training at Ross University School of Medicine in Dominica and her family residency training at Stamford Hospital-Columbia University College of Physicians and Surgeons.



PAUL FRENETTE, M.D.

Family Practice

A board certified Family Medicine physician. He received his Bachelor's and Master's degrees in Cellular and Molecular Biology at Concordia University in Montreal, Canada. He then went on to complete his medical training at Ross University School of Medicine in Dominica and his family medicine residency training at Stamford Hospital-Columbia University College of Physicians and Surgeons in Stamford, CT.

# THE THYROID GLAND

BY DR. LOVE SINGH, M.D.

Your thyroid gland – that little butterfly shaped gland that lives on the front of your neck – is responsible for so many aspects of your health (or lack thereof), but, unfortunately, it is rarely given enough attention by mainstream medical practitioners.

The thyroid impacts EVERY cell in your body, but specific areas of influence include: Metabolism, growth and development, temperature regulation, healthy cardiovascular function and a healthy nervous system function.

Some signs that your thyroid may be under-active include: dry skin, constipation, fatigue, low mood, cold hands and feet, unexplained weight gain (or inability to lose weight, despite doing "all the right things"), thinning outer third of eyebrows, puffy face, infertility, irregular menstrual cycles, high cholesterol levels, thinning hair, brain fog and dodgy memory.

DR. SINGH DISCUSSES WHAT THE THYROID DOES, HOW IT MAY MISBEHAVE, AND HOW TO HELP IT TO HEAL.

LISTEN TO HEALTH MATTERS PODCAST:  
EVERYTHING YOU NEED TO KNOW ABOUT  
YOUR THYROID AT [RRH.ORG/PODCASTS](http://RRH.ORG/PODCASTS)

Ridgecrest Regional Hospital  
**Health**  **Matters**  
**PODCAST**

Subscribe and listen on any of the following:



His ultimate question remains:

**"IS THIS WHAT I WOULD DO OR SAY  
TO MY FAMILY MEMBER?"**

Love Singh MD is currently a Family Practitioner at the Southern Sierra Medical Clinic and has been a part of the medical staff at Ridgecrest Regional Hospital since July 2014. Singh's focus has been on a whole body-mind treatment plan for his patients with special areas of interest being obesity medicine (currently undergoing fellowship training with the American Board of Obesity Medicine), endocrine disorders including hormone deficiencies and thyroid conditions, autoimmune disorders and behavioral/mental health issues.

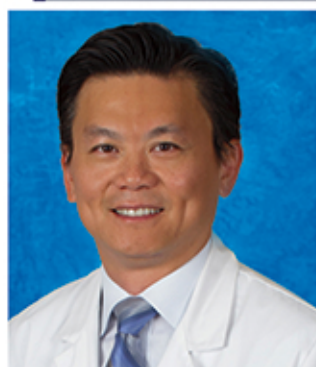
Singh sees himself as a doctor who is with you throughout your life – taking your hand when times are difficult, being there when something needs to be addressed and treated, being a friend when you need someone to discuss life's tough moments with and making sure that through it all, you come out mentally and physically in great shape. Being a family medicine doctor he sees his patients as his family members and before making any decision, his ultimate question always remains – "Is this what I would do or say to my family member?"



LOVE SINGH, M.D.

# MATTERS OF THE SPINE

## IDENTIFYING AND TREATING DEGENERATIVE DISC DISEASE



**PATRICK HSIEH, M.D.**



**JOHN LIU, M.D.**

Your spinal discs act like shock absorbers between the vertebrae of your spine. They help your back stay flexible, but as you get older, they can wear and tear—causing pain. When the pain becomes problematic, interrupting one's ability to perform normal, daily activities, it's referred to as degenerative disc disease.

*"This is really common with aging but becomes more of a 'disease' when patients are symptomatic, the primary symptom typically being pain," notes Dr. Patrick Hsieh, neurosurgeon at Keck Medical Center at USC, affiliated with Ridgecrest Regional Hospital. "In your typical mechanical strain or early degenerative disc tears, the pain may only last for a few days or a few weeks at most. The pain tends to get better, because your body does have a self-healing process."*

Patients who experience chronic disabling pain that becomes more of a disease process fall into the category of degenerative disc disease. *"Not only is there pain, but some patients develop neurological manifestations that can include weakness, numbness, and loss of function as the result of the disturbances to the nerve roots or the spinal cord,"* adds Dr. Hsieh.

### IS IT TIME FOR SURGERY?

Diagnosis of symptomatic degenerative disc disease generally starts with a physician's evaluation—ideally one who has expertise in spine conditions. Per Dr. Hsieh, symptoms can be separated into two

components: pain and the aforementioned neurological symptoms.

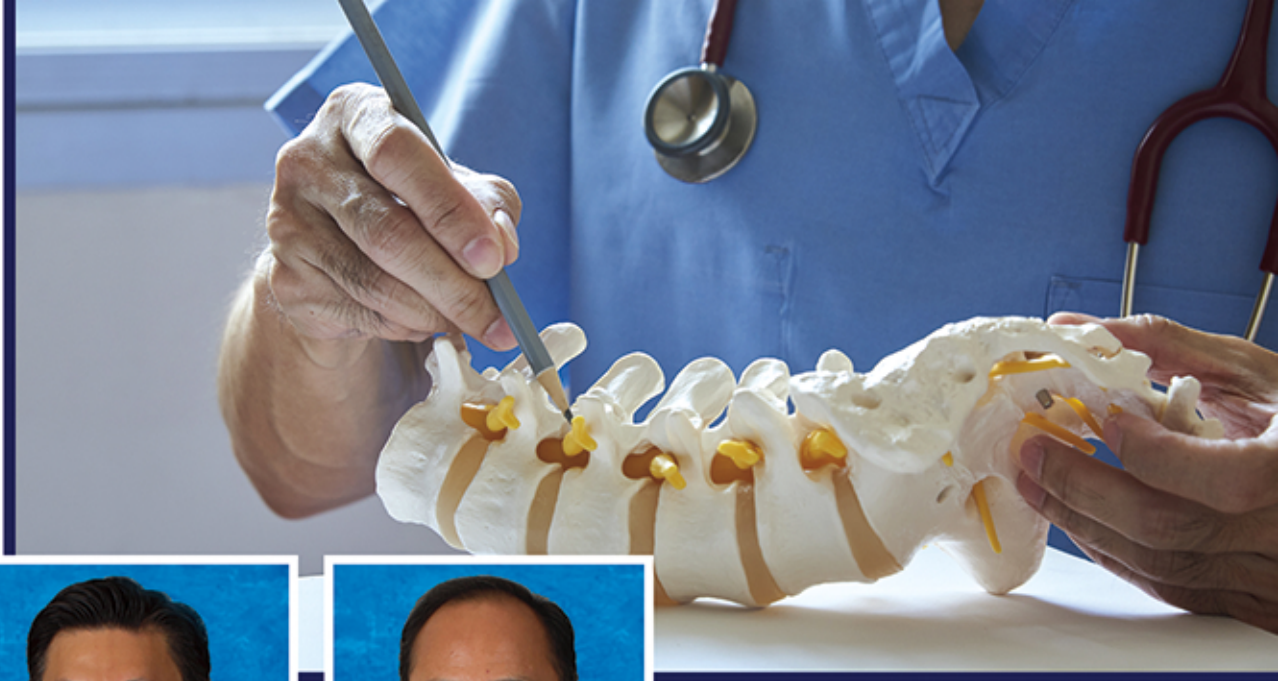
Conservative, non-surgical treatments are the first line of defense in most cases, including anti-inflammatory medications, anti-spasm medications, and physical therapy to strengthen the muscles surrounding the spine.

*"Sometimes, an injection may be indicated. I don't necessarily start with that right off the bat,"* says Dr. John Lui, neurosurgeon at Keck. *"We try medications and physical therapy first; also topical patches, heat treatment, soft tissue work. There are a lot of interventions we can try in the beginning stages."*

### PREVENTIVE MEASURES

Most people will experience some form of disc degeneration—simply due to the aging process. However, you can reduce your risk of more severe degeneration by practicing a few preventative measures. Working on core strength, maintaining a healthy weight, being cognizant of your posture, and abstaining from smoking are all important for staving off degenerative disc disease.

**"IF YOU KEEP THOSE THINGS IN MIND—SMOKING, YOUR WEIGHT, YOUR POSTURE, AND TRYING TO MAINTAIN A GOOD CORE—THOSE ARE ALL GOOD THINGS TO TRY TO PREVENT THIS FROM GETTING OUT OF CONTROL."**



Ridgecrest Regional Hospital  
**NEUROSURGERY | SPINE**

*in alliance with*

Keck Medicine of **USC**

**USC Neurosurgery**

# COLD & FLU SEASON

## BY THE NUMBERS



**64,000,000**

people on average, or roughly 5-20% OF  
US RESIDENTS contract the flu each year.

### PEAK MONTHS FOR FLU ACTIVITY

In a study conducted by the CDC, February was cited as the peak month for flu activity 14 times between 1982 and 2014.

OCTOBER  
NOVEMBER  
**DECEMBER**  
JANUARY  
**FEBRUARY**  
MARCH

Source: [www.guidewellemergency.com](http://www.guidewellemergency.com)



**24 HOURS**

For most healthy adults, flu symptoms can last 5-7 days, but they are able to infect others with the flu for 24 HOURS.

## INFLUENZA VACCINE

CDC recommends use of any licensed, age-appropriate influenza (flu) vaccine during the 2019-2020 influenza season. Options include inactivated influenza vaccine (IIV), recombinant influenza vaccine (RIV), or live attenuated influenza vaccine (LAIV). Different vaccines are licensed for different age groups, and some vaccines are not recommended for some groups of people. But where more than one suitable vaccine is available, no preference is expressed for any influenza flu vaccine over another.



## SOME TIPS FOR FLU PREVENTION

### GET VACCINATED

Vaccination is the first and most important step in preventing the flu. Ridgecrest Regional Hospital clinics are now offering the flu vaccines. Walk-ins are welcome.

### AVOID SICK PEOPLE

Avoid the spread of germs by staying away from sick people. This also means avoiding others if you are sick.

### COVER YOUR MOUTH

Use a tissue to cover your nose and mouth when coughing or sneezing. If you don't have a tissue, use your sleeve to prevent the spread of germs.

### WASH YOUR HANDS

Frequently washing your hands will prevent the spread of germs. Use soap and warm water, or hand sanitizer if water is not available.

### AVOID TOUCHING YOUR FACE

Germs are commonly spread through touching contaminated surfaces, or touching hands with someone, and then touching your face.

### GET MODERATE EXERCISE

Moderate exercise, in the long run, strengthens your immune system. After intense workouts, your body is more susceptible to getting sick for a 72-hour window.

### GET FRESH AIR

Sharing warm air inside an office or home can lead to getting sick. Take a few minutes occasionally to get some fresh air.

# AN EVENING UNDER THE STARS

## RIDGECREST REGIONAL HOSPITAL FOUNDATION'S 2019 WINE GALA EVENT

On Saturday, September 14, 2019 RRH Foundation held their third annual Evening Under the Stars, Making Dreams Come True. Attendees gathered at Desert Valleys Federal Credit Union prior to being whisked off to the secret location where they enjoyed a renaissance evening complete with themed dinner, entertainment and costumes.

This year the event was held at the home of Ron Kicinski and Sharon Girod. With its grand entrance and beautiful grounds, the home is locally referred to as Kicinski Castle and it proved to be the perfect backdrop for the evening. With over ninety in attendance the event raised over **\$44,000.00** for the Foundation which will be used to assist in the purchase of a hospice home.

RRH Foundation Director, Kim Metcalf, said: "We are so fortunate to live in such a caring and giving community. We are large enough to make a difference, yet small enough for that difference to touch so many. With the hospice house close to becoming a reality, so many families will benefit as a result of this campaign."

### A BIG THANKS!

The RRH Foundation Medieval Evening Under the Stars got under way with a live auction with auctioneer James Bell, as well as a silent auction including donations, entertainment and catering services from:

- Romancing the West
- Baxendale's
- Butterfly Boutique
- Bella Luna Designs Ridgecrest
- Jeccy's Jewels
- Dusty Trail Boutique
- Esther Sires
- S&M Antiques, Coins & Collectibles
- Caricatures by Ernie
- BHS Chamber Ensemble under the Direction of Mark Hatter
- BHS Varsity Squad
- BHS Drama Club under the Direction of Tristan Kratz
- RDK Catering
- McCall Street Bakery
- Tender Cut Meats
- Michelle Purkiss
- Steve Griffin - Griffin Winery

If you have questions regarding the Foundation or are interested in making a donation please contact the RRH Development Foundation at (760) 499-3955.





# OCTOBER IS BREAST CANCER AWARENESS MONTH

## IMAGING SERVICES AT RIDGECREST REGIONAL HOSPITAL

Here at Ridgecrest Regional Hospital, we strive to bring our patients the best care with the latest technology and lowest radiation dose available. Our medical imaging team focuses on individual health care needs while making you as comfortable as possible. The staff come from a multitude of stand-out Medical institutes such as Baylor University Medical Center, Loma Linda, UC Davis, and Mayo Clinic.

We offer a variety of services such as:

- All types of X-rays
- High Def Ultrasounds- including Nucal OB, biophysical profiles, and ultrasound guided biopsies, drainages, etc.
- Advanced CT scans including Cardiac Computed Tomography Angiograms (CCTAs) and CT guided biopsies, and drainages.- American College of Radiology (ACR) accredited
- Advanced MRI/MRA scans including Breast MRI- ACR accredited
- Bone Densitometry (DEXA)
- 2D and 3D Mammography- ACR accredited
- Automated Breast Ultrasound Screening (ABUS)-one of 150 facilities in the U.S. to offer this program.
- Stereotactic Breast Biopsy
- Nuclear Medicine Imaging, including Cardiac Stress- ACR accredited

We are open 24/7 with outpatient hours 7am-6pm Monday-Friday and 8am-4pm on Saturdays. Our Women's Imaging Center is open 8am-6pm Monday -Thursday and 8am-4pm on Fridays.

Main Diagnostic Imaging Department: (760) 499-3702

Women's Imaging Center: (760) 499-3820

Before going out of town, check out what your local imaging department at Ridgecrest Regional Hospital can do for you.

## SCHEDULE YOUR ANNUAL 3D MAMMOGRAM

CALL (760) 499-3820 TO MAKE AN  
APPOINTMENT

Quick and easy telephone scheduling.

One location providing a comfortable, private atmosphere.

State-of-the-art imaging technologies, including:

- 3D Mammography
- ABUS (Automated Breast Ultrasound Screening)
- DEXA Bone Density Scans
- Ultrasounds



# OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Ridgecrest  
REGIONAL HOSPITAL

PRSR STD  
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PAID  
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1081 N. CHINA LAKE BLVD.  
RIDGECREST, CA 93555

   [RRH.ORG](http://RRH.ORG)



Ridgecrest  
WOMEN'S IMAGING CENTER  
A Service of Ridgecrest Regional Hospital

## \$100 DEXA & MAMMO SCANS

During the month of October, Ridgecrest Regional Hospital Women's Imaging Center will be discounting Mammo and DEXA scans to \$100. Call (760) 499-3820 to schedule your appointment today.

The Ridgecrest Rural Health Clinic participates in the Every Woman Counts (EWC) program, which provides FREE

clinical breast exams and mammograms, as well as pap tests. We also accept Medi-Care, Medi-Cal and most major insurances, including Family PACT (Family Planning, Access, Care and Treatment).

Call the Rural Health team at (706) 499-3855 and visit <https://www.dhcs.ca.gov/services/cancer/EWC>

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