

Rocky Mountain Rural Health is dedicated to improving access to healthcare in Park County. People in our medically underserved communities face many barriers to accessing healthcare. RMRH offers assistance to overcome these challenges through a variety of programs. Please consider making a donation to help us help others. **THANK YOU VERY MUCH!**

Please use my contribution for the following:

- TRANSPORTATION**— help someone housebound get to the doctor \$ _____
- BREAST CANCER**—help a wife, mother, sister, friend with diagnosis and/or treatment \$ _____
- EMERGENCY ASSISTANCE**—help a family going through a medical crisis \$ _____
- GENERAL OPERATIONS**—help us to serve Park County residents \$ _____

Mail your check to Rocky Mountain Rural Health, PO Box 1600, Fairplay, CO 80440

ROCKY MOUNTAIN RURAL HEALTH is a 501(c)3 nonprofit organization. Your donation is tax deductible to the full amount allowed by law. If you designate a particular fund for your contribution, 100% of the donation goes to that fund.

Want to receive our newsletter by email? Send your email address to info@rmrh.org.

ROCKY MOUNTAIN RURAL HEALTH
PO BOX 1600
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HEALTH MATTERS

Quarterly Newsletter of Rocky Mountain Rural Health

'Improving Access to Healthcare in Park County'

Summer 2016

NON-EMERGENCY MEDICAL TRANSPORTATION



You CAN Get There from Here!

We Can Help!

Call Rocky Mountain Rural Health at 719-836-2169 to see if there is available funding in your area. Rocky Mountain Rural Health continues to work at solving this issue for Park County residents through discussions with the Colorado Department of Transportation, the Park County Senior Coalition, the Park County Department of Human Services and Neighbor to Neighbor, a transportation nonprofit in Salida.

Non-emergent Medical Transport is the latest buzz term. Non-emergent Medical Transportation addresses the need for a person to travel to a medical appointment.

These types of appointments include doctors' visits, dental visits and medical procedures. It can also include appointments for testing such as x-rays, scans or lab work. Many communities, both urban and rural, across the country struggle with how to provide transportation services to their residents in need.

There are services available!

Did you know that if you are a MEDICAID recipient you are eligible for 0.37 cents per mile reimbursement for travel to medical appointments? Contact Mountain Ride at 844-686-7433.

Did you know that the Park County Senior Coalition offers transportation assistance for veterans and seniors over 60? Contact them at 719-836-4295.

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HAPPY BIRTHDAY, USA!

ANNUAL SPORTS PHYSICALS



Sports physicals will be available to student athletes of Park County RE-2 Schools Tuesday, **August 9th**, from **1:00 to 4:30 PM** at the former South Park Medical Clinic at 525 Hathaway Street in Fairplay. The cost is \$25 and proceeds will benefit the South Park Athletic Association.

NO APPOINTMENT NECESSARY.

The Department of Public Health will also be there offering age appropriate immunizations such as Tdap, meningococcal and HPV vaccines. Bring your child's immunization record and insurance card. Vaccinations for uninsured children will be at \$20 per vaccine. This is a great opportunity to keep your children's immunizations current.



'Are We Moving the Needle on Mental Health?'

Colorado's Mental Health Report Card

A recent report from The Colorado Health Foundation asked the question, 'Are we moving the needle on Mental Health?' The report took a closer look at suicide in Colorado and assessed the policies aimed at addressing mental health in the state.

Areas of improvement showed that fewer Coloradans are without health insurance than in 2007. This isn't to say that cost of mental health care is not a concern. The report showed that 57.3% of respondents did not seek care due to concern about the cost of treatment. This number was down from 75.4% in 2013.

An area where we are holding steady is the percentage of Adolescents who report poor mental health and where we are falling behind is in the area of Adults and Seniors that are reporting poor mental health.

A very concerning part of the report is that suicide touches a greater number of Coloradans every year. And the suicide rate continues to increase!

Coloradans aged 46-54 have the highest suicide rates of death by suicide and Colorado males are more than three times likely to die by suicide than females. Also, the suicide rate in rural regions of Colorado is higher than urban areas.

Park County is one of the counties with the highest rate of suicide death.

HOW YOU CAN HELP...

The Park County Mental Health Alliance will be sending out a survey very soon. We encourage you to participate in the survey. Also visit the Park County Mental Health Alliance Facebook page for meeting times and other valuable information.

To read the entire Report Card, go to www.coloradohealth.org.

ATTENTION PET OWNERS!

PROTECT YOUR FAMILY BY PROTECTING YOUR PET

SEVERAL CASES OF RABIES HAVE BEEN DETECTED IN WILDLIFE IN JEFFERSON COUNTY THIS SPRING.

Do not handle dead or sick animals such as skunks, foxes, bats. Report suspected cases in domestic animals to Park County Animal Control at 719-836-4380. Report suspected cases in wildlife to Colorado Parks & Wildlife at 303-866-3437. Suspected cases in dead animals should be reported to the Park County Public Health at 719-836-4161.

Pets are at risk of contracting Rabies by coming into contact with infected wildlife. This nearly always fatal disease is spread through saliva, usually from a bite.



Safeguard your dogs and cats by keeping their rabies inoculations current.

KEEP YOUR PETS and YOUR FAMILY SAFE.

SUICIDE PREVENTION HOTLINE

1-800-273-8255

COLORADO CRISIS SERVICE

SUPPORT & CRISIS LINE

1-844-493-8255

Focus on men's health

PROSTATE CANCER—WHAT YOU SHOULD KNOW

Prostate Cancer is the most common cancer in men in the United States with the exception of skin cancer. It is the second leading cause of death from cancer in men. Prostate cancer often has no early symptoms. Both prostate cancer and benign prostate conditions can cause men to urinate more often or have a weaker urine flow. Prostate cancer grows very slowly. Most men with prostate cancer are older than 65 and do not die from the disease. African-American men and those with a family history of prostate cancer are at greater risk for aggressive disease.



Talk to your doctor about your individual risk, any symptoms you may have and whether or not you should be screened for prostate cancer.



TESTICULAR CANCER accounts for only **1%** of all male cancers. However, it is the **most common form of cancer in men ages 15-35**. In the United States approximately 1 in 250 men will be diagnosed with testicular cancer. Testicular cancer is one of the most treatable cancers especially if it is caught early. Because of that, only about 350 die from the disease each year.

Risk factors for testicular cancer are Caucasian race, history of undescended testicle and family history of the disease. However, many men who develop testicular cancer have none of these risk factors.

Monthly testicular self exams are important in the early detection of testicular cancer. LEARN HOW:

1. Talk to your doctor
2. Go to www.testicularcancersociety.org for instructions and diagrams.

"Low T" and Testosterone Therapy—Get the Facts

Everywhere you turn these days you see advertisements for testosterone replacement therapy. If you believe the ad, it fixes just about everything—low energy, loss of strength, moodiness, weight gain, low sex drive and poor sexual performance—all without any bad side effects!

What are the FACTS? As men get older testosterone levels gradually decline. It is important to determine if a low T level is simply due to decline of normal aging or if it is due to a disease (hypogonadism). A blood test is the only way to diagnose low T levels. Testosterone therapy can help reverse the effects of hypogonadism such as changes in sexual function, sleep disturbances, emotional changes, increased body fat and decreased muscle mass and strength. HOWEVER, according to the Mayo Clinic, while many men believe testosterone medications will help them feel younger and more vigorous as they age, there are few rigorous studies looking at T therapy in men with low normal testosterone levels.

Mayo also reports that there are indeed risks to T therapy. T supplements can worsen sleep apnea, cause acne, stimulate noncancerous enlargement of the prostate gland, cause growth of existing prostate cancer, enlarge breasts, cause testicular shrinkage, reduce sperm count and increase risk of blood clots.

If you think T therapy might be right for you, talk to your doctor about the risks and benefits. A medical condition that causes truly low testosterone levels may be a reason to supplement. However, treating normal aging with T therapy is NOT currently advisable.

NATURAL WAYS TO BOOST TESTOSTERONE

- LOSE WEIGHT
- INCREASE MUSCLE-MASS THROUGH RESISTANCE EXERCISE (WEIGHT LIFTING, ETC.)