



RURAL HEALTH, Inc.
We specialize in you

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Rural Health, Inc.

p. 618-833-4471

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New NAFLD/NASH Program

On March 1, our organization launched its latest program across all five clinics: Nonalcoholic Fatty Liver Disease (NAFLD)/Nonalcoholic Steatohepatitis (NASH) screenings and treatment.

Nonalcoholic fatty liver disease (NAFLD) is the term for conditions in which fat builds up on the liver in individuals who drink little or no alcohol. Of those who have this condition, most have fat in their liver that doesn't cause damage, and then some have a more serious type called nonalcoholic steatohepatitis (NASH):

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From the Chief-Executive-Officer

Can you believe Spring is here? Spring is accepted as a sign of new beginnings and hope from events, changes or even after a long Winter. A part of this acceptance is resilience-the capacity to recover. The past three-plus years has tested our resilience with the COVID-19 pandemic crisis which has taken lives, tested our frontline workers and impacted our economy. This left many individuals feeling overwhelmed, confused, sad and isolated.

Resilience has supported RHI to remain on top. At RHI, we are now taking healthy steps forward, so I am very thankful. With a team approach we are able to support one another for a positive outcome for our patients. In addition, by putting the patient first through a patient-centric approach, RHI supports a culture of respect for patients' values, preferences, and expressed needs. I am pleased and honored to say that at RHI, we deliver on these attributes.

As we skip through Spring and into Summer, I hope each member of our staff remembers to focus on their own values, preferences and needs. RHI maintains a culture of respect for its staff, as well.

Thank you so much,

Cynthia Kay Flamm, CEO





a buildup of liver fat that leads to inflammation and damage. Over time, this can cause scarring of the liver, which can lead to cirrhosis and liver failure. Most people with NAFLD/NASH may have no symptoms whatsoever. However, experts have identified certain risk factors for NAFLD/NASH including:

- High cholesterol
- High triglycerides
- High blood pressure
- Obesity
- Type 2 diabetes

We are now accepting patients into its newly launched program. With it, RHI offers a multidisciplinary approach to disease detection and treatment consisting of Fibroscan screenings, weight loss management, dietician referrals, lifestyle modification, and liver protection management. The NAFLD/NASH program is provided at all five RHI clinics with Fibroscan screenings provided at the Anna clinic only for the time being. Program screening and treatment options are covered by most insurance carriers. Individuals interested in learning more are encouraged to speak to their provider or call our main office in Anna at 618-833-4471.

Out and About!

Saturday, February 18 saw various members of our Metropolis crew providing blood pressure screenings at Metropolis' Big John Superstore.



Folks who came out received a free screening, resources, and a chance to win a free grocery bundle from the store! All was part of observance for National Heart Month.



Earlier this month on April 1st, our organization partnered with the Village of Goreville to host an Easter egg hunt for Johnson County. The event was held at the Goreville Village park.

Children received complimentary tote bags for the hunt and families in attendance were entered in for a chance to win various prizes. This event was such a blast!



New team members, same team mission

Over the past few months, our organization welcomed some new faces. Help us welcome them!



Tim Wilson

Maintenance



Terra Turner

Dental Assistant



Lora Leach

Patient Service Representative

In conclusion...

Believe it or not, summer is just around the corner! With the productive and successful first quarter of 2023 we've had, we're sure excited to see what the next few months have in store. As always, we're a phone call away for any of your medical needs that may pop up. Stay healthy, stay safe, and have a great summer! See you soon. Thanks for reading!



Anna

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