

Caring Hands Caring Hearts



CHILDREN'S DENTAL HEALTH BEGINS WITH PARENTS page 3

THE IMPORTANCE OF WOMEN'S HEALTH page 4

WELL-CHILD VISITS FOR INFANTS & YOUNG CHILDREN page 6

6 TO DO'S BEFORE A DOCTOR'S VISIT page 7



Contents

3
Children's Dental Health Begins With Parents

4,5
The Importance of Women's Health

6
Well-Child Visits For Infants & Young Children

7
6 To Do's Before A Doctor's Visit

8-9
Professional Staff

RHN Medical & Dental Group
3113 Ross St.
Amarillo, TX 79103

806.374.7341

rhnmd.com

FROM THE CEO



A colleague once asked me, "Where do you see RHN in five or ten years?" Providing an honest answer to that question is difficult, given the inherent complexities of our nation's ever-changing health-care landscape.

While it 'is' my job to cast a vision for the future, I don't have a crystal ball, which quite frankly means, "I don't know what I don't know." But this much I do know, "The heart and soul of RHN will always be its people." RHN is so blessed to have such an amazing team of quality professionals. We have people at every level who genuinely care and have compassion for the patients and communities they serve. So on their behalf, I want to thank you for the privilege we have in partnering with you to earn the right to become "Your Home for Health."

Rick C. Love
 Chief Executive Officer



PARTNERSHIP WITH
 WALGREENS – 340B
 DRUG PRICING

Through its participation in the Federal 340B Drug Pricing Program, RHN has partnered with Walgreens to offer discounted drug prices to eligible patients. As an eligible RHN patient, you may elect to have your RHN Provider and/or Care Team Member send your prescription electronically to any of the area's participating Walgreens Pharmacies.

(Front Cover Photo by Adair Photography)

Children's Dental Health Begins With Parents



Laura Murguia, DDS

Parents play a vital role in helping their children establish and maintain good oral health. The first thing a parent can do is set a good example by practicing good oral hygiene. Secondly, parents can make sure that their children establish healthy habits. RHN Dentist, Dr. Laura Murguia says, "Helping children develop healthy habits to care for their teeth while they are young is important. Early check-ups help prevent cavities and familiarize kids with the dentist." Once a child gets in the routine of seeing a dentist, the child's dental care needs are far easier to take care of.

Dr. Murguia adds, "It's important to take great care of your teeth by brushing, flossing, and visiting the dentist regularly. Visiting the dentist and having good oral hygiene practices ensure that primary teeth remain healthy."

Dr. Murguia grew up in Amarillo and graduated from Palo Duro High School. She went on to earn a bachelor's degree in Biology at West Texas A&M in Canyon, Texas, and then went on to complete her DDS at Texas A&M University Baylor College of Dentistry in 2017. You can schedule an appointment with Dr. Murguia by calling 806-374-7341.

Children's Dental Care Tips for Parents



Brush At Least 2X Per Day

Children should brush for 2 minutes twice a day to avoid cavities and have great oral health.



Use Fluoride Toothpaste from the Start

The size of a grain of rice before age 3; after age 3, the size of a pea.



Floss Daily

Flossing dislodges bacteria that builds up over the course of the day and reduces risk of gingivitis.



Avoid Sugary Drinks

The sugar in them combined with plaque can create an acidic environment which damages teeth. Constant drinking of sugary drinks can increase the chances of tooth decay.



Take Your Child to the Dentist by Age 1

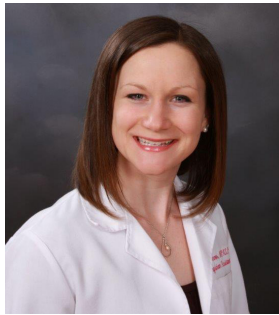
This helps identify and prevent any bottle tooth decay and acclimate them to seeing the dentist regularly.

The Importance of Women's Health

HEALTHY WOMEN, HEALTHY WORLD.



Megan Scott, MD



Leigha Barnes, PA-C



Wanda Clark, FNP-C



Tanya DeLeon, FNP-C

Women play a central role in the health and happiness of their families. There is a slogan that reads, “Healthy Women, Healthy World.” The phrase is representative of the significant place that women have in our communities and the importance of their wellbeing.

However, with the demands of their daily lives, healthy living may take a back seat to chores, work, busy schedules, and more. RHN medical providers have witnessed this firsthand. “I often encounter women who are actively taking care of others in their lives but are not taking time for their own health.

Whether preventative or acute, they often push their health needs to the side,” says Leigha Barnes, PA-C. Wanda Clark, FNP-C, agrees. She states, “Most women are so focused on their families, spouses, children and their parents that they put their own health issues on hold. Women’s health should be a priority in every female’s life.”

Ms. Barnes continues, “We want to help educate women on the importance of taking care of their health and provide access to women’s health care in a comfortable setting.” Women go through several stages and changes throughout their lifetime.



They must have an understanding of the unique challenges they may encounter. Ms. Clark explains, “Both men and women have many of the same health issues, but their symptoms and treatments may not always be the same.”

Family Physician, Dr. Megan Scott, describes the various areas that makeup women’s health. “Women’s health involves reproductive, sexual, physical, emotional, and psychological components of a woman’s wellbeing. From Pap smears, prenatal care, contraception, vaccines, osteoporosis screening, sexually transmitted disease screening, mammograms,

and beyond- women’s health is such a broad and important field.”

Prevention also plays a vital role in maintaining a healthy body. “Women’s Health is important with regards to prevention. My focus is heavily influenced by my understanding that health is achieved with exercise, good nutrition, and understanding what kind of support I can provide to my patients,” says Tanya DeLeon, FNP-C.

To schedule an appointment with one of our providers, please call 806-374-7341.

Well-Child Visits For Infants and Young Children

PEDIATRICIANS, DR. JESSIE DIEGUEZ-ARSENAULT & DR. MATTHEW TURRIE



Having a baby is a happy and exciting time for any parent. However, the responsibility of caring for a newborn can feel overwhelming. All parents want to make sure their baby is healthy and developing accordingly.

We asked our RHN pediatricians to offer a little guidance to new parents who find themselves on this exciting journey. Dr. Jessie Dieguez-Arsenault and Dr. Matthew Turrie agree that the key to nurturing a healthy baby is to start early with well-child visits. “It’s important for a newborn to be seen within the first week,” said Dr. Dieguez-Arsenault. “When a newborn gets established as a patient, our pediatric team will let the child’s parents know exactly what the well-check schedule will be.” Our team follows the recommended guidelines established by the American Academy of Pediatrics. “Well-child visits include important vaccines, health checks

and screenings, including autism screenings at 18 and 30 months,” explained Dr. Turrie. He continued, “Many times people don’t realize they need to see a doctor until they are seeing a doctor for an illness.” An added benefit that parents receive from scheduled well-child visits is the education that is necessary to help keep their little one healthy. Parents can be assured that they will receive the proper guidance concerning the health of their baby.

While well-check visits are scheduled by appointment, space in the schedule will be made to see a child in the first week of life. “We will always be available to see newborns. It’s so important that we will make room in our schedule for that first well-check visit within seven days of life. We are always willing to take on new patients,” said Dr. Dieguez-Arsenault. RHN accepts most insurance plans, including Medicaid.

6 To Do's

Before a Doctor's Visit

Being prepared for a doctor's appointment will help ensure a more productive office visit and increase the potential for a more effective outcome.



Tip #1

Make a list of current medications & dosages.



Tip #2

Be aware of any allergies or sensitivities to medications.



Tip #3

Know your family history.



Tip #4

Bring a detailed record of your medical history.



Tip #5

Write down any questions you may have.



Tip #6

Think about bringing a family member or friend for support.

RHN PROFESSIONAL STAFF - AMARILLO



Robert Bidwell, MD, FAAFP

Family Medicine

Dr. Bidwell is Board Certified in Family Medicine. He has been in practice for twenty-nine years; ten years in private practice and nineteen years in community health centers. He received his medical degree from Texas Tech University Medical School and completed his Family

Medicine Residency in Lubbock, Texas in 1990. Dr. Bidwell has been designated a Fellow of the American Academy of Family Physicians. by the AAFP. Dr. Bidwell is fluent in English and Spanish.



Michael Nash, MD

Family Medicine

Dr. Nash, a Midland native, completed his undergraduate studies in Humanities at Lubbock Christian University in Lubbock, Texas and received his medical degree from the University of Texas Medical Branch in Galveston, Texas. Dr. Nash completed his Family Medicine Residency

at the McClennan County Medical Education and Research Foundation in Waco, Texas and is board certified in Family Medicine. Dr. Nash serves as RHN's Chief Medical Officer.



Morgan Leak, MD

Internal Medicine

Dr. Leak, a Midland native, completed undergraduate studies at the University of Texas of the Permian Basin and received his medical degree from Texas Tech School of Medicine in Lubbock, Texas. Dr. Leak completed his Residency Training at the Texas Tech University

Health Sciences Center Internal Medicine Program in Amarillo. While completing his residency, Dr. Leak also served as Chief Resident and as a board member of the General Medical Education Committee.



Megan Scott, MD

Family Medicine

Dr. Scott, a native of Gallup, New Mexico, is a graduate of the University of New Mexico School of Medicine. Dr. Scott completed her Residency Training at Methodist Charlton Family Medicine in Dallas, Texas and is Board Certified in Family Medicine.



Jessie Dieguez-Arsenault, MD

Pediatrician

Dr. Jessie Dieguez-Arsenault is a Board Certified Pediatrician. Dr. Dieguez-Arsenault was born in Lima, Peru and moved to Miami, Florida at the age of twelve years. Dr. Dieguez-Arsenault attended medical school at St. Georges University and completed her

Pediatric Residency Program at Louisiana State University in New Orleans, Louisiana. She worked as a Pediatric Hospitalist after completing her residency at Broward General Medical Center in Fort Lauderdale, Florida. Dr. Dieguez-Arsenault is fluent in Spanish and English.

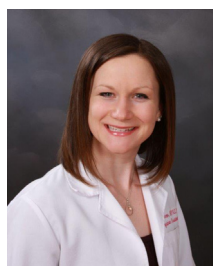


Matthew Turrie, MD

Pediatrician

Dr. Turrie, a Houston native, completed his undergraduate studies in Neuroscience at the University of Texas at Dallas and received his Medical Degree from Texas Tech School of Medicine in Lubbock, Texas. Dr. Turrie completed his Pediatric Residency Program at Texas Tech

University Health Sciences Center in Amarillo.



Leigha Barnes, PA-C

Physician Assistant

Leigha Barnes is an Amarillo native who completed her undergraduate studies at Wayland Baptist University in Plainview, Texas. She received a Master's in Physician Assistant Studies from Texas Tech University Health Sciences Center, where she was a member of

the Alpha Eta Honor Society. She worked for three years for Covenant Health System in Plainview before joining RHN in 2012.



Wanda Clark, FNP-C

Family Nurse Practitioner

Wanda Clark completed her undergraduate studies at West Texas A&M University in Canyon, Texas. She also received her Master's Degree in Nursing Administration and a Graduate Degree and Certification as a Family Nurse Practitioner from West Texas A&M University. Ms. Clark is

accredited as a Family Nurse Practitioner through the American Nurses Credentialing Center.

**Tanya DeLeon, FNP-C**

Family Nurse Practitioner

Ms. DeLeon's educational background includes a BA from the University of Texas at Austin, a BSN and an MSN from West Texas A&M in Canyon, Texas. Ms. DeLeon has experience in Family Practice and Internal Medicine. Before joining RHN in May 2014, she worked with a family practice physician for four years. Ms. DeLeon is fluent in English and German.

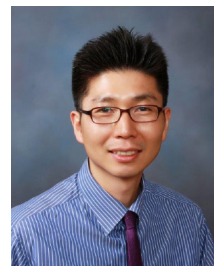
**A. Paulette Muñiz, FNP-C**Family Nurse Practitioner
(Outreach Services)

Paulette Muñiz is a native of Borger, Texas. Ms. Muñiz completed her undergraduate studies at West Texas A&M University in Canyon, Texas in 2013. She received her Master's Degree in Nursing Administration and a Graduate Degree and Certification as a Family Nurse Practitioner from the University of Texas at El Paso in 2016. Ms. Muñiz is fluent in English and Spanish.

**Daniel Nash, DDS**

Dentist

Dr. Daniel Nash was born in Midland, Texas and raised in Plainview, Texas. Dr. Nash completed his undergraduate studies at West Texas A&M in Canyon, Texas, with a bachelor's in biology and completed his DDS from UT Health Science Center at San Antonio School of Dentistry in May 2017. Dr. Nash serves as RHN's Dental Director.

**Ji Won Kang, DDS**

Dentist

Dr. Kang completed his undergraduate studies in both computer science and biology at the University of North Carolina at Charlotte with honors of Summa Cum Laude. Dr. Kang studied dentistry at State University of New York at Buffalo. Dr. Kang then continued a General Practice Residency at Veterans Administration Medical Center in Dayton, Ohio. Dr. Kang has both private practice and hospital-based dentistry experience.

**Laura Murguia, DDS**

Dentist

Dr. Laura Murguia was born in Guadalajara, Mexico and grew in Amarillo, TX. Dr. Murguia completed her undergraduate studies at West Texas A&M in Canyon, Texas with a bachelor's in biology and completed her DDS at Texas A&M University Baylor College of Dentistry in Dallas, Texas in 2017. Prior to joining RHN, Dr. Murguia volunteered her time and talent to provide dental care to the underserved in Mexico and in Amarillo at Heal The City. Dr. Murguia is fluent in Spanish and English.

**Joseph Dad, LPC, CTTS**

Director of Behavioral Health Services

Joseph Dad is a Licensed Professional Counselor and a Certified Tobacco Treatment Specialist. He holds a Bachelor's of Science in Psychology and a Master's of Arts in Psychology from West Texas A&M University in Canyon, Texas. He is an instructor at Amarillo College in the Social Sciences Department and teaches classes with an emphasis on psychology and human development.

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Don't Take Our Word For It

RHN Amarillo Medical & Dental Group

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“Everyone was so sweet and so nice...”

“Dr. Nash and his staff are awesome.”

“I'm always pleased with everyone that works at RHN Amarillo Medical.”

“Nice facility and Dr. Morgan Leak is a great doctor.”

“They did an Amazing Job!”

“Amazing doctors! You won't be disappointed.”

“Quick to get in. Great staff and clean atmosphere.”

“Dr. Bidwell is a great doctor and he's always very thorough...”

“Wanda and her nurses at RHN are always amazing.”

“Excellent service and excellent care!”

“Love the staff, nurses and lab.”

“Dr. Scott took the time to sit down and talk to me. She helped me with my diabetic diet.”

“I would recommend this place to my friend.”

“RHN is amazing - everyone is very nice polite and things go quick.”

“Dr. Dieguez-Arsenault is the best pediatrician I have ever had.”

“The staff has always been great. I have always had great Dr's or NPs. So helpful.”

“Excellent service and I felt I was treated with care and concern.”

Your Home For Health



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