
RAWHIDE HEALTH – MEDICINE IN A BETTER WAY

St. Maries, Idaho – Telephone 208.582.3056 – RawhideHealth.com

Direct Medical Care

The following services are foundational components offered, as needed, in any care plan agreement with Dr. Ross and Rawhide Health. Care, when it is important for you, with knowledge to the full extent Dr. Ross is capable of supplying, until the medical goals are met is what is being offered:

Disease education – One-on-one time, weekly, monthly, quarterly or for whatever is needed and useful covering the human body, the science of medicine, and your body and how it responds as a unique creation with your medical diagnoses. Dr. Ross strongly believes that the best way to truly alter medical outcomes is to help the patient gain enough understanding about what they are dealing with to make informed choices. Every patient should have as much knowledge about their diagnoses and their medications as they want; this process can take time and more time – Dr. Ross is willing to be there for you if you would like this type of approach.

Pharmacological management – educate, discuss, prescribe, and manage drugs/medications. Monitor and evaluate interactions with foods, herbs, supplements, naturaceuticals, and medications that may be prescribed by Dr. Ross or specialists.

Nutrition/Diet – education and counseling to optimize intake, energy, and to reach your goals. Proper eating for bodybuilding and muscle gain, weight loss, and disease prevention or modification related to everything from depression to diabetes to cancer and much more.

Women's Health – Fundamental monitoring of the body through all stages of life; providing medical support for physical, psychological, hormonal changes from early teen years through and beyond menopause. Promote knowledge and understanding of health risks and risk modification particular to women.

Pediatric and newborn care – Newborn and toddler social and behavioral development. Understanding the medically “normal” and healthy range of early childhood. Discussions on opportunities to promote health, happiness, respect, and responsibility for the growing child; as well as parental support for these steps.

Preventive care – all aspects for all ages of males and females. Well child annual check-ups to include growth and development evaluations. Discuss immunizations and the role of what may or may not be appropriate for you and your family. Well woman exams (annuals) listening to your needs and finding ways to ensure that you have the best opportunity to enjoy and excel through life. Risk assessment for cardiovascular disease, endocrine disorders (diabetes/thyroid), arthritis, cancer, and other life altering, intervention useful and even preventable disorders.

Behavioral health – Dr. Ross has effectively and successfully worked with patients with just about every mental health/psychiatric diagnosis that has been identified. Areas of expertise include childhood behavioral and mental disorder treatment and counseling as well as parenting skill development, counseling and medical management of a broad range of psychiatric disorders both adult and pediatric, marital counseling, personal and addiction counseling and treatment.