

# Texarkana Monthly

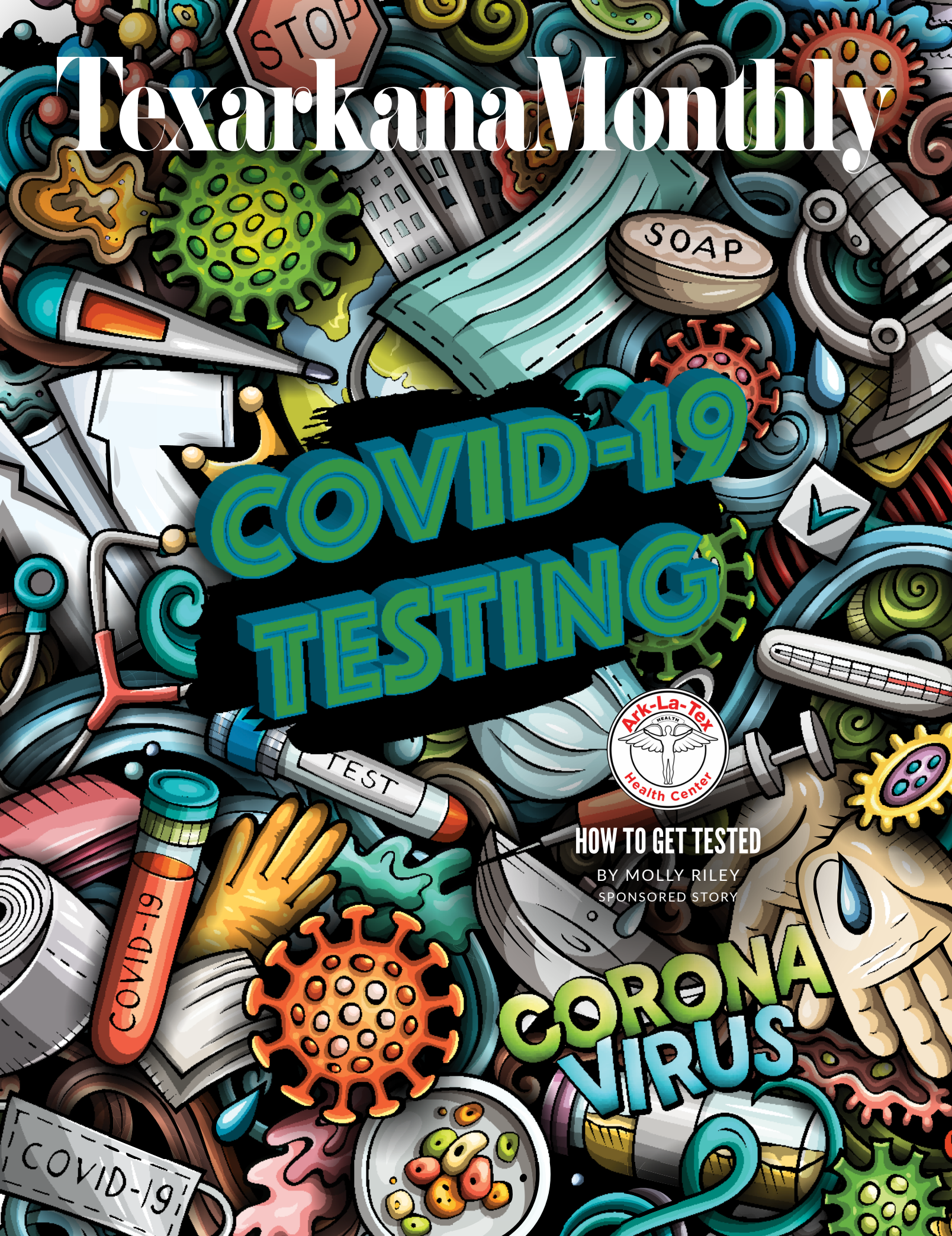
## COVID-19 TESTING



HOW TO GET TESTED

BY MOLLY RILEY  
SPONSORED STORY

## CORONA VIRUS



# THE ARK-LA-TEX HEALTH CENTER

is the only multi-disciplinary clinic located in Texarkana, Arkansas, offering both medical and chiropractic care under one roof. Convenience and affordability are just a few unique benefits they strive to bring to their patients. Chiropractic care is offered by Dr. James Raker, D.C. as Matt Brandon, FNP, focuses on family medicine. Dr. Raker, who has been practicing for 30 years, says, "Chiropractic care is important because your spine is like your teeth in that some people go to the dentist for routine checkups and keep their teeth all of their life; but other people don't, and lose their teeth to decay. He adds, "If you don't want a painful degenerative spine as you age, you must have routine evaluations and care to stop little problems from becoming back problems that need pain pills, shots, and surgery." Ark-La-Tex Health Center may specialize in chiropractic and family medicine, however; they offer a variety of different services to fulfill their patients' needs.

Due to the current pandemic, COVID-19 testing has been added to the list of services The Ark-La-Tex Health Center offers their patients. Spreading across the world, affecting every country, this pandemic has made a mark right here in our own community. COVID-19 is a topic many are faced with both in the workplace and at home. Dr. Raker addresses several concerns many of us have:

## Where can one get tested?

"Several medical clinics offer testing. What makes Ark-La-Tex Health Center different from other clinics is, we do not require you to have an office visit prior to testing. We allow people to come in and get the test done and leave," Dr. Raker says.

## How long does testing typically take?

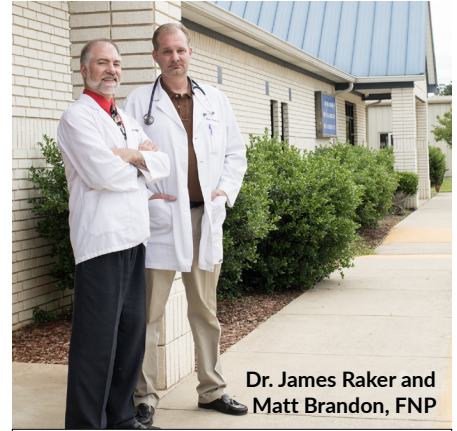
Dr. Raker clarifies, "There is really two parts to this answer as there are two different tests you can have done. The average test that most of us know about is commonly referred to as a nasal swab test. This tests for the actual DNA or RNA of the virus, detecting whether it is currently present in the body or not. It takes about three to four seconds and is then sent to a lab for results. One can expect results within three to five days. However, the testing we do is called an antigen test. It's a pinprick, simply taking a drop of blood to test. This is designed for rapid detection of antigens to the virus that causes COVID-19. Basically, it tests to see whether or not you have been exposed to the virus. "Results are instant;" as Dr. Raker says, "they are given to the patient within 10 minutes. It's fast, easy and cheap!"

## Is testing painful?

Smiling and nodding, Dr. Raker explains, "The nasal swab test is not the worst thing you've done in your life but it's not the friendliest either! It's unpleasant; it only takes 3-4 seconds, though." The antigen test is quick and almost painless."

## Does insurance typically cover COVID-19 testing?

Dr. Raker says, "Insurance typically covers the nasal swab test, but you need to be symptomatic. The antigen test is not typically covered by insurance, but usually runs around \$45.00 at our clinic. However, "If it's a company requesting testing, they can pre-purchase to have their employees tested and only pay forty dollars and we will come on site and do the testing."



Dr. James Raker and Matt Brandon, FNP

ARK-LA-TEX HEALTH CENTER

# COVID-19 Guidelines

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**Do you have these symptoms?**

- Fever
- Cough
- Colds
- Headaches
- Diarrhea
- Shortness of Breath
- Sore Throat
- Joint & Muscle Pain

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**Have you had Exposure?**

- Travelled to other countries in the past 14 days
- Exposure to a confirmed COVID-19 patient
- Travelled to, reside, or work in local areas with reported COVID-19 cases
- Exposure to a Person Under Investigation (PUI) for COVID-19

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<p><b>With Exposure + With Symptoms:</b></p> <ul style="list-style-type: none"> <li>- If young (&lt;60 years old), with no other illnesses and mild symptoms: Conduct home quarantine.</li> <li>- If elderly (&gt;60 years old), with other illnesses and/or severe symptoms: Proceed to the Emergency Room for assessment.</li> </ul>	<p><b>With Exposure + No Symptoms:</b></p> <ul style="list-style-type: none"> <li>- Conduct home quarantine for 14 days and monitor symptoms</li> <li>- Should symptoms start to develop, proceed to the Emergency Room for assessment</li> </ul>
<p><b>No Exposure + With Symptoms:</b></p> <ul style="list-style-type: none"> <li>- Manage symptoms accordingly. Proceed to Emergency Room for assessment</li> </ul>	

#StopTheSpread

**COVID-19 TEST TO DETECT ANTIBODIES**

Are you COVID free?! Find out TODAY!

- Simple Finger Prick
- 10 Minute Results
- Know if you have had it,
- OR if you currently have the antibodies
- Individuals - \$45
- Business preorder - \$40 per employee
- One-site testing for 10 or more people
- Let your customers know you're open and COVID free!

CALL (870) 773-7246

### Are masks necessary?


"I look at it like this," Dr. Raker explains, "Masks may not prevent the spread 100% but it probably does decrease the spread to a degree. The problem with masks is the way in which they fit. If it does not fit around the face properly, it is probably not doing much good. The comparison Dr. Raker gives is, "Think about swimming goggles. Either your goggles fit well or they do not and water gets in."

Unfortunately, no one really knows when things will go back to "normal" or what that "normal" will look like. Many in the community remain apprehensive about going out into public after businesses open fearing the lack of sanitary practices. Dr. Raker elaborates, "I think for businesses to gain the public's trust, it would not be a bad idea to COVID test their employees. Then, like us, [The Ark-La-Tex Health Center] put up a banner which states all of our employees have been tested for COVID-19." It is Dr. Raker's sincere opinion, that by reposting this banner each month for the next couple of months, businesses would be offering reassurance and comfort to the citizens of our community.

The Ark-La-Tex Health Center has been providing trusted, quality healthcare to patients and employers for 25 years. Within the last year they have started offering stem cell therapy to their patients and the results have been phenomenal. "Stem cell therapy, also known as regenerative medicine, promotes the repair response of diseased, dysfunctional or injured tissue using stem cells or their derivatives." (MayoClinic.org) Dr. Raker explains, "The regenerative aspect of stem cell therapy is all about using your body's own ability to heal itself. It's fascinating and the results are crazy fast!"

Texarkana, Texas police officer, Pete Mann is just one patient of The Ark-La-Tex Health Center who has benefited immensely from stem cell therapy. Officer Mann had been diagnosed with moderate arthritis in his knees; his diagnosis came at age 51. Mann says, "I struggled with anything that had to do with bending my knees, even as simple as tying my shoe." A task many of us may easily take for granted was a task officer Mann severely struggled to do. "The common day-to-day pain level was a constant seven, however, I could definitely get into the eight range depending on what I was doing." One can imagine, for an officer, how frustrating and scary this must be.

After taking over the counter medication daily, to aid in keeping the pain manageable, officer Mann visited The Ark-La-Tex Health Clinic to discuss regenerative medicine. This was really a last resort for Mann, as knee surgery might cost a little less upfront, the recovery time was not feasible. Having to take off a total of 12 weeks un-paid was simply not an option, as it wouldn't be for many. Officer Mann began receiving treatments almost immediately and says, "I had the first 2 shots, and there was really no residual pain. I took off the rest of the day and took it easy, but I could have gone back to work." He recalls, "A significant reduction in pain after three to four months." As time passed and Dr. Raker and his staff continued to treat him, Mann says, "Within six months it was significantly better," even noting his knee issues had gotten 100% better in comparison.

Officer Mann is just one, example of someone who benefited greatly from the quality care and services The Ark-La-Tex Health Center provided. Not everyone is going to need to be COVID-19 tested or have stem cell therapy, and that is okay. Whatever health or chiropractic care you need, odds are The Ark-La-Tex Health Center has a service to accommodate you. In fact, by visiting their website at [www.arklatexhealthcenter.net](http://www.arklatexhealthcenter.net) you are able to click on each service they offer and learn in depth about the care and procedures they have in place. If there is one thing to remember about The Ark-La-Tex Health Center, it is that they believe a healthy lifestyle is within reach, for you, your family and your business. 



## Ark-La-Tex Health Center

1414 Arkansas Boulevard  
Texarkana AR 71854  
(870) 773-7246  
[arklatexhealthcenter.net](http://arklatexhealthcenter.net)

### OFFICE HOURS

#### MONDAY

8:30am - 12:30pm  
2:00pm - 6:00pm

#### TUESDAY

8:30am - 12:30pm  
2:00pm - 6:00pm

#### WEDNESDAY

8:30am - 12:30pm  
2:00pm - 6:00pm

#### THURSDAY

8:30am - 12:30pm  
2:00pm - 6:00pm

#### FRIDAY

8:30am - 12:30pm  
2:00pm - 6:00pm

#### SATURDAY & SUNDAY

Closed

