



Press Release
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Castro County Healthcare Welcomes Cardiologist to Dimmitt

The local healthcare system announces a partnership with Rajesh Nambiar, M.D., to provide specialty cardiac care in Castro County.

DIMMITT, Texas (April 2, 2024) – Heart disease is the leading cause of death worldwide, emphasizing the critical importance of preventive measures and early intervention. In Texas, heart disease continues to be the No. 1 killer of Texans. Understanding the importance of heart health, Castro County Healthcare (CCH) announces an affiliation with Dr. Rajesh Nambiar to bring the cardiology specialty to Dimmitt.

“Access to quality cardiac care is critical to any community, including Castro County,” explains Elisha Rosier, CEO of CCH. “We are excited to welcome Dr. Nambiar to Castro County Healthcare, as he brings his extensive expertise and skill to the region.”

A cardiologist is a medical doctor who specializes in diagnosing, treating, and preventing diseases and conditions related to the heart and blood vessels. They are trained to provide care for patients with various heart-related issues such as coronary artery disease, heart failure, arrhythmias, and congenital heart defects.

Cardiologists often perform procedures such as angioplasty, cardiac catheterization, and implantation of pacemakers or defibrillators to help manage heart conditions.

Dr. Nambiar is the founder and partner of the Amarillo Heart Institute and the Texas Cardiovascular Institute in Amarillo. Castro County Healthcare is partnering with Dr. Nambiar to provide the region with local access to cardiovascular healthcare services monthly at the Medical Center of Dimmitt.

Dr. Nambiar is a highly regarded interventional cardiologist renowned for his commitment to delivering comprehensive, patient-centered cardiovascular care. With extensive credentials, including Fellowships with the American College of Cardiology and American Board of Internal Medicine and certification as a Fellow of the Society of Cardiovascular Angiography and Interventions, he brings expertise to his practice.

Additionally, since 2018, Dr. Nambiar has been a clinical assistant professor in the Department of Internal Medicine at Texas Tech University Health Science Center in Amarillo. His dedication to excellence has been consistently recognized, having been named to the esteemed SuperDoctors list on nine occasions.

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Having access to specialists is continually an essential priority for CCH. Bringing a cardiologist to the region is a win for the community.

In rural communities like Castro County, having a local cardiologist is important. They play a vital role in diagnosing and managing heart conditions, which are often prevalent due to limited healthcare access and higher risk factors. Having a local specialist not only provides convenience but also leads to improved healthcare outcomes. Rural communities typically lack many specialists because of the limited patient volume compared to large metropolitan areas.

According to Rosier, having convenient access to a cardiologist locally is critical, especially since heart disease is the No. 1 killer of adults in Texas – and America, for that matter.

“We are always looking for ways to improve access to healthcare without needing area residents to travel far distances,” Rosier adds. “Having key specialists like Dr. Nambiar is paramount, and we are excited to welcome him to the local medical community.”

Dr. Nambiar is now seeing patients on the third Wednesday of each month at the Medical Center of Dimmitt. A referral from a medical provider is required to see Dr. Nambiar. For more information, help obtaining a referral, or to schedule an appointment, please call 806-647-2194. For more information about local medical providers, healthcare programs, and services, please visit www.plainsmemorial.com.

About Castro County Healthcare

Founded in 1963, Castro County Healthcare provides healthcare for Castro County, Texas residents and the surrounding region. Anchored by Plains Memorial Hospital, the healthcare system offers many medical services, including 24-hour emergency care, advanced radiology services, including CT scanning and MRIs, outpatient lab, physical and occupational therapy, swing bed services, patient education, and more. For additional information, please visit www.plainsmemorial.com.

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