



August 2016

MONTHLY NEWSLETTER

WALKING* Fitness Focus

What's not to like about walking? It's free. It's easy to do, and it's easy on the joints. And there's no question that walking is good for you. Walking is an aerobic exercise; a University of Tennessee study found that women who walked had less body fat than those who didn't walk. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. Walking is good for you in other ways as well.

Walking Benefits

- Improves circulation.
- Shores up your bones.
- Leads to a longer life.
- Lightens your mood.
- Can lead to weight loss.
- Strengthens muscles.
- Improves sleep.
- Supports your joints.
- Improves your breath.
- Slows mental decline.
- Lowers Alzheimer's risk.
- Helps you do more, longer.

Let's get walking today!

* Information from the Arthritis Foundation article, "12 Benefits of Walking" which can be read here - <http://www.arthritis.org/living-with-arthritis/exercise/workouts/walking/12-benefits-of-walking.php>

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HEALTH TIP

SELECTING THE RIGHT SHOES*

Proper-fitting sports shoes can enhance performance and prevent injuries. Follow these fitting facts when purchasing a new pair of athletic shoes.

- If possible, purchase athletic shoes from a specialty store.
- Try on shoes after a workout or run and at the end of the day when your feet will be at their largest.
- Wear the same type of sock you will wear for the sport.
- When the shoe is on your foot, you should be able to freely wiggle all of your toes. The shoes should be comfortable as soon as you try them on. There is no break-in period.
- Walk or run a few steps in your shoes. They should be comfortable.
- Always **re-lace the shoes** you are trying on. You should begin at the farthest eyelets and apply even pressure as you create a crisscross lacing pattern to the top of the shoe.
- There should be a firm grip of the shoe to your heel. Your heel should not slip as you walk or run.

*Information from the newsletter "FootCareMD" published by the American Orthopaedic Foot and Ankle Society. For more information on these tips and more, please read the full article here - <http://www.aofas.org/footcaremd/how-to/footwear/Pages/Selecting-Athletic-Shoes.aspx>



DOCTOR'S NOTE

NO NEWS ... IS STILL "NO NEWS"

Our May 2016 Newsletter included a discussion about the erroneous phrase "no news is good news." **We feel this is an important enough topic to repeat it.** If you have a test done by any health care provider and have not heard the results, do not assume the provider has the results and just has not yet shared them with you. It is our commitment and expectation to get any and all test results to you in a timely fashion. This means that tests such as x-rays, MRI, CT, and labs should be relayed to you within 24 hours if done at our local hospital. Ideally, you will be notified of these test results on the same day of the study. If you have a lab test or imaging study done locally and have not heard the results within 24 hours, please contact us.

Lab tests that are sent to reference labs, as well as pathology reports from biopsies, may take up to a week to be known to us. If you have not heard from us about your send-out lab tests or biopsy reports, please contact us. In fact, if you have labs, x-rays, a biopsy, or another procedure done by a specialist and have not heard the results – please do not wait! Call us so we can help track down the results and explain them to you.

To reiterate, we want our patients to be informed and understand that no news just means you do not yet know the news. If your test results are normal, we can celebrate that, and - if there is an abnormality - we can decide what to do together in a timely fashion.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

YOUR HEALTH DATA – A KEY TO WELLNESS STRATEGY

Shortly after opening **307Health**, our electronic medical record program had the ability to synchronize with FitBit monitoring devices. Over the past year, this data synchronization technology has been further developed through collaboration with a company called Validic, making it possible for other bluetooth-enabled devices to connect with your **307Health** record.

This digital collaboration can automatically feed information such as blood sugars, weights, and blood pressures into your electronic record after you measure them at home on one of the devices synchronized through Validic. Data trends can then be more knowable and provide good information which can then allow you and your doctor to make timely medication or behavior changes as necessary, and help you track your wellness status and progression toward your personal goals.

The following brands offer some of the bluetooth-enabled devices that can upload your health statistics to your medical record -

FITBIT	Basis	Body Media	Glooko
iHealth	Jawbone	Lumo	Nike
Omron	Vitadock	Withings	Garmin

If you would like to try this **307Health** service that is available at no extra cost to our members, contact us with the name, make and model of your device. We will then confirm the device can synchronize with your **307Health** record and send you an email with information about available devices and how to get started.



MEMBER SERVICES FOCUS

SPORTS PHYSICALS & HEALTHY PERSPECTIVES

Sports physicals are an opportunity for children to spend some time with their physician talking about any concern(s). This exam appointment is primarily designed to screen for some things in particular, including evidence of any cardiac conditions (for example, fainting spells or a family history of sudden death in an athlete), exercise-induced asthma, and a history of concussions or other injuries. The sports physical appointment is also an opportunity for the doctor to educate young athletes on many other health-related issues. As your family physicians, we see this annual visit as an opportunity for young athletes to further develop trust in their doctor that can increase their comfort when visiting us during other times of the year.

When requesting a sports physical appointment, we will ask that you send a completed WHSSA Sports Physical form with your student to the appointment. This free form is available in our office, can be emailed to you to print at home, or you can pick the form up directly from the WHSAA website by clicking here <http://www.whsaa.org/forms/physicalform.pdf>.

On a related note, the book "**Sports Success Rx**" by Paul Stricker, M.D. is available to purchase in our office for \$11. This easy-to-read book was written to help ensure the best experience for kids in sports by "maximizing potential and minimizing pressure." Dr. Stricker wrote the book to help "create an environment that encourages true personal growth and self-accomplishment." Dr. Stricker is a board-certified pediatrician who has worked closely with the U.S. Olympic Team, in addition to his own pediatric medical practice.

LEGISLATIVE UPDATE

Congress-Summer Recess

No new legislative news is available at this time.

Congress is in recess until September. Please contact your congressional representatives to let them know of your support for Direct Primary Care.

US SENATOR

John Barrasso

<https://www.barrasso.senate.gov/public/index.cfm/contact-form>

US SENATOR

Mike Enzi

<http://www.enzi.senate.gov/public/index.cfm/contact?p=e-mail-senator-enzi>

US REPRESENTATIVE

Cynthia Lummis

<http://lummis.house.gov/contact/>

ARE YOU INSURED BY BC/BS or CIGNA?

If you are insured by Blue Cross & Blue Shield of Wyoming - or are a state employee with Cigna Health Insurance - please let us know.

Dr. Tracy and Dr. Chandler have had some preliminary discussions with these two insurers regarding how DPC is a win-win health care solution that can benefit both the patient and insurance company - including a decrease in inappropriate use of the emergency room and hospitalizations.

We would like to continue these important discussions. A local series of patient focus groups with insurance company representatives could help provide a better understanding of how DPC membership can assist both parties as they adjust to the rising costs of medical care.