



August 2017

MONTHLY NEWSLETTER

FITNESS FOCUS

Gout Self Care

Adopting healthy lifestyle habits is a key part of an effective gout treatment plan. Eating a healthy diet, engaging in regular physical activity and losing weight if needed can lower your risk of repeated gout attacks, as well as the chances of developing heart disease, which is common in people with hyperuricemia and gout flares.

Developing a lifelong eating strategy that focuses on following a heart-healthy diet should be the goal for people with hyperuricemia and gout flares. This diet includes all the food groups, especially vegetables, whole grains, plant proteins such as nuts and legumes, and low-fat dairy. Refined carbohydrates and processed foods should be kept to a minimum.

The following foods either lower uric acid levels or are good for the heart:

- Skim milk
- Low fat dairy products
- Whole grain foods
- Plant oils (olive, canola, sunflower)
- All vegetables
- Some fruits (the less sweet)
- Vitamin C supplements (500 to 1,000 milligrams daily)
- Coffee – if you already drink it
- Water (especially in summer)

For more helpful information on management of gout symptoms and triggers, visit the [Arthritis Foundation](#) and type the word “gout” in the search bar.

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HEALTH TIP

UNDERSTANDING GOUT – THE WHAT, WHY, and WHEN

Our focus this month is on the very common and painful condition known as gout. Gout appears to come on suddenly, often in the form of a painfully swollen big toe or lower body joint. In reality, it's the end result of a process that's been taking place in the body for a while. The word “gout” is a Middle English term derived from the Old French term “goute”, which in turn, was derived from the medieval Latin “gutta” - literally meaning ‘drop’ because gout was believed to be caused by the dropping of diseased matter from the blood into the joints.

Today we know that the underlying cause of gout is different from those things that trigger a gout attack. Gout is the result of excess uric acid in the body, a condition called hyperuricemia. Uric acid is a substance that normally forms when the body breaks down purines, which are found in human cells and in many foods. Uric acid is transported by the blood to the kidneys and eliminated in the urine. However, some people either overproduce uric acid or they produce a normal amount, but their kidneys can't process it efficiently and an excess of uric acid builds up. Some, but not all, of those people may develop gout.

Lifestyle factors, such as a diet high in certain high-purine foods, obesity and excessive alcohol use – especially heavy beer consumption – also can contribute to development of hyperuricemia and gout. (*Information from the Arthritis Foundation.*)



DOCTOR'S NOTE

WELCOME DR. DEAN BARTHOLOMEW

We are pleased to announce that Dr. Dean Bartholomew of Saratoga, Wyoming has agreed to join the 307Health team! Through the years, we have become acquainted with Dr. Bartholomew at the state level in physician leadership. He served as President of the Wyoming Medical Society 2014-2015 and now serves as President of the Wyoming Chapter of the Academy of Family Physicians.

Dr. Bartholomew is also involved with national and state level healthcare initiatives including serving as a champion for telehealth, an advocate for the WyoPOLST program, a developing member of the State Alzheimer's Dementia Plan, a member of the State HIE Implementation Team, and a member of the Wyoming Cancer Coalition Palliative Care Initiative.

We believe that Dr. Bartholomew's philosophy of healthcare and high value on the patient-provider relationship is in step with 307Health's vision and mission. A reflection of his healthcare philosophy can be found in his professional email tag-line...

"...the physician's duty is not to stave off death or return patients to their old lives, but to take into our arms a patient and family whose lives have disintegrated and work until they can stand back up and face, and make sense of, their own existence."

- From *When Breath Becomes Air*. Paul Kalanithi, MD.

More information about Dr. Bartholomew can be found on page 2 of this newsletter.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

DR. DEAN BARTHOLOMEW JOINS 307Health

307Health is growing! This month, you will see a new face at 250 Evarts Street when Dr. Dean Bartholomew joins the Powell practice.

Dr. Bartholomew is excited to begin working for 307Health members knowing that direct primary care focuses on the patient-physician relationship.

- Dr. Dean Bartholomew grew up in Saratoga, Wyoming.
- He attended Hastings College in Hastings, Nebraska, before attending medical school at the Creighton University School of Medicine where he graduated with honors.
- After medical school, Dr. Bartholomew completed his family medicine residency at the University of Nebraska Medical Center / Offutt Air Force Base in Omaha, Nebraska.
- He spent the next four years at F.E. Warren Air Force Base in Cheyenne, Wyoming, before separating in 2008 at the rank of Major and as the Commander of the Aerospace Medicine Flight.
- He then joined the teaching staff at the University of Wyoming Family Medicine Residency in Cheyenne for one year, followed by a return to his home town of Saratoga in 2009 where he and his wife, Tonya, operated the Platte Valley Medical Clinic in Saratoga for eight years.



MEET THE DOCTOR

A meet-and-greet BarBQ at 307Health will be held this Fall to introduce Dr. Bartholomew and family to the community. Stay tuned for details.

Hallmarks of Direct Primary Care

Optimizing the Patient and Provider Experience

One of our goals at 307Health is to optimize the patient-physician relationship. A healthy relationship develops when feelings of trust, confidence and empathy exist between two parties. The key resource in this relationship is time. In fact, time is life's most precious resource. Many aspects of healthcare depend on time, including both patient and provider satisfaction.

A stretch goal discussed during an Institute of Healthcare Improvement collaborative is this: "Let's give patients what they want and need, when they want and need it." In order to do this, we need to be accessible and have the time to respond thoughtfully using our medical training, experience and resources to meet the patient's concerns. This is what we are trying to do when we envision "optimizing the patient-physician relationship" as a hallmark of 307Health.

We have several avenues of communication in the practice. A patient's needs can often be adequately met through a text message or phone call. We can use your chart to send text or email reminders or to check-in to see how you are doing at any interval following an office visit. We can answer non-urgent questions through email. Video conferencing is now available through your chart, as well. And, of course, we have the office where you can spend time with your provider in person.

If you have any thoughts or suggestions regarding ways to optimize the patient-provider relationship, we would love to hear from you.

307Health Will Be Closed
Labor Day - Monday, September 4.

MEMBER SERVICES FOCUS

NEW GOUT THERAPY RECOMMENDATION - TREAT-TO-TARGET

Proactively Engaging Patients

An international panel of leading gout experts has published new recommendations advising that doctors use a treat-to-target approach for managing **gout**, a painful form of arthritis that affects more than 8 million adults in the United States. Central to the recommendations is using medication to reduce and keep blood uric acid levels below 6 milligrams per deciliter (mg/dL) – and even lower in people with severe gout. More about these recommendations published in the professional *Annals of the Rheumatic Diseases* can be read [here](#).

Treat-to-target – a method in which doctors identify specific targets relevant to a disease and adjust medications until that target is reached – is already being used to manage certain chronic diseases, including rheumatoid arthritis, high blood pressure and diabetes. If you would like to discuss management options for gout, please contact your 307Health doctor.

SPORTS PHYSICALS – A MEMBER BENEFIT

Lowering the Overall Cost of Primary Care

Take one thing off your busy Fall list now by scheduling your student's sports physical soon. There are few things more stressful than learning the day before your student's team begins practicing together that he or she is ineligible to even attend practice because the annual sports physical has yet to be completed. This annual exam assesses baseline measurements for your student to ensure you and the school coaching staff that your athlete is ready for the physical demands of training. There is no additional fee to complete the sports physical and related paperwork for 307Health student members.