



## MONTHLY NEWSLETTER

January 2018

### **FITNESS FOCUS** **DIET and THYROID\***

An internet search of the phrase “natural thyroid support” generates a long list of websites claiming to offer natural dietary supplements and regimens that will best support thyroid function. While most will probably not be harmful, most are also more anecdotal rather than evidence-based (see “Doctor’s Note”), and many are for-profit websites designed to sell a specific product that may or may not be helpful.

However - there are known and evidence-based dietary variables that do affect thyroid function. Two common foods in our diet are worth considering – iodine and caffeine. Due to standard food additives, a well-balanced American diet usually includes adequate iodine intake of 150 mcg for adults – but this amount varies by age and pregnancy status, suggesting a multi-vitamin supplement could be helpful.

For those taking replacement thyroid medication, recent research into drinking coffee with thyroid medication suggests that caffeine may hinder medication absorption. Therefore, in addition to an empty stomach, waiting 1 hour before drinking coffee after taking medication may improve the medication’s effectiveness.

\*More information can be found in the following online articles - [NIH - Iodine Fact Sheet](#) and [Mayo Clinic-Hypothyroid Diet](#).

### HEALTH TIP



### **THYROID DISEASE – HOW IT ALL WORKS**

Thyroid care is one area that the internet can throw all kinds of information at you, so here is our summary - as the thermostat for your metabolism, the thyroid is a very complex organ. Nearly every other function in your body from your brains to your bowels is dependent upon the level of function of your thyroid – you could say it is like the thermostat in your house. If the thermostat is turned up high, then the house is hot and everything is frantic. If the thermostat is turned down low, the house is cold and everything is sluggish. The same can be said of the body...if the thyroid is running fast (hyperthyroid), then the rest of the body systems can run fast including the dangers of a fast and irritable heart. If the thyroid is running slow (hypothyroid), then the other body systems can run sluggish such as energy levels and the ability to lose weight.

The thyroid gland in the neck is controlled by the pituitary gland - a small gland in the brain – through a feedback system. If the thyroid is running slow, the pituitary sends a higher amount of thyroid-stimulating hormone (TSH) in the blood to kick the thyroid into gear. If the thyroid is running too fast, then the pituitary gland sends a lower dose of TSH into the blood in an effort to slow the thyroid. By measuring the TSH levels, we can deduce the function of the thyroid.

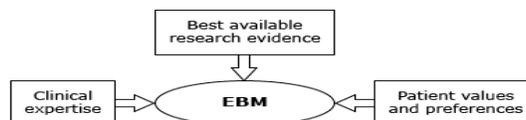


### DOCTOR’S NOTE

### **EVIDENCE-BASED PRACTICE**

The term “evidence-based medicine” (EBM) is a term commonly used in healthcare discussions. We all want our healthcare providers to use the best available evidence to optimize our medical care. The term “evidence-based practice” describes a practice where three key components contribute to patient care: 1) the best research evidence related to a patient’s condition, including studies and expert guidelines 2) the clinical expertise of the provider 3) patient value and preferences.

The first two components rely heavily on the physician’s training. Evidence-based medicine training involves assessing a patient and forming a clinical question, followed by a search of the medical literature. When articles, or “evidence,” are found, the physician must decide whether the evidence is valid and applicable to the patient. Alternatively, studies or information may be brought to the physician by a patient. In either case, the physician and patient must have a conversation that integrates the patient’s wishes with the medical evidence and physician’s clinical expertise. Evidence-based practice is a collaborative team effort between the patient and physician to apply medical information and evidence to individual patients.



307HEALTH  
250 N. EVARTS STREET  
POWELL, WY 82435  
307HEALTH.ORG

**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**ATLAS.MD POWERS 307Health**

*Leveraging Technology and Service*

Today's cloud-based electronic medical records (EMR) and billing computer systems allow unprecedented communication, record-keeping, and account management. 307Health uses the ATLAS.MD cloud-based EMR system to manage our member accounts, medical records, and communication platforms. To learn more about the features of Atlas.MD, visit this page - Atlas.MD Features.

**ENDING MEDICAL REVERSAL – Book Discussion Jan. 25**

*Proactively Engaging Patients*

307Health members are invited to meet over coffee and snacks for a small group discussion of the book **“Ending Medical Reversal: Improving Outcomes, Saving Lives”** at 6:30 p.m. Thursday, January 25, 2018. Participants are asked to have read the book by Prasad and Cifu before the group discussion and bring a few highlights from the reading to share with others. Books are \$23.70 on Amazon.com. Space is limited. Reservations are required. Call 764-3721 to reserve your spot.

**VALENTINE CUSTOMER-APPRECIATION – Open House Feb. 15**

*Optimizing The Patient and Provider Experience*

Mark your calendar for Thursday, February 15, then drop by 307Health between 3:00 and 6:00 p.m. for Valentine-themed snacks and a social visit with 307Health doctors and fellow members. Bring a friend with you to share the best-kept-secret in Powell and you will both be eligible to enter a door prize drawing. Watch for prize drawing details in the next newsletter. We hope you will join us.



**MEMBER SERVICES FOCUS**

**THYROID DISEASE – Symptoms, Testing, and Medications**

*Proactively Engaging Patients*

The two article below provide more information about the thyroid and thyroid disease symptoms.

- Info Article - [Hypothyroidism - National Institutes of Health](#)
- Info Article - [Hyperthyroidism - National Institutes of Health](#)

If you have questions about your thyroid, please contact your 307Health doctor to review your specific symptoms – a simple and inexpensive blood test can provide answers.

Once thyroid disease is identified through the measurement of a person's thyroid-stimulation hormone (TSH) level, a daily medication is usually prescribed to treat abnormal test levels. Tests of individual active hormones (T3 and T4) as secreted by the thyroid are available, but in general these levels are not helpful in the day to day management of thyroid disease. These specialty tests are also not helpful once a patient is started on thyroid replacement medications. This truly is one of those instances where more testing is not always better, but can be very expensive!

**KEEPING US UPDATED – Phone Numbers, Email, Address**

*Providing Truly Meaningful Use of Primary Care*

Please update us anytime your contact information changes. Having accurate contact information in your record allows us to provide you with the most efficient, accurate, and timely healthcare. Our communication platforms are only as good as the information you provide us. Thank you for your help with this important information!

**Tips-to-Talk With Your Doctor**

Direct primary care (DPC) allows the patient and doctor to talk in ways beyond the office visit. Here are some tips to maximize communication and to assure that the right information gets put in the patient record correctly.

**TEXTING** - Please only talk about one patient in a text. If you need to contact your doctor about two different family members, please send two separate texts. Each individual text can only be assigned to one chart. We cannot cut a text message in half and split it between two charts. Also, when sending text messages, send them to your Physician Access phone number and NOT to your Physician Access email address (more on that below).

**EMAIL** - It's important to send email from addresses that you have listed in your chart. Each patient can have two registered email addresses. If you send us an email from a different address, it will not make it to your chart easily. If you send an email from your phone, make sure that your email is set up on your phone with one of the email addresses you have registered with us. If you change your email address, please let us know as soon as possible. Also, please do not send a text message to your Physician Access email address, as the system will not recognize the sender.

In summary, send texts to your Physician Access number. Send emails from your email to your Physician Access email.

If you have any questions, please contact us. Thanks for helping us to better serve your needs!