



## MONTHLY NEWSLETTER

### **FITNESS FOCUS**

#### **Allergic Rhinitis (Hay Fever)**

##### **What Is Allergic Rhinitis?**

Allergic rhinitis, also called hay fever, happens when your body's immune system attacks pollens or other substances. Hay fever is caused by breathing in these substances through your nose or mouth. Common things that cause hay fever include dust, pollen, smoke, and animal dander. People can be allergic to many different things.

##### **Warning Signs of Allergic Rhinitis**

- Runny nose
- Sneezing
- Itchy throat and nose
- Stuffy nose
- Coughing
- Sore throat
- Headache
- Puffy or watery eyes

##### **Treatment Options**

- Avoiding allergen exposure
- Nasal rinses
- Medications
- Allergy shots

This information was taken from the following patient resource handout from the American College of Physicians -

[Patient Facts - Hay Fever.](#)

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Visit the handout online for more detailed information and resources.

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### HEALTH TIP



#### **TREATING SEASONAL ALLERGIES – MEDICATIONS CAN HELP**

Flowing rivers, flowering tulips, and runny noses...Yes, it is spring time in Wyoming! Seasonal allergies, commonly referred to as "Hay Fever", can be a minor nuisance for some but near debilitating for others. Fortunately, we have great medications that - if used **CONSISTENTLY** - can be quite effective in controlling the itchy eyes, sneezes, nasal congestion, and even that morning hacking and coughing. Here is a good medication approach to tackling those allergy symptoms....

Mild Symptoms Over Several Days to a Week - A trial on a once-a-day antihistamine like Claritin (loratadine), Allegra (fexofenadine), or Zyrtec (cetirizine) should do the trick.

Moderate to Severe Symptoms Every Day - A trial on a nasal steroid like Flonase (fluticasone) or Nasonex (mometasone) is the gold-standard treatment...with several caveats. First, maximal effect may take up to several weeks of use for people with more severe symptoms while as-needed use can be effective for mild to moderate symptoms. Second, correct application is important. Once the applicator is positioned **INSIDE** of the nostril, direct the spray outwards toward the sinuses - not inward toward the septum/cartilage of the nose as this can lead to bloody noses.

Itchy Eyes – Rather than eye products that state "red out", we recommend allergy eye drops that contain antihistamines like ketotifen or pheniramine.

If these options are not allowing you to get outside as often as you would like, then contact your doctor to discuss ways to optimize your treatment options.



### DOCTOR'S NOTE

#### **PUTTING PATIENTS AHEAD OF BUREAUCRACY**

One of the most important stated goals at the Center for Medicare and Medicaid Services is also a driving principle at 307Health - fostering an affordable, accessible healthcare system that puts patients first. Our primary care practice places the physician-patient relationship at the center of the healthcare experience. One of our aims is to stabilize the price uncertainty of primary care by making the cost of primary care fixed and predictable.

Choice and competition in the market are an important part of an affordable and accessible healthcare system. Unfortunately, choice is disappearing as private physician practices are purchased by healthcare systems. When the choice of medical provider is dictated by healthcare systems and hospitals, the choice of referrals to consulting providers - and also referrals for diagnostic testing - may occur on the basis of allegiance to a system rather than cost-effectiveness, patient preference, or other patient considerations.

#### **Doctors' Reading List – "Less Medicine, More Health" by Dr. H.G. Welch**

Dr. Welch's collection of stories from twenty-five years of medical practice and research offers an interesting and engaging read for medical professionals and lay persons alike. Available through Amazon for less than \$11. An interesting summer read. Are you interested in a Fall book discussion group? Let us know.

**BETTER ACCESS = BETTER CARE.**

## PRACTICE NEWS

### Out-And-About at Spring Home and Garden Shows



This spring we are stepping out of our four walls to introduce Dr. Dean Bartholomew and 307Health to the Powell and Cody communities. We are often surprised to hear from people who do not know who we are or what we do as primary care providers. To help raise awareness, we are seeking ways to be pro-active in taking our message that “Better Access = Better Care” to our friends and neighbors.

We had a great time interacting with visitors at our information booth during the April Home and Garden Show in Cody at the Riley Arena, and are looking forward to doing the same at the upcoming **Powell Home and Garden Show on May 12 at the Fairgrounds**. Stop by our booth to say “Hi” and bring a friend. We would love to see you!

## MEMBER SERVICES FOCUS

### Communicating With Your Doctor

Talking with your doctor has never been easier. 307Health offers many avenues for patient-physician communication – phone call, text, email, or office visit. The following are some tips that will help us manage our patient communication flow with appropriate and timely responses, as well as accurate documentation.

#### Phone Calls

- Use your Physician Access number anytime you call 307Health (during office hours your call will usually route to our in-office phone system).

#### Texts & Emails

- Separate messages for multiple family members – one text/email for each member. This practice is very helpful to your doctor.
- Indicate the specific action you are asking of your provider in your text/email, e.g. “please call this afternoon” or “please advise how to proceed”. This practice will help your doctor more accurately and quickly know how to respond to you.

### Shingrix Article Correction

Last month we wrote, “Zostavax is 67% effective in decreasing shingles and PHN initially but the efficacy drops quickly after five years to a miserable 18% after 20-30 years. Shingrix, though, has a 97% effective rate in the first 20 years which then drops to 91% at thirty years.”

After some consideration of the research, we realized the statistics above are misstated. The efficacy (effectiveness) of Zostavax does drop considerably when given to older patients such that - if the vaccine is given to an 80 year-old patient - the effectiveness is only 18%. Shingrix - if given at age 80 - remains 91% effective. There is no measurement of effectiveness for the Shingrix vaccination after 20 to 30 years as the original article stated.

## IN OTHER MEMBER NEWS

### MEMBER TESTIMONIALS

We believe a relationship with a primary care doctor is important to overall health. Our members often mention their gratitude for our accessible physician care and consult services, wholesale medication prices, and in-house medical care offerings. Now we want to tell our story in your words.

Could you help us? Please send us an email or jot down a story of how 307Health has helped you or proved itself a worthwhile choice in your healthcare portfolio. Please let us know if we can use your story in our educational, marketing, and public relations publications. We will always protect our members' identities when publishing any information you choose to share with us.

Thank you for considering how you can help us in this initiative.

### THANK YOU TO OUR VETERANS

May brings with it the national observance of Memorial Day – a day set aside for the nation to remember all those who have helped to secure the freedoms we enjoy today. The doctors and staff extend a specific and heartfelt “Thank You” to the American veterans in all the military branches. We are grateful for your service.

### MEMORIAL DAY HOLIDAY

#### - Clinic Closed -

The 307Health office will be closed on May 28 in observance of Memorial Day. Please plan for your prescription re-fill needs accordingly. In the event of an urgent medical need, members may still reach their doctor on their Physician Access number. Please contact us if you need this number.