



MONTHLY NEWSLETTER

FITNESS FOCUS

New Year Resolutions

Resolutions in the new year usually start with the best of intentions. We want to make changes that will improve our lives. If good habits are to be started or sharpened with a resolution, it is good to have goals that will be both achievable and sustainable. New Year's resolutions often involve lifestyle changes that lead to weight loss and improved health.

Weight loss involves both dietary changes and exercise. Before making wholesale diet changes, it is helpful to first take inventory of one's current eating habits and then make simple changes. Decreasing food portion sizes and sugar-sweetened beverages are good starting points.

One approach to a healthy lifestyle developed by a pediatric specialist is called 5-2-1-0. This approach involves eating 5 helpings of fruits and vegetables daily, limiting non-school related "screen time" (including TV, computer, movies, games) to less than 2 hours daily, 1 hour of vigorous exercise daily, and 0 sugar-sweetened beverages. This approach was developed in pediatrics but is useful for all age groups.

We are happy to discuss any health-related New Year's resolutions with you and can help you develop a plan to achieve your goals.

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HEALTH TIP



TEETHING DISCOMFORT: A WARNING & ALTERNATIVES

An important health alert was issued this past month from the U.S. Food and Drug Administration (FDA). Here are the details...

From the FDA, "Do not use necklaces, bracelets, or any other jewelry marketed for relieving teething pain. The use of these products can lead to serious injuries including strangulation or choking. Be aware that the use of jewelry marketed for relieving teething pain or provide sensory stimulation to people with special needs can lead to serious injuries including strangulation or choking." (See related "Doctor's Note".)

For ideas on how to help your child safely weather the teething phase, read this - [American Academy of Pediatrics Recommendations to Relieve Teething Pain](#) .

Talk to your doctor about alternative ways you can reduce teething pain such as:

- gently rubbing or massaging the gums with a clean finger
- giving the teething child a teething ring made of firm rubber, making sure the teething ring is not frozen. If the object is too hard, it can hurt the child's gums. Parents and caregivers should supervise the child during use.

Regarding the use of topical gum treatments the FDA recommends caregivers avoid teething creams and benzocaine gels, sprays, ointments, solutions, and lozenges for mouth and gum pain in infants and children younger than 2 years. Read their full statement here - [FDA WARNING: Risks of Oral Products to Relieve Discomfort](#) .



DOCTOR'S NOTE

SAFETY FIRST: A WARNING ABOUT TEETHING JEWELRY

By Dr. Bartholomew

Healthcare providers sometimes see life through a different set of lenses and, for me, that is a set of safety lenses. With that in mind, when new treatment fads come along not only am I skeptical medically about the claims of the product but I also think...gosh, is this fad / treatment even safe?

Enter in to this conversation the current fad of teething jewelry. The vast majority of these products are necklaces made of amber stones connected via an elastic string. The necklaces are then placed on infants and toddlers with the expressed benefit of decreasing teething pain and fussiness.

Frankly, I have cringed when I have seen infants or toddlers wearing any type necklace due to the risk of strangulation as well as choking should the necklace become dislodged (see Health Tip article for more on this topic). Well, the FDA agrees with me and on December 20th they issued a stern warning about the use of these products. They have received multiple reports of serious injuries as well as one report of a fatal strangulation. Read the full FDA warning on teething jewelry here.

FDA WARNING: Safety Risks of Teething Necklaces

Please consider these concerns if you or someone you know are looking for products to help ease the teething discomfort of a child in your care.

HAPPY NEW YEAR! May it be a Healthy & Safe one for your & your loved ones.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

WELCOME TO OUR NEW EMPLOYER PARTNERS!

As 2019 begins, we give a hearty "Welcome" to the four new employer groups who have joined 307Health. We will start the year as a preferred provider of primary care health services for 24 employers in the Powell and Cody communities. Together, we are expanding choice in Wyoming healthcare and bringing value to the physician-patient relationship. Call us anytime to get more information on how your business or employer could partner with 307Health.

BOOK CLUB – Casino Healthcare by Dan Munro

You are invited to an evening book discussion of Casino Healthcare by Dan Munro at 307Health on Thursday, February 21, 2018 at 6:30pm. The inspiration and influence for Casino Healthcare came from a **60 Minutes** interview of author Michael Lewis who wrote about high-speed trading on Wall Street who said, "If it wasn't complicated, it wouldn't be allowed to happen. The complexity disguises what's happening. If it's so complicated that you can't understand it - then you can't question it." Author Dan Munro notes that this quote seems tailor-made for healthcare.

If you plan to join us, please RSVP by calling 764-3721 and then read the book in advance to better facilitate a focused conversation. The book can be purchased through Amazon for \$14.99 in paperback, \$7.99 in the Kindle version, and through the iTunes bookstore for \$9.99.

NEW APP – Family Health Tracker by Wildflower Health

The Wyoming Department of Health has developed a new mobile app in partnership with Wildflower Health that is designed to help you track your and your family members' health markers and data, including vaccinations, appointments, health records, and more. Visit [WYDOH Free Health App](#) to learn more. The app is available in the Apple and Google Play stores.



MEMBER SERVICES FOCUS

MY DOCTOR IS ON VACATION – NOW WHAT?

Yep. Even doctors go on vacation! But we've got you covered. 307Health doctors cover for each other when one is gone by "signing out" their Physician Access phone number to their covering partner. Hence, your calls and texts will still reach a physician every time. Be assured that your time-sensitive healthcare needs will still be monitored and met while your doctor is away.

THE OFFICE IS CLOSED FOR A HOLIDAY – NOW WHAT?

When the office is closed, you can still reach your doctor for urgent care needs by calling or texting his Physician Access number. We recommend always using this number to contact 307Health. These doctor-specific phone numbers typically forward to the main reception line during regular business hours, unless your doctor chooses to keep his number signed-out to him during the work day. Texts always reach your doctor directly. Let us know if you need this unpublished number.

2019 HOLIDAY SCHEDULE

Please note that the 307Health office will be closed on the following week days.

- New Year's Day – January 01
- Good Friday – April 19
- Memorial Day – May 27
- Independence Day – July 4
- Labor Day – September 2
- Thanksgiving - November 28 & 29
- Christmas – December 24 & 25

**BOOK DISCUSSION
- Casino Healthcare -**

**HEALTHCARE & GAMBLING
SIMILAR INDUSTRIES?**

Some in healthcare are offended that author Dan Munro uses a gambling reference to describe healthcare in his 2016 book Casino Healthcare. In fact, he describes our healthcare system as being comprised of three separate but interactive casinos - the insurance casino, the delivery casino, and the pharmaceutical casino. The system is complex and opaque and seems to defy understanding.

Our country spends over \$10,000/person annually on healthcare. This amount is equal to the entire gross domestic product of Germany. Medical debt is the leading cause of personal bankruptcy in our country. For millions of Americans, healthcare expenses are the largest percentage of their monthly budget. We need to try to understand the system that is a large cost to the individual and represents 1/5 of the U.S. gross domestic product.

Dan Munro says it is a myth that our healthcare system is broken. As a design engineer, his job before he became a writer was to evaluate systems to see if they are working according to their design. He contends that America's healthcare system is working well according to its design - to maximize revenue and profits. He quotes the former Governor of Florida to explain why the system is not being "fixed": "How many businesses do you know that want to cut their revenue in half? That's why the healthcare system won't change the healthcare system."

We at 307Health are proud to be pursuing other alternatives for healthcare outside of the current fee-for-service system. If you are interested in learning more about this book, please see the Book Club discussion in the "Practice News" section of this newsletter.