



MONTHLY NEWSLETTER

FITNESS FOCUS

Can Carbohydrates Cause Inflammation?

Evidence suggests that eating excessive carbohydrates may cause inflammation throughout the body.

Admittedly, inflammation can be caused by other factors, such as smoking, excess fat intake, medication and stress. However, there are studies to suggest that a diet low in carbohydrates is more effective than a diet low in fats in reducing saturated fatty acids in the blood, as well as decreasing markers of inflammation.

One of the commonly used markers of inflammation is c-reactive protein (CRP). Interestingly, a higher level of CRP indicates an increased risk of heart disease. This marker is also elevated in inflammatory conditions such as rheumatoid arthritis, as well as in certain infections.

Elevation in CRP indicates inflammation somewhere in the body, but it doesn't localize it. Studies have shown that there is a positive relationship between fasting glucose levels and C-reactive protein levels, meaning that higher fasting glucose levels correlate with higher CRP levels.

One simple high-yield change to decrease your intake of refined sugars is cutting down on sugar-sweetened beverages including soda, fruit juice, and sports drinks.

February 2019

HEALTH TIP



DIETARY FAT – NOT THE ENEMY?

From the mid-1970s through the next 40 years, many health experts advocated a low-fat, low-cholesterol diet to combat the growing problem of heart disease. There is evidence that the American public listened to this advice as consumption of eggs, whole milk, butter, red meat and saturated fats decreased. However, heart disease remained the number one killer in the US while at the same time the rising rate of obesity and Type 2 diabetes has been labeled an "epidemic."

The dietary focus has more recently shifted to the role of carbohydrates instead of fats. In June 2014, *Time Magazine* ran a cover article titled "*Eat butter. Scientists labeled fat the enemy. Why they were wrong.*" There is a growing body of evidence linking carbohydrate-rich foods with heart disease. Eating fat doesn't make us fat nearly as much as eating carbohydrates. In addition to increasing the risk of developing diabetes and heart disease, excessive carbohydrates may be associated with increased risk of other conditions related to inflammation.

If you look on the internet or go to a bookstore, you will find a huge number of websites and books touting the "best" diet. As with many things related to health, if you find many different recommendations it means there is likely not one that is best for everyone. If you have questions about diet and nutrition, start a conversation with your 307Health provider about this important topic.



DOCTOR'S NOTE

OHANA 307 – Community, Connection, Camaraderie By Dr. Tracy

"Ohana" is an idea in Hawaiian culture that is spreading beyond the islands. The word 'ohana' means family in the Hawaiian language, but in a much wider sense includes not only one's close blood relatives, but also one's cousins and in-laws. It also includes friends, neighbors and others with whom you have a connection.

Ohana could easily describe the sense of community and connection we feel as residents of Wyoming. Our state has been described as a small town with really long streets. You never know who you will run into during your travels across the state, but chances are you will run into somebody you know when you travel in Wyoming. Residents of Wyoming usually have a spirit of camaraderie, even when they meet one another for the first time thousands of miles from our state. It's amazing how often we run into people we know in our travels across Wyoming and surrounding states. I've met people from Wyoming traveling thousands of miles from home, and we always have a starting point for a conversation when we talk about home.

Here in Wyoming, we have unique opportunities to work together as a community. We know our neighbors, our school administrators and teachers, our law enforcement officers, our city and county government, our business owners and other community members. Take a minute to stop, encourage and help each other.

Ohana 307 = neighbors helping neighbors like family.

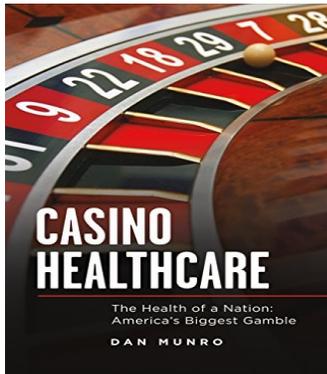
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PRACTICE NEWS

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 when he 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. Please read the book in advance to better facilitate a focused conversation. Casino Healthcare can be purchased through Amazon for \$14.99 in paperback, \$7.99 in the Kindle version, and through the iTunes bookstore for \$9.99.

MEMBER SERVICES FOCUS

I CHANGED JOBS – CAN I KEEP MY DOCTOR?

Simply - Yes. If a change in employment has resulted in discontinuation of your former employer's benefit package that included 307Health membership, you will be glad to know that you can keep your doctor simply by assuming responsibility for your monthly 307Health membership. Member fees are age-based and designed to be comparable to other monthly fees such as a cell phone, a gym membership, or a cable television subscription. They may even be less than a weekly Blue Apron or Hello Fresh meal kit! The 307Health fee structure can be found on page 9 of your Patient Member Agreement and online under the Membership tab at 307health.org.

In the event of a job change, please contact us right away to determine how to best proceed with membership in your unique situation.

CAN MY FAMILY JOIN 307HEALTH AFTER ME?

Family members do not all need to sign-up at the same time, though we do recommend they do so to ensure the family group all stays together with the same doctor. Please contact us to find out how to enroll your family member(s).

WHAT IS THE BEST WAY TO REQUEST A MED REFILL?

For in-house medication refills – please send a text message directly to your doctor using the phone number given to you at enrollment. Our policy is to have in-house medications ready for pick-up by 9 am on the next business day following the request.

For pharmacy refills – please call your pharmacy directly. If a physician authorization is needed to meet your request, the pharmacy will fax a request on your behalf directly to your doctor.

NATIONAL HEALTH -TRENDS & TOPICS-

The “Weaponization” of Healthcare

A dictionary definition of the term “weaponize” is this: to convert to use as a weapon. The term “weaponize” has military origins but has now spread to our everyday vocabulary. Broad swathes of society - from education to religion - have become weaponized by our political system. Our current political system has a tendency to weaponize issues to promote political gain.

Unfortunately, healthcare has become weaponized and is often used by political parties as an opportunity to attack political opponents instead of designing, debating, or promoting legislation based on what is best for constituents. Our political system needs to address the issues related to healthcare without hostility instead of a system that promotes lack of civility and a gang warfare mentality.

The United States currently spends almost 20% of our gross domestic product on healthcare. This expenditure has become a source of increasingly divisive political activity. This large pool of money - combined with a divisive political climate - makes it difficult to focus on the issues of healthcare without being consumed by the caustic politics.

We encourage you to have conversations with your local, state, and federal government officials - regardless of political affiliation - that focus on the issues of healthcare and how we can improve the delivery of healthcare in our state.

Here at 307Health we would like to promote civility in healthcare discussions that focus on high-functioning systems that benefit the health and well-being of all of us.