



MONTHLY NEWSLETTER

FITNESS FOCUS

Education is the First Step to Preventing Nicotine Addiction

The evolution of e-cigarettes and the practice of vaping is interesting. Many of the initial delivery-devices looked like cigarettes in size and shape, and even had an LED light at the end to simulate the glow of a lit cigarette. Vaping today is done using devices that do not look like cigarettes at all. So, how does one stop addiction before it starts?

It helps to understand the words and delivery packaging. Let's define some terms.....

- "Vaping" = the action or practice of inhaling and exhaling the vapor produced by an electronic cigarette or similar device.
- "E-cigarette" = a cigarette-shaped device containing a nicotine-based liquid that is vaporized and inhaled; used to simulate the experience of smoking tobacco.
- "Juuling" = A synonym for vaping. Juul Labs is an electronic cigarette company spun-off from Pax Labs in 2017. Juul e-cigarettes package nicotine salts from leaf tobacco into one-time use cartridges.

The U.S. Surgeon General reported on a comprehensive study in 2016 on the effects and risks of e-cigarettes. Visit their user-friendly, educational website here [E-Cigarettes: Get The Facts](#). This site includes free educational resources that can be used in your homes, schools, and places of work.

May 2019

HEALTH TIP



VAPING – IS IT HARMFUL FOR MY HEALTH?

The body of evidence demonstrating the harmful effects of vaping is growing. A recent article from Johns Hopkins University makes some key points about vaping:

- Vaping is likely less harmful than traditional smoking, but vaping is still bad for your health. E-cigarettes heat nicotine (extracted from tobacco) to create a water vapor to inhale. While it may be less damaging than tobacco smoke, inhaling air without added chemicals is a better alternative. Nicotine is highly addictive and there are significant withdrawal symptoms when stopping.
- E-cigarettes with nicotine are just as addictive as traditional cigarettes. Nicotine is as addictive as heroin or cocaine. Additionally, many e-cigarettes can give more nicotine through the use of extra-strength cartridges.
- E-cigarettes may not be the best smoking cessation tool. One study shows that most people who use e-cigarettes to kick the smoking habit end up continuing to smoke and use e-cigarettes.
- A new generation is getting hooked on nicotine. Teens believe vaping is less harmful than smoking. E-cigarettes are overall cheaper per "dose." Also, vape flavorings are appealing, such as apple pie, watermelon, and cotton candy flavors.
- The industry argues that they're not marketing to children but a look through the vape flavors seems like a walk down the candy aisle.



DOCTOR'S NOTE

VAPING – The New Wild West

By Dr. Tracy

I recently read an article which referred to vaping as "the Wild West of popular vices" and gave the following three reasons for this description:

- It is less regulated than other "vices" such as tobacco and alcohol. In fact, the FDA only started regulating vaping in 2016 after the industry had been growing steadily for a decade.
- The rules around vaping are not firmly in place. States differ on the legal age for vaping. Schools and public places are having to create rules and adapt to this growing trend.
- The public health impact is not yet clear. One study of 28,000 adults showed that adults who vape are 1.7 times as likely as non-vapers to experience wheezing and difficulty breathing. Another survey of 100,000 people done by the Centers for Disease Control (CDC) found that e-cigarette users are 56% more likely to have a heart attack and 30% more likely to have a stroke than non-users.

The vaping industry represents a multi-billion-dollar industry. Lobbyists with this kind of financial resource will be formidable foes against any legislative attempts at sale or use regulations in this new "Wild West". Consumers would be well-advised to approach vaping with caution after doing their research.

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PRACTICE NEWS

TRACY REPRESENTS STATE AND DPC AT NATIONAL MEETING

The state of Wyoming was represented by Dr. Mike Tracy at the bi-annual American College of Physicians (ACP) Board of Governors meeting during the April gathering of its international membership in Philadelphia. During the meeting, Tracy was a voice of support and information to national leaders in medicine for the growing Direct Primary Care practice model among primary care physicians.

The ACP is a national organization of internists, the largest medical-specialty organization, and second-largest physician group in the United States. Its 154,000 members include internists, internal medicine subspecialists, medical students, residents, and fellows. The ACP vision is “to enhance the quality and effectiveness of health care by fostering excellence and professionalism in the practice of medicine.” Its mission is “to be the recognized leader in quality patient care, advocacy, education and enhancing career satisfaction for internal medicine and its subspecialties.”

Tracy is currently serving his third of four years as Governor of the Wyoming state chapter of the ACP.

HOLIDAY CLOSURE – MEMORIAL DAY IS MONDAY, MAY 27

307Health will be closed on the last Monday in May in honor of Memorial Day. Members can reach their doctor via their Physician Access number in the event of an urgent medical concern. Please contact us if you need this phone number.



MEMBER SERVICES FOCUS

NO VOUCHER NEEDED FOR SPORTS PHYSICALS

Sports physicals for 307Health members are **free-of-charge – no voucher needed!** This doctor visit is required annually by the local school district for student athletes of all ages. Sports physical appointments can be made anytime after June 1. Schedule yours soon for a stress-free start to the 2019-2020 sports season.

MESSAGING 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 your digital correspondence is directed to the correct record.

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

E-mail - 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 won't 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 doctor's 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 doctor's email. If you have any questions, please contact us.

E-Cigs, Vaping And The Law

Regulating E-cigarettes in Wyoming

Wyoming law defines tobacco products as those products which include any substance containing tobacco leaf, or any product made or derived from tobacco that contains nicotine, including, but not limited to, cigarettes, electronic cigarettes, cigars, pipe tobacco, snuff, chewing tobacco or dipping tobacco.

Wyoming law

- Prohibits the sale of tobacco products to persons under 18 years-of-age, including all versions of the e-cigarette;
- Prohibits the possession of tobacco products by persons under 18 years-of-age;
- Prohibits the use of electronic cigarettes in child care facilities when children are present;
- Requires that containers containing liquid nicotine be “sold in child-resistant packaging”;
- Does not require a special retail license or permit to sell tobacco products;
- Does not assess an excise or special-use tax on e-cigarette sales.

Local communities may enact public smoke-free and vape-free space restrictions that are more specific than state-mandated restrictions.

Talk To Your Kids About the Dangers of Vaping

In its February 19 edition, the *Powell Tribune* published an editorial by Don Cogger talking about the recent declaration of vaping by the Surgeon General as a national epidemic among young people. With understanding for the attraction, Cogger also gives useful information about the practice and some data on local use. The full editorial can be read here

Powell Tribune Editorial on Vaping