



MONTHLY NEWSLETTER

FITNESS FOCUS

Year-Round Swimming For Fitness

One reason people have a hard time starting an exercise program is that joint aches and pains can worsen before they improve with activities like walking and running. Issues like chronic back pain can make these land-based activities nearly impossible.

Enter your local climate-controlled swimming pool – Powell's Aquatic Center (PAC) and Cody's Paul Stock Aquatic and Recreation Center. Big Horn Basin residents are blessed to have affordable access to these beautiful facilities. The water exercise opportunities are numerous with room at both pools for lap swimming, warm therapy pools, and the PAC's lazy river.

The physical benefits for water exercise are many. Swimming makes it possible ...

- To exercise without becoming overheated;
- To establish a year-round exercise routine;
- To target multiple muscle groups, including core, arms, legs, and – of course – the cardiovascular system;
- To exercise while taking the strain and weight off arthritic joints.

Walking in water provides enough resistance to work the heart and lungs, helping strengthen them over time when done regularly. Walking against the current in the lazy river increases the cardiovascular workload and provides a very good workout.

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October 2019

HEALTH TIP



BREAST CANCER AFFECTS WOMEN AND MEN

It is estimated that 1 in 8 women in the United States will be diagnosed with invasive breast cancer in their lifetime. Of the new 2019 diagnoses, 440 of these will be among Wyoming women. Excluding cancers of the skin, breast cancer is the most frequently diagnosed cancer in women and is the second-leading cause of cancer death in American women (after lung cancer) according to the American Cancer Society. These statistics highlight the reason breast cancer is primarily considered a woman's disease. That said, cancer of the breast tissue can also occur in men, though the incidence in men is much smaller at 1 in 1,000 men in their lifetime.

For now, the best way we have to find breast cancer early in women – when it is small and has not spread – is for women to get regular mammograms and continue to do so as long as they are in good health. The U.S. Preventative Services Task Force recommends the following guidelines for breast cancer screening:

- Women ages 40 to 49 with an increased risk for breast cancer due to family history, genetic disorder or other factors should speak with their doctor about screening;
- Women ages 50 to 74 should get a screening mammogram every 2 years;
- Women older than 75 should speak with their doctor about continued breast cancer screenings.

Both women and men can help lower their risk of breast cancer by maintaining a healthy weight, staying active and limiting alcohol intake to one or less drinks per day.



DOCTOR'S NOTE

PINK FRIDAYS AND LIFE SAVING SCREENING MAMMOGRAMS

By Drs. Chandler, Bartholomew, and Tracy

"Pink Fridays" is a new October tradition at 307Health in honor of Breast Cancer Awareness Month that is intended to remind us all that women 50 years or older should ask their doctor this month about scheduling a mammogram. This simple test can help with early identification of breast cancer. It could help save your life. Regular mammograms can help find breast cancer early when it is small, less likely to have spread, and could be easier to treat. Getting tested for breast cancer can make a dramatic difference in a woman's chances of surviving the disease.

The 5-year survival rate for women with breast cancer that has not spread outside the breast is 99%. If it has spread to nearby lymph nodes, the rate drops to 85%. If it has spread to other organs, the 5-year survival rate drops to 26%. Don't wait. Remind the women you care about to get regular mammogram screenings.

Mammograms are not perfect. They can miss some breast cancers, so be sure to talk with your doctor right away if you notice any changes in the way your breast tissue looks and/or feels. If you have a family or personal history of breast cancer – or think you might be at higher risk than other women – discuss this with your doctor so you can decide on the screening schedule that is right for you.

To learn more about mammograms and breast cancer screening, visit the American Cancer Society website at CANCER.ORG/BREASTCANCER or call the American Cancer Society at 1-800-227-2345.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

2019 FLU SHOT CLINIC DAYS IN OCTOBER

The 2019 influenza vaccine is now available to members age 6 months and older for \$25/dose on an appointment basis. Like last year, this year's vaccine covers four flu virus strains. Pricing is a bit higher than last year because the wholesale vaccine cost is higher this year. Nurse appointments can now be made for the 307Health flu-shot clinic days which begin October 7.

307Health members age 65 and older may also get their influenza vaccine free-of-charge using their Medicare benefits through their preferred pharmacy or Park County Public Health. Members choosing this option are asked to let us know they have received their flu shot so we can update their vaccination record.

ANNUAL FALL BOOK CLUB PLANNED FOR NOVEMBER 21

This year's book club will discuss best-selling surgeon and author Atul Gawande's book, **Being Mortal: Medicine and What Matters In The End.** 307Health members are invited to read the book ahead of the discussion and come together for 90-minutes to share our insights and questions with one another. The 2019 Book Club is scheduled to meet on Thursday November 21st from 6:30 – 8:00 p.m. The Club is open to anyone interested in attending. Space is limited, so please call the office to reserve a spot in the discussion.

The previous two 307Health Book Club meetings discussed **Ending Medical Reversal** by Prasad and Cifu in 2017 and **Casino Healthcare** by Munro in 2018. Even if you cannot attend the discussion, we recommend any of these books as helpful resources when thinking about today's healthcare climate.



MEMBER SERVICES FOCUS

MORE INFO ABOUT BREAST CANCER IS AVAILABLE

The following list features helpful websites on this topic.

On having a mammogram – Do you or someone you care about have a mammogram scheduled? Check out **7 Things To Know** before going to the appointment.

On finding support for the cancer journey – The American Cancer Society offers **ACS Treatment and Support** for people with cancer and their caregivers every step of the way.

On learning about the diagnosis – If you - or someone you know – have been recently diagnosed with breast cancer, the book **Breast Cancer Clear and Simple** published by the American Cancer Society answers your questions about risk factors, diagnosis, and treatment in a friendly, easy-to-understand way.

On understanding your risk – Every woman can benefit from learning the risk factors for breast cancer by reading this article **Risk Factors for Early-Onset Breast Cancer** and watching the video. In addition to the risk factors all women face, some risk factors put young women at a higher risk for getting breast cancer at a young age.

On financial assistance – To learn more about financial assistance in Wyoming, visit **The Wyoming Cancer Program** Or call 1-800-264-1296.

RESOURCES and RECONSTRUCTION

WYOMING CANCER RESOURCES

Every year, more than 650 Wyoming residents are diagnosed with breast, cervical and colorectal cancers alone. In 2016, 411 of those were breast cancer diagnoses. Knowing your risk factors and getting recommended screenings can help find cancer early. For more information, visit the Wyoming Cancer Program website at **HEALTH.WYO.GOV** .

RECONSTRUCTION COVERAGE (WHCRA)

The Women's Health and Cancer Rights Act of 1998 (WHCRA) is a federal law that provides protections to patients who choose to have breast reconstruction in connection with a mastectomy.

If WHCRA applies to you and you are receiving benefits in connection with a mastectomy and you elect reconstruction, coverage must be provided for:

- All stages of reconstruction of the breast on which the mastectomy has been performed;
- Surgery and reconstruction of the other breast to produce a symmetrical appearance; and
- Prostheses and treatment of physical complications of all stages of the mastectomy; including lymphedema.

This law applies to two different types of coverage -

- Group health plans (provided by an employer or union);
- Individual health insurance policies (not based on employment).

Contact your health insurance plan administrator to determine if your health insurance will cover breast reconstruction.