



## MONTHLY NEWSLETTER

### FITNESS FOCUS

#### Neti Pot Use



Recently, a 307Health member commented that she was not aware of the fairly in-depth instructions for neti pot use. A neti pot is a nasal irrigation system used to help clear nasal congestion caused by allergies, colds, and sinus infections. Many patients find the irrigation very helpful, but there are risks when using if not following these procedures:

- > Do not use tap water. Use only distilled or sterile water. Boiled water or properly micro-filtered water may be used. Tap water may contain micro-organisms - such as bacteria and amoebas - which could possibly cause serious erosive infections in the sinuses...even fatal infections.
- > Use saline mixtures that can be purchased or prepared on your own to not only help with mucous reduction, but to also decrease the risk of spreading infection.
- > Proper washing of the neti pot not only includes cleaning with soap and water but also ensuring that the device is completely dry prior to use. Residual water from cleaning can harbor the micro-organisms as referenced above.

For further details, please reference this article from the U.S. Food and Drug Administration -

**SINUS RINSES & NETI POTS**

307HEALTH  
250 N. EVARTS STREET  
POWELL, WY 82435  
307HEALTH.ORG

November 2019

### HEALTH TIP

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

### DOCTOR'S NOTE

#### TESTING FOR STREP THROAT

By Dr. Bartholomew

We field many patient requests for strep throat testing when a sore throat has developed. Sometimes we encounter confusion when trying to explain when a strep test is appropriate, so we want to briefly cover this topic.

Streptococcal pharyngitis (strep throat) is a bacterial infection of the throat. Because the infection is caused by a bacteria, treatment with antibiotics is appropriate to clear the infection in an effort to relieve the symptoms. The true reason for treatment of strep throat, though, is to prevent damage to the heart valves. Fortunately, this damage - called rheumatic heart disease - is rare these days.

Strep throat classically presents with a very sore throat, muscle aches, fever, and the absence of cough and congestion. A throat swab may be appropriate in this situation.

Viral colds and sore throats classically present with sore throat, but also the presence of nasal congestion and cough. With this constellation of symptoms, the likelihood of strep throat is low and testing may not be needed.

So, our clinic will listen to the description of symptoms from a patient and decide if a strep test is needed as a part of evaluating the illness. Strep throat testing is included in 307Health membership, but testing is only done when indicated. For more information on strep throat, visit this website from the U.S. Centers For Disease Control - **STREP THROAT: ALL YOU NEED TO KNOW.**

**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**2019 DOCTORS' BOOK CLUB DISCUSSION**

The 2019 Book Club will discuss Atul Gwande's best-selling book *Being Mortal. Medicine and What Matters in the End* from 6:30-8:00 p.m. on the Thursday before Thanksgiving - November 21. The evening is open to 307Health members. Space is limited, so we are asking members to call ahead and reserve their spot in the discussion.

**FROM THE REVIEWS**

- "Beautifully crafted ... Clear-eyed and informative ... *Being Mortal* should be mandatory reading for every American." - *Time*
- "American medicine, *Being Mortal* reminds us, has prepared itself for life but not for death. This is Atul Gawande's most powerful – and moving – book." - Malcolm Gladwell

**ABOUT THE BOOK**

Modern medicine has transformed the dangers of birth, injury, and infectious disease from harrowing to manageable. But when it comes to the inescapable realities of aging and death, what medicine can do often runs counter to what it should do. Through eye-opening research and gripping stories of his own patients and family, Gwande reveals the suffering produced by medicine's neglect of the wishes people might have beyond mere survival. To find out what those wishes are, we need to ask. We haven't been asking, but we can learn.

Riveting, honest, and humane, this remarkable book, which has already changed the national conversation on aging and death, shows how the ultimate goal is not a good death but a good life – all the way to the end.

Books can be purchase online at Amazon or at your favorite bookseller.



**MEMBER SERVICES FOCUS**

**CHILDHOOD IMMUNIZATIONS AND OVERHEAD**

As a provider of pediatric care, we are commonly asked if we provide immunizations for children. Although we are strong proponents for childhood vaccinations, we do not carry / administer routine pediatric immunizations here at the clinic. We have made this choice for several reasons:

- **Economies of Scale** - The Wyoming Dept of Health provides a robust immunization program, which is expertly and efficiently administered through local county public health departments. These public entities are equipped by the state to meet all of the immunization needs of our communities. By using these services, 307Health does not duplicate the manpower and expense needed to run an immunization program.
- **Continuity of Care** - 307Health does have access to the State of Wyoming immunization registry. We will review your child's vaccinations at every well child examination so that we can help direct his or her immunization schedule.
- **Consumer Pricing** - In the American capitalistic healthcare system, immunizations are produced and sold by pharmaceutical companies. 307Health is not able to purchase pediatric immunizations in enough bulk to influence their pricing. In fact - with the government program pricing - obtaining immunizations through the local county public health department is the most cost-effective route for everyone!

**BIG HORN BASIN COUNTY PUBLIC HEALTH DEPARTMENTS**

Park County Public Health Cody: 307-527-8570  
Park County Public Health Powell: 307-754-8870  
Bighorn County Public Health Greybull: 307-765-2371  
Bighorn County Public Health Lovell: 307-548-6591

**SURVIVING WINTER  
Zinc Take 2**

**A CURE FOR  
THE COMMON COLD?**

**(Reprinted from Nov. 2017)**

Well, there is – almost – a cure for the common cold. A 2013 review on file in the Cochrane Library of the National Institutes for Health suggested that the use of zinc lozenges can be useful to decrease the severity and length of the common cold. To read more about this review, check out this article link -

**-ZINC FOR THE COMMON COLD**

**Dr. B's Testimony to Zinc**

"I have recommended zinc supplementation for years based on my personal experience with its therapeutic benefits. Zinc lozenges - for example Cold-Eeze or Zicam lozenges – can reduce the severity and length of the illness when started within the first day or two of cold symptoms. I keep Cold-Eeze drops at home, in my travel bag, and at the office so that I can start them the moment I feel a cold coming on. Starting early is the key. Most of the time, my colds now last around three to four days and are fairly mild.

It is important to note, however, that these drops can upset a sensitive stomach. Zinc supplementation on a daily basis also appears to decrease the frequency of colds, but I would advise not to go overboard on the zinc as this can cause problems, as well."

**HOLIDAY HOURS NOTICE**

307Health will be closed the Thursday and Friday of Thanksgiving week. As always, members can still reach their doctor by phone or text for urgent medical concerns.