



## MONTHLY NEWSLETTER

### **FITNESS FOCUS**

#### **SAFE HEAD PROTECTION - CHOOSING A HELMET -**

Helmets offer head protection for adults and children participating in contact sports, or in sports where a sudden fall could result in a concussion-causing impact to the head. Some of these sports include skiing, snowboarding, bicycling, motorcycle riding, skateboarding, horseback riding, bull riding, wrestling, and – of course – football. When choosing head protection, the helmet should fit properly and be:

- Well maintained;
- Age appropriate;
- Worn consistently and correctly;
- Appropriately certified for use.

While there is no concussion-proof helmet, a helmet can help protect you or your child from a serious brain or head injury. Even with a helmet, it is important to proactively avoid hits to the head.

There are four simple steps to fit a helmet. You just need to remember “SAFE” (Size, Ask, Fit, Evaluate). Watch this helpful **HEADS UP Video** from the Center For Disease Control's “Heads Up” website. While on the page, take time to view the story videos and review the fitting info sheets.

The CDC takes helmet fitting a step further by providing a FREE app to help users identify concussion symptoms and select appropriate helmets.

To learn more about this app, visit the CDC's HEADS UP site ...

#### **CONCUSSION & HELMET SAFETY**

December 2019

### HEALTH TIP

#### **CONCUSSION AND TBI AWARENESS – 'TIS THE SEASON**

While concussion awareness is important in all seasons, winter is an especially important time to be aware of this serious injury. Walking on icy sidewalks, driving on slippery streets, and participating in fast moving winter mountain sports like skiing, snowboarding, and sledding all increase the chance of a fall or collision with a head impact that could result in concussion.

Are concussions serious? According to the Centers For Disease Control (CDC), “Medical providers may describe a concussion as a “mild” brain injury because concussions are usually not life-threatening. Even so, the effects of a concussion can be serious.”

What exactly is a concussion? Again, **ACCORDING TO THE CDC**, “concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.”

Traumatic brain injury (TBI) is exactly what it says – brain injury caused by a traumatic event. TBI-causing injuries can happen even when wearing head protection like a helmet, though helmets can help reduce the degree of injury when properly fitted and worn. For more ideas on how to protect yourself and the child(ren) in your life, visit the CDC site on **BRAIN INJURY SAFETY TIPS AND PREVENTION**.

### DOCTOR'S NOTE

#### **WHEN YOUR HEAD IS HARDER THAN THE CONCRETE (OR TREE)**

By Dr. Tracy

When my kids were young, they would protest wearing their bike helmets for a variety of reasons – they took too much time, they looked dorky, they were only going a short distance, nobody else wore a helmet, they were uncool. My response? “Ok. When your head is harder than the concrete then you don't have to wear a helmet.” They learned to wear their helmet every time.

Today, helmets are available for just about every sport and for every head. They are “cool” now. Helmets have become so common place and expected that I even wonder if it might not be seen as “dorky” to not wear a helmet. When skiing, it took a little getting used to, but now I find it just a matter-of-course – and it actually simplifies ski day preparations by removing one decision ... which ski hat to wear!

One of our 70+ year-old 307Health members – an avid and expert skier who was on the slopes this past week - called in the Monday before Thanksgiving to report he had experienced an unexpected blow to the head caused by a fall while skiing. While he was cleared to continue skiing by the ski patrol, he wanted his doctor to know of the event. He suggested this newsletter highlight the importance of wearing a helmet when skiing or snowboarding. “You never know when the unexpected will happen and you are grateful for that helmet. Plus,” he added, “they are warmer than a ski hat!”

Thanks for the suggestion, friend. Here's to many more Blue Bird days on the slopes!

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**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**307HEALTH RECEIVES STATE RECOGNITION**

We were humbled and surprised to learn early this Fall of 307Health's selection to be featured at the **2019 GOVERNOR'S BUSINESS FORUM** which was hosted at Little America in Cheyenne November 12-14, 2019.

In the words of the Wyoming Business Alliance published October 31 in the Powell Tribune, "307Health was among a half-dozen businesses and nonprofits featured at the 2019 Governor's Business Forum in Cheyenne. We selected these six success stories to highlight not only their contributions to Wyoming but also in hopes that their positive stories inspire others," said Cindy DeLancey, president of the Wyoming Business Alliance/Wyoming Heritage Foundation. "Through grit, expertise in their fields and passion, these incredible companies and nonprofits are on the ground making a difference in Wyoming. We want to honor their accomplishments.

Dr. Michael Tracy and Dr. Robert Chandler co-founded 307Health in 2015 to 'address growing constraints and challenges currently in the fee-for-service medical system.' Tracy and Chandler — [who were] each speakers at the Nov. 12-14 Business Forum in Cheyenne — have since been joined by a third doctor, Dean Bartholomew.

"307Health strives to: 'improve the patient experience of health care, measurably improve healthcare delivery, decrease the per capita cost of healthcare, and improve the medical liability climate through improved patient-provider communication,'" the release says.

This video - **307HEALTH SUCCESS STORY** - was produced for the event. We extend our gratitude to you – our members – who make all this possible.



**MEMBER SERVICES FOCUS**

**UPDATE – MEDICATION REGULATIONS IMPACT 307HEALTH**

307Health will no longer be dispensing the medications GABAPENTIN or CYCLOBENZAPRINE from our in-house medication inventory. This change is due to reporting requirements for these two medications implemented by the Wyoming State Board of Pharmacy.

If you are prescribed either of these medications, your 307Health doctor will now send a prescription order to your pharmacy of choice. We are sorry for any inconvenience this change may cause and appreciate your understanding. Please talk with your physician if you have any questions regarding this change.

**LABS - HEALTH FAIR VERSUS DOCTOR'S ORDER**

If you have been a 307Health member for very long, you will have talked with your doctor about the best approach for completing routine or special laboratory tests. From a standard "wellness" lab panel, to periodic INR testing, to specific-condition testing, lab testing is a low-impact, minimal intervention method to get valuable information about what is happening in the body.

But lab pricing can vary widely. This variance is why your doctor will talk with you about your specific insurance situation to determine the most cost-effective route when having lab work completed. It is important to note that the lab provider views the patient as the customer when "health fair" labs are requested. As such, lab results will be sent directly to the patient who should then share those results with their doctor. The service provider will not send a copy of "health fair" labs to the patient's doctor. This is one way to control costs and pricing.

Results from labs drawn on a "doctor's order" will be sent directly to the doctor by the service provider as the doctor is viewed as the customer. If you still have questions about the differences in lab ordering, please talk with your doctor.

**VAPING UPDATE  
Wyoming Monitoring**

**VAPING - A RAPIDLY  
EVOLVING DANGER !**

The news has exploded with the dangers of vaping since our last discussion on vaping and e-cigarette use. In the last six months, we have seen the identification of a newly-labeled illness called "EVALI" which stands for E-cigarette, or Vaping, product use Associated Lung Injury. We have seen an explosion of serious lung injuries leading to ICU hospitalizations among perfectly healthy young adults that require ventilator-dependent breathing assistance. As of mid-November, there were reports of 2,172 cases and 42 deaths.

In these same last six months, the CDC has scrambled their emergency services to identify the offending agent. The CDC now believes the offending agent is Vitamin E Acetate. Vitamin E is a lipid-based solvent used to mix nicotine, THC, and flavors into the vaping solutions. When vaped, the Vitamin E accumulates as a lipid / oil inside the lining of the lung which then causes severe inflammation! Hopefully, new legislation and regulations will soon be in place to clean up this unregulated industry.

Related facts ... original vaping solutions contained 1-3% nicotine levels. "Juul" brand vape products targeting our students have burst onto the scene with a 5% nicotine level which - if used regularly through the day - would be roughly equivalent to the nicotine in two packs of cigarettes daily! Marlboro didn't want to miss out on the new market, so they purchased a 35% stake in Juul earlier this year! Beware ... these companies are gunning to addict our youth!

**HOLIDAY NOTICE**

307Health will be closed on Christmas Day & New Year's Day, with limited hours of 8-12 on the day before these holidays.