



MONTHLY NEWSLETTER

February 2020

FITNESS FOCUS **CBD PRODUCT SAFETY**

The largest concern many healthcare providers have when advising patients who are exploring cannabidiol (CBD) products is how to find a reputable and safe product. Until CBD products fall under the purview of the FDA, it is literally the “Wild West” out there in CBD production. We know we have a problem when a consumer can find a CBD product online that is \$300 a bottle, and then find a similar product for \$30 a bottle at the gas station.

CBD producers can submit their retail products for certification to verify their quality. Look for quality verification on bottle labels from any of these organizations...

- Current Good Manufacturing Practices (CGMP) certification from the US Food and Drug Administration
- European Union (EU), Australian (AUS), or Canadian (CFIA) organic certification
- National Science Foundation (NSF) International certification.

The consumer is also wise to confirm that their CBD product has been laboratory tested to confirm THC levels are less than 0.3% and that pesticides or heavy metals are not present.

A list of almost 50 products tested for CBD content compared to the advertised content can be found here-**CBD TEST RESULTS**. Select a product in the yellow zone if you choose to try a CBD product. **Please use caution and do your research before using CBD!**

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HEALTH TIP

CBD OILS AND PRODUCTS – HOW DO THEY WORK?

The plant *Cannabis sativa* - which can produce the familiar products hemp and marijuana - contains over 500 different chemicals. Almost 100 of these chemicals are active in the human body. These chemicals are generally called “cannabinoids”. Two of these cannabinoids are -

- Delta-9-tetrahydrocannabinol (THC) - the psychoactive chemical we all think of in marijuana;
- Cannabidiol (CBD) – the chemical we often hear of as having many reported medicinal qualities, but that does not have psychoactive properties.

The cannabinoid chemicals in *Cannbis sativa* bind to a group of receptors in the human body called the “endocannabinoid system” (ECS). The ECS is *believed* to help maintain the body’s regulatory systems - including chronic inflammatory conditions, immune system function in the GI system, brain neurologic functions which - when gone awry – can cause migraines and seizures, as well as maintaining mental health functions.

It is known that the ECS is not dependent on outside chemicals like the cannabinoids found in *Cannabis sativa*, but that it does produce its own cannabinoid chemicals. Thus, consuming plant-based cannabinoids is considered to be medicinal and is not necessary for the human body to function.

More Info Here - [CLINICIAN'S GUIDE TO CANNABIDIOL AND HEMP OILS](#)

DOCTOR'S NOTE

CANNABIDIOL IN MEDICINE

By Dr. Bartholomew

We are fielding more and more questions about CBD products. The focus of this newsletter is an attempt to give you a Reader’s Digest version about CBD products with the caveat that - without FDA research and regulation - we cannot give you direct medical advice on if, how, or when a patient should use these products.

That said, the FDA has approved several prescription medications made from *Cannabis sativa*:

- **Dronabinol (Marinol)** and **nabilone (Cesamer)** are THC compounds used to treat nausea, vomiting, and to stimulate appetite.
- **Epidiolex** is a CBD oil derivative used for severe childhood seizures.
- **Nabiximols (Sativex)** is a European medication used for pain and spasticity in multiple sclerosis.

Outside of these FDA-approved medications and indications, there are many reported benefits of CBD for which our patients seek benefit - chronic pain and spasticity; nausea and vomiting; sleep disorders; Tourette’s syndrome; migraines; inflammatory conditions; and depression and anxiety.

Current research on CBD shows potential for medicinal benefit, but true medical research has been hampered by federal regulations. With many of these regulations changing, our hope is that bona fide medical research can be completed that will allow us to discuss CBD in terms of known risks and benefits as we do every medication.

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



BLIND TO YOUR INSURANCE, BUT NOT BLIND TO YOUR NEEDS

Our FedEx delivery person coined this phrase after learning more about how 307Health Direct Primary Care works. He wondered where we fit in the insurance spectrum and was surprised to learn ... 307Health fits everywhere! Membership in 307Health can happen no matter what type of insurance coverage a person has or does not have. We are truly “blind” to your insurance. But, because our payment arrangement exists directly between the customer and the provider, 307Health is free from the restrictions, regulations, and reporting requirements of health insurance companies. This freedom allows our doctors to do what they do best – meeting their patients' medical care needs in a professional and relational manner without the pressure to “produce” billable visits.

Don't misunderstand us here, we recommend our members have some type of catastrophic health insurance coverage. This piece of a personal healthcare strategy is so important to us that it is clearly emphasized in our Patient Member Agreement. If you have not done so recently, now is as good a time as any to pull out that document and read it over again. You might even learn something new to help you get more more out of your 307Health membership.

SPONSORED MEMBERS CAN “KEEP THEIR DOCTOR”. EASY.

Approximately one in five 307Health members are “sponsored” by a third-party. This entity is most often an employer, but it can also be the head of a family who is sponsoring multiple family households. Sponsored members can keep their doctor after separating from their sponsor by simply letting us know they would like to assume responsibility for the monthly member fee. It's that EASY!



MEMBER SERVICES FOCUS

WAIT LIST – HOW DO I RE-ACTIVATE MY MEMBERSHIP?

Members who choose to inactivate their membership for one reason or another are allowed to re-activate their membership if their account history review is satisfactory. The terms of re-activation are explained when they inactivate. However, it is important to note that anyone requesting membership reactivation will be placed on the new member wait list in the same order of request as everyone else. This policy means there may be a significant time delay for reactivation as the wait list is alive and well and growing and, unfortunately, waiting names have not moved since the list was started. Please keep this policy in mind when considering your 307Health membership.

BABY ON THE WAY? LET US KNOW ASAP!

You have just received the good news – a new member of the family will be arriving in 8 or 9 months! First things first – tell the grandparents – and then call 307Health Membership to let us know to hold a spot for junior if you are planning to have the baby followed by your 307Health physician. All our doctors are professionally trained to monitor the development and health of infants. And – with the wait list – we want to be sure we are planning for your baby as soon as he/she arrives. Congratulations!

MISSED PAYMENTS AND THE \$5 LATE FEE

Our customers enjoy an easy-to-use automated payment system. But – on occasion – a missed payment in the 30-day grace period may happen. This unpaid account balance will generate a \$5 late fee on your next invoice. If you have questions or concerns about this policy, please call Member Services.

PATIENT SAFETY CERTIFIED

PHYSICIAN EARNS NEW CREDENTIAL

The Certification Board for Professionals in Patient Safety (CBPPS) recently recognized Mike Tracy, MD, FACP, FAAP, CPPS, of Powell, Wyoming, as a Certified Professional in Patient Safety (CPPS).

According to Dr. Tracy, “Patients deserve safe and reliable care. Patient safety should be at the center of decisions made by patients and providers and any other stakeholders in our increasingly complex healthcare system. It's important to look at safety in any industry as a team effort. While people may have different roles in the system, patient safety is everyone's responsibility.”

Tracy earned this credential in part by passing a rigorous, evidence-based examination that tests candidates on their competency in patient safety science and application. The certification process is a capstone to Tracy's many years of involvement and training with the Institute for Healthcare Improvement.

“Earning this credential attests to Mike's professional competency in patient safety science and application,” said Patricia McGaffigan, RN, MS, CPPS, President, CBPPS. “This achievement demonstrates his expertise in this critical discipline and positions him among those committed to - and leading - patient safety work.”

307Health is pleased to have team members who seek ways to grow professionally and improve the patient care environment.

For more information, visit **iHi - PATIENT SAFETY**