



MONTHLY NEWSLETTER

July 2020

FITNESS FOCUS

DIABETES MITIGATION

Diet, Exercise, Medication

The three-fold approach of modified diet, increased exercise, and medication-when-needed are the best tools to help with diabetes management.

Diet - Carbohydrate management is the dietary key to diabetes control. Being aware of some of the highest carbohydrate foods - such as sugar-sweetened drinks, pasta, rice, bread, potatoes and corn - is the cornerstone of blood sugar management. A good reference for this topic available on Amazon is *Your Type 2 Diabetes Lifeline* by Rick Mystrom.

Exercise - Regular exercise improves glucose regulation and is helpful in controlling blood sugar. This can be done through regular brisk walking and light weight resistance training, or high-intensity interval training. The most important aspect of exercise is choosing an activity or program that is sustainable over time for you. Sustained exercise is much better for you than stopping and starting.

Medication - Sometimes medication is required to get blood sugars under control. There are multiple medications that can be taken as pills or injections to control blood sugar. Talk to your physician if you have any questions about medications to control diabetes.

Diet, exercise and appropriate medication(s) will improve quality of life and help avoid the complications of diabetes. (mt)

HEALTH TIP



WATCHING OUT FOR THE “-OPATHIES” OF DIABETES

Elevated blood sugar levels in diabetes, as well as high blood pressure, can cause damage to the end of our blood vessels. These vessels provide the blood to our organs. When the flow of blood to these organs is impaired by damaged blood vessels there can be damage to the affected organ. We call this “end-organ” disease. In diabetes care we specifically watch for “end-organ” disease in the following areas...

Retinopathy (Eyes) - The very small vessels lining the back of the eye in the retina can start to leak blood in the eye if damaged by diabetes. Catching this early can allow damage prevention with laser treatments or injections. Thus, an annual diabetic eye exam with an eyecare provider is very important.

Nephropathy (Kidneys) - A check of the kidneys once a year is recommended to look for blood vessel damage that causes the kidney to become “leaky”. This test - a urine microalbumin / creatinine ratio - can now be completed on the health fair options at the local hospitals. Diabetes is the leading cause of kidney failure in the U.S.

Neuropathy (Feet) – A foot check should be completed once a year to make sure numbness, calluses, or sores are not developing. Decreased blood flow over time to the very ends of the nerves in the feet can cause the nerves to lose function, leading to numbness. Without proper sensation in the feet, a person could be walking around with a small pebble in the shoe and develop a sore on the foot. A sore can then become a serious infection that could lead to an unwanted toe or foot amputation. (db)



DOCTOR'S NOTE

HEART AND VASCULAR DISEASE—THE REAL DIABETES CONCERN

By Dr. Bartholomew

The term “diabetes” is the shortened version of the full name “diabetes mellitus”. Diabetes mellitus is derived from the Greek word **diabetes** meaning 'siphon' - to pass through - and the Latin word **mellitus** meaning 'honeyed' or 'sweet'. This is because excess sugar is found in blood as well as the urine in the person with diabetes.

However, diabetes is not sweet. Although we may spend significant amounts of our time visiting with our diabetic patients about blood sugars...it really isn't about the sugar. Huh? Yes, while the blood sugar appears to be the issue on the surface, we actually are most concerned about the heart and blood vessels.

Why? Because high blood sugar levels cause damage to blood vessels in all organs of the body over time as discussed in the “-opathies” article. Unfortunately, though, the vessels of the heart, the carotid arteries in the neck, and the vessels in the brain are also affected which can lead to heart attacks and strokes. In fact, the development of diabetes **DOUBLES** the chances of suffering a heart attack or stroke!

Thus, diabetes is not just a “sugar” problem. Diabetes is a heart and vascular problem. We should be spending just as much time focusing on blood pressure control and treatment of high cholesterol...both of which contribute significantly to heart and vascular disease.

More can be read about the importance of treating diabetes in the WebMD article *How Does Diabetes Affect Your Body?* which can be found [HERE](#) .

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

JULY 2020 - FIVE YEARS OF DIRECT PRIMARY CARE!

This month, 307Health completes five years of serving the Big Horn Basin with affordable, effective, and meaningful primary care through the DPC membership model of healthcare delivery. Our doors opened in July 2015. 307Health currently serves nearly 2,000 persons who consider 307Health their primary care medical home. Thank you for your continued support over these past five years. (kt)

VIRUS ADAPTATIONS – MASKS & PARTITIONS & DOORS

307Health begins its sixth year of serving the Big Horn Basin with a few visible changes in the clinic as we implement recommended infection source control precautions in the COVID-19 era.

- **Masks** – All 307Health employees wear a mask while in the building with others, including one another. Adult members are asked to wear a mask if they are coming into the building for an appointment of any type. Complimentary masks are provided for visitors who do not bring their own mask.
- **Partitions** – Plexiglass partitions have been installed at the reception desk to create a protective screen between visitors and employees.
- **Doors** – At times, you may find the front door locked during business hours in order to limit unscheduled walk-in traffic. A voice monitor and drop box are provided in the entrance vestibule for your comfort and convenience to support social distancing and minimize face-to-face contact.

Learning to co-exist with the SARS-CoV-2 virus presence among us involves adaptations to how we do everyday life. In this process, we will try to retain the 307Health hallmarks of personalized service and relational connections. Please give us your feedback, questions or concerns as we navigate this new era. THANK YOU for your understanding and patience with this process! (kt)



MEMBER SERVICES FOCUS

MEDICATION SAVINGS

Did you know you can see your monthly medication savings by looking on the receipt accompanying your medications or your monthly invoice? This savings is automatically calculated by our billing software which compares your 307Health price to the national average pricing for specific medications tracked by GoodRx. Be sure to check these reports to see how much 307Health is saving you on medications. We are sure you will be pleasantly surprised!

Wholesale medications dispensed by your 307Health doctor have always been a hallmark of our service. As a wholesale purchaser of medications, we pass along our price to you with just a small mark-up to cover shipping and packaging costs.

This is one way we strive to lower the overall cost of primary care. (kt)

UPDATING YOUR AUTOMATIC PAYMENT METHOD

Monthly billing and automatic credit/debit card payments are a hallmark convenience of 307Health. But, credit/debit cards often require updates as cards expire or are closed for various reasons. Your account payment method can be updated as needed through the following methods which are listed in order from most-to-least secure.

- The link embedded in the emailed monthly invoice notice (most secure);
 - The free AtlasMD app available to iPhone users (most secure);
 - A credit card request email sent by us to you (most secure);
 - A handwritten form completed in person at our office (less secure);
 - A phone call to our main office line 307-764-3721 (less secure);
 - A text or email to your provider (least secure – not recommended).
- Automatic bank transfer is also available upon request. Please talk with our front desk staff if you would like to know more about this payment option. (kt)

COVID INFORMATION And RESOURCES

PARK CO. COVID-19 UPDATE

By Dr. Aaron Billin, Park County Health Officer
July 1, 2020 - Facebook Posting

COVID-19 by the Numbers

- 44 lab confirmed cases
- +6 probable cases
- 9 recovered
- 0 deaths
- = 41 active cases (0 currently hospitalized)

Comments

Park County has had 11 new cases of COVID-19 in the last 24 hours. This was 33% of all cases confirmed in Wyoming for that period of time. We have surpassed Washakie County by 10 cases and now lead the Big Horn Basin for cumulative cases.

Although outdoor activities are safer than indoor activities, July 4th activities carry an increased risk with the recent spread in Park County. Those who are sick, over 65, have underlying health problems, or have close contact with someone who is at risk should avoid large gatherings and consider celebrating the 4th in another way.

Masks are strongly recommended for anyone out in public that will be within 6 feet of others. At the beginning of this pandemic we only had studies of mask use in pandemic influenza - and the evidence wasn't strong. Now that we are 3 months into this, COVID-19 specific studies of mask use are being completed faster than they can be published. They show evidence that masks are the single most effective public health measure that can be employed. One study shows that wide-spread mask use can reduce COVID-19 transmission by 40%. Another recent study shows that masks are more protective for the wearer than originally thought to be.

Social media is rife with posts and memes with false claims about masks. Excellent information from a pulmonary specialist that dispels these myths can be read HERE.