



MONTHLY NEWSLETTER

September 2020

FITNESS FOCUS

Getting Ready For Hunting Season

By Dr. Dean Bartholomew

When I think of “getting ready” for hunting season I think of sighting in my rifle, gathering my gear, studying my maps, and making final travel plans.

Admittedly, I do not focus enough on my physical preparedness. If I can perfectly place a shot with the rifle, it does me no good if I cannot get up that mountain in time to catch that bull crossing the meadow. Likewise, I will be in for a long night of packing out my animal if I am struggling to work and breathe at altitude.

So, how to get ready? Let us start with the basics ... and that is the legs. Dr. Tracy has written multiple times about the benefits of walking and hiking. As hunters, we should be logging miles in the evenings with brisk walks around town or hikes in nearby hills. Core conditioning involves basic cross-training with exercises such as push-ups, crunches, and cross-fit video training. Training the back and shoulders to carry a load requires walking and hiking with our loaded hunting packs.

Remember the footwear...make sure to get plenty of “break in” miles with a new pair of boots to avoid misery at camp. I know of a hunter who recently lost two days of bighorn sheep hunting due to having to rest his feet at camp!

For in depth training recommendations, please listen to this podcast [HERE](#) from our friends at Eastmans Hunting.

HEALTH TIP



A SWEET PROPOSAL: HONEY FOR COLD AND COUGHS

Many doctors have long been proponents (albeit in passing) for the use of honey with colds and coughs, but a recent review article published by *BMJ Evidence-Based Medicine* [HERE](#) firmly plants the role of honey as helpful. The review study looked at all of the reliable studies in the medical literature to come to the following conclusions:

- Honey has antimicrobial properties similar to antibiotics and is already being routinely used in a specially formulated medical honey for wound care.
- Honey was shown to decrease a cough better than diphenhydramine (Benadryl).
- Honey was shown to be of similar benefit as dextromethorphan...the “DM” in cough medications (Mucinex-DM, Robitussin-DM).
- Honey is better for coughs and colds than “usual care” alone - hydration, ibuprofen (Advil, Motrin) and chicken soup.

This is important news especially for treatment of young children since most cold medications are not meant to be given under the age of six due to potential side effects and multiple studies showing the medications are of no benefit for this group.

Now you know that sucking on a couple of spoonfuls of honey a day during a cold can really help – a medicine most kids and adults will happily take! (dwb)

***CAUTIONARY NOTE** - for infants less than a year old, honey must be avoided due to the risk of botulism.*



DOCTOR'S NOTE

WHAT IS THE “END-GAME” FOR COVID-19?

By Dr. Michael Tracy

People are wondering when the pandemic will be over. As I heard one person say, “I was expecting a sprint but this looks like a marathon.” The pandemic will be over when the virus mutates and fades away and/or if we develop enough immunity to the virus through widespread infection, a vaccine, or a combination of both. There are many possibilities to wade through, and - with the march of time - we are experiencing many social and political challenges. In the meantime, our end-game goals are ...

- 1. Keep 307Health open and safe for staff and members.** If we experience a positive case of SARS CoV-2 in our staff, we run the risk of being required to close for a two-week quarantine. A closure would severely impact our ability to deliver care and supplies to our members. We are doing our best to avoid viral contamination within the office for this reason with increased “source-control” measures to prevent infection.
- 2. Keep the schools open.** We want to see our public and private schools offer in-person learning and are supportive of all efforts to do so. It is our belief that most kids will do better with social interactions through in-person learning settings than they will with virtual learning settings. Physical distancing, mask-wearing, and hand-washing are a key part of the school district's efforts toward in-person learning this year.
- 3. Keep local businesses open.** The pandemic has had lasting impacts on the local economy. We need to do what we can as a community - and as individual consumers - to support business owners' efforts to keep their doors open.

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PRACTICE NEWS



A WORD ABOUT SELF-DIRECTED SCREENING TESTS

Many people utilize health fair labs as a way to obtain necessary lab tests at a much more cost effective price. Others utilize the health fair labs as a way to monitor their progress on such items as elevated cholesterol or glucose levels. There are other direct to patient testing options, as well, such as Life Line Screening.

Screenings that Life Line offers include vascular (aorta and carotid arteries), limited EKG, limited bone density, and peripheral arterial disease. While some of these tests may be helpful in certain people, many people may not need these screenings. If abnormalities are found on the screening test, it may mean that more testing is needed, which is much more costly. The “downstream” costs can add up quickly. As providers, we may not know that you have had a self-directed screening test or health fair lab, so please bring us a copy of your results to review..

The best option, though, is to have a discussion with your doctor before considering screening tests. This discussion will better assist you in making an informed decision about which tests to consider and allows for a conversation about both the benefits and harms of screening tests. This is true for both self-directed screenings and screenings that we may order for you.

There is a notion that screening tests are always helpful and that it is always better to know of some “issue” early on. There is good medical evidence that such notions are not universally true. However, having a detailed discussion with your doctor about your own health history, family history, health concerns/goals, etc is an important piece of your overall health. Whether this discussion is part of an annual check-up or a different schedule in your case, we can help you make an informed decision about screening tests and the wise use of your healthcare dollars. We look forward to assisting you in navigating the healthcare system and improving your health! (rlc)



MEMBER SERVICES FOCUS

CONTACT METHOD UPDATES ARE CRITICAL

When changing your phone number, email address, or mailing address please let us know as soon as possible. This will keep us from sending mail to your old address, from calling or texting you on your old phone number, and from sending email or mailings to a wrong address. Current information is very important for many reasons, including the protection of your private health information (PHI). (mdt)

307HEALTH COMMUNICATION HACKS

Texting and Email

Messaging the doctor through text and email has proven to be a vital communication tool for 307Health members. When sending a text or email to 307Health, please....

- Separate messages by person. One person, one message. Separate communications by person when two people in a household have something that can be addressed digitally. For example, a request to “please fill medication A for me, and medication B for my spouse” should be sent as two separate messages.
- Text or email medication refill requests when possible. This is generally more efficient than calling the office for medication refills. When submitting your request, please include the name and strength of the medication.
- Use the email address / phone number on record. Priority attention is given to digital communications from your phone number or e-address on record because these route through the 307Health doctor notification system and are captured in your 307Health record. A message from a different address or number than the one on file in your record will drop the priority of your message and may not be responded to in a timely fashion or even seen by your doctor. **To protect your privacy and your physician access, we recommend making 307Health your first update when changing your phone number or email address.** (mdt)

COVID INFORMATION And RESOURCES

WY DEPT OF HEALTH

August 29, 2020

An extension to Wyoming’s current public health orders released today by the Wyoming Department of Health contain no changes.

The orders, which remain in effect through September 15, continue to allow outdoor gatherings of no more than 50 percent of venue capacity, with a maximum of 1,000 people as long as social distancing and increased sanitization measures are in place. Indoor gatherings in a confined space remain limited to 50 persons without restrictions and 250 persons if social distancing and sanitization measures are incorporated.

The public health restrictions that apply to restaurants, bars, gyms, performance spaces and personal care services also remain unchanged, as does a requirement that students in schools wear face coverings in situations where 6 feet of separation cannot be maintained. Specific exemptions are listed in the orders.

Over the past 14 days, Wyoming has averaged 35 lab-confirmed cases of COVID-19 per day, compared to an average of 27 cases per day for the period of July 30-August 12. More than 104,000 tests have been completed by the Wyoming Public Health Laboratory and private reference laboratories as of August 27.

The Wyoming Department of Health and Governor Gordon continue to strongly recommend the use of face coverings in public settings where it is not possible or reasonable to stay physically apart. On Wyoming’s COVID-19 dashboard the categories of number of new cases and new hospitalizations continue to be rated, “Concerning.”

(More WDOH news can be found **HERE** on the WDOH website.)