



## MONTHLY NEWSLETTER

October 2020

### **FITNESS FOCUS**

#### **EXERCISING YOUR CORE**

##### **A Key to Wellness**

What is your “core” and why bother with core exercises? According to Wikipedia, *“the core of the body is broadly considered to be the torso. Functional movements are highly dependent on this part of the body, and lack of core muscular development can result in a predisposition to injury. The major muscles of the core reside in the area of the belly and the mid- and lower-back.”*

It is well-known that core exercises are important because they train muscles in the lower back, pelvis, hips and abdomen to work together and support one another. This interdependence between core muscle groups then improves balance and stability. A strong core is important in athletics and should be included in every person's wellness plan.

There are a number of ways to strengthen your core, some of these include ...

- Isometric exercises such as the bridge, the plank, and the classic sit-up;
- Balance balls;
- Free-weights or medicine balls that require balancing while lifting;
- Circuit training weights which target specific muscle groups.

Strong core muscles make it easier to do many activities of daily living and may prevent or improve back pain – a frequent complaint among all ages. This Mayo Clinic article [HERE](#) offers more helpful information on core strengthening. (mdt)

### **HEALTH TIP**



#### **FOCUSING ON BREAST CANCER – THE ANNUAL REMINDER**

National Breast Cancer Awareness Month every October reminds us to think about breast cancer prevention and treatment. Did you know that each year just over 250,000 women in the United States of America are diagnosed with invasive breast cancer - including an estimated 430 women in Wyoming in 2020?

Finding breast cancer early while it is contained to a small area in the breast is paramount to survival. The 5-year survival rate for cancer found just in the breast is 99%. This survival rate drops to 85% if the cancer is found in nearby lymph nodes, and then again drops drastically to 26% if the cancer has spread to other organs.

Women between the ages of 40-49 should talk to their doctors about when to start including screening mammograms in their wellness plan. This recommendation will be based on their personal and family histories. Typically, women between the ages of 50-74 should be receiving a mammogram every 2 years. Women 75 and older should talk with their doctor about continuing screening.

Are you concerned about the cost of a mammogram? Wyoming has several excellent resources for women who do not have insurance or finances to pay for screening mammograms. You can learn more by visiting these two websites which offer helpful information and resources. (dwb)

- The Wyoming Department of Health Cancer Program [HERE](#)
- The Wyoming Breast Cancer Initiative [HERE](#)



### **DOCTOR'S NOTE**

#### **PAP SMEARS AND DINOSAURS**

By Dr. Dean Bartholomew

We are all looking for some good news in these times and for our female patients... we have some good news on the horizon.

The last 20 years of cervical cancer research has advanced by leaps and bounds. We now know that the human papillomavirus (HPV) causes the vast majority of cervical cancer...around 91%. So what's the good news? The screening guidelines for cervical cancer have evolved in the last 20 years from every woman receiving a pap smear annually to more recent guidelines where pap smears and HPV testing are only recommended every 1 to 3 to 5 years for women age 21 to 65, *depending on the test and findings*.

But screening guidelines are changing! In July, the American Cancer Society took the next – and bold - step of saying that women MAY only need HPV testing (no pap smear!) every 5 years starting at age 25 through age 65 as long as the results of their HPV screening are normal.

These new guidelines are going to take several years to implement as clinics and labs bring on this specialized HPV testing. Currently, the HPV screening sample collection is done with a swab by a medical provider during the gynecologic exam. The hope...and the great news...is that in the near future this swab collection can be performed at home by the patient! And that step, folks, would send the pap smear the way of the dinosaur!

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

**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**



**FLU VACCINE BOLSTERS IMMUNITY**

Influenza vaccination is more important than ever this year. 307Health encourages members to consider receiving the annual flu vaccine by offering easy-access flu shot clinics every Fall. The flu shot is recommended by the CDC and our doctors for all healthy persons starting at six-months of age. Individuals with compromised immune systems are encouraged to discuss their particular situation with their doctor before getting a flu shot.

Vaccinations give a boost to the individual's immune system by helping it get ready to fight a potential exposure to the target virus. This boost can help decrease the severity and duration of infection in the event of exposure. Vaccinations also help our communities develop "herd immunity" - that much-talked-about concept around COVID-19 which we are all hoping arrives sooner rather than later. (kt)

**\$25 FLU SHOTS ARE NOW AVAILABLE**

The 2020 influenza vaccine is now available for \$25 through 307Health to our members. Through the month of October, we are offering dedicated flu-shot clinic days in which our nurse, Amanda, will be administering flu shots by appointment only. Please call the office (307) 764-3721 to reserve a flu shot appointment time for yourself or your family grouping. (kt)

**FLU SHOT CLINIC – OUTDOORS OR INDOORS?**

On flu shot clinic days, a same-day decision will be made as to whether to hold the clinic indoors or outdoors. In cooperative weather, a parking lot flu shot clinic is the most efficient and – honestly – the safest way to handle the increased onsite traffic of 307Health customers. On outdoor flu-shot clinic days, we will be monitoring the parking lot for customer arrivals and greet you at your car. If no one greets you when you arrive, you can assume we will be handling the clinic indoors. (kt)



**MEMBER SERVICES FOCUS**

**PEDIATRIC FLU SHOTS – WHEN TO GIVE A “BOOSTER” SHOT**

The Centers for Disease Control and Prevention (CDC) recommend that children age 9 and younger be given a “booster” influenza vaccination at 30-days post primary vaccination when receiving their first-ever flu shot. If this recommendation applies to your child, you can schedule the booster vaccination at the time of the initial shot for a time convenient for your schedule. (kt)

**COVID-19 ANTIBODY TESTING WITH BLOOD DONATIONS**

Here is a win-win – you can get a free Coronavirus antibody test when donating blood through Vitalant Blood Service. Vitalant comes to Powell and Cody one to three times each month. Visit the Vitalant website [HERE](#) where you can learn more about blood donation, schedule a donation appointment, and be inspired to help others in this simple and cost-effective way. (kt)

**INFECTION-CONTROL PRECAUTIONS CONTINUED**

We are all getting adjusted to the new normal brought about by increased infection-control measures in healthcare and other personal service settings. When you enter the 307Health building, you can expect the following precautions ...

- Masking of all staff;
- Social distancing and contact-less greetings;
- Answering of 3 simple screening questions, a temperature check, and a mask requirement for all persons who will be in the building longer than a quick visit;
- Minimal wait-time in our common area. (kt)

**Curbside delivery by our staff of prescription pick-ups is still our preference.**

When you let us know of your arrival, we will deliver your medications out to you. Our entrance vestibule is monitored by speaker if this is more convenient for you than a phone call. (kt)

**COVID INFORMATION  
And RESOURCES**

**SO, YOU THINK YOU HAVE  
HAD COVID-19?**

**How To Find Out For Free**

Do you think you may have been exposed to Coronavirus since this pandemic hit our shores in February / March? Do you think you may have had COVID-19 earlier last winter when we had a flu-like illness spreading in our community that was not showing up as positive on influenza testing?

The one test that might just prove your theory is the SARS-CoV-2 “antibody” test. You could think of an antibody as these little soldiers in our blood that look for and destroy certain bacteria and viruses.

Medically, an antibody is a protein made by the immune system. The antibody is tailor-made to recognize only one specific “antigen” such as part of a specific virus or bacteria. In order for this antibody to be specific though, your immune system has to have been exposed to the specific virus or bacteria before it can start mass producing these antibodies. Hence, Coronavirus antibody tests will look for coronavirus specific antibodies...which are only present AFTER an exposure to the Coronavirus. This is how vaccinations work...small particles of a dead or weakened virus / bacteria are injected into the host's body. That person's immune system then mass produces specific antibodies that would help fight off any future exposure to the virus / bacteria.

So here is the Win-Win...if you donate blood with Vitalant Blood Services (see related article) when they are in Powell or Cody, Vitalant will test your blood for the Coronavirus antibodies for FREE. We all know of friends and family members who have likely benefited from a blood donation...so this is a true win-win for you and our community! (dwb)