



MONTHLY NEWSLETTER

FITNESS FOCUS

WINTER EXERCISES

Slippery Surfaces & Sports

Slippery surfaces and slippery sports are just around the corner as the daylight hours shorten and temperatures drop. Snowflakes will soon be regularly falling from the sky and the snow and ice will be here to stay for a few months, along with slick footing and slippery sports.

Outdoor winter activity choices include alpine skiing, cross-country skiing, snowshoeing and ice skating. Hikes in the hills or in-town walks on more mild winter days can meet your activity goals.

You can start getting ready now for a season of slippery surfaces and winter recreation – or even just walking on your sidewalk while shoveling walkways or taking out the trash - with the exercises outlined in this helpful article **HERE** from REI Coop. This article includes written descriptions and video modeling of simple exercises you can do at home. Areas focused on in the article include...

- balance training to include the muscles used in these winter sports - core, hip, glutes, quads and hamstrings; and,
- core and hip exercises to help maintain balance when making quick position changes to avoid falling on slick surfaces.

If you have questions about which areas you should focus on in your home exercise program, let your doctor know – he is ready to help you develop an exercise program tailored for your unique health concerns and circumstances. (mdt)

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November 2020

HEALTH TIP



THE WINTER BLUES (SAD)

The shrinking daylight hours means it is time to revisit the topic of Seasonal Affective Disorder (SAD). This is an important mental health topic to consider, especially as we are already talking about SAD starting to build in our lives with all of the ongoing stress in our world.

Even with our beautiful and warm fall, the shrinking daylight is very noticeable. By definition, SAD is a syndrome of recurrent depressive episodes during winter. Symptoms may include increased sleep, increased appetite (maybe that is where the ole' winter weight comes from!), and an increased craving for carbohydrates. Possible causes can include circadian rhythm changes, the release of melatonin in the brain, and even possible decreased Vitamin D levels.

If you can not pack-up and head south for the winter, here are some strategies you can try to combat the Wyoming winter blues. First, light therapy that includes a 10,000 lux light for 30-90 minutes, best after rising in the morning, is a great baseline therapy. The folks at Verywell Mind have compiled a nice review **HERE** of light therapy lamps. Second, regular exercises can stimulate your endocrine system to release endorphins ...the body's natural "feel good" hormone. Third, a visit with your doctor to talk about other treatment options may be helpful if your mood changes are interfering with your relationships or your ability to perform work or home duties. (dwb)



DOCTOR'S NOTE

FEAR OF CORONA

By Dr. Chandler

On a recent out-of-town trip for a high school athletic tournament, I had an interesting interaction. As I got on the hotel elevator, I noticed someone walking up to the elevator behind me. When he did not walk on after me, I held the door and asked if he was waiting on someone else. "Some people are afraid of the corona" was his response. I put my mask on; he got on the elevator; and we shared the 15 second ride to the lobby and went our separate ways.

I found it interesting that a simple gesture of holding the elevator for someone was met with hesitation, out of a concern of "fear". I do not live in fear of the coronavirus, and I will not let the coronavirus change my ability to show kindness, respect, care, and compassion to others. I suspect this gentleman had previously been greeted with contempt or indignation from getting close to someone. No, I do not fear coronavirus and COVID-19, but I do, at least partially, understand it and respect it. More importantly, I respect my fellow man. I am out in public on a very limited basis, but I wear my mask, keep to social distancing whenever possible, and carry hand sanitizer with me. These are not protective measures I take out of fear "of the corona." Instead, they are calculated efforts to keep me, my family, my coworkers, my patients, and my community, as well as our state and nation, as safe as possible.

- ARTICLE CONTINUES IN "PRACTICE NEWS" on page 2 -

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



FEAR OF CORONA

(Cont. from DOCTOR'S NOTE p. 1)

COVID has undoubtedly affected everyone – directly and indirectly. We are likely to lose friends and neighbors to it. Is it that different from other calamities we face? The 2020 hurricane season comes to mind. We do not live in fear of hurricanes, but we try to adapt, prepare, and mitigate losses, especially loss of life.

Our approach to COVID-19 must be the same – we need to take the knowledge we have now and adapt, prepare, and mitigate losses. We must do the simple, painless, selfless things to protect each other – these actions are akin to mass evacuations before a hurricane, as ways to protect lives. COVID-19 will not let us ignore the consequences of our doubt or disbelief or willful ignorance – our hospitals are filling up and the surge continues at unprecedented levels. We urge everyone to respect “the corona,” but more importantly, respect and honor and serve each other.

PATIENT MEMBER AGREEMENT UPDATE

Beginning with the new year, our new member enrollment process will be updated by moving from a paper agreement signed by 307Health representatives to a digital opt-in “terms and conditions” consent. This change has been in the planning for quite some time. We are looking forward to the ways this new format will streamline and simplify our internal on-boarding processes for new members.

As part of this update, our current Patient Member Agreement will be replaced by the new Terms And Conditions agreement. In keeping with the 30-day notice requirement of the current 307Health Patient Member Agreement, a formal notice of this update will be emailed this month to all 307Health members with an active email on record. This same notice will be mailed via US Postal Service to those households with no email address on record. (kt)



MEMBER SERVICES FOCUS

COVID-19 TESTING

We are busy these days answering questions from our members and the general public about local COVID testing options. The following is a summary of the testing options available in our area as of the writing of this newsletter.

- **Vault Health (FREE)** – This in-home, self-administered saliva test has recently been made available to all Wyoming residents through a contract with Vault Health, a New Jersey-based company. Turn around time includes the free UPS overnight air shipping to receive and return the test. The service is easiest to use for persons with camera/video internet access as it does require online ordering and remote-monitored sample collection. To learn more about this testing option, visit the Wyoming Department of Health website **HERE**.
- **WDH (FREE)**** – Again paid for by the state of Wyoming, this PCR nasal swab test can be collected by 307Health doctors as needed for their patients and mailed by us to the lab for analysis. A scheduled appointment time with your doctor is required. Self-administered nasal swab samples are collected outdoors in the comfort of your vehicle. Test results usually in 2 days.
- **PVHC RAPID (\$110)**** – This PCR nasal swab test can also be collected by your 307Health doctor for no office visit fee. The PVHC lab fee is billable to the patient's health insurance. The test is run by the PVHC laboratory on the same day as collection and typically results on the same day as sample collection.
- **CODY STAMPEDE GROUNDS (\$25)** – Payable at sample collection. Drive-up testing hosted by CRH at the Cody Stamped Grounds from 8:00 am to 11:00 am on Mondays, Tuesdays, and Thursdays. Test results can take up to 7 days.

**Please let your doctor know if you test positive for COVID outside of one of the two 307Health test options or if you have other questions about COVID testing. (kt)

**COVID INFORMATION
And RESOURCES**

PARK COUNTY

UPDATES OCTOBER 2020

Public Health Officer Dr. Billin

[Facebook – October 31, 2020](#)

**WASTEWATER BASED
EPIDEMIOLOGY (WBE)**

Cody - Increased to 7.7%

Powell - Increased to 1.9%

**EFFECTIVE REPRODUCTION
NUMBER (Rt)**

Once again Wyoming leads the Nation with a Rt of 1.32. Wyoming also has the greatest percentage of people who do not wear a mask. Thursday **Dr. Deborah Birx** of the Whitehouse COVID-19 task force was in Riverton to meet with the State Health Officer and tribal leaders. She was touring states with the highest rates of transmission. She emphasized the importance of masks, increased testing, and antigen tests. She reiterated that depending on natural herd immunity is not realistic.

Mask-Up Park County

[Facebook Post 10/28/2020](#)

WYOMING rankings:

R0 (rate of spread): #1

Mask use: #50

Level 1 trauma centers: #50

ICU beds per capita: bottom 20%

Park County Public Health

[Facebook Post 10/28/2020](#)

It is important for employers and patients to know that there is no medical value in testing someone for COVID who has been positive in the last three months. Because tests look for viral DNA, fragments of virus can still make the test positive long after the patient is fully recovered and no longer contagious. Tests should never be used as return-to-work criteria because they may stay positive for months after recovery.