



MONTHLY NEWSLETTER

March 2021

FITNESS FOCUS

CANCER PREVENTION

Tips for a Healthy Colon

The colon is part of the large intestine that aids in food digestion. Cancers that occur in the colon are a serious health concern. Here are some proven methods to help your colon stay healthy and decrease cancer risk.

Diet

Dietary fiber is a well-established factor in maintaining colon health. Sources of fiber include whole grains, vegetables, and some fruits. Daily fiber intake can also be enhanced with a daily high-fiber supplement that includes psyllium.

Exercise

Exercise is good for gut motility and helps “keep you regular.”

Exercise boosts the immune system. Walking, biking, and swimming are examples of exercises that are easily done in our community that help improve metabolic function and blood flow.

Stretching, sit-ups and core exercises strengthen the abdominal wall muscles. These exercises also play a role in colon health and “keeping regular.”

Kegel exercises also help to improve pelvic floor function – another factor in colon health.

Regular Screenings

Regular colon cancer screenings may catch cancer early in its development and allow for early treatment and protection / preservation of healthy colon.

Finally, pursuing a “colon-healthy lifestyle” is beneficial for many other body systems such as the heart, lungs, kidneys, & brain. And that is a win for everyone. (mtd)

HEALTH TIP



PANDEMIC CONTRIBUTES TO DELAYED HEALTH SCREENINGS

Delayed health screenings are one of the downstream effects of a medical pandemic that needs to be addressed as communities and individuals begin to resume their usual activities. Cancer screenings are in the spotlight this month.

An article found [HERE](#) highlights the following points about cancer screenings in the last year:

- Cancer screenings and diagnoses showed a “sharp decline” in the spring and summer of 2020.
- During the initial lock downs in March / April of 2020 the rates of NEW diagnoses of cancers fell in ranges from 24.7% for pancreatic cancer to 51.8% for breast cancer. These cancers will eventually be found...just unfortunately later in their courses.
- Screening rates are improving but still “remain below historic levels.”
- The “National Cancer Institute projects that the disruptions...will lead to 10,000 excess deaths from breast and colorectal cancer over the next decade.”

Many of us have put off our healthy habits in the last year as we hunkered down in survival mode. If this has meant delaying cancer screenings, performing health fair labs, or coming in to see your doctor about chronic issues like diabetes or heart disease then we do encourage you to re-engage.

Please reach out to your doctor for good first steps on getting started. (dwb)



DOCTOR'S NOTE

MARCH IS COLORECTAL CANCER SCREENING MONTH

By Dr. Dean Bartholomew

The American Cancer Society lists colon (colorectal) cancer as the third most common (non-skin) cancer in both men and women in the United States of America with an estimated 150,000 new cases of cancer just this year (read more [HERE](#)). Unfortunately, there will be an estimated 53,000 total deaths from colon cancer making this the third leading cause of cancer deaths behind lung and prostate cancer in men and behind lung and breast cancer in women.

The national guidelines from the USPSTF recommend screening starting at age 50 although there are several groups, including the American Cancer Society, who recommend that we start screening at age 45. The gold-standard is screening with a colonoscopy, which if normal, is good for ten years at a time. A newer screening option is Cologuard (learn more [HERE](#)). This test consists of collecting a stool sample at home and shipping it out to Cologuard. They run a test to look for microscopic blood and abnormal colon cell DNA that would be found in colon polyps or colon cancer. A negative Cologuard test is reassuring for three years. A positive test would necessitate evaluation with a colonoscopy.

Lastly, my philosophy on cancer screening...why work so hard all of your life to save for retirement, raise children to then enjoy grandchildren...but then take the risk of losing it all just to avoid a minor medical procedure?

Wyoming, we got this!

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

COLOGUARD SCREENING NOW AVAILABLE

The providers at 307Health encourage colon cancer screening for all persons over age 50 by any and all medically accepted means. The gold-standard of colon cancer screening is the screening colonoscopy performed by a trained medical provider. There is, however, a new home-based stool screening test for those persons who are unable or unwilling to have a colonoscopy screening procedure.

For home-based colon cancer screening, 307Health has established a relationship with Cologuard. The Cologuard home-based screening follows these steps

- Step 1 - Upon patient request, a physician order is sent to Cologuard.
- Step 2 - Cologuard contacts the patient to verify shipping, insurance, and payment details.
- Step 3 - Cologuard ships the stool collection box directly to the patient.
- Step 4 - The patient follows easy instructions to collect and package a sample of their stool in the privacy of their home using the materials provided by Cologuard.
- Step 5 - The patient ships the sample directly back to Cologuard in the box provided by Cologuard.
- Step 6 - The test is run by Cologuard.
- Step 7 - The doctor is notified via email that the results are ready for review.
- Step 8 - After review, the doctor informs the patient of his/her results and gives recommendations for follow-up as needed.

The physician-order service option with Cologuard is included in the 307Health membership and is only one part of an overall conversation about health screening and maintenance. 307Health doctors work directly for our members and have no financial incentive to use this service. Like other screening tests, Cologuard test fees are billed directly to the patient or his/her insurance.

To learn more about Cologuard, visit [HERE](#). (dwb)



MEMBER SERVICES FOCUS

MEMBER SERVICES – ITS OWN CORNER AT 307HEALTH

While seemingly “small” with only 7 employees, 307Health is operationally made up of four distinct departments – member services, clinical services, retail services, and business operations. While responsibility for these four areas often overlap between our small team of clinical and non-clinical employees, the four areas (departments) do have distinct purposes.

Staff members working in the Member Services area typically have a workstation at the front desk. Their work day is typically spent on the following areas ...

- **Membership** – enrollment activation and inactivation, questions about membership benefits and terms, reactivation inquiries, corporate-sponsor questions & relations.
- **Billing & Payments** – invoice questions, payment authorizations, payment method updates, charge and payment history research, summary invoices, etc.
- **Appointment Scheduling** – shared with the clinical team, Member Services staff members can help members decide how to connect with their doctor with the most effective and efficient appointment type – office, text, phone, email – for the specific question or concern.
- **Purchase Pick-ups** – shared with the clinical team, Member Services staff members follow clinical protocol to ensure medication purchases are accurately delivered to customers at pick-up.

While the small-business nature of 307Health means any one of our staff can answer most non-clinical questions that may arise, you can be assured that Member Services staff members are dedicated to answering your non-clinical questions with the same quick turn-around as our clinical team answers your medical questions.

Please reach out to us with a phone call or drop-in anytime you have a question.

COVID INFORMATION And RESOURCES

PARK COUNTY VACCINE STATS*

as of March 11, 2021

8,635 = 1st Doses Received

6,126 = 1st Doses Administered

4,520 = 2nd Doses Received

4,575 = 2nd Doses Administered

*Source: **WY Dept of Health**

PARK COUNTY

HEALTH OFFICER UPDATE

Article – Vaccine Effectiveness

Shared By Aaron Billin, M.D.

02/23/2021 Facebook Post Reprint

Israel has had a very aggressive COVID-19 vaccination campaign for those 60 and over. Their efforts have achieved effectiveness of 72% in reducing COVID-19 cases (symptomatic and asymptomatic), 83% reduction in hospitalizations, and 86% reduction in severe cases in 60 years and older individuals the second week after the 2nd dose.

Read the full article, “Estimating real-world COVID-19 vaccine effectiveness in Israel...” [HERE](#).

CERTAIN MEDICAL CONDITIONS MAKE COVID-19 VACCINES VITAL

3/3/2021 – Wyoming Dept of Health

The WDH says adults with high-risk medical conditions should get free, safe and effective vaccines meant to help prevent COVID-19 as soon as they are available to them, which in many Wyoming counties may be right now.

Adults of any age with certain medical conditions are at increased risk for severe illness from the virus that causes COVID-19. Severe illness means a person may need hospitalization, intensive care, or a ventilator to help them breathe or they may die.

Roughly 70 percent of Wyoming's COVID-19 related deaths were among people who had known medical conditions that put that higher risk of severe illness.

Read the full article [HERE](#).