



## MONTHLY NEWSLETTER

July 2021

### **FITNESS FOCUS**

#### **BUYING SUNGLASSES**

##### **SIX THINGS TO CONSIDER**

Everyone knows sunglasses make it easier to see on a sunny day, whether out on the road or the water. However, wearing the right sunglasses is also a great defense against ultraviolet (UV) rays that can cause short- and long-term eye damage. The following 6 tips come from this [AAO ARTICLE](#).

These are the most important factors to consider when purchasing sunglasses to protect your eyes from the sun...

##### **1. Make it 100% UV Protection.**

The single most important thing to look for when buying sunglasses to protect your eyes is a sticker or tag indicating that they block 100 percent of UV rays.

##### **2. Bigger is better.**

The more coverage from sunglasses, the less sun damage inflicted on the eyes.

##### **3. Darker lenses don't protect better.**

While very dark lenses may look cool, they do not necessarily block more UV rays

##### **4. Color doesn't matter.**

Some sunglasses come with amber, green or gray lenses. They do not block more sun but can increase contrast.

##### **5. Polarized lenses cut glare, not UV.**

Polarization reduces glare coming off reflective surfaces like water or pavement, but does not offer more protection from the sun.

##### **6. Cost shouldn't be a factor.**

Sunglasses don't have to cost a lot of money to work well.

### **HEALTH TIP**



#### **SUPPLEMENTS FOR DRY-EYE AND MACULAR DEGENERATION**

There is evidence that some supplements can help prevent or slow dry-eye and age-related macular degeneration. In the article, "Vitamins for AMD" ([HERE](#)) published by the American Academy of Ophthalmology, author Kierstan Boyd writes...

"The AREDS 2 (Age-Related Eye Disease Study 2) was a very large research study. It looked at taking vitamins and minerals daily for AMD. This study found that certain nutritional supplements could help some people who have a lot of drusen. These supplements may also help people who have lost a lot of vision in at least one eye from AMD. Taking the following nutritional supplements every day may help these people lower their risk of getting late-stage or wet AMD:

- Vitamin C (ascorbic acid) 500 mg
- Vitamin E 400 international units (IU)
- Lutein 10 mg
- Zeaxanthin 2 mg
- Zinc (as zinc oxide) 80 mg
- Copper (as cupric oxide) 2 mg

It is important to remember that nutritional supplements are not a cure for AMD, but they may help to slow the disease in some people with early- to mid-stage AMD."

307Health recommends consulting with your primary care doctor or a licensed eye-care provider before starting any dietary supplements for eye health.



### **DOCTOR'S NOTE**

#### **YOUR VISION HEALTH – A WORTHWHILE INVESTMENT**

By Dr. Tracy

Eyes are an important part of the human body. Taking steps to intentionally and proactively protect your vision is a worthwhile investment of resources. The following points are three important considerations related to your vision.

**1 - Protect your eyes.** When working around machinery, tools, or anything that could somehow involve hitting you in the eye, wear safety glasses. When in the sun, protect your eyes with UV filtering glasses. When doing computer work, rest your eyes if your vision is affected or you have a headache.

**2 - Know how your medical issues affect your eyes.** For example, good control of diabetes and high blood pressure will lower your chances of eye damage from these conditions. If you have glaucoma, there are certain medications (including over-the-counter) which you should avoid because they can increase your intraocular pressure.

**3 - Know your family history.** Glaucoma, night blindness, and retinitis pigmentosa are a few examples of hereditary eye conditions. It will help your eye health providers to know about any such conditions that run in your family.

Finally, it's a great idea to have an eye exam from a local eye care provider to detect any vision issues before they become severe. It is also helpful to have that relationship for those times when you have an eye issue that requires more care and expertise than your 307Health doctor is able to provide to you.

Read the CDC article, "Tips To Prevent Vision Loss" [HERE](#) to learn more.

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**BETTER ACCESS = BETTER CARE.**

PRACTICE NEWS

# 307HEALTH

Celebrates 6 years serving  
the Big Horn Basin!



*Thank  
you!*

**MEMBER  
SERVICES FOCUS**

**MEMBERS INVITED TO HELP BETA-TEST NEW FORM**

*Have you ever been to see the doctor, had a helpful and productive conversation, went home and then thought ... now what was I supposed to do?*

OR

*Have you ever asked a family member about their visit to the doctor's office and they couldn't recall what was discussed or any actions they were advised to take?*

OR

*Have you been referred to a specialist by your primary care doctor, but then never made an appointment with the specialist and weren't sure where the appointment ball was dropped?*

OR

*Have you had a test done, labs drawn, or a procedure completed but did not hear the results and wondered how to find the information?*

OR

*Have you been reassured by your healthcare provider of access to your medical record and visit notes, only to find nothing on the provider's website when you followed through on the invitation to access this information?*

If you answered "Yes" to any of these questions, you are invited to help us beta-test a new patient-information tool in its design phase. Our hope with this new tool is to better empower and equip our patients to care and advocate for themselves and their family members in a healthcare landscape that is becoming increasingly complex and difficult to understand and navigate.

Request the beta-version of this new form at our front desk to use at any doctor's visit and then let us know what worked and what did not work.

Together we can make a difference. (kt)

## WYOMING DEPT OF HEALTH

### DATA ILLUSTRATES VACCINE SUCCESS (HERE) June 24, 2021

Data gathered from Wyoming residents who have tested positive for COVID-19 in recent months illustrate the success of the safe, free and effective vaccines authorized to fight the virus, according to the Wyoming Department of Health (WDH).

A WDH review of more than 2,400 lab-confirmed and probable cases identified among Wyoming residents age 16 and older between May 1 and June 15 shows just under 95 percent of the individuals do not report being fully vaccinated against COVID-19. During the same period, of the nearly 150 persons infected by COVID-19 who were hospitalized at the time they were interviewed by public health representatives, more than 93 percent did not report being fully vaccinated against COVID-19. To date, there has been one COVID-19 related death of a fully vaccinated Wyoming resident.

Vaccines have been widely available for adults across the state since late March. A person is considered fully vaccinated two weeks after two doses of either the Pfizer or Moderna vaccine or two weeks after one dose of the Janssen (J & J) vaccine.

Dr. Alexia Harrist, state health officer and state epidemiologist with WDH, said the current data for Wyoming appears to be consistent with results across the country. "We are seeing excellent results among those who have been vaccinated. The vast majority of recent, new cases have involved people who were not yet fully vaccinated," she said.

"It's clear vaccines are the key to seeing fewer COVID-19 illnesses and there is no question we'd like to see higher vaccine coverage rates in our state," Harrist said.