



## MONTHLY NEWSLETTER

### FITNESS FOCUS

#### SUNSCREEN VS. SUNBLOCK

##### Part 2 (see [June Newsletter](#) )

Since our July 2019 article reviewing sun exposure protection options, the FDA has published results of a larger study in January of 2020. This new study confirmed the concerns about absorption of sunscreen chemicals (see study summary [HERE](#) ) . Specifically, the FDA found that all six of the commonly used sunscreen chemicals (avobenzone, octisalate, octinoxate, octocrylene, homosalate, and oxybenzone) were absorbed above the 0.5ng/ml accepted safe human blood level with just the first application of sunscreen. Blood levels ranged from 3.5 ng/ml for avobenzone to 258.1 ng/ml for oxybenzone and were higher for lotion application compared to spray application. Some chemicals were still found on the skin for 7 -14 days.

As indicated in June, the FDA is now going to go back and study these chemicals further to see if and how they affect the human body...all the while leaving these chemicals on the market after years of use. Unfortunately I feel that this approach is backwards. Not knowing the safety of a chemical that is 500 times higher than the expected safety level is concerning.

As for me and my house, we are working away from SUNSCREENS containing the chemicals to mineral SUNBLOCKS using titanium / zinc oxide. Specifically, I really like this one ....

**"Baby Bum – Mineral SPF 50"** .  
(dwb)

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

August 2021

### HEALTH TIP



#### Lung Cancer Screening Tools and Criteria

To raise awareness of the importance of lung cancer screening, August 1<sup>st</sup> was recognized as **World Lung Cancer Day** by the Forum For International Respiratory Societies. More information on this can be viewed online [HERE](#) .

It is useful to know that the recommendations for lung cancer screening have changed over the years. If you smoke, stopping this habit offers the best chance of avoiding lung cancer. Chest x-rays as a screening tool for lung cancer have not proven to be helpful. Combining chest x-rays with looking at sputum samples for cancer cells has not been effective. Computed tomography (CT) scanning, however, has been studied extensively and has been shown to reduce the healthcare cost burden and the death rates associated with lung cancer.

Screening for lung cancer with low-dose CT scanning is now recommended for actively smoking adults ages 50-80 years old with at least a 20-pack year smoking history or for former smokers with a similar history who have quit smoking in the last 15 years. Examples of smoking histories using these criteria would be 1) a two-pack per day smoker for 10 years; 2) a one-pack per day smoker for 20 years; or, 3) a ½ pack/day smoker for 40 years.

Speak with your physician if you are meet either of these screening criteria and have not yet had any discussions about screening for lung cancer. (mdt)



### DOCTOR'S NOTE

#### August is Recognized as "National Breastfeeding Month"

By Dr. Tracy

Are you expecting a new baby to join your family soon, or do you know someone who is expecting? If so, this column is for you. While there are infant formulas on the commercial market, breastfeeding remains the recommended nutrition choice for infants by medical communities around the world. However, there are cases when mothers are not able to effectively breastfeed. In such cases, use of formula and/or human breast milk banks should be discussed with the infant's physician.

Breast milk offers many benefits, including optimal nutrition, a natural defense against certain infections and anti-inflammatory properties. Additionally, there is data that illnesses such as ear infections and pneumonia are less common in breast-fed infants compared with formula-fed infants.

There is also some interesting research which has shown that breast milk might be used to treat conditions that occur in infancy. Some examples...

- application of breast milk to an infant's eczema may help decrease this chronic skin inflammation;
- application of the infant mother's breast milk to a "blocked tear duct" may be helpful for this health issue.

For a more comprehensive review of the reasons and benefits of breastfeeding, please see the online article **"WHY BREASTFEED"** published by the American Academy of Pediatrics.

**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**



**COVID-19 VACCINE EFFICACY IN PARK COUNTY & BEYOND**

by Dr. Aaron Billin, Park County Health Officer, August 5, 2021 (Facebook Reprint)

The following data speak to the efficacy of the COVID-19 vaccines nationwide, in Wyoming, and in Park County.

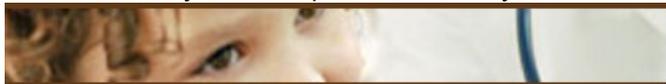
Park County - Between May 1, 2021 and today, 5 of 372 (1.3%) COVID-19 cases have been 2nd infections. 14% of the 372 cases described themselves as mask wearers at work. 8 of those 373 (2.2%) were fully vaccinated, with 2 hospitalizations and 1 death. Age range of the breakthrough infections was 18-82 with an average of 56.5. There have been no deaths attributed to the vaccine. (Source - WDH REDCap Database).

This means that if you have been vaccinated in Park County, you have a 0.018% chance of being hospitalized with COVID-19 and a 0.009% chance of dying of COVID-19 (the overall risk of death once you get COVID-19 is 1.7% nationwide, 1.2% in Wyoming, and 1.1% in Park County). To date in Park County, your risk of being injured by or dying due to the vaccine is so small that it can't be calculated. Of course, these risks are less significant if you are younger and more significant if you are older.

Wyoming - From May 1, 2021 to July 28, 2021, 95% of total COVID-19 cases and 94% of hospitalizations have not been fully vaccinated. (Source - Wyoming Department of Health)

Nationwide - 0.004% of fully vaccinated people have had breakthrough infections requiring hospitalization. Less than 0.001% of breakthrough cases in the fully vaccinated have been fatal. 74% of breakthrough cases have been in those 65 or older. (Source - American Academy of Family Physicians and CDC)

-----  
Visit the county health department or call your doctor for more vaccine information.



**MEMBER SERVICES FOCUS**

**PHILLIPS RESPIRONICS RECALL – REGISTER YOUR DEVICE  
CPAP, BiPAP, Continuous Ventilation**

On June 14, 2021, Philips Respironics issued a recall on many of their ventilation, BiPAP and CPAP products. The concern driving the recall is that the black foam used inside of the CPAP to dampen sound can degrade into small particles and gases that can enter into the tubing and be inhaled during use. This appears to largely be a function of the types of cleaning solutions and products being use on the machines with most concern focused on “ozone” cleaners.

If you use a Philips Respironics BiPAP or CPAP machine at home when sleeping, please visit [this FDA website](#) or the Philips Respironics website [HERE](#) for a listing of CPAP model names to find if your device has been recalled.

Philips is working on a permanent solution - likely to be a full replacement - but in the meantime we recommend CPAP users follow this FDA guidance:

- 
- Do NOT stop using your CPAP until you have talked to your doctor.
  - Purchase an “inline bacterial filter” that is placed at the tubing connection to filter out bacteria and in this case, any foam debris. These can be purchased from your CPAP provider or online.
  - Register your device on the [Philips recall website](#).
  - We recommend no further use of “ozone” based cleaning devices.
- 

Please contact your doctor with any further questions. If you use a Philips CPAP and need help navigating the above websites, you can bring your CPAP device (or a picture of the model name and number) to the office and we can help you investigate the matter further. (dwb)

**COVID-19  
NEWS & RESOURCES**

**STATUS CHANGING IN WY  
DUE TO DELTA VARIANT**

August 4, 2021 – WY Dept of Health

Wyoming’s fight against COVID-19 appears to be entering a new, concerning phase due to the Delta variant, according to the Wyoming Department of Health (WDH).

Dr. Alexia Harrist, state health officer and state epidemiologist with WDH, said the Delta variant is dominant in Wyoming right now, with most new cases in the state likely linked to the variant. “After months of relatively stable case numbers we have recently seen a sharp increase in most areas of the state,” she said.

“We are deeply concerned. The Delta variant has really changed the COVID fight we have on our hands. Unfortunately, Wyoming’s low vaccination rate makes our state more vulnerable to this highly contagious variant,” Harrist said.

Harrist noted that while the Delta variant is rapidly changing Wyoming’s COVID-19 situation, the authorized vaccines continue to offer excellent protection from infection, including against the Delta variant.

A WDH review of more than 5,000 lab-confirmed and probable cases identified among Wyoming residents age 16 and older between May 1 and July 28 shows roughly 95 percent of the individuals do not report being fully vaccinated against COVID-19. During the same period, of the nearly 300 persons infected by COVID-19 who were hospitalized at the time they were interviewed by public health representatives, just under 94 percent did not report being fully vaccinated against COVID-19.

“However, no vaccine can prevent all infections and that’s why we see a small percentage of what we call ‘breakthrough’ cases,” Harrist said.

Read the full article [HERE](#) for the WDOH data analysis, recommendations and precautions.