



MONTHLY NEWSLETTER

November 2021

Exercise and Diabetes

Just do it!

Regular exercise is likely to benefit most patients, including those with diabetes. The ideal amount is most likely at least 150 minutes of moderate aerobic activity, or 75 minutes per week of more vigorous aerobic activity. You can do this as part of a self-directed program or by joining a local fitness facility or club in your community.

Short-term benefits of regular exercise include improved glucose (sugar) metabolism in muscle by using muscle glycogen (a stored form of glucose) and having the muscles use glucose from the circulation.

Long-term training benefits include fiber changes that help your muscles use energy more efficiently, including development of more "slow-twitch" fibers and development of new capillaries in the muscle. Lipid metabolism may also improve with regular exercise, including serum cholesterol levels.

Hypoglycemia (truly low blood sugar) is uncommon in the setting of diabetes not treated with insulin or medications such as glimepiride or glipizide. However, a rapid decrease in blood sugar level may lead to symptoms similar to low blood sugar, including fast heart rate, sweating and dizziness.

In summary, we encourage all patients to engage with some type of exercise. The annual check-in with your doctor can help you get off to a good start on an intentional exercise plan that is sustainable and effective for your unique health circumstances. (mt)

HEALTH TIP



WATCHING OUT FOR THE "OPATHIES" OF DIABETES

Elevated blood sugar levels in diabetes, as well as high blood pressure, can cause damage to the end of the blood vessels that provide the blood to our organs. When the flow of blood to these organs is impaired by damaged blood vessels there can be damage to the affected organ. We call this "end-organ" disease. In diabetes care, "end-organ" disease is specifically watched for in the following areas...

Retinopathy (Eyes) - The very small vessels lining the back of the eye in the retina can start to leak blood into the eye if damaged by diabetes. Catching this early can allow damage prevention with laser treatments or injections. Thus, an annual diabetic eye exam with an eyecare provider is very important.

Nephropathy (Kidneys) - A check of the kidneys once a year is recommended to look for blood vessel damage that causes the kidney to become "leaky". This test - a urine microalbumin / creatinine ratio - can now be completed on the health fair options at the local hospitals. Diabetes is the leading cause of kidney failure in the U.S.

Neuropathy (Feet) - A foot check should be completed once a year to make sure numbness, calluses, or sores are not developing. Decreased blood flow over time to the very ends of the nerves in the feet can cause the nerves to lose function, leading to numbness. Without proper sensation in the feet, a person could be walking around with a small pebble in the shoe and develop a sore on the foot. A sore can then become a serious infection that could lead to an unwanted toe or foot amputation. (db)



DOCTOR'S NOTE

Hemoglobin A1C - A Marker of Diabetes

By Dr. Mike Tracy

The Hemoglobin A1C is a lab test that can be used to diagnose and monitor diabetes because it reflects a person's average blood sugar control for the previous two to three months. A Hemoglobin A1C of 6.5% or greater is consistent with diabetes.

Hemoglobin A1C was the marker used to assess the degree of blood sugar control in the development of diabetes-related changes in the eyes and kidneys (see related Health Tip article). However, getting the average hemoglobin A1C down may come at the cost of having low blood sugars which may have significant health consequences. For example, getting the hemoglobin A1C close to normal may come at the cost of increased risk of heart attack related to the stress caused by low blood sugar. For this reason, the goal hemoglobin A1C level has been "loosened" over the last few years from 6.5 to between 7 and 8.

Persons with diabetes should know their target A1C number. The hemoglobin A1C can be higher than expected based on fingerstick blood sugar readings. In this scenario, the patient could consider the use of a continuous blood glucose monitor to help identify when during the day their blood sugar goes higher than desired.

Finally, the Covid-19 pandemic has had a negative effect on much of the healthcare industry - including a marked decrease in screening and testing parameters. If you have diabetes, you should have a Hemoglobin A1C checked at least every six months, as well as a urine microalbumin (protein) test and eye exam every year.

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

FLU SHOTS AVAILABLE BY APPOINTMENT

Flu shot inventory at 307Health remains strong as we continue deeper into the 2021 flu season. Our vaccine inventory order was increased this past spring in anticipation of customer desire to avoid the upcoming viral influenza season. Influenza is anticipated to be more active this year as communities engage more fully following the season of CoVID-19 pandemic isolation.

People are often surprised to learn that the CoVID-19 vaccine does not also cover influenza. While these two vaccines may be combined in the future, they are currently only offered as separate vaccinations.

To learn more about the 2020-2021 influenza vaccine recommendations from the Centers For Disease Control (CDC) Advisory Committee on Immunization Practices, please see this information sheet - **CDC Summary of Recommendations** . (kt)

REGULAR FLU SHOT OR “HIGH DOSE” FLU SHOT?

Again this year, a “high dose” influenza vaccine is being offered to persons over 65 and to immune compromised individuals through local pharmacies.

According to this Good Rx article **Do I Need a High-Dose Flu Vaccine?** , the high dose vaccine “contains four times the amount of antigen as the regular dose flu vaccine. As we get older, our immune systems have a harder time fighting off infections and learning from vaccines. The higher amount of antigen in the high-dose flu vaccine helps an older adult’s immune system better recognize and react to the vaccine.”

307Health offers the regular flu shot to our members by appointment at the clinic. The cost has held steady at \$25 since we began offering this vaccine 5 years ago. While the high-dose flu vaccine is not offered by 307Health, we do recommend this vaccine for eligible and interested persons. (kt)



MEMBER SERVICES FOCUS

NEW ADULTS TO SEPARATE FROM PARENT ACCOUNTS

The 18th birthday is a new adult milestone that offers new freedoms and new responsibilities. Beginning this month, 307Health members over the age of 18 will be established as their own “household” account for which the individual member is responsible. Moving forward, 307Health family household accounts will only consist of parents or guardians and their dependent minor children.

This change in our internal record keeping will allow us to better comply with federal and state privacy rules surrounding medical relationships and streamline our record and bookkeeping practices to allow for more efficient and direct communications with adult members.

Parents who desire to continue sponsorship of their adult son or daughter's member fees may do so in cooperation with their family member as he / she manages their own 307Health account. Please call if you have any questions or need more information about this change.

PROTECTING YOUR PRIVACY IS IMPORTANT TO US

A unique feature of 307Health is the ease of patient-doctor communication through nonsecure texts and email. This is a communication feature which new members can choose at enrollment or anytime thereafter. That said, it is also a feature which can be changed in either direction by you. You can tell us to “disable” or “enable” the nonsecure communication feature on one or two mobile numbers and/or email addresses.

To easily review or request a change to your nonsecure communication settings, or for any other account or administrative questions, please reach out to Karrie or Nancy at the front desk between 8 a.m. and 5 p.m. Monday through Friday.

Thank you for choosing 307Health as your primary care healthcare provider.

**COVID INFORMATION
And RESOURCES**

**WHAT TO DO IF YOU HAVE
COVID-19 AND ARE NOT
SICK ENOUGH TO BE IN
THE HOSPITAL (Part 2)**

By Aaron Billin, M.D.

Reprinted Facebook Post 10/04/2021
(See Oct 2021 Newsletter for Part 1)

Additional treatments to support your immune system that have less evidence, but the potential benefits far outweigh the risk (consult with your medical provider for dosages):

4. Vitamin D – A large meta-analysis study suggests that vitamin D can help you fend off severe COVID-19, especially when taken after you are diagnosed. The Endocrinological Society states that 4000 I.U. is the largest daily dose of vitamin D that you should take without a medical provider’s supervision. Those with some medical conditions, such as sarcoidosis, should not take vitamin D.

5. Vitamin C – This is known to support the immune system.

6. Quercetin – Also felt to be helpful as it is molecularly similar to [the doctor-prescribed medication] dexamethasone.

7. Sleep – Studies show that those who slept well several nights before vaccination had a much better immune response. At least 7 hours is recommended. Sleep specialist advise that the hours early in the night (before midnight) are most beneficial.

8. Melatonin – Helps with sleep and has an anti-oxidant effect.

9. Zinc – No more than 40 mg of elemental zinc per day.

10. Air Quality – The SARS-CoV-2 virus is transmitted mostly in large respiratory particles that are blocked by appropriate masks. To a lesser degree SARS-CoV-2 can be passed through airborne transmission, where the virus drifts throughout your house on small respiratory particles. For this reason, isolating someone who is ill to one part of the house and maximizing ventilation is helpful. This can involve cracking the windows and using fans, using portable air hepa-filtration units, and/or installing a filter on your HVAC unit rated at MERV 13 or better.