



MONTHLY NEWSLETTER

April 2022

FITNESS FOCUS

WHAT IS "MODERATION"?

Oscar Wilde is credited with the following quote: "Everything in moderation, including moderation."

Alcohol use may affect overall health and fitness, so it is worth trying to better define "alcohol use in moderation."

Here are a few groups of people who should not drink - pregnant women, those taking certain medications or with certain medical conditions (your healthcare provider can help you define these conditions), recovering alcoholics and persons who consistently drink above recommended levels.

According to p.49 of the Dietary Guidelines for Americans 2020-2025 [HERE](#), the recommended limits of alcohol consumption are two drinks per day or less for men, and one drink per day or less for women. A "drink" is defined as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of hard liquor. These estimates should be viewed as an upper limit rather than a goal.

Past studies have suggested that moderate alcohol use may offer some protection against heart disease. However, emerging evidence suggests that even drinking within these recommended limits may increase the overall risk of death from some forms of cardiovascular disease and cancer.

Studies have also suggested a tendency to under-report alcohol use. We encourage anyone who consumes alcohol to talk with their doctor about this important topic. (mt)

HEALTH TIP



DOC, THE ROOM IS SPINNING! - CAUSES OF DIZZINESS (PART 1)

Dizziness comes in several "shapes and sizes" and a complaint of dizziness will prompt a litany of questions from your doctor intended to determine if the cause is coming from a brain blood flow issue or from an inner ear issue. These are two distinct medical processes that require different treatment approaches. This article reviews dizziness caused by "orthostatic hypotension / pre-syncope" which impacts brain blood flow. This term is used to describe a sudden drop in blood pressure which then decreases blood flow to the brain that causes a lightheaded "woozy" sensation whereby a patient may feel the need to hold and "catch their bearings" for a second or two before resuming activity. Some describe this as the sensation of "nearly fainting" or having "the curtains coming in on my vision".

Classically, we all have felt this to some extent if we bend over to pick something up and then stand up quickly. Waiting just a couple of seconds usually allows the dizzy sensation to pass, but prolonged disruption from abnormal heart rhythms, highly dosed blood pressure medication, or even a vasovagal reaction such as that caused by pain or seeing blood, can lead to full syncope or "passing out". Syncope is nature's way of getting one's head down to the level of the heart to return blood flow to the brain.

Dizziness that leads to fainting can be very serious. Please talk to your doctor immediately should you experience dizziness that leads to fainting. (db)



DOCTOR'S NOTE

ALCOHOL USE & THE COVID-19 PANDEMIC

By Dr. Mike Tracy

The Covid-19 pandemic has given the world many challenges. While we need to recognize the effects of the virus itself on the human body, we also need to understand the downstream effects of the pandemic. Increased alcohol consumption and changes in patterns of alcohol consumption are reflections of these downstream effects.

Alcohol consumption in the United States measurably increased during the pandemic. For example, alcohol sales in March 2020 were over 50% higher than in March 2019. During the pandemic, internet alcohol sales increases 2.5 times.

There is no doubt that stress, anxiety and depression have all increased as a result of the pandemic. Alcohol is often used for stress relief and to self-medicate anxiety and depression. There has also been more exposure to the effects of alcohol advertising during the pandemic. Whether streaming videos online or watching cable television, exposure to advertisements show attractive actors enjoying alcoholic beverages without acknowledging any of the downsides of alcohol consumption. These downside effects can range from uncomfortable hangovers that impair productivity to risky sexual activity to increased health risks.

One national survey suggests that excessive drinking increased over 20% during the pandemic. It is not yet clear how much of this increase will be a permanent part of our social fabric, but it is clear that increased alcohol use and its downstream effects will be one of the many medical issues we will need to face as part of the pandemic.

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

DOCTOR'S DAY 2022 – LOOK UP, SHOW UP, NEVER GIVE UP

While our doctors make our day every day, national Doctor's Day this past week inspired us to put in a little "extra" effort to say "thank you" for their consistent work ethic and excellent, compassionate service to our patients and community.

Cake, homemade cookies, a red-and-white carnation bouquet and a tailored gift basket were just some of the treats received by the doctors this week.

Appreciation shared by our members on National Doctor's Day 2022

- *Thanks for all you do for us. We appreciate you. Enjoy your special day! We are blessed to have you!*
- *I do want to give a shout out to all the docs at 307 Health and their facility. Thank you for taking the leap into the unknown and trying something different that our area has not been familiar with in the healthcare world. My family has seen a great benefit from 307 Health in all that they offer. The open channel of communication is very much appreciated and lends to a much more responsive and immediate solution to our questions and concerns. I will continue to absolutely recommend 307 Health to any of my friends, family and neighbors. Thank you to all!*
- *Thank God for 3 Doctors at 307 Health, they are always there when I need them and always give me the encouragement to move forward and not let the pain or illness run me down. Yay for the Docs! We are lucky to have all of you in this Community and serving a large radius around our community.*



MEMBER SERVICES FOCUS

SUPPLY-SIDE FACTORS FOR PRESCRIPTION MEDICATIONS

The wholesale medication service available to 307Health members is subject to the same variability other consumer goods are facing in these changing times. This variability can range from delayed shipping, back-orders, unavailable product and changing prices. As always, we will do our best to stay informed about these factors and to keep our members informed should these factors affect them directly.

RECALLED CPAP MACHINE REPLACEMENTS ARE ARRIVING

Replacement machines for the recalled Phillips Respironics CPAP and BiPAP machines have begun arriving. Should you be on the receiving end of a replacement machine, here are a few tips we have learned.

TIP 1 - Carefully follow the accompanying instructions when swapping out the SD card and modem components before shipping your recalled machine back to the manufacturer in the box provided.

TIP 2 - We do recommend ensuring your replacement machine is working properly to your satisfaction before returning your recalled machine.

TIP 3 - Should you have difficulty setting up your new machine, please follow these resolution steps to obtain assistance...

- Call the number that comes with the replacement instructions;
- Call your CPAP Supply provider;
- Call 307Health.

HELP US "SAVE-A-STAMP" AND THE ENVIRONMENT

If you are one of the approximately 90 households who receive delivery of a monthly invoice via US postal service, please consider switching to email delivery or in-person pick-up. Each invoice costs \$0.58 to mail, along with the supplies and paid labor to print and package, and fuel to deliver from office to mailbox.

**COVID INFORMATION
And RESOURCES**

**GOVERNOR GORDON
RESCINDS PUBLIC HEALTH
EMERGENCY**

March 15, 2022

CHEYENNE, Wyo

Governor Mark Gordon has signed an executive order rescinding Wyoming's COVID-19 public health emergency. To facilitate efforts to address the state's nursing shortage, the governor has also signed an executive order to allow working nurses time to get licensed in Wyoming.

Executive Order 2022-03, "Executive Order Rescinding Declaration Of A State Of Emergency And Public Health Emergency" immediately rescinds Executive Order 2020-2.

"Wyoming has done a wonderful job in persevering through the pandemic," Gordon said. "The emergency is over, but people's responsibility to one another is not. There is one lingering concern – Wyoming's shortage of healthcare workers. This shortage includes nurses, and has existed long-before COVID and was only exacerbated by the pandemic. Therefore, Executive Order 2022-02 "Nurse And Nursing Assistant Staffing Emergency And Temporary Relief" is effective today and remains in effect for 60 days."

Executive Order 2022-02 allows nurses and nursing assistants licensed in other jurisdictions to provide nursing care in Wyoming in order to address staffing shortages.

Copies of both executive orders can be found on the governor's website [HERE](#).

CLINIC HOURS CHANGE NOTICE

The 307Health clinic will be closed Friday, April 14, 2022.