



## MONTHLY NEWSLETTER

May 2022

### FITNESS FOCUS

#### EXERCISE YOUR BRAIN

Too much screen time is a problem for many reasons. What did we used to do before we had flat screens, phones, pads and computers to occupy our free time? Examples of brain exercisers include crossword puzzles, Sudoku, and jigsaw puzzles. People of all ages can benefit from doing jigsaw puzzles, and this can also provide good social interaction across generations. Click [HERE](#) to see the article entitled "7 Surprising Benefits of Doing Jigsaw Puzzles for All Ages" by South Mountain Memory Care.

Puzzles are a great way to:

- Exercise your logical left brain and creative right brain at the same time.
- Exercise your short-term memory.
- Exercise your visual-spatial reasoning skills.
- Relieve stress and enjoy a temporary escape from the pressures of the world.
- Enjoy family time-make this a multi-generational activity.

If there's nobody around, enjoy quiet time as you exercise your mind with a puzzle.

Make sure to choose a puzzle that is appropriate for age and visual ability. Also, chose a puzzle with pieces of appropriate size if you have any difficulty grasping due to a health condition such as arthritis. It is fun and oddly satisfying to watch the progress of a jigsaw puzzle towards completion. Putting in the last piece caps a fun exercise in brain activity. (mt)

### HEALTH TIP



#### DOC, THE ROOM IS SPINNING! - CAUSES OF DIZZINESS (PART 2)

Vertigo is the second common cause of dizziness we see. Vertigo is typically described as a "room spinning" sensation as opposed to a "fainting" sensation. This room spinning sensation is brought on by turning the head from side to side or possibly bending forwards or backwards. For example, patients describe that simply rolling over in bed can bring on the spinning. This vertigo can last from several seconds to minutes and even up to hours often causing nausea and even vomiting.

Most vertigo is caused by dysfunction in the vestibular system within the middle ear called Benign Paroxysmal Positional Vertigo (BPPV). The vestibular system consists of three semicircular canals in the middle ear that correspond to different planes of movement. Within these fluid filled canals are floating crystals that act like a bubble in a level and tell our brain where we are at in space. With BPPV though, the crystals become dislodged and now the "level" for example is telling the brain that you appear to be turning to the right while the eyes are sending the correct signal to your brain that you are actually not moving. This discordant signal confuses the brain which causes the eyes to move quickly back and forth creating the room spinning sensation.

BPPV can acutely be treated with dramamine or similar medications, but long term treatment consists of special maneuvers to place the crystals back in the correct orientation within the vestibular canals. Read more here.



### DOCTOR'S NOTE

#### ALCOHOL AND STROKE RISK

By Dr. Mike Tracy

Can alcohol consumption really increase a person's risk of stroke? Years ago, a colleague in a different town discussed a case with me that involved a man in his 40s with no known health problems who suffered a stroke while golfing with his friends. The man had consumed six beers over the course of the day and the treating neurologist identified binge drinking as his only stroke risk.

Drinking small amounts of alcohol may have a protective effect on cardiovascular risks including stroke. Many studies have shown a decreased risk of stroke with light or moderate alcohol consumption. For example, a study of 38,000 male health professionals showed no increase in stroke risk associated with light alcohol consumption (<1 drink daily) or moderate alcohol consumption (1 or 2 drinks daily). However, this same study shows an increased stroke risk with consumption of 3 or more drinks daily. Another study shows that middle-aged people who drink more than 2 drinks per day have a 1/3 higher risk of stroke. In addition, people who drink this amount in their 50s and 60s appear to suffer strokes earlier in life than those who consume moderate amounts (or less) of alcohol.

Studies have also shown a significant increase risk of stroke associated with binge drinking, defined as six drinks in one session for males or four drinks for females. A study of over 15,000 men and women ages 25-64 in Finland showed that binge drinking is an independent risk factor for stroke.

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**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**“DIRECT PRIMARY CARE” COMPLEMENTS HEALTH INSURANCE**

It is common to hear insurance terminology being used to describe 307Health membership during conversations with members or prospective members. These insurance terms include things like “plan” and “program” and “coverage”, and – of course – insurance. However, direct primary care membership is not insurance. Section 5 of the **307Health Terms and Conditions of Membership** document received by every member upon enrollment states:

*“307Health membership described herein is NOT a health insurance plan, not a substitute for health insurance or other health plan coverage (such as membership in an HMO) and will not cover services provided by a hospital, ambulatory surgery center or any other facility, or any services not personally provided by 307Health or its Physicians.”*

What then is DPC membership? DPC membership is an agreement between a medical provider and their customer to provide a package of primary care services in exchange for a fixed monthly fee. These services are specifically outlined in Appendix 1 of the **307Health Terms and Conditions of Membership** and includes things such as 24/7 direct access to a primary care physician via phone call, text, email and office visit at no additional co-pay, as well as access to an in-house wholesale medication service. A DPC membership can complement traditional health insurance plans or healthcare cost-sharing cooperatives.

A copy of the **307Health Terms and Conditions of Membership** is sent to every new member upon enrollment and is available anytime upon request.

**CLINIC HOURS CHANGE NOTICE**

The 307Health clinic will be closed Monday, May 30, 2022 for Memorial Day.



**MEMBER SERVICES FOCUS**

**SERVICES AVAILABLE TO 307HEALTH MEMBERS**

The following Medical Services are included in the services provided by 307Health:

- Routine office visits for no additional co-pay
- Routine certifications such as DOT exams and school sports physicals
- Screening tests and examinations
- Wellness evaluation
- Physician orders
- Minor office procedures
- Coordination with specialists.
- 24/7 physician access
- Email / text / phone access
- No wait or minimal-wait appointments
- Same or next day appointments
- Thorough new member appointments
- Office / home visits
- Medication dispensary with at-cost pricing
- Monthly newsletter

**“FORMS” TAB ADDED TO WEBSITE**

The 307Health website [www.307health.org](http://www.307health.org) now includes commonly used forms under a dedicated tab. Forms such as the WHSAA school physical examination record (sports physical) and specific membership informational documents can be found online at this website. Please let us know if you have any suggestions or questions for our website development team.

**WY DEPT OF HEALTH News & Resources**

**CHICKS MAY BE CUTE, BUT CAN SPREAD DISEASE**

As the time of year arrives when the “cheep, cheep” sound of cute chicks becomes more common, the Wyoming Department of Health (WDH) is reminding people that baby birds can sometimes carry harmful germs even though they look clean and healthy.

Tips for handling live birds include:

- 1) Children younger than 5 years of age, elderly persons or people with weak immune systems shouldn't handle or touch chicks or other live poultry.
- 2) After touching live poultry or anything in the area where they are found, wash hands thoroughly with soap and water. If soap and water aren't available, use hand sanitizer.
- 3) Don't eat or drink around live poultry, touch with the mouth or hold closely to the face.
- 4) Don't let live poultry inside the house, in bathrooms or in areas where food or drink is prepared, served or stored.
- 5) Clean equipment or materials used in caring for live poultry outside the house, such as cages or feed or water containers.

Matthew Peterson, surveillance epidemiologist with WDH noted a different bird-related disease has been in the news lately as Wyoming is currently seeing highly pathogenic avian influenza spread among both domestic and wild birds. Bird owners should follow guidance from the Wyoming Livestock Board on preventing exposure to wild birds and should report any symptoms among their birds to their veterinarians. Hunters who handle wild birds should dress game birds in the field when possible, wear gloves when dressing birds, and wash hands with soap and water afterwards. Read full article [HERE](#).