



MONTHLY NEWSLETTER

June 2022

HEALTH & FITNESS

Men's Health Month

The Big Top-3

National Men's Health Month offers an opportunity to encourage the men in our lives to take care of themselves with a healthy diet, regular exercise, and appropriate screening for certain types of cancer.

The top three causes of death in American men are as follows.

1. Heart disease and stroke.

Previous newsletters have addressed modifiable risk factors for cardiovascular disease. Stop smoking. Control your blood pressure to 140/90 or less. Know your cholesterol profile and treat accordingly. Manage diabetes well and know your numbers.

2. Cancer.

Unfortunately, most cancers do not have effective screening tests. The big exception is colon cancer - a screening colonoscopy starting at age 45 in average-risk males significantly decreases the risk of dying from colon cancer.

Screening for lung cancer with a low dose CT scan and for prostate cancer with a PSA should be done in shared-decision making with your physician, as there are significant pros and cons with these screenings.

3. Unintentional injuries.

This last cause-of-death in men largely includes automobile accidents. Wear a seat belt, a helmet, and/or a life jacket when appropriate and advisable. Take the time to use extra care when working with chain saws and other dangerous items. (mt)

HEALTH TIP



URINARY TRACT INFECTIONS IN ADULTS

Urinary tract infections (UTIs) are one of the most common infections in adults. Going hand in hand, UTIs are thus a common reason for patient use of antibiotics. The most common symptoms are dysuria (burning with urination), hematuria (blood in the urine), and increased urinary frequency. If advanced with spread to the kidneys, we can see abdominal and back pain, fevers, and nausea with vomiting.

In men, UTIs are less frequent but can be more complex due to the infection involving the prostate. With an infection that enters the prostate, men can require weeks of antibiotic treatment to clear the infection.

In women, UTIs can be very common and many times are associated with sexual intercourse. Although technically unproven, for patients who do have a tendency to develop infections after intercourse, we recommend urinating after intercourse as it may help flush the bacteria away from the bladder and urethra. If a woman is menopausal and experiencing UTIs, sometimes treatment with a topical estrogen cream can return these tissues to a healthier state that helps prevent infections.

Some patients are able to fight off a mild infection with just hydration and cranberry juice / capsules. Otherwise, your doctor may request that you perform a simple urine test in the clinic to confirm an infection is present. A urine culture at a hospital lab may be needed to identify the offending bacteria and help guide which antibiotics will clear the infection especially if first line antibiotics are not working. Learn more [HERE](#) (db)



DOCTOR'S NOTE

PNEUMONIA VACCINE - CDC RECOMMENDATION UPDATE

By Dr. Chandler

CDC vaccination recommendations continue to change as more data and new vaccines become available. These changing recommendations can often be confusing for both patients and providers. Thus, I would like to clarify the new recommendations about pneumococcal vaccines ("pneumonia vaccines").

For years, PPSV23 (Pneumovax) has been the main adult pneumococcal vaccine. PCV13 has been given to children for years, as well. A number of years ago, PCV13 was added to the recommendation for all adults, though that recommendation has since been modified. There are now 2 additional pneumococcal vaccines available - PCV15 and PCV20. If you have received both PPSV23 and PCV13 after age 65, you do not need another pneumococcal vaccine. If you have received PPSV23 only, then you will need a dose of PCV15 or PCV20 at least one year after your PPSV23. If you are not yet 65, the current recommendation is for you to receive one dose of PCV20 at age 65 with no further booster doses needed.

There are some additional recommendations for adults with high risk conditions or for those who have received a dose of PCV13 but not PPSV23. While we do not have space to go into those specific recommendations in this column, you can certainly contact your doctor with questions.

More information on CDC pneumonia vaccine recommendations for adults - and helpful visuals - can be found online [HERE](#) .

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

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS

“FORMS” TAB GOES LIVE ON 307HEALTH WEBSITE

A new resource for our members and providers is now live on the 307Health website ([HERE](#)). The new “Forms” tab currently includes these four commonly shared and printed 307Health forms. These four forms are now available for review and download by site visitors as needed. Let us know if there is another form you would find useful for this site.

Privacy Practices Notice – This form is completed for every new member when joining 307Health. We ask that you periodically review this form to ensure your most current privacy settings and preferences in our electronic communication systems are in place. Should an update or change be required, please complete and submit a new Privacy Practices Notice form to our front desk staff.

Sports Physical Exam Record (WHSAA) – The physician-signed sports physical form is required by the school district for students who elect to participate in a school sport. The form should be filled out by the student and his/her parent prior to their sports physical appointment. The form requires a parent's signature.

Terms and Conditions of Membership – The information in this six-page document was carefully written to clearly spell out what is and what is not included in 307Health membership, the reasonable expectations for both parties and the security details and expectations of patient-provider communication methods offered by 307Health. Every member signs-off agreement to this document at enrollment. Any change to this document requires a 30-day written notice to all current members.

Terms and Conditions of Payment – This form describes 307Health's payment expectations of members and the internal processes and fees for past-due accounts. It is provided as an adjunct document to the Terms and Conditions of Membership and can be changed without advance notice to 307Health members.



MEMBER SERVICES FOCUS

2022-2023 SPORTS PHYSICAL EXAMS NOW AVAILABLE

Scheduling and completion of the annual sports physical is easy for 307Health members. This annual medical exam is required prior to attending team practice for all student athletes by the Wyoming High School Activities Association (WHSAA). The exam can be completed anytime after May 1 for the upcoming school year.

The less hectic summer months are a great time to tend to this detail. A summer sports physical exam allows families to take one thing off their busy Fall schedule and is included in 307Health membership. Member families can call the office anytime to schedule their student's sports physical.

When an athlete comes to their sports physical appointment, it is most helpful for a parent to have completed and signed the WHSAA's “School Physical Examination Medical Record” form ahead of the appointment. This form can be found on the 307Health website [HERE](#) for home printing and completion, or it can be picked-up at the front desk in advance of the scheduled appointment.

SUMMER CLINIC HOURS: 8-5 MONDAY THROUGH FRIDAY

“What are your hours?” is a frequent summertime question we hear. As in past summers, clinic hours of 8-5 Monday through Friday will remain unchanged to allow us to meet the urgent care and medication refill needs of our members during the standard work week. As usual, Friday afternoon clinic staffing will be lighter to allow our employees more time to enjoy the lovely Wyoming summer.

VACATION CROSS-COVERAGE OF PHYSICIANS

307Health members can be assured of continued physician coverage as vacationing doctors “sign out” their phone number and patient care services to a covering partner-physician. To guarantee reaching a doctor real time, always use your [Physician Access Number](#) when contacting 307Health with a medical question.

**WY DEPT OF HEALTH
News & Resources**

REPORTS OF STOMACH-RELATED ILLNESSES INCREASING

In a May 24 news release ([HERE](#)) the Wyoming Department of Health (WDH) said reports of stomach-related illnesses known overall as viral gastroenteritis have been recently increasing in Wyoming.

Recent upticks have been reported from the northern part of the state, including Sheridan and Park counties, as well as in southern Wyoming's Laramie County. “We are specifically seeing increased reports in school and restaurant settings,” said Matt Peterson, WDH surveillance epidemiologist.

Peterson said commonly reported symptoms include vomiting, nausea, chills and diarrhea.

“We are encouraging anyone with these symptoms to stay home from work or school and from social events such as graduation parties and weddings until 48 hours have passed since their last bout of vomiting or diarrhea,” Peterson said.

Commonly described as “stomach flu” or “food poisoning,” gastroenteritis can spr ead easily when people eat or drink contaminated food and beverages, touch contaminated surfaces or through close contact with someone already sick.

Gastroenteritis can be caused by rotaviruses, noroviruses, adenoviruses, sapoviruses, and astroviruses, along with some bacteria (such as E. coli and salmonella). Noroviruses are most common.

Illness can hit quickly between 12 to 48 hours after a person has been exposed. Symptoms can last from one to ten days, depending on which virus caused the illness, and go away without causing long-term problems.for dehydration and may need hospitalization. More information can be found [HERE](#) .