



MONTHLY NEWSLETTER

July 2022

FITNESS FOCUS

SUMMER BIKE SAFETY

Bicycle riding is a great way to exercise on or off the road. A few simple safety measures will maximize your chances of continuing to enjoy this great pastime. Unfortunately, there are over 1000 deaths and 130,000 injuries from bicycle accidents each year in the U.S.A.

1 - Wear a helmet. Just as it's important to wear your seat belt every time you get in a car, it's important to wear a helmet each time you ride a bicycle. A properly fitting helmet with a snug chin strap and proper position on the head are key. Also, if you have an accident that involves a strike to the helmet, you may need to replace the helmet. Some experts recommend replacing your bike helmet every 5 years. One local doctor says that "you only don't need to wear a helmet if your head is harder than the sidewalk."

2 - Wear bright clothing always and lights at night. This is important to increase the chance that drivers will see you and respond appropriately. Many vehicles, such as motor homes in Wyoming in the summer, have mirrors that reach well into the bike lane. It's also important to have some element of reflective material on your bright clothing in case you are on the road later than anticipated as the sun sets.

3 - Don't drink and ride a bicycle (or drive). One third of deaths from bicycle accidents occur with alcohol use by the vehicle driver and/or the bicycle rider. (mt)

HEALTH TIP



TRAVEL INFORMED, SAFE AND PREPARED THIS SUMMER

International travel has opened up two years after the start of the CoVID-19 pandemic. People are once again traveling to multiple destinations both domestically and internationally. Planning for potential medical situations abroad is helpful to avoid some predictable and preventable medical situations.

One helpful travel tip is to check the CDC recommendations for travel to your destination(s) abroad. The website address to access this information is: <https://wwwnc.cdc.gov/travel>. For example, if you're traveling to countries in Central America or Africa, the recommendation for malaria prophylaxis depends on the areas of travel in a given country. Also, vaccination recommendations differ depending on your destination. It is ideal to review this information several months before travel, in case you need to have an immunization that requires a booster shot.

Your physician may also help you plan for potential medical issues to save you the need to seek healthcare during travel abroad. For example, it may be worthwhile to take a course of antibiotics to treat travelers' diarrhea, a small course of medication to treat nausea, and a small supply of medications to treat cold symptoms. An additional website that may be helpful is the U.S. State Department Travel Advisory, The US State Department's website TRAVEL.STATE.GOV contains helpful information regarding situations abroad. This site is linked [HERE](#). (mt)



DOCTOR'S NOTE

GOING FISHING—WHAT TO DO WHEN YOU GET “HOOKED”—PART 1

By Dr. Bartholomew

A favorite pastime in Wyoming is “wetting a line” with family and friends during these warm summer days. The most vital tool for this activity is - of course - the fishhook. Curved at just the right angle, the end of the hook punctures through tissue when the unsuspecting victim pulls away from that initial poke thus lodging that barb deep in the flesh. Oh, and I haven't even mentioned what it does to the fish yet!

All joking aside, accidental fishhook injuries are a common occurrence this time of year. Sometimes it is an errant back cast with the fly catching an ear or the back of the scalp. Sometimes it is one or even two hooks of the treble hook taking lodge in the hand while taking your catch off (or detangling a kid's line). So, what do we need to consider with fishhook injuries?

Removal depends on the depth of the hook and the tissues involved. A superficial hook without a barb can simply be reversed back from the angle of entry. A superficial barbed hook can be removed via the “String-Yank” method – see video [HERE](#)

If the hook is deeply lodged and especially if there is question of tendon involvement, then you should have a medical provider evaluate the situation. Commonly, we will have to grab and curve / push the end of the hook out of the skin, cut off the barbed end, and then reverse the hook back out – see video [HERE](#).

For a full review please see this AAFP summary article [HERE](#)

(See Part 2 of this Article in the Member Services column.)

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PRACTICE NEWS



SELF-DIRECTED HEALTH FAIR LABS

Where can I get my health fair lab work done?" We hear this question often. Here is the most current list of lab providers in the area.

- CATHCART LAB in Cody – Monday through Friday.
- HERITAGE HEALTH in Powell – By Appointment
- POWELL HOSPITAL in Powell – Wednesday mornings
- WYOMING HEALTH FAIR in Powell – Second Tuesday monthly
- WYOMING HEALTH FAIR in Cody – Second Wednesday monthly

More details about the requirements for health fair labs by location can be found at each provider's website or by phone call. (kt)

MEMBER PROFILE PICTURES

"Can I take your picture?" We are in the process of updating member profile pictures in our patient records, so don't be surprised when we ask to take your picture. Your profile picture is used only in our system to help us have a more personal connection with you when looking at our screen. The photograph also helps us confirm we have the correct record when we are responding to you in anyway. If you do not wish to have your picture taken, simply let us know. (kt)

THE 18th BIRTHDAY – A REMINDER OF ACCOUNT CHANGES

Effective this year, 307Health implemented a new policy in which all young adults turning 18 will be established with their own household billing account. The reasons for this are many. This change will help us better interact with these young adult accounts, as well as with documentation. An additional benefit is that young adults learn more about this valuable healthcare resource. Questions? Call anytime. (kt)



MEMBER SERVICES FOCUS

GOING FISHING—WHAT TO DO WHEN YOU GET "HOOKED"—PART 2

(...continued from the "Doctor's Note" column)

After removal of an embedded fishhook, consideration of infection must follow. Fishhook injuries are a great time to get that tetanus booster updated if it has been more than five years. Superficial wounds can be cleansed thoroughly and aggressively with soap and water and covered with antibiotic ointment and a bandage. Deep injuries, especially if tendon or ligaments may be injured, may require an oral antibiotic at the discretion of your doctor. Any wound that starts to get red, hot, swollen, or develops a discharge needs to be evaluated right away.

And as my father would always say... "A bad day fishing is better than a good day of work!" For the purpose of this article, we may need to define what a "bad" day of fishing really means!

RISK FACTORS FOR DIABETES

Amber Nolte with the Wyoming Health Department (see side bar) suggested people try a simple online screening test to learn about their personal diabetes risk offered by the CDC. You can find the online screening test [HERE](#).

Risk factors include being 45 or older, family history of type 2 diabetes, history of gestational diabetes, being overweight or obese, having high blood pressure or having high cholesterol. One in three American adults has prediabetes, which is when a person's blood glucose (sugar) levels are higher than normal but not high enough to be diagnosed as diabetes.

"We know prediabetes can lead to heart disease, stroke and type 2 diabetes, which is the most common form of diabetes," Nolte said. "Unfortunately, most people with prediabetes don't realize it so we want to help them learn if they are at risk and then give them the tools to do something about it."

WYOMING HEALTH DEPARTMENT

DIABETES PREVENTION PROGRAM CONTINUING AFTER SUCCESSFUL START

June 29, 2022

The Wyoming Department of Health (WDH) continues to offer a no-cost, home-based virtual diabetes prevention program known as #PreventDiabetes to residents at risk of the disease and its effects.

Amber Nolte, Chronic Disease Prevention Program manager with WDH, said residents participating in the program, which began last year, have seen successes with "a huge ripple effect in the quality of life for themselves and their families."

#PreventDiabetes is a year-long, home-based program that helps individuals lose weight and reduce their risk for type 2 diabetes with the support of educational video sessions, app-based coaching, progress tracking with provided smart scale, cash incentives for weight loss, the support of a certified diabetes lifestyle coach and more.

One participant mentioned the program's meal suggestions, saying "...they worked well for me. The other thing that I love about the program is the weekly weigh-ins. The weigh-ins work well for me by making me more accountable. I also love that a scale is provided with the program."

Another participant said, "My health is much better since I began the program. My joints do not hurt like they did before and I am eating differently..."

Enrollment in #PreventDiabetes is free for any Wyoming resident over the age of 18 who is at risk for developing type 2 diabetes.

Diabetes is currently the seventh-leading cause of death in the United States. (kt)

VISIT [HERE](#) to learn more.