



## MONTHLY NEWSLETTER

### **WELLNESS FOCUS**

#### **FLU SHOTS 2022**

The flu shots have arrived and are ready to go! An annual flu shot has been shown to have some benefit at reducing hospitalization and death from influenza each year, although some years the flu vaccine is more effective than other years on the circulating influenza strains.

This year, 307Health is offering the standard 4-strain (quadrivalent) vaccine for both adults and children. The quadrivalent flu vaccine targets the four strains of influenza that are expected to cause the most cases of flu this season. Of the four strains, two are of influenza A and two are of influenza B.

The strains selected for this Fall's vaccine are based on surveillance data of the most common circulating strains at the end of the previous flu season and what is circulating worldwide.

An additional vaccine, known as the "high dose" vaccine, is also offered for persons at high risk.

Like last year, the national Advisory Committee on Immunization Practices (ACIP) recommends that adults over 65 years of age receive the high dose influenza vaccine.

The high-dose vaccine preparation is available through local pharmacies and Park County Public Health. 307Health does not carry this high dose version in our inventory as most qualifying persons will understandably want to run the high-dose vaccination through their Medicare or other insurance plan. (mt)

October 2022



### HEALTH TIP

#### **TELL YOUR DOCTOR ABOUT MEDICATION CHANGES**

Medications are an important tool in healthcare. Today's medications can be used to treat a variety of conditions that did not have effective treatment fifty years ago. For example, blood pressure, cholesterol, seizures, and infection are examples of conditions with effective medical treatment in the 21<sup>st</sup> century. However, medications can be dangerous as a result of side effects, sensitivity or allergy, or dangerous interactions with other medications.

Your primary care doctor does their best to keep an accurate medication list in the chart. However, any time there is a "transition of care," there is the possibility of a mishap with medications. A transition of care occurs when you see another provider who prescribes a medication, whether that is at an office visit, in a hospital, or a nursing home. If a change in your medication has occurred based on a prescription from another provider, please make sure your 307Health team is aware of the change.

If your physician or another provider starts you on a new medication, make sure you know how long they intend to have you take that medication. Antibiotics are usually given for 7-10 days, but they may be given for shorter or longer periods. Other than antibiotics or pain relievers, most medications will be intended for long term use.

Please let your primary care doctor know when you have started a new medication so that we are all clear on the indication and duration of the new medication. (mt)



### DOCTOR'S NOTE

#### **"WYOMING 211" – A DIGITAL SOCIAL WORKER**

By Dean Bartholomew, M.D.

Last month we learned about the new resource 988 phone number that connects the caller to state suicide prevention resources. Keeping along this theme, let me introduce you to "Wyoming 211". In short, Wyoming 211 is a web and phone-based service that can connect you with multiple state / national social and healthcare related resources.

Examples of Wyoming 211 resources include contact information for...

- Aging and Disabilities, Transportation
- Food Assistance, Housing / Shelter, Basic Needs & Financial Assistance
- Veteran / Military, Employment Resources
- Crisis & Emergency Resources, Legal Resources
- Health Services
- Seasonal Programs like holiday toy drives, school supplies

Admittedly, as a healthcare provider, I have a difficult time staying "on top" of available local and state resources as programs and funding come and go...which makes this resource so valuable. One can start by performing a search on the [Wyoming 211 website](#). If further resources or clarity are needed, please call 211 to be connected with a live representative who can help navigate these resources.

We are lucky to have this "social worker" resource!

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**BETTER ACCESS = BETTER CARE.**

**PRACTICE NEWS**

**BREAST CANCER AWARENESS & YOUR WELLNESS**

During October, 307Health rolls out our special **PINK pens** and **PINK Fridays** in recognition of National Breast Cancer Awareness Month (NBCAM). We encourage all our members to talk about comprehensive cancer screening recommendations (including breast cancer) with their doctor during their periodic wellness visit.

Is it time for a Wellness review visit with your doctor? This extended office visit is a good investment in your health and is included in your 307Health membership on the schedule determined best by you and your doctor.

Give us a call today to schedule a Wellness visit if it is time for this important check-in with your doctor.

**MONDAY - OCTOBER 31 - TREATS AT 307Health**



Fall is fun! Stop by the office on the last day of the month for a treat. 307Health will have candy and a cup of punch for our visitors both young and old(er) on Monday, October 31.

**HEALTH NEWS AND HISTORY**

**BREAST CANCER AWARENESS MONTH**

Fall brings pumpkin spice lattes, corn mazes, and pink-everything as breast cancer awareness themed activities, events, and fundraisers enter America's news cycles and calendars.

October's annual National Breast Cancer Awareness Month (NBCAM) offers educational and fundraising efforts around breast cancer screening, treatment, recovery and research.

**Wikipedia [HERE]** states that "NBCAM was founded in 1985 in October as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries (now part of AstraZeneca, producer of several anti-breast cancer drugs). The aim of the NBCAM from the start has been to promote mammography as the most effective weapon in the fight against breast cancer.

In 1993 Evelyn Lauder, Senior Corporate Vice President of the Estée Lauder Companies, founded the Breast Cancer Research Foundation and established the pink ribbon as its symbol, though this was not the first time the ribbon was used to symbolize breast cancer: [a 68-year-old California woman named Charlotte Haley, whose sister, daughter, and granddaughter had breast cancer, had distributed peach-color ribbons to call attention to what she perceived as inadequate funding for research. In the fall of 1991, the Susan G. Komen Foundation had handed out pink ribbons to participants in its New York City race for breast cancer survivors.

In 2010, Delta Air Lines painted N845MH, a Boeing 767-432ER in "Breast Cancer Research Foundation" special colors."

Read more about NCAMB **HERE**. on Wikipedia's website.

**MEMBER SERVICES FOCUS**

**FLU SHOT CLINICS**

307Health will again offer \$25 flu shots to our pediatric and adult members this year by appointment. Flu shot clinic days are scheduled for ...

- Thursday, October 6<sup>th</sup>
- Tuesday, October 11<sup>th</sup>
- Friday, October 14 (a.m. Only)
- Thursday, October 20<sup>th</sup>

If your insurance covers the annual flu shot, we recommend you get your shot at the pharmacy of your choosing or at a local public health clinic. The **Cody VA** and the **Powell Senior Center** are both offering October flu shot clinics.

**Park County Public Health** is offering a Flu Clinic on Wednesday, October 12 at the Park County Fairgrounds from 8:30 a.m. To 6:00 p.m. Cost is \$25 for adults and \$20 for children. All third-party insurance will be accepted by Park County Public Health. Call 307-754-8870 for more information.

**COMBINED VACCINATION – FLU & CoVID?**

In answer to a frequently asked question, at this time we are unaware of any annual vaccination that combines influenza and CoVID. If this changes, we will be sure to publish the news in a future newsletter. CoVID vaccination remain separate from influenza vaccination.

**ONLINE CARD UPDATES ARE EASY & SECURE**

While automated bank transfer is preferred, many customers still use a debit or credit card for account payments. Making an online card update is easy and secure. Simply follow the embedded hyperlink in your most recent billing message. Our office staff can also email an invitation to update your payment method online upon request. Bank transfer updates do still require a phone call.