

307HEALTH NEWSLETTER

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[Alcohol and Stroke Risk - DOCTOR'S NOTE - May 2022](#)

[April is Alcohol Awareness Month - HEALTH TIP - April 2018](#)

[CBD Product Safety - FITNESS FOCUS - February 2020](#)

[CBD Oils and Products - How Do They Work? - HEALTH TIP - February 2020](#)

[Cannabidiol In Medicine - DOCTOR'S NOTE - February 2020](#)

[Education Is The First Step to Preventing Nicotine Addiction - FITNESS FOCUS - May 2019](#)

[Regulating E-Cigarettes in Wyoming - E-CIGS, VAPING, AND THE LAW - May 2019](#)

[Overdose Antidote Orders Offered To WYO Groups - WYO DEPT OF HEALTH - Sept 2022](#)

[Tips To Reduce Alcohol Consumption - FITNESS FOCUS - April 2018](#)

[Vaping-Is It Harmful for my Health? - HEALTH TIP- May 2019](#)

[Vaping - A Rapidly Evolving Danger! - VAPING UPDATE WYO MONITORING -Dec 2019](#)

[Vaping - The New Wild West - DOCTOR'S NOTE - May 2019](#)

[What is "Moderation"? - FITNESS FOCUS - April 2022](#)

Allergies

[Allergies & Asthma - BOOK-OF-THE-MONTH - November 2015](#)

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[Sublingual Immunotherapy - A NEW ALLERGY TREATMENT OPTION - June 2019](#)

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[Free F.A.S.T. Infographic Cards #RelentlessTogether - PRACTICE NEWS - May 2021](#)

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[May Is Stroke Awareness Month #RelentlessTogether - MEMBER SERVICES - May 2021](#)

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Cancer Prevention & Screening

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[Breast Cancer - Screening, Symptoms & Risks - HEALTH TIP - October 2021](#)

[Breast Cancer Affects Women and Men - HEALTH TIP - October 2019](#)

[Breast Cancer Awareness & Your Wellness - PRACTICE NEWS - October 2022](#)

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[More Info About Breast Cancer is Available - MEMBER SERVICES - October 2019](#)
[Pap Smears And Dinosaurs - DOCTOR'S NOTE - October 2020](#)
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[August Is Recognized As "National Breastfeeding Month" - DOCTOR'S NOTE - August 2021](#)
[Bullying Prevention - Awareness Is Critical - BACK-TO-SCHOOL FOCUS - August 2018](#)
[Sleep: What Every Parents Needs To Know - BOOK-OF-THE-MONTH - June 2016](#)
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Cold and Flu Management

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[How to Tell The Difference - COLD & FLU COMPARISONS - February 2017](#)
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[Foot Hygiene - Good Practice for Healthy Feet - HEALTH TIP - February 2017](#)
[Sunscreen vs. Sunblock \(part 1\) - FITNESS FOCUS - June 2021](#)
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[If Sugar Is So Bad For Us, Why Is The Sugar In Fruit OK? - HEALTH TIP - June 2018](#)
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[Reviewing Noom - Does It Work? - DOCTOR'S NOTE - April 2021](#)

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[Doc, The Room Is Spinning! - Causes of Dizziness \(Part 1\) - HEALTH TIP - April 2022](#)
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[Exercise And Mood: A Strong Correlation - HEALTH TIP - March 2019](#)
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[Your Vision Health - A Worthwhile Investment - DOCTOR'S NOTE - July 2021](#)

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[Using Technology To Manage & ID Your Medications - DOCTOR'S NOTE - December 2015](#)

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["988" is Wyoming's New Suicide and Mental Crisis Hotline - DOCTOR'S NOTE - Sept 2022](#)
[Beyond the Mirror - FITNESS FOCUS - December 2021](#)
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[Summer Hiking Yellowstone's "CDT" Trails - DOCTOR'S NOTE - September 2019](#)

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[A Word About Self-Directed Screening Tests - PRACTICE NEWS - September 2020](#)
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[Data Illustrates Vaccine Success - WYOMING DEPT OF HEALTH - July 2021](#)

["Do You Recommend the Vaccine?" - DOCTOR'S NOTE - January 2021](#)

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[Understanding mRNA COVID-19 Vaccines - COVID INFO & RESOURCES - December 2020](#)

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