



MONTHLY NEWSLETTER

February 2023

FITNESS FOCUS

YEAR-ROUND SWIMMING FOR FITNESS

(Article reprint from October 2019)

One reason people have a hard time starting an exercise program is that joint aches and pains can worsen before they improve with activities like walking and running. Issues like chronic back pain can make activities like these nearly impossible.

Enter your local climate-controlled swimming pool – the Powell Aquatic Center and Cody's Paul Stock Aquatic and Recreation Center. Big Horn Basin residents are blessed to have affordable access to these beautiful facilities. The water exercise opportunities are numerous with room at both pools with lap swimming, warm therapy pools and the PAC's lazy river.

The physical benefits of water exercise are many. Swimming makes it possible....

- To exercise without becoming overheated.
- To establish a year-round exercise routine;
- To target multiple muscle groups, including core, arms, legs, and – of course – the cardiovascular system.
- To exercise with less strain and weight on arthritic joints.

Walking in water provides enough resistance to work the heart and lungs, helping strengthen them over time when done regularly.

Walking against the current in Powell's lazy river increases the cardiovascular load and creates a very good workout.

Hoping to see you at the pool! (db)

HEALTH TIP



KEEPING UP WITH YOUR CPAP (Part 1)

The benefits of obstructive sleep apnea (OSA) treatment are numerous. Benefits include better blood pressure control, as well as decreased heart disease and stroke risks. The correction of daytime fatigue leads to improved concentration and mood stability along with decreased risks of motor vehicle and workplace accidents. Hence, monitoring your CPAP machine for effectiveness and proper maintenance is important.

CPAP effectiveness can be monitored by performing a **CPAP Data Download**. A download can be performed remotely by the supplier or manually from the machine's memory card. Reviewing the report with your doctor - especially if you feel your CPAP is not as effective as expected - can help guide changes if needed. The report shows:

- **Usage** - How many days the CPAP is used and the average hourly use per night
- **AHI** - The indicator of breath-holding / apneic episodes per hour, this number should be less than 3 ... down from untreated levels of 15 to 60 or higher. If above 3, the apnea is not well-controlled and sleep apnea symptoms may return.
- **Leak** - The article above calls CPAP/Mask leakage the "root of all evil" in sleep apnea treatment. Leaks can indicate problems with mask types and size, as well as with maximum pressure levels. Persistent leaks can lead to rising AHI levels and create the urge in the CPAP-user to throw the whole thing across the room!

Next month- maintenance of machine and equipment, and replacement supplies. (db)



DOCTOR'S NOTE

MAINTAINING YOUR FITNESS RESOLUTIONS

A new year brings new resolutions, often to achieve higher levels of fitness. It is not uncommon to lose momentum as we head into the second month of the new year, but keep the faith! One way to look at this is to examine where you might get/stay fit:

- **A fitness facility / gym.** When 307Health started, we considered providing a fitness facility as part of the practice. We are grateful that Club Dauntless and Anytime Fitness came to town as we were opening. We are also pleased that Freedom Fitness, Heart of Fitness, the Northwest College Gym and the Powell Aquatic Center are available to help with your fitness facility needs.
- **Home fitness.** Some people prefer to work out at home with a combination of videos, freeweights, and resistance machines. Home fitness videos used to mean a VHS machine with aerobic tapes, but now there are a variety of streaming services such as **BeachBody.com** to help your home be a private fitness center.
- **Outside.** The current ice-covered state of the sidewalks makes taking long, brisk walks in town more problematic. As the weather warms and sidewalks clear, walking remains a great, inexpensive fitness option. Try choosing routes that minimize your exposure to distracted drivers. Homesteader Park is a great in-town option. If you walk the country ditch bank roads, please ask landowner permission.
- **Apps.** Any fitness discussion in 2023 would be incomplete without mentioning apps. There are a number of great hiking and outdoor apps that track mileage and other measures that you might find useful on your fitness journey.

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BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



TIME TO CHANGE YOUR FURNACE FILTER – WE CAN HELP

The doctors at 307Health once again are offering complimentary furnace filter change out to anyone in the local area during the month of February. **If you would like help with changing your furnace air filter, please call and let us know.** Maybe you are elderly with an increased fall risk, or maybe a single parent, or maybe you are unfamiliar with how to do this important home maintenance task – whatever the reason, we are happy to help!

“Why?” you may ask. Read on. In May of 2020, we had written a short piece about changing the filters in the forced air heating and cooling systems in our houses (read that article [HERE](#)). Powell homes can get very dusty due to the occasional wind kicking up fine dust from the fields and high desert terrain. Besides hiding behind those picture frames, this dust accumulates in the filters of our forced-air units. These filters should be changed every one to six months depending upon the quality of the filters and the presence of pets and their dander in the house. Changing out the filter not only helps reduce wear and tear on the heating and air-conditioning system, but also decreases energy use.

For our health, removing dust, dander, and other allergens from the circulating air will decrease allergy and asthma symptoms. As part of looking after your health and safety, we want to support your efforts to address this issue in your home. Additionally, we are sincerely motivated to help and we believe we would appreciate the same offer should we need it someday. “Do unto others as you would have others do unto you.” (db)

307HEALTH CONTINUES AT CAPACITY

307Health hovers around 1,850 members being cared for by three physicians. As openings arise, enrollment invites are being sent to the late 2020 wait list inquiries. (kt)



MEMBER SERVICES FOCUS

ACCOUNT UPDATES? HOW TO LET US KNOW

Change is a fact of life. 307Health tries to keep it easy to let us know when things change on your side. Most changes to your account demographics such as address or phone number changes - or the arrival of a new family member - can be shared with us in the following ways ...

- In-Person to the Reception staff;
- Email message to CARE@307health.org;
- Phone call to our main office line 307-764-3721. If after-hours, a voice message can be left with the change information.

Automatic payment method changes are best handled via direct conversation with the Front Desk Reception staff or through our [secure mobile app](#) (see related article). We do not recommend sending detailed payment information through email or text.

Changes to your Protected Health Information (PHI) settings require completion of a new “Privacy Notices” form. This form can be emailed to you or given to you in person for completion.

Please reach out to the Member Services team anytime with updates via email to CARE@307health.org or calling the main office line at 307-764-3621. (kt)

THERE'S AN APP FOR THAT!

307Health offers an member-only patient access app for iPhone users. The app is can be found in the Apple App Store under the name “AtlasMD”, This is the secure software system we use for billing and appointment management and record keeping. Through the app, your information is kept completely safe. The AtlasMD mobile app provides 307Health members with direct access to their physician, the ability to pay and manage bills, and even request appointments! Call for details. (kt)

**HEALTH NEWS
And HISTORY**

**IS RADON A CONCERN FOR
YOUR HOME?**

By Wyoming Department of Health
January 10, 2023

The Wyoming Department of Health (WDH) wants families across the state to consider testing their homes for radon to find out whether a potentially dangerous health risk exists.

Radon is an invisible, odorless, tasteless and dangerous gas found in many places, including homes. Radon occurs naturally as a radioactive gas released from the element radium; it's found in rocks, soil and water.

“As radium in the soil naturally degrades, it can seep up into buildings, get trapped inside and grow in intensity,” said Randi Norton-Herrington, Wyoming Cancer Program outreach and education coordinator. “All homes have radon; however, with higher levels, the risks become a health concern. Radon is recognized as the second leading cause of lung cancer.”

“Ongoing exposure to higher, more dangerous radon levels can be reduced with testing and home modifications. That’s why we offer free or low-cost test kits to Wyoming residents. We want them to know the risk level within their homes so they can address potential problems,” Norton-Herrington said.

The federal Environmental Protection Agency (EPA) defines an elevated level of radon as anything over 4 picocuries per liter of air (pCi/L). The EPA recommends homes with elevated levels be fixed and encourages testing every two years.

The Wyoming Cancer Program has free or low-cost radon test kits available based on available supplies. Visit [THIS LINK](#) to obtain a radon test kit, watch a helpful video and learn about a student poster contest to raise awareness. (kt)