



MONTHLY NEWSLETTER

May 2023

FITNESS FOCUS

SUMMER HYDRATION

Water and Well-Being

Water accounts for roughly 60% of the weight of adult humans. Water is vital to many vital body functions, which may start to deteriorate as dehydration sets in.

The best way to address dehydration is to avoid it by planning ahead. It is much easier to keep up with the fluid needs of the body than it is to “catch up” for losses.

Here are a few tips for keeping up with your water needs this summer whether you are hiking, fishing, or working outside.

- **Early Warning** symptoms of dehydration include dry mouth and a drop in performance. Later symptoms can include cramps, nausea, and headaches.
- **Urine color** will give you a clue about hydration. If your urine is yellow, increase fluid intake.
- **Replace** salt and electrolytes as you exercise, especially in the heat of summer. This can usually be done adequately through snacking paired with drinking. There is a rare but increasingly seen health issue of hyponatremia (“low sodium”) with vigorous exercise - including distance running and hiking which can result from compulsive drinking of large amounts of water that exceed the body’s needs.
- **Higher altitudes** require more fluids so drink more water when in the mountains.

More information on hydration while hiking can be read [HERE](#). (mt)

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HEALTH TIP



STAYING SAFE DURING HIGH-WATER RUN-OFF LEVELS

This spring and summer could be interesting in terms of creek and river crossings in Wyoming. This article summarizes an approach advocated by the National Park Service called Plan-Pick-Assess-Check which can be found [HERE](#).

- **Plan.** Water is wet, so keep essentials (such as food, clothing, electronics, sleeping gear) dry with appropriate storage bags. Also, if you want to keep your boots dry it is best to bring a pair of river crossing shoes for traction and foot protection as you cross streams, creeks, and marshes.
- **Pick.** Location and time of day should be picked to your advantage as much as possible. Crossing a creek or river where it is wider, or with multiple channels, is better than trying to pick your way across a chute. Time of day may affect your crossing, as creeks and rivers may be significantly higher in the afternoon.
- **Assess.** Read the river and study your options. Standing waves or turbulence indicate danger with rocks or other obstacles submerged below the water level. Cross in knee deep or less if you can. This is not always possible, but it is ideal.
- **Check.** This step refers to last minute details. Don’t forget to release your waist belt if you are wearing a backpack. In faster currents, face upstream with a slight angle downstream. If in a group, cross in a group in deeper or faster water.

Finally, turn around if the crossing is too difficult or risky. (mt)



DOCTOR’S NOTE

SPORT DRINKS, ENERGY DRINKS, FLAVORED WATER, OH MY

By Dr. Bartholomew

While we can grab a SPORTS drink at any gas station or supermarket, the creation and rise of sports - and now energy drinks - in the last 60 years is a fascinating story that is becoming increasingly murky.

In summary, an assistant football coach, a group of university students, and a professor created the first electrolyte drink at the Univ of Florida in 1965. They created a drink that “aided” the Florida “Gators” by combating massive fluid and electrolyte losses playing football in extreme heat...hence the name “Gatorade”. What started as an experiment in a university lab has become a billion-dollar industry.

[\(READ MORE HERE\)](#)

Now, does every athlete in every practice or game situation need Gatorade? Probably not. In our American diet we consume more than sufficient amounts of sodium, potassium, and carbohydrates...the key ingredients in SPORTS drinks. What we normally do not consume enough of is WATER! For most of us getting in a 30-minute workout or run...water is plenty sufficient. SPORTS drinks are likely to be helpful for prolonged workouts, especially in heat, where there is heavy sweat loss.

Medically, SPORTS drinks diluted 1:1 with water can also be helpful when suffering from mild vomiting and diarrhea. Commercially available products such as Pedialyte are fine-tuned solutions for rehydration but there are also options for products we all have at home found [HERE](#). (Article continued in PRACTICE NEWS...)

BETTER ACCESS = BETTER CARE.

PRACTICE NEWS



SPORT DRINKS (Doctor's Note, cont.)

On the other hand, ENERGY drinks deliver large amounts of caffeine to provide “energy”. Energy drink examples include 5hr-Energy, Monster, and RedBull. A standard cup of coffee delivers 95mg of caffeine while these energy drinks provide 150-200mg or more of caffeine. They also are loaded in Vitamin B products including B3, also known as niacin. Niacin in large dosages causes a flushing sensation which gives a feeling of “energy”.

In general, we do not recommend the use of ENERGY drinks, especially in middle / high school students because they likely are treating and reinforcing poor sleep and nutritional habits.

So, let's be aware of our SPORTS and ENERGY drink use...not that this is going to be easy because even now Gatorade produces their own ENERGY drink (not SPORTS drink) called Gatorade Fast Twitch containing 200mg of caffeine.

It all makes for murky “waters”. (db)

SUMMER CLINIC HOURS AND DOCTOR R&R COVERAGE

Heading into our 8th summer of service to the Big Horn Basin, we will continue our policy of keeping the clinic open 8 am – 5 pm Monday through Friday. While many businesses close on summer Fridays, 307Health will keep the doors open as usual albeit with a scaled-back staffing pattern that allows us more time to enjoy the beautiful Wyoming outdoors on the longer (and warmer!) summer days.

As always, members can be assured that access to a provider remains available to them even if their provider-of-record is signed-out to a covering provider in order to take time away from daily patient-care responsibilities.

We hope your summer plans will also include some rejuvenating rest-and-relaxation while soaking-in some wonderful Wyoming sunshine! (kt)



MEMBER SERVICES FOCUS

WYOMING'S VITAL STATISTICS PROGRAM

The Wyoming Department of Health Vital Statistics Services (VSS) promotes and protects the health of Wyoming residents by serving as the official custodian of all vital records in the state and by distributing health information and reports. Vital Statistics Services helps the public file and access vital records. Vital records include birth, death, fetal death, marriage, divorce and other related data. Vital events are filed with the registrar in the county of occurrence and then are recorded with the state. Details about obtaining official records, more state statistics and information about the program can be found online [HERE](#). (kt)

307HEALTH - LOCALLY OWNED AND OPERATED

307Health Direct Primary Care (DPC) is a locally owned healthcare company that brings meaningful, accessible, and personalized primary care to Wyoming at a predictable and affordable price. In an era of increasingly big corporate healthcare services where people are numbers instead of names in which healthcare providers are often changing, 307Health offers a more personalized and stable service.

Each 307Health member is paired with their own nationally board-certified provider-of-record and given direct access to that same provider for their medical care in exchange for a flat-rate, age-based monthly fee. 307Health providers manage a patient panel of approximately 600 persons. This reasonable patient panel size for the primary care provider allows for personalized and timely care delivery to our members.

Our members can be assured their care is our first consideration. (kt)

CLINIC CLOSED MEMORIAL DAY

In recognition of Memorial Day on Monday, May 29, the 307Health clinic will be closed. Members may reach their provider by phone for their urgent care needs. (kt)

HEALTH HISTORY And NEWS

NEW BABY NAMES

Is Your Name Among Wyoming's Favorites For New Babies?

By Wyoming Department of Health
April 12, 2023

Noah was the king of the hill among male names for Wyoming's newest residents with Charlotte leading the pack for female babies in 2022, according to Vital Statistics Services (VSS), part of the Wyoming Department of Health (WDH).

For newborn Wyoming boys, Noah was followed by Henry, Hudson and Owen. William and Wyatt were tied for the next spot, with Oliver, John, Benjamin and Bridger tied to close out the top ten choices.

For girls in 2022, Charlotte was followed by Olivia. Hazel and Emma tied for third and were followed by Harper, Evelyn and Paisley. Nova, Isabella and Eleanor tied to round out the top ten on the list.

Guy Beaudoin, VSS deputy state registrar with WDH, said, “Many babies are honored with names passed down through their families. Other influences on name choices can include currently popular movies, television shows, musicians or celebrities.”

There were 6,050 births among Wyoming resident mothers in 2022 compared with 6,236 in 2021. “After a one-year increase last year, likely related to the COVID-19 pandemic, Wyoming is back to the ongoing downward trend that's been continuing over several years,” Beaudoin said.

July was the month with the most births at 560 and January had the least with 431.

More about the Wyoming Department of Health's VSS program can be found online by visiting their website [HERE](#).