

Importance of Having a Primary Care Provider
Health Insurance Open Enrollment
Music and Well-Being
Immunization Preventable Diseases
Upcoming Events



# health matters

Third  
Quarter  
2018

A publication of Rocky Mountain Rural Health Promoting the Good Health of Park County Residents Since 1989

current topics >>>

## Enrollment News

### Connect for Health Colorado

Open enrollment is just around the corner and Rocky Mountain Rural Health has two certified coverage guides ready to help you with your insurance enrollment.

**Open enrollment begins on November 1, 2018 and goes through January 15, 2019.**

If your application is completed and you enrolled in a plan by December 15<sup>th</sup>, 2018, your coverage will begin on January 1, 2019. If your application is completed between December 16<sup>th</sup> and January 15, 2019, your coverage will begin on February 1, 2019.

Call Rocky Mountain Rural Health at 719-836-2169 to schedule an appointment in our office.

Can't make it to Fairplay for an appointment? Please check *The Flume* or our website [www.rmrh.org](http://www.rmrh.org) for our outreach schedule. We'll be coming to a location near you. Call 719-836-2169 to arrange an appointment at one of these outreaches.

## WHAT IS A PCP... and why do I need one?

**Primary Care Provider (PCP):** A Primary Care Provider can be a doctor, nurse practitioner or a physician assistant. They are the people you turn to for routine medical care that all of us require from time to time and for annual physicals. When you are sick with a cold or have a minor injury, your PCP is the person to see. At least once a year everyone should see their PCP for a routine physical. Routine physicals give your provider the opportunity to check to make sure everything is going okay. The provider often has you fill out a form to survey your health. This information gives them a picture of how you are feeling, and then they run lab work to make sure all is well internally.

**Continuity of Care:** When you have a PCP that you see regularly and for routine physicals you have continuity of care. Continuity of care is ensuring that your past medical history is well documented as it may dictate the care you receive in the future based on the illness and your response to the treatment. Continuity of care is maintained through medical records, communication between your provider's office and any other provider you may have seen. Having the history of your blood work and the history of your health survey also allows the provider to look for indications of upcoming problems.

**Putting it all together:** Finding a provider you are comfortable can be difficult. Many medical offices will schedule a meet and greet for a person to meet the provider. You should check first to see if this is free with the provider or if your insurance company covers the visit. Once you have found a provider you are comfortable with you should have all your records transferred to their office. Most importantly go for your annual physical. The purpose of this is to detect any potential issues before they become big problems. Just like grandma used to say, "An ounce of prevention is worth a pound of cure!"



Taking that first step toward good health by finding a primary care provider? At Rocky Mountain Rural Health (RMRH), we know how challenging that can be especially in a county with limited healthcare options.

Call RMRH at 719-836-2169. We are dedicated to improving access to health care in our county and will help you in your search.

We offer assistance finding primary care providers, specialists, durable medical goods and other health related services.

We also offer information and assistance with insurance, billing issues, prescription assistance, Advance Care Planning, mileage reimbursement for non emergency medical trips and Transitions in Care.

# An Ounce of Prevention...

The 20th century saw an increase in research and development of vaccines capable of protecting people from specific diseases. The effects of these scientific and medical advances are still seen today in the 21<sup>st</sup> century. *Let's look at a few diseases that have since taken a back seat in the U.S. because of the implementation and widespread use of immunization.*



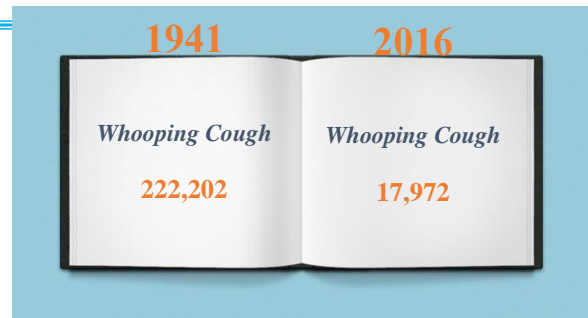
**Diphtheria** is a very contagious bacterial disease that affects the respiratory system including the lungs. Diphtheria bacteria spreads from person to person by direct contact with droplets from an infected person's cough or sneeze. The bacteria can produce a toxin (poison) in the body that can cause a thick coating in the back of the nose or throat that makes it hard to breathe or swallow. This toxin can also lead to swelling of the heart muscle and heart failure. In serious cases, the illness can cause coma, paralysis, or even death.

**Diphtheria has a 5% to 10% fatality rate.** The death rate increases to **up to 20%** of cases of children younger than 5 years and adults over the age of 40 years.

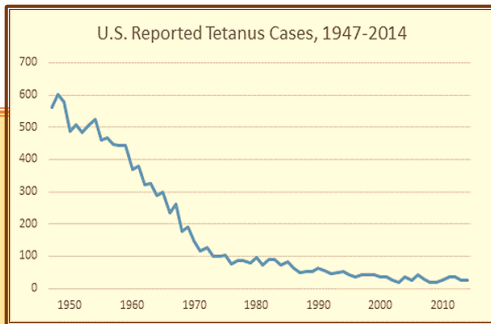
1921	2016
<input type="checkbox"/> Diphtheria Vaccine Introduced	<input type="checkbox"/> Vaccine in Use for Nearly a Century
<input type="checkbox"/> 206,000 Recorded Cases	<input type="checkbox"/> 2 Recorded Cases Between 2004-2016
<input type="checkbox"/> 15,520 Deaths	<input type="checkbox"/> 0 Deaths

**Pertussis** (Whooping Cough) spreads very easily through coughing and sneezing. It can cause a bad cough that makes someone gasp for air after coughing fits. This cough can last for many weeks. Pertussis can be deadly for babies who are too young to receive the vaccine. Often babies get whooping cough from their older brothers or sisters or other people in the family. Babies with pertussis can get pneumonia, have seizures, become brain damaged, or even die.

*About half of children under 1 year of age who get pertussis must be hospitalized.*



**Tetanus** bacteria produce a toxin (poison) that causes muscles to become tight, which is very painful. This can lead to 'locking' of the jaw, so a person cannot open his or her mouth, swallow, or breathe. The bacteria that cause tetanus are found in soil, dust, and manure. The bacteria enter the body through a puncture, cut, or sore on the skin. Complete recovery from tetanus can take months. *One to two out of ten people who get tetanus die from the disease.*



FOR KIDS BORN 1994 – 2016,  
**VACCINES WILL PREVENT**  
 AN ESTIMATED  
**855,000 DEATHS**  
 IN THEIR LIFETIMES.

#ivax2protect

## Second Phase of Immunizations for your Children

When children reach age 7 a new series of vaccine recommendations from the American Academy of Pediatrics are needed. All recommendations are for diseases that can be prevented with vaccines.

The next level of vaccines include:

- TDAP (tetanus, diphtheria, pertussis)
- Hep A (Now included in infant vaccine series)
- Meningococcal (Meningitis)
- HPV (Human Papillomavirus)

Contact Park County Public Health to have your child's records reviewed. Vaccines can be updated at Public Health. Insurance, Medicaid, CHP and Uninsured are accepted.

Call 719-836-6141 for an appointment. M-Th 7:30am -5:30pm

Thank you to the Center for Disease Control (CDC), National Notifiable Disease Surveillance System, Immunization Action Coalition, American Academy of Pediatrics, Park County Public Health and Pueblo County Public Health for information in this article.

# MUSIC IS GOOD FOR YOUR...



And



## Music and a Healthy *Heart*

Music has a direct effect on the cardiac nerve plexus which also controls your heartbeat. This part of the anatomy is influenced by emotions. Music that evokes emotion has an impact on heart function. Research shows that, when listening to favorite songs blood is redirected to the legs and blood vessels dilate by as much as 26% - a response similar to aerobic exercise. Relaxing music can be used to lower a person's heart rate and blood pressure and to relieve pain, stress and anxiety. On the flip side, more exciting or aggressive music can be used to increase the heart and breathing rates and to make a person energized, motivated and alert. Athletes have long used music as a source of energy and motivation. But be wary, music that an individual finds dissonant can constrict blood vessels by 6%. ***If you want music's health benefits, choose music that is right for you.*** The same tune can have opposite effects on any two individuals given their preferences.

## Improve Your Own *Mental* Health

Music can have a profound effect on a person's mood and, therefore, psychological health. When scientists place music listeners in a brain scan they see several parts of the brain light up including the: hypothalamus; amygdala; insular cortex; and orbitofrontal cortex. Music also effects the brain's limbic system, which controls our emotions. ***Music increases levels of dopamine, a brain hormone that makes us happy, and lowers levels of the stress hormone cortisol.*** Scientists find that music played at a quick tempo in a major key brings about happiness in listeners while slow tempo music in a minor key evokes sadness. In a recent study at the University of Groningen in the Netherlands, test subjects were asked to identify "sad", "neutral" and "happy" smiley face icons while listening to music. When people heard music that made them happy they identified neutral icons as happy and when hearing sad music, they identified neutral icons as sad. Another study showed that music was more helpful than drugs at reducing stress before surgery. Music can be used to create a mindset. You too can use music to improve your mood.

"Music can change the world because it can change people." ~Bono

## DID YOU KNOW THAT...

## upcoming events >>>

1.

Some people's brains are so attuned to musical stimulation that they have seizures when hearing emotional music. This condition is called 'musicogenic epilepsy'.

2.

Some people experience no pleasure when listening to music. Neurologists call this disorder 'specific musical anhedonia'. If your ability to get pleasure from music changes, you may be experiencing a depressive disorder.

3.

Music increases immune function. Listening to and playing music raises the body's production of immunoglobulin A, an important antibody. It also boosts the production of 'natural killer cells', the cells that attack invading viruses and boost the immune system.

### RMRH REGULARLY SCHEDULED OUTREACHES

FAIRPLAY LIBRARY: 1<sup>ST</sup> Wednesday of the Month, 11:30AM TO 1:30 PM

HARTSEL @ THE HIGHLINE CAFÉ: 3<sup>RD</sup> Wednesday of the Month, 11:30 AM TO 1:30 PM

FAIRPLAY REC CENTER: 4<sup>TH</sup> Thursday of the Month, 9 AM TO NOON

ALMA TOWN HALL: Last Thursday of the Month, 1 PM to 3PM

Our Community Health Workers bring information on a wide range of health related topics; offer assistance with insurance enrollment, billing issues and Medicaid benefit questions; provide basic health screenings such as blood pressure and glucose checks, and offer gently used clothing and shoes. All free to Park County residents.

Check our website or Facebook page for other periodic outreach events in Bailey at the library, at the Guffey library, at the Lake George library and in Alma at the South Park Saloon.



Rocky Mountain Rural Health is dedicated to improving access to healthcare in Park County. People in our medically underserved communities face many barriers to accessing healthcare. RMRH offers assistance to overcome these challenges through a variety of programs. We do not receive government support but rely on grants and donations to fund all our programs. Please consider making a donation to help us help others. THANK YOU VERY MUCH!

*Please use my contribution for the following:*

- TRANSPORTATION— help with mileage reimbursement for nonemergency medical transportation \$ \_\_\_\_\_
- BREAST CANCER—help a wife, mother, sister, friend with diagnosis and/or treatment \$ \_\_\_\_\_
- EMERGENCY ASSISTANCE—help a family going through a medical crisis \$ \_\_\_\_\_
- GENERAL OPERATIONS—help us to serve Park County residents \$ \_\_\_\_\_

*Mail your check to Rocky Mountain Rural Health, PO Box 1600, Fairplay, CO 80440*

ROCKY MOUNTAIN RURAL HEALTH is a 501(c)3 nonprofit organization. Your donation is tax deductible to the full amount allowed by law. If you designate a particular fund for your contribution, 100% of the donation goes to that fund.

*Want to receive our newsletter by email? Send your name and email address to [info@rmrh.org](mailto:info@rmrh.org).*

Contact us by phone at 719-836-2169

Find us on the web at [www.rmrh.org](http://www.rmrh.org)

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#### **FLU SEASON IS FAST APPROACHING!**

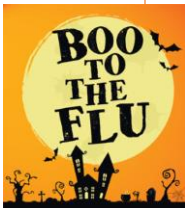
Wondering where to get your flu shot? **Park County Public Health** will be offering several flu shot clinics.

**The dates for Fairplay are October 30<sup>th</sup>, 31<sup>st</sup> and November 1<sup>st</sup>** at the Public

Health offices at 825 Clark Street from 7:30 am to 5:30 pm. No appointment is necessary and all insurances, Medicaid, Medicare, CHP and uninsured are accepted. **Call 836-4161** with any questions.

**Park County Public Health** will be

conducting other flu clinics this season. Watch for their flyers advertising dates and places.



**Say 'Boo' to the Flu!**