

DECEMBER ISSUE  
2023

# Heart of Hope Health

OFFICIAL NEWSLETTER

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# Important dates & Events

Urgent Care & Primary Care will be closed  
Friday 12/22 - Tuesday 12/26 for Christmas!


We will be closed Monday 01/01/2024-  
Happy New Years

Monday January 8th 630-730pm - Class

Monday February 5th 630-730pm- Class

Thursday February 15th 11am-1pm-We are  
hosting a business bash. If you or someone  
you know owns a likeminded business  
please invite them to our meet-greet and  
lunch event.





We have a female  
provider Monday-  
Thursday!

Don't forget to  
schedule your  
annual exams for  
2024 now!

**Check out our  
website for Updates!**

**WE HAVE OUR  
EDUCATIONAL  
VIDEOS UPLOADED  
TO RUMBLE & OUR  
WEBSITE**

We will be updating our  
patient forms and  
pricing sheets on the  
website in January 2024.



# Staff Highlight:

*Lexi*



I've lived in North Idaho for almost 10 years. I moved after graduating to find myself and have a new start in life. I started working in a nursing home.

I've always wanted to help others and when I found Heart of Hope Health, I knew this is where I was suppose to be. I am so blessed to be working among such amazing people and for a place with the same values. I currently live in Hayden with my fur baby, Mistimae. We enjoy walks, Glamping and love spending time floating the river in the summer.



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# Reminders & Updates

## Normal Business Hours

### Primary Care

**Monday-Thursday 8am-6pm**

**Friday 8am-1pm**

**208-500-0601**

### Urgent Care

**Monday-Friday 8am-6pm**

**208-500-0110**

## Lost and Found

If you think that you may have lost an item at our clinic please stop by and take a look at our lost and found! Thank you!

## Returning Calls

Thank you to everyone who has an investment in our clinic. We value each of our patients. Due to the higher call volume, We do ask for 48 hours to return your voicemail. Thank you for your patience!

Give us a Google  
Review!



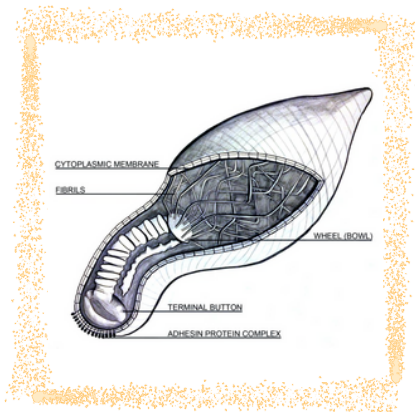
It's essential to our clinic!  
Thank you!



# 100 Day Cough

## ***What do we think it is?***

At this point we are unable to draw any major conclusions but we do have information regarding some of the presumptive causative pathogens. One of the major ones we'd like to address is the bacteria ***Mycoplasma Pneumoniae***.

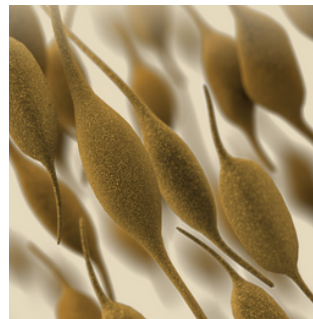


## ***Background***

- ~ A bacteria that was first isolated in cattle in 1898
- ~ More often than not, causes mild infections of the upper respiratory tract
- ~ Can sometimes cause more serious infections like pneumonia.
- ~ People can have the bacteria in their nose or throat at one time or another and not get ill

*Often the hardest conversations are the ones we must identify where politization of certain subject matters is at play. We want to keep you abreast of trending healthcare topics along with how we plan to tackle these topics if they come to the PNW. Educating our members is the first task in our goal of prevention.*

*In recent weeks main stream media has reported a "mysterious pneumonia" affecting children in China that has now made it's way to the United States. This infographic was composed to help educate our members and address any concerns that might be developing as a result of these reports.*



## ***How It Spreads***



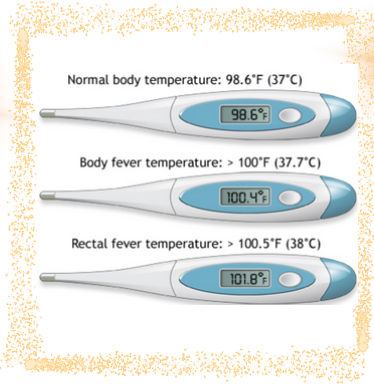
- ~When someone who is infected coughs and/or sneezes, small respiratory droplets that contain bacteria are inhaled by another person
- ~Often spread in between families in households as this requires direct exposure and repeated exposures, often over-time
- ~Children can spread/aquire in school settings as well.



## ***Common symptoms***

### Older Children & Adults:

- ~ Fever and chills
- ~ Cough
- ~ Feeling tired
- ~ Shortness of breath
- ~ Can often seem better than another with a lung infection hence the term "Walking Pneumonia" was coined for this type of pneumonia.



### Young Children:

- ~ Sneezing
- ~ Stuffy and runny nose
- ~ Sore throat
- ~ Watery eyes
- ~ Wheezing
- ~ Vomiting
- ~ Diarrhea



## ***Treatment***

Infections are generally mild and most people recover without the need for antibiotics but in the event you or your child's case is more severe, HHH has antibiotics in our arsenal to prescribe to help combat this pathogen along with other supportive medications and care options.

## ***At risk populations***

There are also those at increased risk for serious infections:

- ~ Those recovering from a respiratory illness
- ~ Those with preexisting lung conditions
- ~ Those with weekend immune systems
- ~ Those who interact daily in more crowded settings such as:
  - ~ School-aged children/college students
  - ~ Military members
  - ~ Those who live in assisted living/long-term care facilities
  - ~ Hospital Staff and patients

## ***An ounce of prevention***

- ~ Regular hand hygiene
- ~ Coughing and sneezing etiquette
- ~ Keep your immune system strong (Proper nutrition/vitamin supplements; stay hydrated; getting adequate restorative sleep; reducing your stress)
- ~ HHH always encourages the spiritual and scientifically proven, importance of adding prayer into your daily life
- ~ Get in touch with your provider if you have any questions or concerns.

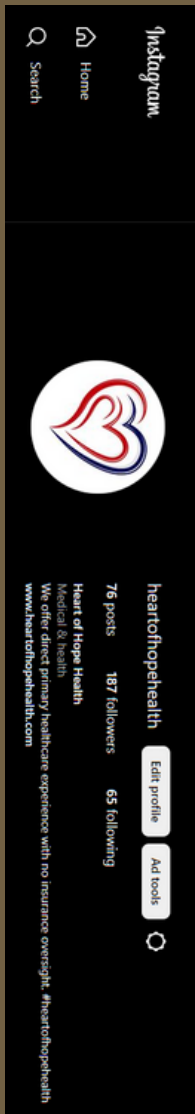


Heart of Hope Health commits to you to keep you abreast of any changes in our knowledge and plans of care going forward. We prefer not to draw any conclusions due to the vast amounts of misinformation being disseminated via the media. Going forward we continue to maintain that preventive medicine, boosting your immune system and mindful-prayerful-daily-living are ways to equip you for a healthier more meaningful life.



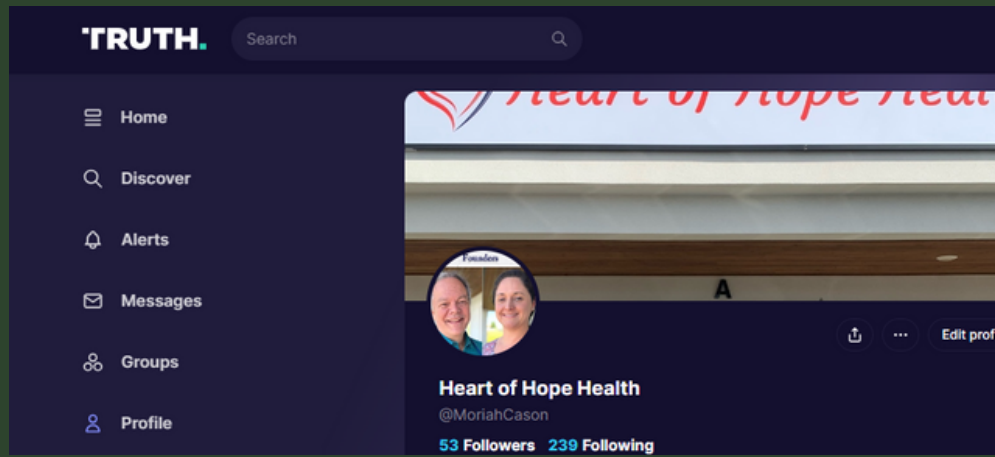
# How to Follow Us

## INSTAGRAM

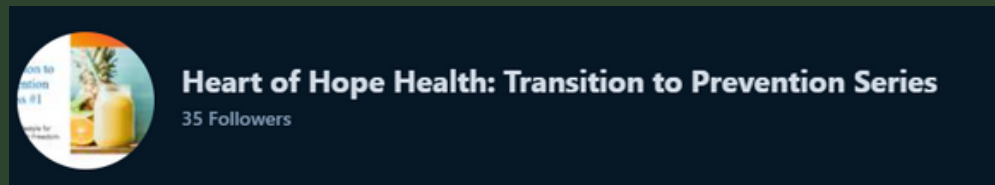


Heart of Hope Health  
@MoriahCason

## TRUTHSOCIAL



## RUMBLE CHANNEL



## FACEBOOK

