

WHAT'S HAPPENING AT THE HEALING SPACE

BUILDING A PERSONALIZED PRECISION HEALTH SERVICE

BY REGINA GEE

Currently in modern western medicine, the power to heal is placed in processes of standardization; in the idea that questions of health and healing are realized when the individual is folded into a diagnosed population and only then is intervention possible. You go to the doctor, they form a hypothesis based on a medical interview, perform tests to hopefully confirm it, and then dole out uniform treatment for your symptoms. Should the hypothesis not be confirmed and left undiagnosed, you leave without intervention and more disillusionment. And even if you do receive a diagnosis, you are treated with a dosage and therapy developed for a control population, most often researched on white middle-aged men. This is disease care, not health care and fails to recognize that every body, every mind, every context is intensely particular.

How we conceptualize a problem shapes how we seek its solution. If we continue to see individual health as a top-down problem, then we will continue to treat individuals as first members of a population and only secondly as unique living souls – completely missing the requirements for real healing. What if we had a health model that leverages the power of the particular, the specific over the standard, and the contextual over the stereotypical? We live in a world with the technology capable of collecting personalized and precise information, capable of answering big data questions, and it is time to use it to flip the script.

Our team is working to create a transformational health tool and to shift the paradigm of medicine. We believe that when people have access to customized data, personalized support, and tailored interventions they are also given agency. This combination builds the foundation for actualized transformational care and real sustainable change, not just disease management and disillusionment. We have the technology and data processing capability to collect and analyze person specific health information such as sleep patterns, 3D body scans, variable heart rate monitors, speech and gait patterns, molecular profiling, and cognitive health assessments. This approach shifts the narrative away from standardization and instead focuses on the individual. When you frame questions of health in conjunction with questions of meaning, you build interventions facilitating connection, worthiness, and wellbeing. Instead of going to a doctor when you have a problem, guessing at a solution, and using trial and error treatment, Optimal Health will consult your specific database, help you develop a personal health literacy, and deliver precise intervention. This is a tool of introspection, of personal inquiry and understanding. This is made for real health care.

"We need better ways to think about things to better help people." -Esther Perel



FRONTIER WELLNESS TIP

HABIT TRACKING / KNOW THYSELF

You can't change what you can't measure - how would you know it changed? Having the data to understand where you are at means you are able to move to where you want to be with a grounded understanding.

Keeping track of your conscious habits can be as low tech or as high tech as you would like. You can keep track of your nutrition, sleep, mindfulness, and exercise using a journal or an app. Tracking nutrition can look like keeping track of nutritional content and intake, meal times, caffeine intake etc. You can use a meal journal or apps such as EatWise or Nutrition Lookup. For exercise you can use a Fitbit, Apple Watch, Whoop Band or other wearable device to track your heart rate. Wearables are also great for collecting sleep data. You can also ask us about our home sleep study technology. Track mindfulness habits in a journal or use a meditation app such as Headspace or Calm.

The relevance of habit tracking for wellness is that it allows you to build a data driven, researched understanding of your body, specific to you and your life and tailor your wellness practices from there.

OPENING NEW SPACE: JACKSON HOLE, WY

BY REGINA GEE

After serving communities in Cody & Gillette, Frontier Neurohealth is expanding to include Jackson Hole! As of June 1st 2021, we are sharing office space with the Meno Clinic on Ranch Road. Dr. Allen Gee will be in Jackson once a month for outreach clinic and the rest of our team is available for virtual consultations any time.

This new practice is finding its roots as a general neurology practice. First providing care for: traumatic brain injuries, headaches, multiple sclerosis, Parkinson's disease, cognitive impairments, neuromuscular disease, and other neurologic conditions. We also provide neurodiagnostic testing including NCS/EMG, cognitive assessments, EEG reads, skin biopsies. If you are in Jackson and need neurological care, we can help.

We are also expanding to help people who are looking to optimize their wellbeing. Following up our clinical practice we are developing our Optimal Health Services. The future of medicine is moving beyond the disease model. At Frontier, we believe in combining elegant technology, tailored intervention, and person-centered guidance. Our technology suite is built to harness hi-tech solutions for better health literacy and knowledge. As we get started, our personalized precision health offerings in Jackson include Molecular Profiling through Molecular You, Computerized Cognitive Testing with Cambridge Brain Sciences, and Remote Patient Monitoring (RPM) services such as the Parkinson's PKG Watch and other wearable technology. As our suite continues to grow, we will continue to expand our Jackson services.

We are excited to continue to connect Wyoming to quality and transformational care and look forward to building new and lasting relationships in the Jackson community.

WE'RE READING:

[Breath by James Nestor](#)

WE'RE LISTENING:

[Brené with Simon Sinek on Developing an Infinite Mindset](#)

WE'RE WATCHING:

[Wild with Reese Witherspoon](#)



SPECIAL INTEREST

WHY-OMING

BY REGINA GEE

Why did Dr. Allen Gee choose to move his practice, his family, and his life to small town Cody, Wyoming seventeen years ago? After growing up in "vertically challenged" Nebraska farmland, this freshly minted doctor found his way west seeking a lifestyle that would allow for adventures in mountain biking and fly fishing, starting first with Salt Lake City, then moving through Sheridan, Rapid City, and finally landing in Cody. Once arriving, he quickly noticed an opportunity for his practice – what could specialized

medicine look like in the least densely populated state in lower forty-eight? And how might this also apply to healthcare accessibility on a larger scale?

An immediately apparent barrier for healthcare in Wyoming was the challenges posed by geography. Simply put, there are huge distances between providers and patients. Dr. Gee took this reality as an opportunity and got to work, spending a decade building an outreach and telehealth network that caught fire when the COVID pandemic hit. When you have the technology to connect across geographical barriers, a state government interested in caring for its citizens, and a small state population, you are able to conceptualize the entire state as a community and provide people with the care they need.

Dr. Gee found his niche here, where the cowboy mentality, technological innovation, and scientific inquiry collide. A driving narrative for him has been the progression of the pioneer spirit: Silicon Valley arose out of a pioneer culture coupled with supportive social and political environments. For Dr. Gee, Wyoming is a bastion of this same pathfinding outlook; a fact he celebrates in his pursuit changing the narrative of disease-care to health-care. For him, Wyoming is a place ripe with opportunities to solve problems on an actionable scale in a fast fashion, helping to identify cutting edge technologies relevant to rural populations that can also accelerate global accessibility. You can learn more about this opportunity through the [Jackson Hole Technology Partnership](#).