Taming Allergies

Over the past two years, Mandi Carroll’s allergies have gotten worse. She tried over-the-counter medication, but they just stopped working. Grass, feathers, mold, dust, weeds and dogs continued to agitate her allergies.

All of that changed, however, when she visited Drs. Sean D. Stanga and Michael W. Reder, allergists and immunologists with Trinity Health, in December 2012. “That was the first time I saw an allergist,” she said in March.

Twice a week, Carroll, a photographer from Minot, has stopped in to their offices and had allergy shots. This seemed to do the trick.

“My eyes were really itchy and watery, and they’re not anymore. It’s a big improvement,” she said, noting that the scratchy throat she once had is also long gone.

What is an allergy?

An allergy or allergic reaction occurs when allergenic antibodies in the immune system recognize a specific protein, called an allergen, and trigger a cascade of chemical releases that result in a variety of symptoms, explained Dr. Reder.

Allergies can affect different parts of the body. Hay fever, or seasonal allergic rhinitis, affects the nose, making it runny and causing sneezing, nasal congestion, sinus pressure, itchy nose or post-nasal drainage. Eczema involves the skin, and asthma, the lungs. There are also allergies caused when certain foods or medications are ingested; in this case, there is usually some form of rash or hives and this reaction may also cause swelling of the lips, eyes or face.

While they do not cause any serious or life-threatening harm to people, seasonal allergies can come with a number of long term problems,” Dr. Stanga said. “Many will have frequent sinus infections, difficulty sleeping or snoring, fatigue during the day, and inability to concentrate at their jobs or in school.

The cause of allergies

Most people have symptoms during the warmer months when trees and grasses pollinate during the spring and when weeds pollinate during the fall, Dr. Stanga explained.

“People can also be allergic to a number of things in the environment at any time of the year so symptoms may also occur during the winter time when there are still freezing temperatures out,” he added. “Molds, dust and a variety of animals, especially dogs, cats and even farm animals, can cause symptoms year-round. A lot of times, people aren’t even aware that they have a significant allergy because they are used to dealing with a stuffy nose, bad sinus infections or eye problems for such a long time.”

An interesting, and often misunderstood, point about pollens is that the culprit plants are not the ones with flowers,” Dr. Reder said. “The pollen on flowers is too heavy to carry on the wind. This kind of pollen comes from plants without flowers, like grasses and oak trees. People often confuse the two, because many flowering plants show their flowers with the same seasonal patterns and they are much more noticeable.”

There is also the myth of being allergic to certain perfumes, scented candles, household cleaners or tobacco smoke. These are not continued on page 2

A Gold Standard for Trinity Laboratories

In October 2012, Trinity Health received notification from the College of American Pathologists (CAP) that it had successfully met the laboratory Accreditation Program Standards for Accreditation for Trinity Hospitals’ and Health Center Medical Arts’ laboratories. The laboratories continue to be part of more than 7,000 facilities worldwide with an accreditation from CAP.

The re-accreditation process consists of a "peer review" in which eight people – lab technologists/supervisors and a pathologist from a CAP – accredited facility of Trinity’s size come to our hospital laboratory. For the clinic lab, an inspector from the Chicago office came to do a review:

“During the CAP accreditation process, designed to ensure the highest standard of care for all people, laboratory inspectors examine the laboratory’s records and quality control of procedures for the preceding two years,” a letter from CAP said. “CAP inspectors also examine laboratory staff qualifications, equipment, facilities, safety program and records, and overall management.”

The CAP inspection and accreditation process is a lab’s Gold Standard,” explained Linda Bossert, Administrative Director of Trinity’s laboratories.

In April 22-26 is National Medical Laboratory Professionals Week

continued on page 7

Dr. Sean Stanga, an allergist and immunologist with Trinity Health’s allergy clinic, demonstrates a skin scraching test, which determines a person’s allergies, on Mandi Carroll, of Minot. Carroll has been receiving allergy shots twice a week since December and has already begun to see an improvement in her allergies.
HeartLine's medical director, says a six-month study shows HeartLine make a daily monitoring system to track patients' vital signs and a more accurate data will provide a more patient population, the program has also enrolled more of our patients to give their healthcare providers a better understanding of the factors that influence their health status.

"Our analysis of the data for the last six months is that allergy treatment that involves some combination of the following three elements: avoidance, medications and allergy immunotherapy (allergy shots)," Dr. Reder said. "There are no specific allergy antibodies involved with these edoras. Rather, they trigger the nerves of the nose and eyes and even the sensitive membranes in the throat, ears and sinuses.

Treatment options
"I tell all of my patients that allergy treatment involves some combination of these three elements: avoidance, medications and allergy immunotherapy (allergy shots)." Dr. Reder said. Patients sometimes, simple avoidance measures are enough to quiet their symptoms. For example, if a person with only cat allergies avoids cats, they feel well and don’t require further treatment steps.

Allergies
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October 1, 2012, through February 28, 2013. These contributions illustrate a generous and caring community, striving to bring the
Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from
information on honoring the Memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 857-5432.

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Osteoarthritis & Osteoporosis Clinic Emphasizes Non-Surgical Treatments

Dr. D. Dexter Scott, an orthopedic surgeon with Trinity Health, pours in a patient.

Candice Dillard, a senior student of the Trinity College School of Radiologic Technology, was recently accepted as a participating candidate for the American Society of Radiologic Technologists (ASRT) Student Leadership Development Program.

"This is a perfect opportunity for [my] students at a national level," said Amy Hofmann, who serves as Trinity’s school education director. "It’s my chance to do the non-surgical treatments, including a medical assessment that wesee these developments in more people. What this clinic intends to do in provide people a clear and efficient pathway to diagnosis, and then offer a full range of non-surgical treatments before joint replacement becomes an option of last resort.

"Until now we haven’t had a clinic dedicated to the care and management of osteoarthritis and osteoporosis, two very common conditions that can occur together or separately," Dr. Scott explained. "With people living longer and adopting more active lifestyles, we see these conditions developing in more people. What this clinic intends to do is provide people a clear and efficient pathway to diagnosis, and then offer a full range of non-surgical treatments before joint replacement becomes an option of last resort."

Patients who take advantage of the O&O Clinic will receive a medical assessment that includes a history and examination. Patients who are positively diagnosed will be offered a range of conservative treatments, including medications, injections, physical therapy and recommendations for lifestyle change such as weight loss or exercise.

Dr. Scott says that with so much focus on joint replacement, people may not be aware that there are good options available that don’t involve surgery. “We have new medications available for osteoporosis, and a number of conditions come out with improved orthotic devices. Some are designed to aid heat to a joint, while others have special packs with medication that can be absorbed into the joint to provide support and give relief to limbs and therapy and give relief to the non-surgical patients.”

Government regulation is another key factor in establishing the O&O clinic, according to Dr. Scott. The Centers for Medicare and Medicaid Services has tightened reimbursement for major joint replacement surgery, adding new requirements for documentation of medical necessity.

“Patients now have to be properly screened and diagnosed, and all other treatment avenues must be exhausted before a joint replacement will be approved through Medicare,” Dr. Scott said, adding, “Not only do we want to make people aware of their non-surgical alternative, we want to make sure that if they do decide to have a joint replacement down the road, the appropriate documentation is in place.”

Dr. Scott says he plans to offer the O&O Clinic Thursday afternoons twice a month, starting in April. To access the clinic, businesses can seek a referral from their primary care provider or call Trinity Orthopedic Associates at 857-5500.

School of Rad Tech students win award

With so many trucks on North Dakota highways, it’s good to know that drivers have to meet certain standards, including a medical exam.

The U.S. Department of Transportation (DOT) requires that all Commercial License holders receive periodic physical examinations, known as DOT physicals, to make sure they have the ability to operate a commercial vehicle safely. With spring around the corner and the construction season upon us, more drivers, more people are driving a visit to Dr. Howard Reeve’s office in Health Center – Medical Arts to have their medical certification renewed or approved for the first time.

“It’s been busy,” Dr. Reeve said. “It’s not just oil-related traffic. Other businesses are growing and needing more drivers.”

A board certified family practitioner, Dr. Reeve specializes in obstetrics and gynecology, medicine, and surgery. He also is a certified diabetes educator and a certified hypertension counselor. He provides care for patients of all ages and is fluent in Spanish.

DOT physicals follow a prescribed format that includes a medical questionnaire, hearing and vision exam, a blood pressure/pulse check and physical exam. "Visions must be 20/20 or better. Blood pressure has to be under 140 over 90.”

Dr. Reeve noted, adding, “It’s fine to be on medication for high blood pressure, but it

has to be kept under control.”

He noted the urinalysis is designed to check for blood or sugar in the urine that might indicate an underlying medical problem like diabetes. "Doctors with diabetes can be certified as long as it’s well-controlled through diet or oral medication. They can’t be on rejected insulin,” said Dr. Reeve.

Dr. Reeve’s appointment line is 857-7840. For more information on DOT Physicals or other Occupational Medicine Service, call the Occ Med Info line at (Jordan) 857-7841.

DOT Physicians drive/possess professional license holders.

To read the next page of this article, visit ASRT.org/4APRIL13.
Eggs are one of the most controversial foods today.

Eggs are a nutrient-dense food containing at least 13 vitamins and minerals and are also one of the few foods that contain a natural source of vitamin D. Eggs provide 6.7 grams of high-quality protein which is equivalent to the daily value based on a 2,000-calorie diet. Egg protein is the standard by which other protein sources are measured. Eggs are among the most complete, yet least expensive, protein foods.

There is a popular misconception that eggs are “bad” because of their cholesterol. One egg does contain 213 milligrams of cholesterol, however, research has shown that the amount of cholesterol in the diet is not related to the amount of cholesterol in your blood. The recommended daily amount of total cholesterol to consume is 300 milligrams.

Eggs are one of the great sources of balanced protein and many vitamins. If consumed in moderation, eggs can be a great part of your diet.

Thursday Mass at Trinity Homes had fallen victim to the flu. From Christmas Day through January 1, church services like this were suspended, due to the influenza restrictions across Trinity Health, which limited visitors to the nursing home. “During those weeks, the Activity Department helped me conduct mass-devotions on each floor for the residents who were not restricted to their room because of flu symptoms,” Rev. Hanson said. “Now, with the decrease in flu-like illnesses across the community and the subsequent lifting of the restrictions, these important Masses can once again resume, allowing friends and relatives to join our residents in worship.”

On Sunday mornings, during the Advent and Lenten season, On Sunday mornings, at 10 a.m., Rev. Hanson, who is also an ordained minister with the Conference of the Rev. Hanson at Hanson Church of America, conducts a non-denominational church service, with additional services when religious holidays or observances call for it. Both the Thursday Mass and Sunday service are about 35-40 minutes in length. Rev. Hanson said. In addition to these services, he added that many local clergy and their representative churches visit with their respective church members regularly. “We’ve seen some really great services like these have resumed at the nursing home. Previously, they were put on hold, due to restrictions on visitors because of an influenza bug.

Dillard will be attending as a student and Hofmann as an ASRT Governance and chapter delegate to the House of Delegates. “I think it’s a great way to show your interest in your chosen career field and to find out what is going on with the technological students for students to get involved at the state and national level, getting a better understanding of the technology and professional career tracks that are possible,” she added.

A native of Texas, Dillard, has been attending Minot State University for the past five years, working toward a Bachelor’s degree in Radiologic Technology. She said she leaned toward radiology as her career field because “x-ray and radiology play an important part in the health-care services provided to patients, especially in diagnosing disease.” She will be completing the Trinity program in June and then take a national board certification exam to earn her credential as a registered radiologic technologist.

Dillard, along with fellow Trinity school classmates, will also be attending the NDSRT annual conference in Fargo, April 25-26. As part of the conference, students participate in the educational program by submitting scientific research papers, exhibits and attending educational sessions.

Beth Burkhard, Christina Buscher and Morgan Cioffi all received notice that their submitted papers titled “Imaging of Alzheimer’s Disease,” “Broken Heart Syndrome” and “Proton Beam Therapy,” respectively, have been invited to present their work at the conference. Dillard has been invited to present her scientific exhibit “Cancer Safety and Image Quality” in the student exhibit competition. NDSRT honors students with award money and a plaque for first, second and third place scientific papers and exhibits.

“The students work diligently on these scientific papers and they are very educational,” said Jim Coffin, Radiology Director for Trinity Health. “Many schools do not require their students to write a paper, but for as long as I can remember, our school has and although it takes up their time and energy, the students and we, as technologists, are very thankful for it. It teaches the students to think objectively and how to do research. Please join us in giving these talented students a warm congratulations!”
Employees celebrating their 20-plus years with Trinity Health were honored at an employee service banquet, held Feb. 19, at the Grand International Hotel in Minot.

More than 120 employees were being commended for their years of service to their community. Valorie Alfman, director of radiology, Trinity Hospital; Sharon Grjahn, radiation therapy Center, Cannon Knoll, Trinity Homes; and Shelly Boes, IT, Trinity Hospital, marked their 40th year with their Certificate on their anniversary milestone.

In all, those honored represent 3,265 years of service with Trinity Health, noted Randy Schwarz, vice-president of Trinity Health, who served as master of ceremonies for the evening.

"That is phenomenal," he said. "You folks are amazing."

Various honorees shared memories of years past, highlighting the ups and downs of their careers so far, many of the ‘downs’ could be easily solved today. "We can’t believe in technology have made healthcare higher quality, more convenient for patients and more accessible, even easier. All have seen dramatic changes within the industry and throughout Trinity Health, and many commented on how the changes largely have made healthcare higher quality and more convenient for patients and nursing home residents. Common themes intertwined in the many stories shared during the event included kindness, such as trust, teamwork, patient/resident focus, and change!

These employees, Schwahn said, help "make a difference in so many lives around you" and serve as "leaders of the rest of the work force to look to."

"Thank you for the work you have done and for the work you will do," Schwahn concluded.

In addition to the aforementioned employees, those celebrating their milestones were:

35 Year Awards: Gae Averes, Same Day Surgery, Trinity Hospital; Susan Brown, Housekeeping, Trinity Hospital; Karl Fiege, lab; Loretta Dukachere, Nursery, Trinity Hospital; Dianne Goebel, Housekeeping, Trinity Hospital; Brenda Grigas, ICU, Trinity Hospital; Linda Landstrom, Behavioral Health 3-C, Trinity Hospital – St. Joseph’s; John Holdeman, IT; Janice Keelan, Nursing Services, Trinity Hospital; Linda Landstrom, Behavioral Health 3-C, Trinity Hospital; Gal Merck, Radiology, HC - Medical Arts; Vicki Miller, Surgery, Trinity Hospital; David Pope, Housekeeping, Trinity Hospital; Barbara Power, Business Office, TMG; Mark Prues, Plant Operations, Trinity Hospital; Helen Prudhomme, Marketing, Omana Slybo, Surgery/ Cardiology, Trinity Hospital; Charlene Strand, Family Medicine, TCC – West Dakota; Dr. Charles Swenson, Internal Medicine; Harvey Wittmayer, IT; and Dr. William J. Zager, Home Health.

30 Year Awards: Sabrina Brau Lac, Nursery, Trinity Hospital; LabDawn Berg, Lab/Immunology; Mary Blada, Anticoagulation Clinic; Bob Glass, Trinity Homes; Patricia Gerszewski, Physical Therapy, Trinity Hospital; Wanda Hickman, NICU/ Trauma, Trinity Hospital; Debra Hunter, Diagnostic Radiology, Trinity Hospital; Linda Johnson, Same Day Surgery, Trinity Hospital – St. Joseph’s; Annette Landerhof, Nursing Services, Trinity Hospital; Bonnie Langley, Internal Medicine; Bonnie Leer, Trinity Hospital; Vicki Reille, Trinity Hospital; Agnes Rey, Internal Medicine; Angus L. Cameron, Medical History; Whiley, Charlottesville; Julie Nunziata, CSR - Surgery, Trinity Hospital; Deborah O’Connell, Anticoagulation Clinic; Joan Roberts, Same Day Surgery, Trinity Hospital; Carla Robillard, Medical Floor, Trinity Hospital; and Baha Wausick, Lab, Trinity Hospital.

25 Year Awards: Constance Bennett, Coding/Reimbursement; Cheryl Bickel, Ophthalmology; TRE – West Dakota; Gail Buds, Home Health/Heal; Laurel Burner, KDU; Connie Busch, Breast Imaging, HC - Medical Arts; Robin Forbes, Pediatrics, Trinity Hospital; Deborah, Goodman, Nursing Service, Trinity Hospitals; Paula Grossman, Radiology, Trinity Hospital; Dr. Jerry Hanen, Pharmacy, Trinity Hospital; Kristie Harris, Diagnostic Radiology; Kenneth, Hospital – St. Joseph’s; Lynn Helmers, Social Services, TCC - Kemmer; Bonnie Holmen, Nuclear Medicine, Trinity Hospital; Sandra Holzer, Materials Management; Linda Johnson, Rehab/Care, Trinity Hospital – St. Joseph’s; Melody Johnson, HomeHealth, Trinity Homes, Rhonda Johnson, Business Services, Kim Kraft, Case Management, Trinity Hospital; Charlotte Krenner, ETC, Trinity Hospital; Dorothy, Home Health; Kathy Larson, Business Services; Wanda Mazurek, Occ/ Therapy, Trinity Homes, Dr. Jill Martinson-Rekedopp, Occupational Therapy, Priscilla Mey, CT; Reiner, Social Services, Trinity Hospital; Pam Melby, Trinity Homes; Clarice McMahon, NICU/ Trauma, Trinity Hospital; Colleen Kraft, Physical Therapy; Terry Stock, Home Health, HC – Medical Arts; Cheryl, Home Health, Health Care, Charlene Graefness, Diagnostic Services, Kenmare; Cheryl Halverson, Radiology, TCC – West Dakota; Karl Halverson, Radiology, CRNA, Trinity Hospital; Sarah Summers, Podiatry; HC – West; Rhonda Tankberg, Administration, Trinity Homes, Wrightwood; Allison, Occupational Therapy, Trinity Hospital; Susan Hill, Lab, Trinity Hospital; Rochelle Houston, Same Day Surgery, Trinity Hospital; Alisa Iverson, Materials Management, Rachelle

Join us on facebook at TrinityHealth.ND

Trinity Health Physicians Referral Service

www.trinityhealth.org

Visit our website at www.trinityhealth.org

Need a Doctor? A trained professional will assist you in selecting a health care provider right for you. Please feel free to leave a message after hours, and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org.
**Getting a Hand Up On Dupuytren’s**

Some may look at collagen as a godsend, something that can help with wrinkles away. But, for someone with Dupuytren's Contracture, collagen can be a mechanism of torture. Dupuytren’s is a slowly progressive fibroproliferative disease which causes the fingers to bend – a condition that can ultimately cause the ring of collagen to form around the fingers. There are theories, touching the palm of the hand – so that the fingers cannot fully extend. This occurs when collagen builds up in the hand and thickens into a rope-like cord (Dupuytren's Cord) in the palm. While it is not a painful disease, Dupuytren’s can provide dysfuction for a person, explained Daniel C. M. Williams, MD, a hand surgeon with Trinity Health. Williams states that “the tabletop test” can be used to determine whether there is a contracture that needs to be treated. If you can’t place your hand flat on a tabletop, Dupuytren’s may have taken hold.

“Usually, the first indication of Dupuytren’s disease is a幕 placing the cord in the palm,” Williams said.

“That nodule will feel like a cord-like structure in the palm and that cord will usually lead to the contracture.”

It is a slow progressing disease, usually occurring over a period of eight to ten years. Blendi Cumani, MD, a fellow hand surgeon and Williams at Trinity’s Hand Surgery Clinic. Sometimes, the disease is still ignored until it has become a problem. The true cause of Dupuytren’s is unknown, but Williams said, “We do notice a strong genetic disposition,” he added. “I see patients that run in the family, but it’s common among Scandinavians and those of northern European descent.”

**Disease Symptoms**

**A**

Due to the sometimes unusual presentation, Dupuytren’s is also known as “the Viking curse” or “the Celtic curse.” To North Dakota, a state heavily populated – or at least associated with Scandinavians – blood, Dupuytren’s is a possibly malady down the road.

It can also be a question of microvascular trauma or repetitive trauma to the hand, but that is just a theory, Williams said. He added that Dupuytren’s tends to occur when a person, male or female, is in their mid-forties. Additionally, there are cases when family history plays a role. “It tends to run in the family, but not always,” he said.

To treat Dupuytren’s, traditionally, the hand would be opened above the cord. This could be removed. This procedure is painful. Cumani added. “It can lead to scar tissue, plus an extensive recovery time. It can take 6 to 8 weeks to recover, with the recovery including the gradual wearing of a splint.

The Hand Surgery Clinic prefers minimally invasive procedures, and with Dupuytren’s, there is no exception. Since December 2012, Williams and Cumani have used Xiaflex™ as a treatment. Patients of Dupuytren’s, Xiaflex™ is an injection of collagenase clostridium histolyticum which is injected into the cord. Over a period of 18 to 24 hours, the ingredients in the injection begin to break down the Dupuytren’s Cord. The next day, the patient returns and the doctor examines the hand as the hand is now broken down cord.

This procedure has been performed at Trinity Heath in December, and every patient so far has seen significant improvement in the function and appearance of their hand.

**D**

Brad Otto, of Minot, has Dupuytren’s contracture in both hands, but his left hand was worse. In that hand, he had a cord which pulled his ring finger towards his palm, but it was so bad that when he tried to place his palm flat on a table top, he was able to slide a nickel underneath.

While he said that he could proceed normally, “it gets to the point where you really pull and pulls and it pulls your finger inward toward your palm,” he said. Otto recognized the genetic disposition (“My grandpa came straight from Norway,” as he and his brother’s (his grandfather’s daughter) both have Dupuytren’s. “He has it like I have it, in my right hand,” he said. “It’s not that bad, but she’s got it.”

During mid- and late- 2012, Otto said that his left hand started to get bad. In January 2013, Otto visited Dr. Williams and on Valentine’s Day, he was able to have the procedure done. He explained to me before that you had to get surgery, and that was that. “But this thing, I went Thursday, he joked me with a needle in there, I put it in, handled it, and wrapped it up.”

The next morning, at 8 a.m., he took the wrapping off. injected Otto’s hand with Novacain and five minutes later, Williams pulled the fing- er down. “You can see that finger snap,” he said. “It’s like taking a toothpick and mapping it in half. It just went ‘snap,’ no pain or any- thing. It was awesome. I was so impressed by it.”

As for Otto’s right hand, the patient returns and the doctor examines the hand as the hand is now broken down cord.

Brad Otto, of Minot, demonstrates how his left hand was affected after receiving treatment from Dr. Daniel Williams, a hand surgeon with Trinity Health, his hand is back to normal.

**Gold Standard**

Continued from page 1

“Compliance to these standards provides laboratory best practice.”

The laboratory testing is very important for the diagnosis, treatment and follow-up of patient care. The lab is divided into five departments, each playing a vital role in the performance of healthcare:

**Hematology/Urinalysis:**

This department performs blood tests, such as blood counts, which are the most commonly ordered tests. On an annual basis, about 60,000 blood counts are performed by the hematology/urinalysis staff.

**Chemistry:**

In the chemistry lab (the largest department, by volume, in the lab), analysis of blood, urine and other body fluids is performed. It also tests heart, kidney, liver and lung function, protein, lipid and hormones, as well as drug concentrations for therapeutic drugs (antibiotics, etc.) and non-therapeutic drugs (drugs of abuse, et al).

**Microbiology:**

Traditionally, microbiology is devoted to culturing patient specimens to determine if pathologic microorganisms exist. Technology is now used testing for drug-resistant bacteria (MRSA and VRE, et al) and to detect common viruses, like influenza. This dramatically improved the turnaround time, from three days to two hours.

**Cytology/Histology:**

This department tests cells and cytologists examine human cell samples, looking for early signs of diseases. Ninety percent of these tests involve cellular samples, such as Pap tests. Histology staff prepare tissue slides for the pathologist to diagnose disease.

**Blood Bank:**

Blood is a lifesaving resource. Blood typing and screening is done to ensure that a person who needs a blood transfusion will receive blood that is compatible with his or her own.

**DMC hematology/urinalysis**
**Community Events**

It is important for Trinity Health employees to stay abreast of safety procedures in order to protect themselves and, most importantly, the patients. On March 4-5, the Trinity Health Skyline was filled with safety-related booth and information.

The Town & Country Center was the scene of a Heart Health Fair, held Feb. 26. The fair included booths featuring presentations on several aspects of maintaining a healthy heart, including nutrition services, exercise rehabilitation, cholesterol screenings and blood pressure checks, and smoking cessation. The evening also featured several speakers, including Jerilyn Alexander, with “Time is Muscle;” Margo Dailey-Filipkowski, with “Getting to the Heart of Atrial Fibrillation;” and Janet Maxson, with “Women’s Heart Health.”

**Mobile Mammogram Schedule**

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**Prepared Childbirth Classes**

Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited.

April 30-May 21 and June 4-June 25 (Tuesdays) 7-9 p.m., in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.

**Family Birth Center Tours**

Expectant mothers are invited to attend a formal group tour/education/Q&A session at Trinity Hospital’s Family Birth Center. This opportunity allows every expectant mother to hear and see valuable information in a relaxed environment. We will also provide information on self-care, infant safety and what to expect during your delivery. See www.trinityhealth.org or call 701-857-5380 for detailed schedule.

**Grocery Store Tour**

**Topic: How to Read a Food Label**

Join a Registered Dietitian for a small group grocery store tour!

The Original Marketplace Foods
1930 S. Broadway, Minot • April 16 • 6 pm
Meet at the entrance near the deli.
RSVP by April 15. Space is limited!
Please reserve your spot today! Call 857-5268

**Want to make a difference? Become a volunteer.**

As a Trinity volunteer you are a vital link in the chain of service and caring. Not only will you have a positive impact on our patients and/or residents, you will be part of a dedicated team that is known for delivering the best healthcare available. For more information, call our Volunteer Services office at Trinity Hospital 857-5221, or 857-5959 at Trinity Homes.

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Trinity Health’s Speaker’s Bureau

Call our Community Education Department at 857-5099 to check for available dates and topics.

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May 8-May 29 and August 7-August 28 (Wednesdays) 7-9 p.m. in the Airmen and Family Readiness Center, MAFB. Please call 723-3950 to register.

April 6, April 20, May 18, June 1 and June 22 (Saturdays) 9 a.m.-4 p.m., in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.

**Breastfeeding Basics**

April 17, May 15, June 12, July 10 and August 14 Offered by Laureen Klein, RN, BSN. Meets from 7-8 p.m. in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.

These classes are offered free of charge as part of Trinity’s community benefit mission, but registration is typically required. For more information or to register for classes, call 701-857-5337 or 857-5319 or 1-800-862-0005.