Colorectal Cancer – Screening Important

Colorectal cancer is the second leading cause of death among both men and women. This startling statement should inspire anyone and everyone to take action and get screened – but it doesn’t, and this worrying because colorectal cancer can be treated if caught in time.

“It is not as common, but it kills more people,” says Kenneth Keller, MD, Trinity Health’s Medical Director of Gastroenterology. “If you can find a way of screening for colorectal cancer, you will really have something fantastic because not only will you find the cancer, but you can prevent colorectal cancer. It’s hard to prevent lung cancer, other than don’t smoke. That’s obviously the best way.”

But with colon cancer, Keller says, “if you have screenings and screening colonoscopy, and polyps are removed, you can effectively prevent cancer from occurring in patients. We look for polyps and if we find it and remove it, the polyp never grows into cancer.”

Rectal screenings are important because they can catch 50 percent of colon and rectal cancers – that is 75,000 of the 150,000 cases of colorectal cancer diagnosed each year in the United States. (Of those 150,000 cases, more than 40,000 involve the rectum.)

Symptoms for colon cancer include:
• the presence of blood in the stool,
• changes in bowel habits, or
• new constipation and/or diarrhea.

For someone who is asymptomatic – one who is not showing the warning signs – screening is encouraged to begin at age fifty. Keller says “For an average person, without an increased risk, screenings should start at fifty,” he adds, noting the American Cancer Society’s recommendation that screenings begin at fifty. Keller stresses that those who are asymptomatic – those who present symptoms – should see their physician immediately and sidestep the “age 50” rule.

“I’ve seen colon cancer in patients in their twenties, thirties and forties,” Keller said. “If you’re concerned about it, there is no reason to wait until you’re fifty to get checked.”

The colonoscopy is the most commonly known screen for colorectal cancer. With the colonoscopy, a colonoscope is run through the rectum and colon, looking for signs of cancer.

“The minute a physician suspects you might have cancer, it is no longer a screening study, but diagnostic one, as a diagnosis will be made to see if cancer is there,” Keller says.

“Colon cancer grows slowly,” Keller said, noting that it is estimated that colon cancer begins as a polyp. “The polyp gradually gets bigger and bigger and the cells inside mutate and turn into cancer. This sequence is estimated to take five to seven years to develop.”

Rectal exams can reduce the number of future diagnostic studies that need to be done. These exams can also evaluate the prostate gland in males, and thus they are also good for maintaining prostate health.

There are many exams that can be performed to check for signs of colorectal carcinoma in the rectum:

Digital Rectal Examination – The name may be deceiving for some, as it does not involve digital vaginal or rectal examination and its disorders. The Digital Rectal Examination and Hemocult test “are very easy for the patient to go through,” Keller said. Additionally, these tests can be performed by any provider.

Barium enemas – These should never be done. As a patient is given a barium enema, the patient’s colon is X-rayed to evaluate the colon to find polyps and cancer is also examined. If the prostate is enlarged, firm or hard, or has a nodule or bump, it may infer there is a problem.

Hemocult test – This is a less invasive screen. As Keller explains, the physician takes a stool sample, which is then smeared on a piece of paper. A solution is then dropped on the paper – this is done to see if there is blood in the stool; if there is, the solution will cause the stool to turn a special color. The presence of blood could indicate bleeding from a cancer which would then lead to additional tests, usually a colonoscopy.

The Digital Rectal Examination and Hemocult test are “very easy for the patient to go through,” Keller said. They are the ones who work with the digestive system and its disorders.

If you are a candidate for a colonoscopy, or have questions about colorectal screenings, contact your primary care physician, or make an appointment to see a gastroenterologist. Trinity Health’s Gastroenterology department includes Rukshana Cader, MD, Edmundo Justino, MD, and Bonnie Ler, FNP-C; they are located at Health Center – Medical Arts, and can be reached at 857-7389. More information on the department can be found at: www.trinityhealth.org/gastroenterology.

gastroenterologists, physicians who work with the digestive system and its disorders.

“They are the ones who typically perform colonoscopies,” Keller explained. “They would also perform flexible sigmoidoscopies, although there are other physicians that do that as well.”

Flexible sigmoidoscopy – Another test that can find polyps and cancer is flexible sigmoidoscopy, which is similar to colonoscopy, but it does not extend throughout the entire colon. Colonoscopies are performed by

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Barium enemas – The patient is given a barium enema, in which barium is flushed into the rectum. Then, an X-ray is taken and anything cancerous or suspicious would show up.
Hearts with Talent Gala a Success

Over 120 people attended the first ever Hearts with Talent Gala, which was held on January 31 at the Grand Hotel in Minot. Attendees were greeted with champagne and chocolate-covered strawberries and enjoyed a steak and shrimp scampi dinner. The entertainment for the evening was a talent show featuring some of the area’s finest performers.

The “King” of the talent show, and winner of a $1,500 travel voucher, was Maegan Madill, who sang a rendition of "Gimme Gimme" from the musical "Thoroughly Modern Millie." The “Queen” of the evening was Monica Sorgen and the “Jack” was the husband-and-wife duo of Devin and Kayla Cole (pictured at left). Other participants were Anansa Greenfield, Annie West, Jennifer Stringer, Desiree Jai, Vanessa Melvin, Lexi Wyman and Heather Landis. The winner was chosen by the audience.

Proceeds from the gala went to the local Mended Hearts chapter, which is sponsored by the Trinity Health Auxiliary.

ND Mended Hearts Chapter

The Trinity Health Auxiliary ND Mended Hearts Chapter will meet the second Wednesday of each month in the Trinity Community Conference Room at Town & Country Center. The first meeting is scheduled for Wednesday, March 11 at 5:30 p.m. Heart patients, caregivers and family members of heart patients, and anyone interested in Mended Hearts is welcome to attend. For more information, call Sherry Maragos at 701-857-5221.

Flu Restrictions Eased at Trinity Health

Trinity Health has lifted visitor restrictions at both of its Minot hospitals and at its long-term care center, Trinity Homes. Sue Niebuhr, coordinator of Infection Prevention and Control for Trinity Hospital and Trinity Hospital – St. Joseph’s, says the lapse is due to a recent decline in flu activity.

“We’ve seen a decrease in influenza numbers in the community, which is why we’ve been able to lift the restrictions for now,” Niebuhr said. “We continue to stress, however, that people exhibiting any signs of cold or flu-like symptoms should avoid visiting the hospitals or nursing home.”

At Trinity Homes, the restriction was lifted on February 9, as no new cases of influenza were identified among the residents, said Brenda Lokken, Infection Control and Prevention Coordinator at Trinity Homes. The restrictions were put into place at both Trinity hospitals and at Trinity Homes a month ago due to an outbreak of influenza in the region. Niebuhr says infection control officials will monitor the situation and may implement restrictions again if the presence of influenza in our community spikes again. Vaccines to help protection is still available at Trinity’s clinics. People should still consider getting a flu shot even now, as the season typically lasts through spring and typically spikes more than once per season.
Trinity Staff receive Eagle Awards

Three employees from Trinity Health were given the Eagle Award for Excellent Customer Service from the Minot Area Chamber of Commerce. Scott Knutson, MD, and Lacey Ethen, RN, both with Trinity’s Emergency Trauma Center, and Shawn Van Dyke, CNA, Trinity Homes, were nominated for the award due to their excellent service.

A person who was a patient in Trinity’s Emergency Room nominated Knutson and Ethen. While citing that the ER “is a very busy place,” both Knutson and Ethen took the time to make the patient feel comfortable and valued.

“De Knutson explained every test that was being done, as well as the outcome; took the time to sit with me to explain the course of treatment he was putting me on, explained all the medications, side effects and the outcome I should expect,” the patient said.

As for Ethen, the patient said that she is “the most compassionate, caring nurse I have ever come across.”

“Her demeanor was fantastic; she went out of her way to make me as comfortable as she could,” the patient said. “You could tell she loves her job and actually cares about each patient and every one of her patients. Her smile brightened up the room, even being in as much pain as I was in, she made me feel special and made me smile, even though I was hurting very badly.”

Van Dyke, a CNA on the fourth floor at Trinity Homes, was nominated by the sister of a resident there who felt that Van Dyke “is an awesome employee, particularly through his interactions with her brother, who had Parkinson’s Disease.”

“Shawn has the patience to help [him] just to stand, at times, it may take a while,” the nomination read. “Shawn knows how to guide his leg, this will keep him more calm so his legs are more relaxed.”

Additionally, Van Dyke “makes his stay at Trinity feel like home, and a little easier. I know he appreciates all that Shawn does.”

The awarding of the Eagle Award is a validation of the employee’s efforts in improving customer service, which values exceeding professional quality standards and customer expectations.

Visit our website at www.trinityhealth.org

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Visit our website at www.trinityhealth.org
Sports Medicine: We Prepare, You Perform

“We Prepare, You Perform.” That is the motto for the Athletic Trainers of Trinity Sports Medicine in celebrating National Athletic Trainer’s Month in March. It is a time across the country for the athletic training profession to be recognized for what they do for the physically active population.

The motto for this month is perfect in helping define what an athletic trainer does. They prepare. Most people would think that this would mean that athletic trainers may show up prior to a game, tape an ankle, maybe stretch a hamstring and send the athletes on their way. For those tasks are actually the minority of the preparation an athletic trainer does.

Athletic trainers are the poster children for the concept of “be prepared.” This starts even before sports seasons begin. One way Trinity Sports Medicine athletic trainers prepare is through planning for emergent situations. Each entity Sports Medicine works with has the best and handle it in a way that takes place as well as a mass casualty plan, each of which is developed by the athletic training staff. This also includes making sure that they have the right tools to do the job such as fully stocked medical kits, emergency splints, crutches, mass casualty kits, CPR masks, AEDs and various other tools of the trade. The athletic trainers are highly educated in emergency planning and emergency skills and ensure they keep knowledgeable and up to date by reviewing and practicing these techniques every year. This keeps the athletic trainers prepared to handle any emergent situation that may arise and handle it in a way that has the best possible outcomes for the population that is served.

Another way athletic trainers prepare is focusing on all aspects of the health of the physically active population to ensure that they are prepared and ready to perform. For Trinity Sports Medicine, this means providing their injury prevention and performance enhancement training program, FASTER athletics, to the athletes of the region. This program is designed around the concept of recognizing common conditions that cause injuries in a specific population and strengthening to correct the issues before the injury occurs. In addition to these types of programs, athletic trainers play a large role working with physicians during the pre-participation physical process by reviewing medical histories, discussing previous injuries or illnesses and performing orthopedic screenings. This ensures that potential issues are recognized and discussed prior to the athlete even starting her first practice. Now comes the part that you may typically see in public, getting the athlete prepared for his or her actual sporting practice or game. For Trinity Sports Medicine athletic trainers, this means arriving at a practice or game one to trainer having worked with him or her day in and day out for the entire sports season. This brings us back to the athletic training month motto: We Prepare, You Perform. In this region, athletic trainers are served.

Trinity Health South Ridge
Monday-Friday 9 am-4 pm

Health Center – Town & Country, Suite 104
Monday-Friday 9 am-4 pm

 Convenient Care, Health Center – Medical Arts
Saturday and Sunday 9-1 pm

Cash, local checks or credit cards accepted.

Provided as a community service by

www.trinityhealth.org
In Recognition and Thanks

continued from page 5

Cholesterol/blood glucose screenings, free blood pressure checks, and information about the patient portal were available on site.

In memory of

Patricia Schumann

In memory of

Lauren & Robert Klein
Laurel & Gerald Schlag
Laurel Johnson
Leona & Paul Diere
Lila & Chet Brotherton
Lily Meier
Linda & Wayne Schafer
Linda & Peter Bussert
Linda Rasul
Lorraine & Louis Anderson
Lorraine Bierman
Lowell & Ann Latimer
Margaret Peterson
Margaret Stowers
Marge Hoen
Maritaine Young Eagle
Marina & Leonard
Marvin & Fredale Bailey
Michelle & Clinton
Van Lith

Mindful Arrival
Naturalization
North Dakota Guaranitry
and Title Company
Olide Anderson
Pamela McKay
Pat & Kayla Buck
Patricia & Kenneth Eisen
Pattie & Benton Kimball
Richard & Michelle
Galvan
Raddal & Mar thon Mattson
Robert Durkin
Rod & Vickie Larson
Roxanne Henneson
Roy Jensen
Sandy & Jake Busche
Stephen & Shanda McNally
Tom & Connoly

Theresa Cichola
Theresa & Ronald Cichola

In memory of

of Des Lacs

of Tioga.

The subject was “Putting Your Best Foot Forward.”

Dr. Scott Knutson, MD, ophthalmologist, and Brad Schimke, MD, optometrist, spoke to the students in recognized for their specific roles and offered them a hands-on experience with different tools that the doctors use regularly.
Go “Green” for the Health of it

Sometimes eating “greens”, also known as vegetables, can be a struggle.
Vegetables come in many different colors and provide a variety of health benefits. Some of those health benefits include vitamins, minerals, phytochemicals and fiber. Not to mention, most are also low in calories. Most people are familiar with vitamins, minerals and fiber, but what are phytochemicals?

Phytochemicals are substances found in plants that have been shown, in combination with vitamins, minerals and fiber, to help lower a person’s risk for certain diseases. The benefits seen from the phytochemicals are most effective when fresh vegetables are eaten versus taking them in a supplement.

It is important to note that when it comes to fresh produce, the closer the vegetable is eaten from the time it is harvested, the higher the vitamin and mineral content will be in that food item. Once harvested, the fresh vegetables continue to ripen and vitamins and minerals are slowly lost. So, when it comes to eating your vegetables, make sure you eat a variety. This means eating a variety of colors as well as fresh, frozen and canned. Below you will find examples of vegetables by color and some of the vitamins, minerals and phytochemicals found in each.

As you can see from the chart, each color offers its own unique health benefits. That is why it is important to eat a variety of colors. Here are a few tips to help you consume more vegetables into your current diet.

- Add vegetables to your favorite recipe such as celery, carrots, cucumbers, bell peppers and radishes make great and easy snacks any time of the day. Dip them in some ranch dressing for a flavor boost.
- Add vegetables to a sandwich. A few leaves of lettuce, slices of tomato, cucumber, onion or any other vegetable is an easy way to get in some extra vegetables.
- Add some vegetables to scrambled eggs. Easy way to increase your vegetable intake.
- Challenge yourself to try a new vegetable each week or month. This can be a fun way to increase your vegetables.

So the next time you are at the grocery store, make the decision to add a new vegetable to your cart and/or pick a vegetable from each color. The kinds of fresh vegetables available vary with the seasons so make it a habit to check the produce section often. Vegetables can be great additions to any meal or snack so see where you can add them in your diet and enjoy eating.

### Microwave Potato Chips

**Ingredients**
- 4 large potatoes, any kind will work
- 2 teaspoons herbs and spices of your choice, if desired
- Vegetable oil or cooking spray

**Directions**
1. Slice potatoes less than 1/16” in thickness (paper thin), slcing across the potato.
2. Place potato slices in a bowl, sprinkle with some salt (if desired), cover with cold water and let sit for 10 minutes.
3. Remove potato slices in batches onto paper towel and pat dry.
4. Lightly spray or rub some parchment paper the vegetable oil or cooking spray.
5. Place the potato slices on the parchment paper and sprinkle them with the herbs and spices or leave them plain.
6. Place another piece of parchment paper on top and microwave 5 to 6 minutes.

### Pico De Gallo

**Ingredients**
- 4 ripe plum tomatoes, seeded and finely chopped
- 1 small white onion, finely chopped
- 1 tablespoon lime juice

**Directions**
1. Combine all ingredients; cover and refrigerate for at least an hour.
2. Eat within 24 hours for best result.

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**Color**

<table>
<thead>
<tr>
<th><strong>Vitamins/Minerals</strong></th>
<th><strong>Phytochemical</strong></th>
<th><strong>Examples</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>Vitamin A, vitamin C</td>
<td>Lycopene</td>
</tr>
<tr>
<td>Orange</td>
<td>Vitamin A, vitamin C, vitamin B6 and potassium</td>
<td>Carotenoids</td>
</tr>
<tr>
<td>Yellow</td>
<td>Vitamin A, potassium, manganese and magnesium</td>
<td>Carotenoids</td>
</tr>
<tr>
<td>Green</td>
<td>Iron, lutein and folate</td>
<td>Lutein</td>
</tr>
<tr>
<td>Blue/Purple</td>
<td>Vitamin A, vitamin C, potassium and folate</td>
<td>Anthocyanins</td>
</tr>
<tr>
<td>White</td>
<td>Vitamin C, vitamin K and folate</td>
<td>Aliph sulfides</td>
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*These are the vitamins and minerals found in the highest amounts in the food items.

**Color Vitamins/Minerals**

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**B&B Northwest Pharmacy 701-857-5437**
Health Center – East • 20 Burdick Expwy W
Mon-Fri 8 a.m.-6 p.m. • Sat 9 a.m.-1 p.m.

**KeyCare Pharmacy 701-857-7900**
Health Center – Medical Arts • 400 Burdick Expwy E
Mon-Fri 8 a.m.-7 p.m. • Sat and Sun Noon-6 p.m.

Minot, ND • www.trinityhealth.org
Employees Honored For Years of Service

A combined total of 2,285 years of service were celebrated at a banquet held to show appreciation to almost one hundred Trinity Health employees on February 17 at the 17th annual Employee Service Awards Banquet.

“Trinity Health salutes and thanks all employees for taking pride in their service,” said John Kutch, Trinity Health CEO. “We honor all of you who have invested in the future of health care.”

Twenty Years: Judith Anderson, Family Medicine; Donald Ashorn, KeyCare Medical; Sally Bouldas, Surgery; thumb; Angela Bergstrom, Chemical Dependency Unit; Krug Brandt, Anesthesia; Doris Broeks, Health Information Management (HIM); Nancy Brown, Orthopedics/Neurology; Rowan Brown, Nurse Practitioner; Marylin Cooper, Business Office; Rhonda Darby, Nursing Service; Daren Dunham, Housekeeping; Susan Ensminger, Business Office – Dr. Williams; Allen Bohnen, Business Office – Dr. Williams; Joanne Elges, Radiology Techn; Bob Erickson, Dermatology; Jackie Kaeding, Central Sterile Processing; Laura Hahn, Homes; Barbara Henry, Westphove, Joyce Hutchins, Housekeeping; Susan Jaicks, Communications; Kathy Johnson, Medical Nursing; Jennie Kistelos, Oncology; Laurel Klevan, Trinity Clinic; Elaine Kromowy, Surgery – St. Joseph’s; David Lee, Dietary Services; Kristy Leier, Nurse Practitioner; Sonja Mejri, CCR, Kevin Mally, Athletic Training; Dr. Melissa Mazaraey, Physician; Joan Moe, Housekeeping; Susan Olson, Promote; Launonne Olson, Pediatrics; Kristi Painter, Patient Registration; Barbara Patterson, Pharmacy; Sherie Remiche, Pharmacy; Delores Schlesser, Orthopedics; Jeffrey Simon, Anesthesia; Jamie Smith, Oral and Facial Surgery; Alan Solberg, Transcription; Marc Sordland, Surgery; Bill Sarba, Anesthesia; Dr. David Uthus, Physician; Carmen Voigt, Transcription, Sarah Warren, Transcription; Donna Westman, Nurse Practitioner Office; and Kelly Zelnicki, Labor & Delivery.

Twenty-Five Years: Susan Ayers, Lab; Dr. Beth Muley, Materials Management; Elaine Braaten, Hostess; Torri Brown, Anesthesia; Dr. Ann Cadwalader, Physician; Ellen Feldmann, Pharmacy; Mary Fjeldahl, Rehab Nursing; Michelle Goodman, Pharmacy; Rhonda Gunderson, Emergency Trauma Center; Leslie Hanson, Coding/Reimbursement; Shelley Haucke, HIM; Anna Kitzman, House Medicine; Joy Kroh, Lab; Bernadine Lutes, Kenmare; Lynette Long, Coding/Reimbursement, Mary Mahnke, Community Relations; Dr. Howard Revere, Physician, Roxanne Retzer, Keycare Medical; Dr. Joe Smothers, Physician, Sharon Snyder, Surgery and Terry Truancy, Coding/Reimbursement.

Thirty Years: Charlene Conder, Homes; Nancy Gasmann, Physical Therapy; Karen Kelly, Anesthesia; Jane Nelson, Coding/Reimbursement; Susan Renfandt, Neurology; Rita Vaughn, Anesthesia; Pearl Walz, Homes, and Brenda Weber, Corporate Finance.

Thirty-Five years: Linda Adam, Chemical Dependency Unit; La Aschenbauer Rehab Nursing, Marla Bohan, Lab and Delivery; Susan Erickson, Dermatology; Jackie Kaeding, Central Business Office; Cynthia Milkey, Radiology Techn; School, Marie Mogren, Kenmare; Valerie Quintas, Trinity Homes; Linda Schafer, NICU/Transitional, Nadia Smetana, Oncology, and Vicky Wharton, Ambulatory Surgery.

C O M M U N I T Y  A L E N D A R

For the latest updates, check online at www.trinityhealth.org/news

March 2015

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

March 24-April 14 and May 5-26 (Tuesdays) 7-8 p.m., in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.
April 29-May 20 and July 29-August 19 (Wednesdays) 7-8 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/familybirth_SVS or call 701-857-3534 for detailed schedule.

Breastfeeding Basics
March 25, April 15, May 13 and June 10
Offered by Lauren Klein, RN, BSN. Meets from 7:30 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 701-857-8154.

March 3

Kenmare Hospital, 385-4296 (Sherry/Kris)
Trinity Community Clinic – Middell, 756-6841

March 4

Northland Community Health Center – Turtle Lake, 488-9225
Trinity Community Clinic – Velva, 338-8066

March 9

Devis Lake Community Clinic, 662-8862

March 10

Tioga County Medical Center – Cando, 968-2522

March 16

St. Luke’s Hospital – Crosby, 965-6349

March 24

Tioga Clinic, 664-3368

March 30

Montrauld County Medical Center – Stanley, 628-2505
Trinity Community Clinic – New Town, 627-2900

March 31

McKenzie County Medical Center – Watford City, 842-3771

The Keys to Diabetes Success
Pre-Diabetes:
Who is at Risk and Reducing Risks
Tuesday, March 3 • 7 p.m.
Health Center – Riverside Education Center
1900 8th Ave SE • Minot

Presented by
Michelle Fundingsland, RD, LIRD
Susan Burkhardt, RN, MSN, CDE, BC-ADM

Residents are not required, but recommended.
Please call 857-5200. Family is invited.

March 2015 Mobile Mammogram Schedule

March 3 – Kenmare Hospital, 385-4296 (Sherry/Kris)
Trinity Community Clinic – Middell
756-6841

March 4 – Northland Community Health Center – Turtle Lake
488-9225
Trinity Community Clinic – Velva
338-8066

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Devis Lake Community Clinic
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Trinity Community Clinic – New Town
627-2900

March 31
McKenzie County Medical Center – Watford City
842-3771

#healthfeed        www.trinityhealth.org/news

For the latest updates, check online at www.trinityhealth.org/news

www.trinityhealth.org/news

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April 29-May 20 and July 29-August 19 (Wednesdays)
7-8 p.m. in the Airmen and Family Readiness Center, MAFB.
Please call 723-3550 to register.

March 7, March 28, April 18 and May 2 (Saturdays)
9 a.m. - 4 p.m., in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.

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/familybirth_SVS or call 701-857-3534 for detailed schedule.

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