Recognize Signs of a Heart Attack

Do you know the signs of a heart attack? Do you know what to do if you experience them? It is important to be aware, because not knowing could lead to death. According to Jerdlyn Alexander RN, BSN, stroke and STEMI coordinator for Trinity Health, the best way to prevent damage from heart attacks is to recognize the warning signs and react. Most damage occurs within the first one or two hours during a heart attack, so taking immediate action can save muscle (“time is muscle,” as Alexander says), can save lives, and can maintain quality of life.

According to Mayo Clinic, a “textbook” case of a heart attack involves sudden, crushing chest pain and difficulty breathing, often brought on by exertion. “Many heart attacks don’t happen that way, though,” the Mayo Clinic said. “The signs and symptoms of a heart attack vary greatly from person to person.”

Cardiovascular disease is the leading cause of death in the United States – for men and women. According to the American Heart Association, cardiovascular disease accounts for nearly 801,000, or one in three, deaths in the United States. About 2,200 Americans die of cardiovascular disease each day, an average of one death every 40 seconds.

Through July 2017, 173 patients at Trinity Hospital were diagnosed with having a heart attack. Of those patients, 67 percent were male and 33 percent were female, said Erica Erick, RN Stroke & STEMI program. Despite the lower number of women here who had heart attacks, cardiovascular disease is still the number one killer of women, the American Heart Association says heart disease causes one in three deaths in women each year. At Trinity, the average age of a patient with a heart attack is 62, Alexander says. “That’s young,” she says. “That’s very young.”

According to the National Heart, Lung and Blood Institute, most heart attacks are the result of coronary heart disease, a type of cardiovascular disease. Cardiovascular disease is any abnormal condition of the heart or blood vessels. This includes not just coronary heart disease, but also stroke, congestive heart failure, peripheral vascular disease, congenital heart disease, endocarditis, and many other conditions.

According to Chronic Disease in North Dakota: A Status Report for 2014, 7.7 percent of adults age 18 and older in North Dakota had cardiovascular disease in 2013. With cardiovascular disease, hereditary risk factors (factors you were born with and have no control over) include things like age, gender, heredity, and race. Those at greater risk are people age 65 and older, men, people with family history of heart disease, and people who are Mexican-American, Native American or native Hawaiian, and some Asian-Americans.

Recognize

There are several signs of a heart attack that everyone should be aware of:

- Chest discomfort – Any pain between your navel to the nose.
- Discomfort in the center of the chest – a feeling of pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body – This can include one or both arms, back, neck, jaw, or stomach and can occur with or without chest pain.
- Shortness of breath – This can happen during or before chest pain.
- Other symptoms can occur – cold sweats, nausea/vomiting, or light-headedness. Those with diabetes may have atypical – or sometimes a lack of – symptoms that can be recognizable as being precursors of a heart attack.

React

In 2017, 73 percent of heart attack patients came to Trinity by private vehicle. By driving themselves rather than calling 911, they may have allowed greater damage to their heart.

If you experience any of these warning signs, it is important to call 9-1-1 (or Emergency Medical Services) and get to the nearest hospital, Alexander said.

Why use 9-1-1?

Studies show that patients who present via EMS receive quicker treatment than those that come by private vehicle. Community Ambulance Service has the capability to complete an EKG and transmit it to the Trinity Hospital Emergency Trauma Center prior to the patient’s arrival at the hospital. This allows necessary teams to be alerted if needed to improve the timeliness of care.

“All of the EMS agencies in the northwest region of the state have this capability as well, allowing for improved care in very rural areas of our state,” Alexander said. “At a statewide level, we are seeing a decrease in mortality in heart attack patients due to the implementation of EGKS by EMS, as well as developing and implementing protocols on all levels of care.” Getting medical intervention is very important at a time like this, Alexander said. “The longer you wait, the more damage you’ll have.”

Trinity’s healthcare providers target the full range of conditions related to the heart and vascular systems, including congestive heart failure, hypertension (high blood pressure), atherosclerosis (narrowing or hardening of the arteries), peripheral vascular disease, and more.

With a network of healthcare providers dedicated to assessment and intervention, Trinity Health has streamlined processes for initiating treatment and getting the patient definitive care. Trinity Health’s heart team includes board-certified cardiologists and cardiothoracic and vascular surgeons, nurses with cardiovascular expertise, exercise physiologists, and cardiac rehabilitation specialists. Heart care is a Center of Excellence at Trinity Health.

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New Year’s Baby Born to Minot Couple

A quiet New Year’s Eve in Trinity Hospital’s Labor & Delivery Unit came to an end when Laurin Leidholt and Taylor Barstad of Minot became parents of the first baby born in 2018.

Kynn Berdoll Barstad, the couple’s daughter and first child, was born at 4:59 a.m. weighing 8 pounds 10 ounces. Jessie Fauntleroy, MD, an OB/GYN with Trinity Health, performed the delivery.

“Along all I had a feeling I might go in on New Year’s Eve,” Leidholt said, noting she was scheduled for delivery on January 2. “I started having back labor, I decided we’d better go to the hospital.”

The baby’s first and middle names are family names. Kynn is the middle name of Taylor’s sister, and Berdoll is the name of Leidholt’s grandfather. “I’m not sure it’s hit me yet that I’m a mom,” she added. Asked for thoughts on starting the year birthing the first baby of 2018, Leidholt said, “Awesome!”

The Trinity Health Auxiliary, which provides funds and support to enhance the overall mission of Trinity Health, presented its traditional gift basket to the family, which included baby items and a gift card for the parents to enjoy an evening out.

Scholarships for Cardiopulmonary Rehabilitation are Now Available

A scholarship fund has been established by the Trinity Health Foundation to assist cardiopulmonary patients with attending cardiopulmonary rehabilitation sessions. Up to $15,000 per year has been established for these scholarships. The scholarships provide 12 sessions of cardiopulmonary rehabilitation for patients who are uninsured and cannot meet the financial requirement for rehabilitation, explained Heidi Zaderaka, RRT, manager of Trinity’s Cardiopulmonary Rehabilitation program.

In the past, she said, some patients have turned away cardiopulmonary rehabilitation because it wasn’t “realistic, financially.” Now, with the scholarships, those patients who qualify can receive financial assistance.

To qualify, a patient goes through a screening process to see if they meet the criteria. Cardiopulmonary rehabilitation is helpful for patients who have suffered a heart event, such as a heart attack, bypass or valve surgery; who have had stents placed; who have COPD or other chronic lung diseases; or who have had heart or lung transplants, and/or congestive heart failure (CHF), Zaderaka said.

With 12 sessions of cardiopulmonary rehab, “we will provide patients with the education needed to help modify their risk factors and give them the tools needed to be successful in making appropriate lifestyle changes,” Zaderaka said.

Should a patient need further rehabilitation, due to severity of his or her disease or the need of a transplant, “we invite them to stay in our maintenance program,” Zaderaka said. “It’s a safe place for them to be exercising. Trinity Health recognizes the need for these patients, so the cost is kept reasonable.”

Patients who are interested in applying for a scholarship for cardiopulmonary rehabilitation should contact Heidi Zaderaka at 857-2338. A doctor’s order is needed.

The Trinity Health Foundation readily accepts donations to this scholarship. For more information, visit http://foundation.trinityhealth.org.

Prevention
The number one risk factor for developing cardiovascular disease is hypertension, or high blood pressure. According to the American Heart Association, recent blood pressure parameters have changed. Instead of 140/90, the acceptable number is now 130/80. “Good control of your blood pressure should be a discussion with your provider to find what the best is for you,” Erck said.

Blood pressure is the force of blood against artery walls. High blood pressure can cause the heart to work overtime. In addition, the force of the blood flow can harm arteries. According to the Centers for Disease Control and Prevention, an estimated 54 percent of U.S. adult in three — that’s about 75 million people — has high blood pressure, and only 54 percent have it under control.

“See age 80-year-old who say they have no medical history, but they haven’t been to the doctor in 50 years,” Alexander said. “People don’t usually seek out medical help unless there is something wrong or they are sick.”

In addition, she said, “some people do have a difficult time regulating their blood pressure. Some don’t take their medications because they feel they don’t need them or because they can’t afford them.”

Regularly scheduled checkups should be performed to keep heart disease at bay. Here are a few steps you can take to prevent or control your blood pressure:

• Maintain a healthy weight.
• Don’t smoke.
• Follow a healthy eating plan, which includes foods lower in salt. According to the American Heart Association, too much sodium in your system causes your body to retain water, which puts an extra burden on your heart and blood vessels. The association recommends no more than 2,300 milligrams a day, with an ideal limit of no more than 1,500 milligrams per day for most adults. In addition, the CDC suggests eating plenty of fresh fruits and vegetables and fewer processed foods.

• Follow the advice of your provider.
• Take all medication as prescribed.
It wasn’t exactly a white Christmas, but it was a cold one. Winter is here, and so are the typical North Dakota winter weathers, which usually include freezing temperatures that will make you wishing for the summer heat. When you’re outside in the winter you are “exposed to the cold, as well as to the sun and the wind,” said Ann Welch, FNP-C, with Trinity Health’s dermatology department. Frostbite, dry skin, and sunburn — yes, sunburn — are three skin-related issues that you should be wary of during these winter months.

The Mayo Clinic describes frostbite as an injury caused by freezing of the skin and underlying tissues. This can occur if your skin is not properly protected. First, you should protect your skin with clothing, Welch said, noting that the solution isn’t in the form of how many layers of clothes you are wearing. “Cotton isn’t going to be as thermal protective as wool,” Welch said.

While the temperature at which frostbite can occur varies due to the temperature is below freezing (32 degrees Fahrenheit), the wind chill factor needs to be taken into consideration as well, as it can allow frostbite to occur sooner. Another way to avoid frostbite is to limit your exposure to the weather in extreme frigid conditions, such as if the wind chill is at zero or below, you can get frostbite within two to five minutes, so timing is important. If you must be outside — to shovel snow, for example — check for any weather warnings first, Welch advised. This will protect you the best. If there are no severe weather warnings, just be sensible about being outside in the cold. Go out in short intervals of 10 and 15 minutes, Welch advised.

During those intervals when you are inside, you should check your skin and look for signs of frostbite. Signs can include your skin having a white-yellow discoloration to it. Also, in the early stages of frostbite, you will feel a pinching burning sensation, like pins and needles.

If you feel that you have frostbite, you should remove your clothing and start warming up inside. You also can soak your hands and feet in warm water — not hot water, but warm water, at 104 to 107 degrees,” Welch said. You shouldn’t use hot water because “your skin has lost the ability to sense temperature; if the water is too hot, you can get a second-degree burn.” If there are blisters, or if the numbness and tingling doesn’t subside within the first 30 minutes after going hazard, like frostbite, it can be a pain. “The main complaint people have is that it becomes itchy,” Welch said, noting that if they scratch their rich too much, the skin can break down from the traumatisation of the scratching.

To keep skin from getting dry, Welch recommended keeping your skin moisturized with lotions or creams. “There is a hierarchy for moisturizers,” explained Jennifer Hunter, MD, a dermatologist with Trinity Health. “Lotions tend to be oil-based moisturizing. Creams are better. However, using a petroleum jelly or an oil of your choice (especially if you have moisture droplets underneath), will provide the best moisturization. They not only seal in any moisture on the skin, but they also hinder the evaporation of moisture.”

Who are those more susceptible to having dry skin in the winter? Include those who are on diuretics, those who don’t have the same resistance to the cold. Welch said, noting that if they can become ineffective.

Hunters added that exposed areas, such as the face (including the lips) and ears, should have sunscreen applied on them. UV rays are present year-round, Hunter pointed out. “Your skin’s best protection from the sun in winter is sunscreen.”

“I” is a type of sunscreen that requires a UVB protection, is formulated with an active ingredient — the ‘sunscreen,” Hunter said. “Unlike UV-B rays, UV-A rays do penetrate through window glass. Thus sunscreen is beneficial and necessary when in a vehicle, whether you’re a driver or a passenger.” Additionally, wearing protective eyewear with a UVB protection is important.

Jennifer Hunter, MD, is a specialist in dermatology and specializes in general dermatology, cosmetic surgery, and dermatologic surgery. Her office is located at Trinity Health South Ridge, Suite 102B, 1500 24th Avenue SW, Minot. For appointments and consultations, call 857-5760.

Ann Welch, FNP-C, is a board-certified family nurse practitioner and a member of Trinity Health’s dermatology team. Her office is located at Health Center – Medical Arts, 400 Burdick Expressway East, Minot. For appointments and consultations, please call 857-7382.
Berthold Police Chief Al Schmidt and K-9 Officer Hunter brought good will and a little pet therapy to Trinity Hospital, visiting patients from the pediatric unit as well as outpatient therapy patients like Lexi Fast and Livi Quinn (above). Schmidt also came bearing toys from a recent local drive to give families a boost. “The economy is not as good as it’s been in the past,” Schmidt said. “We were hearing about some families struggling, so we partnered with Zion Lutheran and set up a food pantry at City Hall with food, winter clothing and toys.”

Burlington-Des Lacs Students Experience Joy of Giving

Over 20 blankets, some with inspiring messages, were donated to the pediatric unit at Trinity Hospital. The fleece blankets were a project of the three 5th grade classes at Burlington Des Lacs Elementary School. Teacher Kay Quam said students crafted different sized blankets for large and small children, and even made some “taggy” blankets for babies. Asked how it felt to help other kids, a student said, “Amazing!”

North Plains Students Brighten the Holidays

It was an early Christmas for patients at the Trinity CancerCare Center as students from North Plains Elementary School dropped off boxes of donated goods for Trinity Health Foundation and several other local agencies. The items were contributed by students, families, and staff over a 12-day period as part of the school’s “12 Days of Giving” project, which took the place of school gift exchanges. In December, student representatives from K-5th grade spent most of their day making deliveries. “It feels good to give to others and maybe brighten someone’s Christmas,” said North Plains 5th grader Laurel Harrison. Pictured along with the scores of blankets, socks, coloring books, and candy for cancer patients are the student representatives, two of their teachers, and CancerCare Director Shane Jordan.

JL Beers Donates Tip Change

It’s a lesson for all of us – save your spare change and it will add up. Employees at JL Beers throw their coins earned from tips into a container throughout the year. This month they cashed in nearly $400 worth. Owners Sarah and Jesse Zwak, who watched the employees’ amount, says the staff decided to use the money to buy comfort items for patients at the Trinity CancerCare Center. They went shopping and delivered bags full of blankets, pillows, puzzles, lotions, and food and gas gift cards. CancerCare Social Worker Carol Mahagan said patients will find the items comforting and useful as they continue their cancer journey.

Sunnyside Elementary 5th graders Aiden Hall, Marrison Peterson, Mya Garcia, and Jaylene Norby presented fleece blankets to Carol Mahagan, social worker at the Trinity CancerCare Center. The blankets, which will be distributed to patients, were a class project that 5th graders took on after hearing a talk from cancer survivor are said the experience receiving chemotherapy and how it sometimes made her feel the need to bundle up. Each blanket was accompanied by a note expressing hope that patients would feel surrounded by peace and comfort.

Send a FREE eGreeting!

Send a gift or some flowers with your message – call the Gift Shop at 857-5205 and have a special package delivered to the patient room with your eGreeting! trinityhealth.org
Orthopedic Associates help with Osteoporosis

Osteoporosis is a disease that causes bones to become weak and break or fracture easily, explained Desiree Desjardins, APRN, FNP-C, ONP-C, a bone health clinician with Trinity Health’s Orthopedic Associates. “A fall from standing height that results in a fracture is usually due to osteoporosis.”

According to the National Osteoporosis Foundation, one in two women over the age of 50 and one in four men over the age of 65 have osteoporosis. There is an osteoporotic fracture every three seconds, according to the International Osteoporosis Foundation. “Statistically, the majority of fragility fractures occur in people with only osteopenia (low bone density), which is the precursor to osteoporosis,” Desjardins said. “Early diagnosis and treatment is the key to preventing osteoporotic fractures.”

What causes osteoporosis?

“Two different types of cells, osteoclasts and osteoblasts, play a role in osteoporosis. Osteoclasts are cells that eat or digest bone, cleaning up dead bone tissue. They also break down bone to provide calcium to the blood if adequate calcium is absorbed from the diet or a supplement,” Desjardins said.

Osteoblasts are cells that form new bone. Since bones are mainly calcium, calcium needs to be absorbed to grow new bone. Osteoporotic occurs with too much osteoclastic activity breaking down the bone and not enough osteoclastic activity to replace the lost bone. Bones become weaker and weaker until they start to break. Most osteoporotic fractures occur due to fracture imbalance in the bone, however, osteoporosis can also occur with disease processes, such as diabetes, that affect the bone or the entire body. Osteoclastic activity can be increased through:

• A decrease in estrogen production in menopausal females or a decrease in testosterone levels in males (Yes, men can get osteoporosis as well.)
• Medications, such as glucocorticoids (prednisone), anti-seizure medications, breast cancer or prostate cancer drugs, or excessive thyroid hormone replacement.
• Smoking or drinking an excess of alcohol.
• Genetics, as there is a 75 percent increased chance of a daughter developing osteoporosis if her mother has osteoporosis.
• Elevated parathyroid hormone, which can be increased with poor calcium intake or Vitamin D deficiency or an overactive parathyroid gland.

Osteoclastic activity can be affected by:
• Poor calcium intake: As the bone is mostly calcium, calcium is the building block for new bone. Low Vitamin D levels Vitamin D is the “door” that opens to allow absorption of calcium from the digestive tract.
• Diseases or surgeries that affect the stomach or intestines, as they decrease calcium absorption.
• Medications like iron, which can decrease calcium absorption.
• Lactose intolerance or poor calcium intake.
• Thousands of osteoclasts that affect calcium absorption, such as Crohn’s disease, celiac disease.
• Family history of osteoporosis.
• Vitamin D deficiency. Most of Vitamin D comes from sun exposure, therefore, those that live in northern states are more at risk.
• Medications that increase bone loss.
• Surgery to the stomach or intestine that decreases calcium absorption, such as gastric bypass.

Diagnosis

“Osteoporosis is relatively a silent disease, although there are some subtle hints,” Desjardins said. “Low of height, increased curvature of the back, and bone pain can hint at osteoporosis.”

Without enough calcium absorption, muscles experience cramping, restless leg at night, or aching. Poor calcium levels in blood can get missed. Calcium level in blood work often times is within the normal range since the parathyroid hormone is breaking down bone to provide calcium to the blood. Many people have no idea they have osteoporosis until they suffer a fragility fracture or have a test, such as a DEXA scan or bone densitometry scan, performed. According to the National Osteoporosis Foundation, any person over the age of 50 with a fracture should be evaluated for osteoporosis. “A DEXA scan is a low-dose x-ray that measures bone density,” Desjardins explained. “Less calcium means weaker bones. The test can be ordered by a primary care provider. Common areas measured include the lumbar spine, hip, and wrist.”

The bone density result is based on the measurement of calcium when compared to the average person to determine whether bones are normal, osteopenia, or osteoporosis. The result is given as a number: anything above -1.0 is normal bone; -1.0 to -2.5 is osteopenia, or low bone density; and anything below -2.5 is osteoporosis. DEXA scan monitoring should be started when a person feels they are at risk for osteoporosis, and continued every two years to monitor for loss in bone mineral density. Once diagnosed with osteoporosis or osteopenia, it is important to make an appointment with a specialist to prevent a fracture from occurring.

Treatment and Fracture Prevention

Slowing down bone loss, for osteoclastic activity, speeding up new bone growth, for osteoblastic activity, can treat osteoporosis.

By slowing down bone loss, the body can add calcium to the bone at its normal rate of osteoblastic activity without needing to fill in for the bone loss. Bones get stronger and less likely to fracture.

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It is important to take calcium and Vitamin D supplements, Desjardins said. “This provides the calcium for the new bone growth.”

Osteoporotic fractures can be prevented:

• Having adequate calcium in the diet, or as a supplement. “I recommend 500 mg of calcium citrate twice per day, with meals,” Desjardins said. “Calcium citrate absorbs better than calcium carbonate.”

• Adequate Vitamin D. “I usually start patients at 2,000 iu of Vitamin D per day, however, many need more than that,” Desjardins said. “I utilize a blood test to check the patients Vitamin D level to determine how much each needs for adequate calcium absorption.”

• Maintain good muscle strength. This can be done by exercising, as well as taking 250 mg of magnesium oxide daily at bedtime.

• Avoid falls by using ambulatory aids. Balance is unsteady; change positions slowly, if dizzy, and walk slowly and avoid uneven surfaces.

Bone Clinic

The Bone Health Clinic, established through Trinity Health Orthopedic Associates, provides information and assistance for patients who believe they may have osteoporosis, including:

• Education about osteoporosis.
• All risk factors involved that have caused the bone mineral density loss.
• Risk for a fracture and what can be done to decrease those risks.
• Risk for falls.
• Factors can be changed to start strengthening bones, such as normalizing calcium intake by starting a prescribed amount of calcium and vitamin D supplement.
• Lab work if needed to determine other factors affecting the bone and muscle, such as elevated parathyroid hormone, decreased magnesium levels, decreased vitamin D level, etc.
• Treatment options that are best for you.
• No referral is needed!

Desjardins Desjardins APRN, FNP-C, ONP-C, Trinity Health Orthopedic Associates help with osteoporosis.

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Say Vamoose to Varicose Veins

Healthy leg veins contain valves that open and close to assist the return of blood back to the heart. Varicose veins are veins that have become enlarged and twisted. According to the Society for Vascular Surgery, about 35 percent of the population in the United States can get varicose veins.

Various reflux disease develops when the valves that keep blood flowing out of the legs and back to the heart become damaged or diseased. As a result, veins will not close properly, leading to symptoms of varicose veins: pain, swollen limbs, leg heaviness, and fatigue.

They can certainly be painful. As veins are genetic, said Jake Naidu, DO, an interventional radiologist with Trinity Health. "While we can’t prevent pregnancy, we can manage symptoms of varicose veins: pain, swollen limbs, leg heaviness, and fatigue.

"According to the Mayo Clinic, visible signs of varicose veins include veins that are dark purple or blue in color, or veins that appear twisting and bulging, often like cords on the legs.

Additionally, painful signs and symptoms can occur, including:

- An ache or heavy feeling in your legs
- Burning, throbbing, muscle cramping, or swelling in your lower legs
- Worsened pain after sitting or standing for a long time
- Itching around one or more of your veins
- Bleeding from varicose veins
- A painful cord in the vein with red discoloration of the skin
- Color changes, hardening of the skin, or skin ulcers near the ankle, which can mean a serious form of vascular disease that requires medical attention.

Self-care, such as exercise, elevating the legs, or wearing compression stockings, can help ease the pain of varicose veins and prevent them from getting worse. However, if you are concerned about how the veins look and feel, and the self-care measures haven’t worked, see your provider; the Mayo Clinic suggests taking care of varicose veins as important, as these veins can ‘worsen and cause significant morbidity and can lead to ulceration in advanced cases,’ Naidu said. ‘If they’re left untreated, they can form ulcers that can’t heal.’

For years, vein stripping was the treatment for varicose veins, although it was rough on the patient. The procedure involved an incision made in the groin and calf. A hook is threaded through the diseased vein to pull the vein out of the leg. With the radiofrequency ablation (RFA) procedure, the likelihood of pain and bruising associated with vein stripping surgery, becomes a thing of the past. Before the RFA procedure is done, Naidu or a nurse practitioner will evaluate to see whether the patient is a candidate based on symptoms. If the individual is a candidate, an ultrasound will be done to locate the veins.

Until there is documentation that confirms the veins are damaged, ‘we put the patient on a three-month regimen of conservative therapy,’ Naidu said. After three months, if nothing has improved through conservative therapy, the patient may be scheduled for the procedure. RFA is performed on an outpatient basis.

Naidu or a nurse practitioner will schedule the patient for the procedure.

Vein Screening Clinic
Tuesday, March 6
12:30 to 4:30 p.m.
To schedule a free screening, please call 857-3220.

North Plains CrossFit Introduces CrossFit Kids

North Plains CrossFit is getting ready to share its fitness passion with a younger generation. CrossFit Coach Brandon Foster, CSCS, USA-L1SPC, CF-L1, CF Kids, said North Plains CrossFit is introducing CrossFit Kids to the area. CrossFit Kids is a program that promotes health and fitness among children and teens.

"CrossFit Kids is an extension of our adult CrossFit programming, but is specifically designed for children," Foster explained. "The primary goal of our CrossFit Kids program, regardless of age, is to make them want to come back. We emphasize fun most of all, while also working on skills and characteristics that include general physical skills, teamwork, self-confidence, the ability to focus on a task and developing and growing relationships with other children."

North Plains CrossFit Kids will initially offer classes in two categories: Preschool (ages 3-6) and Kids (ages 6-12). A teen program will be established in the near future. Foster says separate classes will be tailored to each group with a specific focus.

"The Preschool group will be all about fun, with a focus on teaching basic movements like squatting and pressing movements through fun activities and games," Foster said. "General physical abilities like throwing, rolling, climbing, jumping, running, pulling, and crawling, and being upside down will be worked on in a fun, safe atmosphere that promotes future physical health and well-being."

The Kids group, ages 6-12, will build on the same principles of the preschool class but will add more challenging activities to encourage older children to develop a wider base of skills that can transfer into sports and everyday life, Foster said. "Our coaching staff will also introduce the idea of establishing goals and working to reach them," he added. "Some external objects will be introduced to start the process of learning how to safely and effectively lift weight and move objects."

Any child between the ages of 3 and 12 who is currently on a Minot Family YMCA membership is welcome to join CrossFit Kids by paying the registration cost. Parents or guardians aren’t required to be members of North Plains CrossFit to enroll their child.

"Preschool classes will be held Saturdays at 11:15 a.m. and last around 30 minutes," Foster said, "while the Kids class will begin at noon on Saturdays and run close to 40 minutes. A Wednesday schedule will be set shortly." For more information, contact Trinity Health’s Exercise Physiology department at 857-5626.
The MIND Diet
By Kayla M. Benson RDN, LD, Clinical Dietitian, Trinity Health
The Journal of the Alzheimer's Association recently published new research on a newly developed diet called The MIND Diet. Participants who followed the diet closely lowered their risk of developing Alzheimer’s by as much as 53 percent; individuals who followed the diet reasonably well lowered their risk by 35 percent. The MIND diet, created by a Rush University Epidemiologist, is a combination of the Mediterranean diet and DASH (dietary approaches to stop hypertension) diet. The MIND diet consists of 15 dietary pieces.

The brain healthy foods groups are high in fiber, minerals, vitamins, antioxidants and omega fatty acids while being low in added sugars, processing, saturated fat and cholesterol. The diet encourage a more plant-based diet and limited animal products.

The recommendations are to consume at least three servings of whole grains, a salad plus an additional vegetable, and a glass of wine daily. Poultry and berries are to be consumed twice weekly, beans every other day and fish at least once per week. Nuts are recommended for snacking. The restrictions include less than one tablespoon of butter per day and consuming cheese, fried and fast food no more than once weekly. Individuals who follow this diet for years get the best protection from the devastating effects of Alzheimer’s, especially late-onset Alzheimer’s.

As New Year’s resolutions are in full swing, it is highly recommended to evaluate the adequacy of plant-based foods you are consuming, especially fruits and non-starchy vegetables. The recommended intakes are ½-2 cups of fruit per day and 2-3 cups of vegetables per day. If longevity is important to you, making some simple diet-related lifestyle changes can have a big and lasting impact on brain health.

Ten “Brain Healthy Food Groups”
- Green leafy vegetables
- All other vegetables
- Nuts
- Berries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine

FRUITY QUINOA SALAD
- 1 cup uncooked quinoa
- 1 cup sliced strawberries
- 1 cup blackberries
- 1 cup blueberries
- 1 mango, diced
- 1 cup mandarin oranges
- Glaze: ¾ cup honey
- 2 tablespoons lime juice

Prepare quinoa according to package directions and let cool to room temperature. Combine all fruit and quinoa in a large bowl. Dress with honey lime glaze.

ONE PAN ROASTED SALMON WITH VEGETABLES
- 4 salmon steaks (1/2 inch thick)
- 1 medium onion
- 1 cup broccoli florets
- 1 tbsp. lemon juice
- 1 tbsp. olive oil
- ¼ tsp pepper

Cut all vegetables into bite sized pieces. Place salmon side by side on ungreased baking sheet and arrange vegetables around salmon. Brush salmon and vegetables with olive oil. Sprinkle with pepper and any other desired sodium free herbs or spices. Bake at 400° F for 25-35 minutes or until salmon flakes easily with fork and vegetables are tender.

Prior to joining the ETC, Olga served as a staff and charge nurse in Trinity’s Intensive Care Unit (ICU) for 11 years. A member of the American Association of Nurse Practitioners and American Nurses Association, Olga is certified in adult and pediatric life support and is TNCC-certified in trauma nursing. An avid gardener, she is married with one son.

A board certified physician assistant, Danielle Pinckney, PA-C, is a member of our team of providers at FirstCare Walk-In Clinic. She earned a Bachelor of Arts degree in Dance Performance from the University of Wyoming, Laramie, before pursuing her medical career. She completed her master’s degree in Physician Assistant Studies at Union College, Lincoln, NE, and practiced in urgent care settings in Alaska, Louisiana, and Utah, before joining Trinity Health. In Louisiana, she worked for Willis Knighton Health Services, where she was a 2015 Gold Star Service Recipient for outstanding patient care. Danielle has extensive experience caring for patients with a wide range of conditions, including work-related injuries. A member of the American Academy of Physician Assistants, Danielle is certified by the National Commission of Physician Assistants and by the Department of Transportation to conduct DOT physicals. When she’s not working, she enjoys spending time with her husband and three young children.

The FirstCare Walk-In Clinic is located at Health Center – Medical Arts, 400 Burdick Expressway East.
New Ultrasound Used on Surgery, Cardiopulmonary Patients

Trinity Health’s surgical and cardiopulmonary departments have recently benefited from a grant from the Trinity Health Foundation. In mid-November 2017, an ultrasound machine was purchased to be used by the departments for in-office procedures.

Gary Wease, MD, with Trinity Health’s Surgical Associates, described the ultrasound as “an extension of our physical examination.”

“We use it to identify things like breast cysts, subcutaneous abscesses, and foreign bodies,” he said. “If we find something that comes in and is hit with a piece of glass or a nail, we can see that with an ultrasound.”

Surgical Associates were limited to “our own senses of a physical exam,” Wease said, noting that before, if there was a concern, a formal exam with radiology was scheduled. “That could delay their care. We have a lot of patients who come from outside of Minot to see us. If they had to come two hours to be seen, and they needed an ultrasound, they would need to make a repeat trip. Some of these things, if we can diagnose it right here in the office, we can achieve their treatment the same day they are here, and that is important when we have patients who come a long way – and there is a fair share.”

In fact, the ultrasound is used several times a week by Wease and his colleagues.

The cardiothoracic department also uses the ultrasound to help patients with pleural effusions. A pleural effusion is excess fluid that accumulates in the pleural cavity, the space between the lungs and the chest wall, explained C. Etta Tabe, MD, a cardiothoracic surgeon with Trinity Health. While fluid generally gathers in the pleural cavity, an excess of it – when the fluid doesn’t drain out in the normal fashion – can cause breathing difficulties. Draining it can “give them immediate relief,” he added.

“The ultrasound helps us to localize exactly where the fluid collection is,” Tabe said. “In the past, you would basically follow landmarks and pass a needle into the pleural space based on clinical judgment.” With this procedure came the risk that the needle would not enter the pleural fluid, he said. “The ultrasound helps to localize exactly where the fluid is so the needle would go directly into the pleural effusion.”

The Trinity Health Foundation’s cardiopulmonary fund is used to support programs and services for patients with heart and lung conditions, explained Al Evon, director of the Trinity Health Foundation.

“That fund helps with any cardio or pulmonary needs, to help the doctors serve the patients,” Evon said, noting that it is used specifically on equipment, training, education, or “anything that would support the programs and services.”

For more information on the Trinity Health Foundation, visit: http://foundation.trinity-health.org.

Mobile Mammogram Schedule

February 1 .............................Premier HealthCare – Devils Lake, 662-8662
February 20 ..........................Tega Clinic, 664-3368
February 21 ..........................Kenmare Community Hospital, 385-4296
February 22 ..........................Trinity Community Clinic – Garrison, 463-2626
February 26 ..........................St. Luke’s Hospital – Crosby, 965-6349
February 27 ..........................Mountrail County Medical Center – Stanley, 628-2505

Calendar of Events

February 7 — North Central Seed Show and Ag Expo, MLS-Mohall School, Mohall, 9 a.m. – 4 p.m. — Ruth Stanley, TCC-Mohall, will be one of the presenters.

February 9 — Hearts Gala, a Trinity Health Auxiliary Healthy Hearts Club fundraiser, see page 3.

February 12 — Compassionate Friends Support Group, Trinity Hospital, 4 South Conference Room, 7 p.m. — The support group is for parents who have lost a child at any age. For more information, call 857-5232.

February 17 — Heart Media Health and Fitness Fair, 10 a.m. to 3 p.m., North Dakota State Fair Center. Trinity Health will have informational booths on midwifery and breastfeeding services.

February 20-23 — North Dakota Safety Council Conference, Bisimack. Trinity Health’s Occupational Medicine will have a booth.

February 22 — Pediatric therapy night at the Magic City Discovery Center, 100 34th Avenue NE, Minot, from 4 to 6 p.m. — Trinity Health is a sponsor of this event.

FirstCare Walk-In Clinic Now Open

Health Center – Medical Arts  •  No Appointments Necessary

Prepared Childbirth Classes

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

SATURDAYS

February 3, March 10, April 7, and May 5

Breastfeeding Basics

February 14, March 14, April 11, and May 9

These classes are offered free of charge as part of Trinity’s community benefit mission, but registration is typically required. To sign up for classes go online at http://trinityhealth.org/familybirth_registration or call 857-5640.

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. To see trinityhealth.org/familybirth_SVS or call 857-5380 for a detailed schedule.