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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 Jerilyn 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."

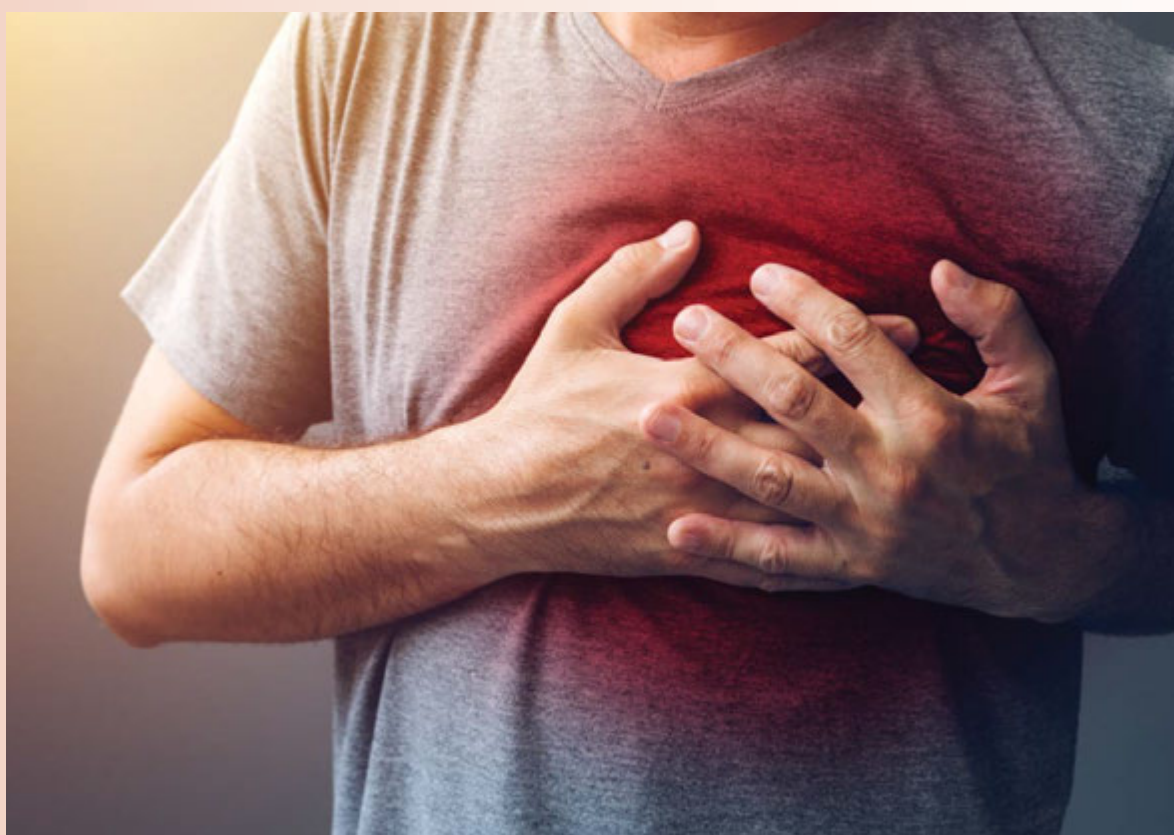
Cardiovascular disease is the leading cause of death in the United States – for men and women. According to the American Heart Association, cardiovascular disease accounts for nearly 801,000, or one in three, deaths in the United States. About 2,200 Americans die of cardiovascular disease each day, an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

Through July 2017, 173 patients at Trinity Health were diagnosed with having a heart attack. Of those patients, 67 percent were male and 33 percent were female, said Erica Erck, 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 for 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 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 EKGs 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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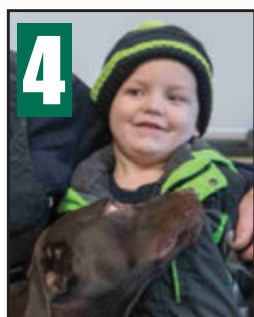
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New Year’s Baby Born to Minot Couple

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.

Brynn Berdell 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.

“All along 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. Brynn is the middle name of Taylor’s sister, and Berdell is the name of Leidholt 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>.

Trinity Health’s Speaker’s Bureau

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

Signs of Heart Attack

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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, about one U.S. adult in three – that’s about 75 million people – has high blood pressure, and only 54 percent have it under control.

“I see 80-year-olds 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.** According to the CDC, being overweight or obese increases your risk of heart disease.
- **Be physically active.** The American Heart Association says staying active is one of the most important things a person can do to help curb obesity and lower the risk of heart disease.

- **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.
- **Don’t smoke.** It’s no secret that smoking isn’t healthy for you. According to the CDC, smokers have a much higher risk of developing coronary heart diseases than nonsmokers.
- **Follow the advice of your provider.**
- **Take all medication as prescribed.**

Your Skin and Winter

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 you wear, but the quality 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 moisture in the skin, Welch said that a good rule of thumb to remember is that if 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 your driveway, 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."

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 hue to it. Also, in the early stages of frostbite, you will feel a stinging burning sensation, like pins and needles.

If you feel that you have frostbite, you should remove your clothing and start warming up inside. "You can also 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 secondary burn."

If there are blisters, or if the numbness and tingling doesn't subside within the first 30 minutes after going



indoors, Welch said you should report to the Emergency Room.

Being exposed to the elements — in this case, the wind — can also cause dry skin.

Ideally, relative humidity should be between 40 and 60 percent. "When it falls below that, such as during the winter, it can draw the moisture out of the skin," Welch said. "The skin becomes dry because it evaporates the moisture out of the skin."

While having dry skin isn't exactly a health

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 itch too much, the skin can break down from the traumatization of the scratching.

To keep skin from getting dry, Welch recommended moisturizing the skin with lotions or creams.

"There is a hierarchy for moisturizers," explained Jennifer Hunter, MD, a dermatologist with Trinity Health. "Lotions are the least moisturizing. Creams are better. However, using sealants, such as petroleum jelly or an oil of your choice (especially with 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."

Those who are more susceptible to having dry skin in the winter include those who are on diuretics, those who don't stay hydrated, and the elderly.

"As we get older, we don't have the same amount of moisture in our skin," she said. "With the low humidity, we don't have that ambient moisture in the air to keep our skin moisturized."

While most people associate sunburn with the hot weather, it can happen in the wintertime as well.

"You can get it when you're skiing or snowmobiling, for example, and not wearing protection," Welch said. "If you're out in the winter, you have heavy protective clothing already. The rays won't penetrate ski pants, but there are still portions of the skin that you can't cover with clothing and you still need to use sunscreen."

Yes, sunscreen — the same sunscreen you wear in the

summer — with a base of SPF 30 to SPF 45. This should be reapplied every two hours.

"Pay attention to expiration dates on both the regular sunscreen and the lip balms with sunscreen," Hunter said. "Sunscreens do expire."

They can also freeze. Hunter warned that sunscreen should not be left in the vehicle. "If sunscreens get too hot, get too cold, or freeze, they can become ineffective."

Hunter 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 spring-time and summer-time practices of sunscreen and sun protection should occur in the winter-time too."

Like concrete, sand, and water, UV rays can reflect off snow and ice, 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.

Hearts Gala

February 9, 2018 • 6:30 pm

Featuring
Midwest Dueling Pianos

Holiday Inn Riverside • Minot, ND

Chef Carved Beef and Stuffed Pork Loin Buffet

Tickets ~ \$75 • Table of 8 ~ \$500
Trinity Hospital Gift Shop
www.trinityhealth.org/auxiliarygala
For more information call (701) 857-5221

A fundraiser for the Trinity Health heart program

Giving Back



Berthold K-9 Officer Spreads Good Cheer
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 pediatric therapy patients like Keira Fast and Jeric 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!"



The staff on the medical floor (5E) at Trinity Hospital gathered donations for the needs of the Domestic Violence organization in order to give back to the community in the spirit of Christmas.



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 takes 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.



Gifts of Warmth
Sunnyside Elementary 5th graders Aiden Wall, Marrin Peterson, Mya Garcia, and Jaycene Keith presented fleece blankets to Carol Mohagen, 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, who described her 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.



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 threw 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 matched 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 they delivered bags full of blankets, pillows, puzzles, lotions, and food and gas gift cards. CancerCare Social Worker Carol Mohagen said patients will find the items comforting and useful as they continue their cancer journey.



Even when you can't visit your friend in the hospital, you CAN send a greeting and let them know you're thinking about them.

Simply 'click' on trinityhealth.org

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!

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Orthopedic Associates help with Osteoporosis

Osteoporosis is a disease that causes the 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 away 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 diet or supplement,” Desjardins said.

Osteoblasts are cells that form new bone. Since bones are mostly calcium, calcium needs to be absorbed to grow new bone. Osteoporosis occurs with too much osteoclastic activity breaking down the bone and not enough osteoblastic activity to replace the lost bone. Bones get weaker and weaker until they start to break. Most osteoporotic fractures occur due to calcium imbalance in the bone, however, osteoporosis can also occur with disease processes, such as diabetes, that affect the structure of the bone.

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.



Osteoblastic activity can be affected by:

- Poor calcium intake. As the bone is mostly calcium, calcium are the building blocks 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 decreases absorption of calcium when taken together.
 - Sodas high in phosphorus, since too much phosphorus decreases absorption of calcium.
- Who is at risk?**
- There are several risk factors that can affect a person’s chances of developing osteoporosis:
- Post-menopausal women.
 - Men with low testosterone.
 - Diseases that affect structure of the bone, such as diabetes.
 - Lactose intolerance or poor calcium intake.
 - Diseases of the gastrointestinal tract that affect calcium absorption, such as Crohn’s disease, celiac disease, etc.
 - 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. “Loss of height, increased curvature of the back, and bone pain can hint at osteoporosis.”

Without enough calcium absorption, muscles experience cramping, restless legs at night, or aching. Poor



*Desiree Desjardins
APRN, FNP-C, ONP-C
Trinity Health
Orthopedic Associates*

calcium absorption gets missed. Calcium level in blood work often times is within 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 the calcium in the bone,” 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 density; between -1.0 and -2.4 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 osteopenia or osteoporosis, 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, or 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.

“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 mgs 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 2,000iu 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 if 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 level, decreased vitamin D level, etc.
- Treatment options that are best for you

No referral is needed!

Desiree Desjardins, APRN, FNP-C, ONP-C, and Trinity Health Orthopedic Associates are based at Health Center – West, located at 101 3rd Avenue SW, Minot. For an appointment or consultation, please call 857-5500.

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.

Venous 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, skin changes, or ulcers.

They can certainly be unsightly, but they can also be painful.

Varicose veins are genetic, said Jake Naidu, DO, an interventional radiologist with Trinity Health. Other factors include age, gender, pregnancy, obesity, and prolonged standing. For women, varicose veins can occur as early as their 20s, when a woman can be pregnant, Naidu added. “While they’re pregnant, the baby can put pressure on these veins.”

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 achy or heavy feeling in your legs
- Burning, throbbing, muscle cramping, and 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 vein, inflammation 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 may 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 suggested.

Taking care of varicose veins is 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 included 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 show damaged veins.

Until there is documentation that confirms the veins are damaged, “we put the patient on a three-month regimen of conservative therapy,” Naidu

the diseased vein through the small incision. The tiny catheter powered by radiofrequency energy delivers heat to the vein wall. As the thermal energy is delivered, the vein wall shrinks and the vein is sealed closed. Once the diseased vein is closed, blood will reroute itself to healthy veins.

Most patients report feeling little, if any, pain during the procedure. (A local or regional anesthetic is used to numb the treatment area.) Following the procedure, a

simple bandage is placed over the insertion site, and an additional compression may be provided to aid healing. Your doctor may encourage you to refrain from extending standing and strenuous activities for a period of time. The average patient typically resumes normal activities within a few days.

Most patients report a noticeable improvement in their symptoms within one to two weeks following the procedure. Patients treated

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

said. After three months, if nothing has improved through conservative therapy, “we schedule the patient for the procedure.”

RFA is performed on an outpatient basis. For the procedure, an incision is made in the skin. Using ultrasound, Naidu positions a catheter into

with RFA may resume normal activities more quickly than patients who undergo surgical vein stripping or endovenous ablation.

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 North Plains 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



Brandon Foster
CSCS, USA-L1SPC, CF-L1,
CF Kids

program will be established in the near future. Foster says separate classes will be tailored to each age group with a specific focus.

“The Preschool group will be all about fun, with a focus on teaching basic movements like the squat and pressing movements through fun activities and games,” Foster said. “General physical abilities like throwing, rolling, climbing, jumping, running, pulling, 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 aspects 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 efficiently 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, call Trinity Health’s Exercise Physiology department at 857-5626.

The MIND Diet

By Kayla M. Benson RDN, LRD, 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

Ten “Brain Healthy Food Groups”

- Green leafy vegetables
- All other vegetables
- Nuts
- Berries
- Beans
- Whole grains
- Fish
- Poultry
- Olive oil
- Wine

Five “Unhealthy Food Groups”

- Red meats
- Butter and stick margarine
- Cheese
- Pastries and sweets
- Fried or fast food

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 1½-2 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.

ONE PAN ROASTED SALMON WITH VEGETABLES

- 4 salmon steaks (1/2 inch thick)
- 1 medium onion
- 2 small zucchini
- 2 cups 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 with lemon juice. 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.

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:
¼ 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. Drizzle with honey lime glaze.

Trinity Health Welcomes Three Providers

Trinity Health is pleased to announce the addition of three providers to our team: Shannon Ernst, FNP-C, Olga O’Brien, FNP and Danielle Pinckney, PA-C.

A nurse practitioner specializing in Orthopedics and Sports Medicine, **Shannon Ernst, FNP-C**, works with physicians and other members of the orthopedic team to manage the care of patients affected by a wide range of musculoskeletal conditions, including knee, hip and shoulder issues as well as sports related injuries. Originally from Dickinson, ND, Shannon earned her Bachelor of Science in Nursing from Dickinson State University and her Master of Science in Advanced Nurse Practice from Simmons College School of Nursing and Health Sciences in Boston. Her background includes medical/surgical/pediatric nursing, case management, and quality assurance.

She is a member of the American Association of Nurse Practitioners and the Sigma Theta Tau International Nursing Honor Society.

Orthopedic Associates is located at Health Center – West, Suite 101, 101 3rd Ave SW, Minot.

A family nurse practitioner and a member of Trinity’s Emergency/Trauma team, **Olga O’Brien, FNP-C**, moved to Minot in 2002 from Eastern Europe, where her family still resides in Ukraine. She earned a Bachelor of Science in Nursing from Minot State University and received her Master of Science/Family Nurse Practitioner degree from the University of Cincinnati, in Ohio.



Shannon Ernst, FNP-C
Orthopedics



Olga O'Brien, FNP-C
Emergency Trauma Center



Danielle Pinckney, PA-C
FirstCare Walk-In Clinic

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, Cardiothoracic Patients

Trinity Health’s surgical and cardiothoracic 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,” Wease said. “If somebody 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



Trinity Health surgeons Hong Jun, MD, Gillian Lavik, MD, Gary Wease, MD, and Jerel Brandt, DO, stand with new ultrasound technology recently purchased through the Trinity Health Foundation. The ultrasound is used by Trinity Health’s surgical and cardiothoracic departments for in-house procedures.

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>.

FirstCare Walk-In Clinic Now Open

Health Center – Medical Arts • No Appointments Necessary



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into your health!

with the Trinity Health Mobile App

Access the My Trinity Health eConnect Patient Portal, find providers, locations and so much more...



trinityhealth.org/mobile
Android & iOS versions available

COMMUNITY

CALENDAR

For the latest updates, check online at trinityhealth.org

Mobile Mammogram Schedule

February 1.....Premier HealthCare – Devils Lake, 662-8662

February 20.....Tioga Clinic, 664-3368

February 21Kenmare Community Hospital, 385-4296

February 22Trinity Community Clinic – Garrison, 463-2626

February 26St. 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 857-5233.

February 17 — iHeart 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, Bismarck. 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.

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

9 a.m.-4 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE.

Breastfeeding Basics

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

Offered by Laureen Klein, RN, BSN. Meets from 7-9 p.m., 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. 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. See trinityhealth.org/familybirth_SVS or call 857-5380 for a detailed schedule.