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Weigh 2 Change Receives Recognition

The Centers for Disease Control and Prevention (CDC) has renewed its endorsement of a Trinity Health program that helps people make lifestyle changes with the goal of preventing type 2 diabetes.

Trinity’s Center for Diabetes Education recently received a Certificate of CDC Full Recognition for its “Weigh 2 Change” program, which helps people at risk for prediabetes take control of their health through nutrition, exercise, group support, and assistance from lifestyle experts.

Registered dietitian nutritionist Michelle Fundingsland, RDN, LRD, says renewed recognition can be attributed to the program’s successful track record. “After a program receives full recognition there are data reporting requirements that must be met to maintain full recognition,” she said. “Essentially we were able to document that our program has helped participants make significant lifestyle changes that improve their health and reduce the risk of developing diabetes.”

It’s estimated that 86 million people in the U.S. have prediabetes – defined by the CDC as a person with a blood sugar level higher than

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The Road to Rehab for Peripheral Artery Disease

The newest program through Trinity Health’s Cardiopulmonary Rehabilitation is geared toward patients with Peripheral artery disease.

Peripheral artery disease, or PAD, is the narrowing of the peripheral arteries serving the legs (most commonly), stomach, arms, and head. PAD and coronary artery disease are caused by atherosclerosis, which narrows and blocks arteries in critical regions of the body. According to the National Heart Lung and Blood Institute, one in every 20 Americans over the age of 50 has PAD.

cholesterol, smoking, and diabetes, Rood said.

If you are at risk for (or diagnosed with) peripheral artery disease, it can be controlled by following a heart-healthy lifestyle and following the doctor’s recommendations. One such recommendation includes regular exercise – such as the PAD program – which can help open alternative small vessels (collateral flow) and the limitation in walking often improves.

To get into the program, patients need to be symptomatic and have a referral



Trinity Health’s Cardio Rehab staff include Tara Flory, RN; Heidi Zaderaka, RRT, director of cardiopulmonary rehab; Tanya Gillen, exercise physiologist; and Julie Rood, RN.

Symptoms can vary, depending on which artery is blocked, explained Julie Rood, RN, with Trinity Health’s Cardiopulmonary Rehabilitation department. “Most times, they have pain in the legs. That’s where PAD is happening.”

The most common symptoms of PAD involve cramping, pain, or tiredness in the leg or hip muscles while walking or climbing stairs.

Many people mistake the symptoms of PAD for something else, and it often goes undiagnosed. If left untreated, PAD can lead to gangrene and amputation.

from their physician. At the first visit, patients receive information on cardiovascular disease, risk factor modification, education, counselling, behavioral intervention, and outcome assessments, Rood said.

“We do a structured exercise session within a supervised setting,” Rood said. “The primary exercise training goal is to reduce overall ambulatory claudication pain. Obviously, we want them to walk farther without limiting pain. That increases their quality of life.”

“We have a pain scale, because obviously these patients are

There are added risks for PAD, such as having high blood pressure, high

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Trinity Health's Sunflower Winner!

Congratulations to our recent Sunflower winner, Lindsay Larson, who works in the Intensive Care Unit.

Congratulations to our recent Sunflower winner, Lindsay Larson, who works in the Intensive Care Unit. The nomination stated that Larson was part of a team that worked on the nominator's husband "on his last day." Larson and the team's "compassion and steadfastness in trying to save him went over and above," the letter said. "They were tireless in their efforts, not wanting to give up. I saw this first hand as unfortunately, I was in his room when collapsed. They both showed their compassion for me and offered me comfort." Truly, Larson was one of "my husband's special angels."





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Trinity Health Speaker's Bureau

Call Trinity Health's Community Education Department at 701-857-5099 to check for available dates and topics.

Recognition

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normal, but not high enough for a diagnosis of diabetes. Risk factors include being overweight and inactive, and having a family history of diabetes. Research shows that people can lower their risk for type 2 diabetes by losing weight and exercising moderately.

Kayla Cole, RDN, LRD, who will lead the next round of sessions, says the purpose of the meetings is to learn about the program and decide whether it is right for them.

For more information on the program, call the Center for Diabetes Education at 701-857-5268. The Center for Diabetes Education is located at 1015 S Broadway, Suite 2, at the Town & Country Center, in Minot.

Harvey Couple Parents to Trinity Hospital's New Year's Baby



Natasha Davis and Daniel Wilcox, of Harvey, admire their newborn son, Xavier James Wilcox, the first baby born at Trinity Hospital in 2019. He was born at 3:31 a.m.

Daniel Wilcox arrived home after his usual three-day shift working as an EMT for the Jamestown Area Ambulance, ready to go to sleep. However, his girlfriend, Natasha Davis, had different plans: their unborn son was coming – two weeks early.

"I came home, and she said she'd been having contractions for a while and she decided it was time to go in," he said.

"His due date wasn't until January 15, and he decided he was ready," Davis said. "I wanted it to happen, but definitely could have waited a little longer. He just had to make an entrance."

Wilcox and Davis traveled from their home in Harvey — 73 miles away — to Trinity Hospital, arriving in the late afternoon on December 31, 2018. "It went on for a good twelve hours," Davis said of the labor. "I came in expecting for them to send me home for false labor; but things had picked up. I pushed for a good three hours, and then there was Xavier," who weighed eight pounds "on the dot" and measured 20 inches long.

Xavier James was a name that Wilcox had picked out. "I've always liked it; it's unique. It's not a name that you see that often," he said. Xavier joins an older sister, Adeline Serene, who will be three years old at the end of January.

In addition to many congratulations sent from friends, family, and co-workers, the Trinity Health Auxiliary presented its traditional annual gift basket to the New Year's Baby born at Trinity Hospital.

Babies born at Trinity

In 2018, Trinity Hospital delivered 1,527 babies, a decrease from the 1,601 babies born in 2017, according to Kathy Schaefer, director of Women and Children's Services at Trinity Health.



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Disease

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symptomatic, so we will ask them while they're on the treadmill," she added.

Guidelines through the American Association of Cardiovascular and Pulmonary Rehabilitation prefers patients to exercise on a treadmill. "They want them to walk longer on the treadmill," Rood said. "The treadmill is the best machine for these patients. However, other exercise options include the Elliptical bike and Arm ergometer."

For the month of February, cardio rehab has offered heart-healthy challenges for its patients by asking them to try five different things they can do outside of their cardio rehab routine, explained Heidi Zaderaka, RRT, director of the cardiopulmonary rehab. "These are personal challenges for our patients to encourage them to participate outside of cardio rehab, with a heart-healthy lifestyle."

If you show signs of PAD, see your healthcare provider, or contact Trinity Health Cardiopulmonary Rehabilitaton at 701-857-2338.

Heart Healthy Lifestyle

By Kathy Larson, RDN, LRD, clinical dietitian with Trinity Health

Heart Healthy Eating

Think before you eat or drink and make healthy choices:

Eat more fresh, frozen, or canned fruits and vegetables, whole grain foods, brown rice, and whole wheat bread and cereals. Limit processed foods. Avoid sweets and sugary beverages. Snack on fruits, vegetables, nuts, and seeds. Limit red meats and eat more skinless chicken and turkey, fish, and legumes. Use healthy fats: olive oil, canola, corn, peanut, safflower, soybean, and sunflower.

Limit your portions to the appropriate serving size:

Serving sizes are:

- 1 slice of bread or ½ of a bun
- ½ cup rice or pasta (cooked)
- 1 small piece of fruit (super-large apples are 2+ servings)
- ½ cup fruit juice
- 1 cup milk or yogurt
- 2 oz. cheese (about the size of a domino)
- 2-3 oz. meat, poultry, or fish (this is about the size of a deck of cards)

Be More Active. Try to be active at least five hours a week. Start slow with short periods of activity and gradually increase. Walk the hall in your apartment, building, or the mall; dance while you are cleaning; put your treadmill or exercise bike in front of your TV. If you are limited in how long you can be up moving, try getting up every hour and walk around your house for 10 minutes or try chair exercises. Find what you enjoy doing best. Find a friend to walk with or meet for a fitness class.

Seven ways to boost your activity level from the American Heart Association:

- 1. Grab the leash and walk your dog.** Your body — and your pooch — will thank you!
- 2. Take your kid (or your spouse) for a walk.** It's an excellent way to get some face time without screens. Keep it fun by exploring new neighborhoods or turning your walk into a scavenger hunt.
- 3. Hit the mall.** Are you shivering (or sweating) at the idea of walking outside? Take a fast stroll around the mall instead. Window shop, people watch, and get active in a climate-controlled environment.
- 4. Walk and talk.** Even if you're glued to your phone for work calls, you don't have to be glued to your chair. Make it a habit to talk and walk. Some workplaces have walking paths to make it even easier to burn while you earn.



5. Tune into fitness. Retrain your inner couch potato. Walk or jog in place, do yoga or lift weights, or walk on the treadmill at the gym while you watch your must-see TV shows.

6. Ditch the car. Spare yourself the parking stress and log some more active time by parking farther away (or even leaving the car at home) and walking or biking to your destination.

7. Take the stairs. The elevator may go up — but it doesn't make your heart rate climb. Take the stairs when you can, even if just for a floor or two. And don't ride the escalator – climb it. Those can be active steps, too.

When you start looking for them, you'll see lots of opportunities to be more active every day and get a few more steps in during everyday activities. Remember, every step counts!

Be Healthy Overall

Get enough sleep. Try to sleep seven to nine hours each night. Keep a regular sleep pattern. Shut off the lights as bright lights interfere with sleep. Try to go to sleep and wake up the same time each day. Shut off your phone to avoid being awakened by notifications. Not getting enough sleep can affect how fast you respond to a situation. Lack of sleep increases your risk for hypertension, obesity, Type 2 diabetes, and stroke. It can affect how your body fights infection.

Manage your stress. Read a book, take a walk, do yoga, work in the garden, play music, or create an art project. Take time to be outside enjoying an activity or being out in nature. Spend time with friends or family. Exercise or spending time with a pet are great ways to relieve stress.

Stop smoking.

Celebrate Heart Month with 'Denim & Diamonds'

The Trinity Health Auxiliary is inviting the public to put on their favorite blue jeans for its annual heart gala fundraiser.

“Denim & Diamonds” will be held Saturday, February 9, at 6:30 p.m. at the Clarion Hotel in Minot. Tickets are \$50 per person.

The event, designed to raise awareness of heart disease, will begin with a social and silent auction starting at 6:30 p.m., followed by a buffet dinner and entertainment by Danny Elvis & The Legends, a show band known for its musical tributes to Elvis Presley and Johnny Cash.

The Auxiliary hosts a gala fundraiser each year during American Heart Month as part of its Healthy Hearts Club initiative. Heart disease is the leading cause of death in men and women and the second leading cause of death in children. Proceeds will be used to support Trinity Health's heart program and to assist cardiac patients in the region.

Tickets for Denim & Diamonds can be purchased online at trinityhealth.org/auxiliarygala. They're also available at the Trinity Hospital Gift Shop or by calling Sherry at 701-857-5221.

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Trinity Hospital Gift Shop
trinityhealth.org/auxiliarygala
or call Sherry 701-857-5221



Should You Know Your Calcium Score? The Answer Is, Maybe.

If you are concerned about your heart, you probably know your blood pressure and cholesterol numbers, but should you also know your calcium score?

Calcium scoring is a measure of the amount of calcium buildup in a person’s coronary arteries. According to Trinity Health Invasive Cardiologist Ahmad Daraghmeh, MD, FACC, it is rapidly becoming an essential bit of information to be weighed with other risk factors in predicting whether a patient is likely to have a heart attack, a stroke, or peripheral vascular disease, in the short- or mid-term. It can also help to identify need for revascularization of coronary arteries using methods such as stents or bypass surgery.

“It’s in the new lipid guidelines,” Dr. Daraghmeh said, referring to recommendations by the American College of Cardiology, American Heart Association, and others for managing blood cholesterol. “It can augment the power of other risk assessment methods that we use in the general population to help risk stratify the likelihood that a patient will experience a cardiovascular event within 10 years.”

A calcium score of 1 to 99 is considered indicative of mild coronary artery disease; a score of 100 to 399, moderate disease; and a score of 400 or higher, severe disease.

Clinicians have long known that calcium deposits in the coronary arteries are associated with atherosclerosis – a form of cardiovascular disease in which the arteries that feed the heart become hardened and narrowed, leading to a possible blockage or STEMI-type heart attack. But it took improvements in computerized tomography (CT) to make possible a test that can measure coronary artery calcium (CAC) without undergoing an invasive procedure like an angiogram.

A calcium scan, in its simplest form, is like any CT exam – completely noninvasive. It highlights calcium deposits using a type of X-ray that employs a computer to make cross-sectional images of the body. A basic calcium scan requires no dye or contrast to visualize the coronary arteries. “It’s a simple imaging test that can predict your cardiovascular risk with no contrast and with minimal radiation,” Dr. Daraghmeh said, not-



Calcium scoring, the measurement of calcium buildup in a person’s coronary arteries, is among the screenings offered through Trinity Health’s MyChoice Health Check.

ing the radiation dosage is a mere fifth of that used in invasive heart catheterization. “It results in no harm but provides great value, and it’s covered by many insurance plans; however, if patients need to pay out-of-pocket, they will find it very inexpensive.”

Trinity Health’s MyChoice Health Checks offer a menu of low-cost health screenings, including Coronary Artery Calcium Scoring, for a low cost of \$60. Trinity Health also offers CT Angiography, an advanced (although still minimally invasive) test that uses less radiation than a heart catheterization but adds an injection of contrast material to evaluate the heart blood vessels.

“In the right patient population, with modern machines, experienced technologists, and physicians well trained in cardiac CT scans, CT coronary angiography can provide detailed anatomical and diagnostic information regarding the extent of coronary artery disease with sensitivity and accuracy reaching 94 percent, compared to diagnostic invasive heart catheterization,” he explained.

Both types of calcium scanning have been offered by Trinity Health since 2008. (It

should be noted that Trinity’s cardiac capabilities will be greatly enhanced with acquisition of a state-of-the-art CT system in the near future that will represent a first for North Dakota.)

Dr. Daraghmeh emphasizes that calcium scanning using CT isn’t for everyone, but it’s useful for people with a moderate risk for heart disease or for someone whose risk is unknown. The scan can also be helpful for patients who are at low risk but have a family history of heart attacks experienced at a young age.

“It can help establish the need for cholesterol medication if a patient has an intermediate risk,” he said. “Or, if the necessity of a statin mediation is debatable, then the calcium score comes into play to estimate that risk and help the doctor and patient make a decision.”

Some providers report that a higher calcium score can also motivate a patient to make healthy lifestyle changes such as quitting smoking, exercising more, or eating a healthier diet.

For more information about calcium scoring, call Trinity Health’s Cardiology Department at 701-857-7388 or Trinity’s Radiology Department at 701-857-3220.

Ahmad H. Daraghmeh, MD, FACC, is a board-certified invasive cardiologist and an expert in advanced cardiac imaging. As a Registered Physician in Vascular Interpretation (RPVI®) and with board certifications in Internal Medicine, Cardiac CT, echocardiography, and cardiac nuclear medicine, he is well-equipped to provide comprehensive diagnosis and treatment to patients with the full range of cardiovascular conditions.

A graduate of Al-Quds University Medical School in Jerusalem, Dr. Daraghmeh completed his Internal Medicine residency at Memorial Hospital of Rhode Island – Brown University. He did his Cardiology fellowship at Providence Hospital and Medical Center in association with Michigan State University, where he was named Chief Cardiology Fellow for the 2014-2015 academic year. After a year of service with Doctors Without Borders, he practiced at Kansas Medical Center and Cypress Heart Cardiology in Wichita, and served as a clinical assistant professor at KU medical School prior to joining Trinity Health. He is dedicated to providing patient-centered, evidence-based care, responsive to a patient’s concerns.



Ahmad Daraghmeh, MD, FACC

Volunteer Coordinator for Trinity Hospice Named

Kim Waswick, LSW, has recently been named Hospice Volunteer Coordinator for Trinity Health’s Hospice department.

Waswick, who was born and raised in Minot, worked for Valley Memorial Homes, Grand Forks, for almost 18 years, before recently moving back to Minot, where she accepted her position.

As Volunteer Coordinator, Waswick will help recruit, train, select, and coordinate volunteers for hospice; for the latter part, she noted that she will work with volunteers to find the right opportunities to fit their unique interests and skills.

Through this, Waswick said she hopes to help “make a big difference in the lives of hospice patients while enriching the lives of the volunteers.”

Hospice is important “because it enhances the quality of life for patients and their loved ones by providing support during one of life’s most challenging journeys,” she said.

If you are interested in becoming a volunteer with Trinity’s Hospice department, please call 701-857-5082.

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Trinity Health Launches Safe Kids Coalition

Trinity Health announced last month it is launching a Safe Kids coalition in the Magic City. Safe Kids Minot will be affiliated with Safe Kids Worldwide, a nonprofit global network that helps families and communities keep kids safe from injury.

Karen Zimmerman, RN, BSN, Chief Nursing Officer and Vice President of Patient Care Services, said Trinity Health hopes to bring together local health and safety experts, educators, businesses, volunteers and others to teach community members about childhood safety and injury prevention.

“Pediatric injury is the leading cause of death and disability among children ages 19 and under, and we know that these injuries are predictable and preventable,” Zimmerman said. “Nothing is more important to Trinity Health’s mission than keeping children safe; we would much rather prevent childhood injuries than treat them in the Emergency/Trauma Center.”

Amber Emerson, RN, will serve as Safe Kids Minot Coordinator. A registered nurse, Emerson has been associated with Trinity Health for 13 years, working in geriatrics, medical-surgical, and clinic nursing, as well as in the GI Lab and Same Day Surgery. She will continue her Same Day Surgery role and assume part-time duty in Trinity’s Trauma Services program, working in the areas of injury prevention and Safe Kids Minot.

“Becoming a parent has shown me that children can have big dreams, and it’s important that they have the chance to grow up and follow those dreams,” Emerson said. “We’re a growing community with an ever-expanding need to keep our kids safe. The best way to do that is through education and providing the necessary resources.”



Amber Emerson, RN, Safe Kids Minot coordinator and a registered nurse with Trinity Health’s Same Day Surgery, addresses a press conference announcing the launch of Safe Kids Minot.

Zimmerman praised various local groups that are already doing outstanding work in the area of childhood safety. She said the Safe Kids Minot banner will be a valuable resource to reinforce and amplify those efforts.

Safe Kids works with an extensive network of more than 400 coalitions in the United States and with partners in more than 30 countries to reduce traffic injuries, drownings, falls, burns, poisonings and more. Minot joins three other coalitions in North Dakota, including Grand Forks, Fargo, and Bismarck-Mandan. Trinity Health will serve as the lead agency of Safe Kids Minot.

Trinity Health Welcomes Midwife



Trinity Health is pleased to announce the addition of Nicole Gress, MSN, CNM, to our Midwifery department.

As a certified nurse midwife, Gress provides primary care to women of all ages, including obstetric and gynecological care, family planning services, contraception counseling, annual physical exams, and preventive care. Born and raised in Nebraska, she earned her Bachelor of Science in Nursing from Montana State University, Bozeman, and joined Trinity Health in 2014, working as an RN in the Ob/Gyn and Nurse Midwifery department. In 2018, she received her Master of Science in Nurse Midwifery from Frontier Nursing University, Hyden, KY. A member of the American College of Nurse Midwives, Nicole is board certified by the American Midwifery Certification Board. She and her husband, Master Sergeant Mark Gress, have two daughters and enjoy being involved in their gymnastics and soccer activities.

Her office is located at Health Center – Medical Arts, 400 Burdick Expressway E, in Minot. To schedule an appointment or a consultation with Gress, please call 701-857-7385.

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Children with Heart-Healthy Habits

A study in the *Journal of the American College of Cardiology* suggests that implementing a heart-healthy lifestyle during early childhood can lead to a heart-healthy lifestyle during adulthood.

For children, modifiable risk factors in children and adolescents can include smoking, obesity, physical activity, and an unhealthy diet, as well as high cholesterol, high blood pressure, and high blood glucose. According to research, children with unhealthy habits who adopt healthy habits before adulthood have similar health outcomes to those who were never unhealthy. However, less than one percent of children have ideal dietary habits and only about 50 percent of adolescents get the guideline recommended amount of physical activity.

“It’s true,” said Diana Peterson, MD, a pediatrician with Trinity Health, noting that she has seen obesity, type 2 diabetes, and sleep apnea – “all those problems we haven’t seen before” due to lack of activity – among her younger patients.

“Studies have shown that what children do now is what they’ll do as adults,” she said. “Weight, activity, the whole works. You want to get them started on it now.”

In fact, Dr. Peterson said, it’s good to start these habits with children “on day 1... when you start them eating. Don’t introduce the junk.”



Diana Peterson, MD



The “junk” includes things like juice and other sugar sweetened drinks, and snacks such as cookies and chips, she said. “I recommend getting rid of that. They should drink water and milk and have juice as a treat, but not as a daily thing.”

Peterson recommends the **5-2-1-0 Rule**:

5: five or more servings of vegetables

2: no more than two hours screen time for adolescents (and less than an hour a day for preschool-aged children)

1: one hour of physical activity a day

0: zero sugar-sweetened beverages

However, to make this stick, Dr. Peterson recommends that parents also set a good example by adopting the same habits. “Children tend to model after the parents,” she said. “It has to be a family thing. The parents have to buy into it and improve their lifestyle as well.”

View our New Regional Healthcare Campus & Medical District Construction.
Go to trinityhealth.org and click on the link

Foundation Awards Scholarships to Nursing Students

Twelve nursing students recently received scholarships from the Trinity Health Foundation to further their nursing education.

Scholarships were presented to Chelsey Bowley, Sydney Boyce, Jordan Eul, Jennifer Fettig, Elyssa Handlen, Lucas Kolden, Tyler Kroke, Mosope Osiyale, Morgan Raap, Jenna Routledge, Carly Sedevie, and Kayla Shearer, who are currently nursing students at Minot State University or the Dakota College at Bottineau.

More than 30 people applied to be considered for scholarships. Those who were selected each received a \$3,750.

“In 2016, Trinity Health Foundation expanded and enhanced its Nursing Scholarship Program to address the projected shortage of 800,000 nurses across the United States,” explained Al Evon, director of the Trinity Health Foundation. “The goal of the Nursing Scholarship Program is to build a vibrant and talented pool of nurses who will provide the best care possible and improve the health and wellness of our region. In the past three years, Trinity Health Foundation has received more than 100 scholarship applications and awarded 29 scholarships.”

The opportunity given to these students would not have been possible without the many wonderful donations that have been given to the Nursing Scholarship Fund. “We cannot thank the donors enough for not only making a difference in the lives of these students, but for also impacting the lives of the patients and families that these students will serve on a daily basis after their graduation,” Evon said.

“This scholarship means so much to me,” said Jennifer Fettig, who is pursuing a BSN in Nursing at Minot State University with an anticipated graduation in December. “It not only boosts my confidence and reassures me that Trinity will be a wonderful place to



Karen Zimmerman, RN, BSM, Chief Nursing Officer and Vice President of Patient Care at Trinity Health, center, stands with the recipients of the Trinity Health Foundation nursing scholarship, from left: Elyssa Handlen, Tyler Kroke, Lucas Kolden, Chesley Bowley, Jordan Eul, Zimmerman, Kayla Shearer, Mosope Osiyale, Jennifer Fettig, Carly Sedevie, Jenna Routledge, Sydney Boyce, and Morgan Rapp.

work, but it relieves so much stress and worry. This scholarship will allow me to be a better mother and student instead of worrying about picking up extra shifts to make ends meet. To everyone who supports the scholarship fund, thank you so very much, your contributions are very appreciated.”

From August 1 to November 1, the Trinity Health Foundation will accept applications for nursing scholarships. These scholarships are awarded per academic year for either BSN or ADN degrees and are open to new nursing students or Trinity Health employees seeking their BSN. Acceptance to an accredited nursing program is required, and the scholarship award is paid directly to the nursing school.

Applications are available online (trinityhealthfoundationnd.org) or at the Trinity Health Foundation office, located on the second floor at Trinity Hospital – St. Joseph’s, 407 - 3rd St SE, Minot.

The recipients of the scholarship will be announced by the end of the year.

The Trinity Health Foundation hopes to continue to grow the Nursing Scholarship Fund and assist more students in the future. If you would like to donate to this fund to help overcome the nursing shortage and make a positive difference in the healthcare of our region, please contact the Trinity Health Foundation office at 701-857-5432 or 701-857-2430 and one of the staff members would be happy to assist you.

Recognizing the 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 accounts for nearly 836,546 deaths – that is about one in three deaths – in the United States. About 2,300 Americans – or one every 38 seconds – died of cardiovascular disease each day.

In 2018, 242 patients at Trinity Health were diagnosed with having a heart attack, with 73 percent of the patients being male, said Erica Erck, RN, with Trinity Health’s Stroke/STEMI team. 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.

The average age of a heart attack patient at Trinity has increased to 66, from 62.

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.

With cardiovascular disease, hereditary risk factors (ones 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:

- 1. Chest discomfort** – Any pain between your navel to the nose.
- 2. Discomfort in the center of the chest** – A feeling of pressure, squeezing, fullness, or pain.
- 3. 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.
- 4. Shortness of breath** – This can happen during or before chest pain.
- 5. 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 2018, 55 percent of heart attack patients came to Trinity Hospital by private vehicle, rather than calling for an ambulance, Erck said. 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 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 Health’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.

Prevent

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 being acceptable, that 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 (CDC), 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 that say they have no medical history, but they haven’t been to the

doctor in 50 years,” Alexander says. “People don’t usually seek out medical help unless there is something wrong or they are sick.”

In addition, she says, “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 mg 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 is 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.**

Fighting Frostbite

Winter has come to North Dakota, and with the winter comes the chill and the cold. And with the cold comes the potential for frostbite.

Frostbite, the injury to body tissues caused by exposure to extreme cold, causes the freezing of the skin or other tissues. People who are exposed to low temperatures for prolonged periods, such as winter sports enthusiasts, military personnel, and homeless individuals, are at greater risk. However, even people doing outdoor chores, such as shoveling a driveway, can be exposed to frostbite if they are not dressed properly.

Even if temperatures are in the 20s and 30s, “with the wind chills out here, it can only take a few minutes to get frostbite,” said Kevin Franks, DO, a physician with Trinity’s Emergency Trauma Center. “When it gets to 45 below zero, in five or ten minutes you can get severe frostbite with it.”

Symptoms include redness, tingling, burning sensation (“kind of a needle prick-type sensation”), followed by deeper numbness and pain, Dr. Franks explained.

Frostbite affects any of the exposed areas, such as the hands, feet, face, nose, and ears. “We most often see exposure to the hands and feet,” Dr. Franks said. “People walk in the snow and get their feet wet. They usually try to cover up their face well, but the hands get wet and they end up getting frostbite from it.”

The Emergency Room typically sees “a good amount” of patients with frostbite during the winter, but “not as much as I would expect



with the weather,” Dr. Franks said. “I think people are prepared out here better than most areas. We usually see a couple cases and some severe cases with severe frostbite in the winter time.”

To prevent frostbite, Dr. Franks advised the layering of clothing including warm, insulated gloves, two pairs of socks, shoes and socks, and gloves that are water proof. It also helps to avoid long-term exposure. “If you start noticing the symptoms, get inside quickly to warm up,” he said.

When warming up, Franks noted it is important to use warm – not hot – water. “If you go too quick, you lose sensation with the frostbite, and you end up getting burns and blisters, which can make it worse,” he added. “You want to warm up fast, but not end up burning yourself.”

If frostbite does present itself, it is good to go to an emergency room.

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- Find all Trinity Health locations
- Search for a medical provider by name or specialty
- View the BabyBytes online nursery
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TRINITY
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CALENDAR

For the latest updates, check online at trinityhealth.org

Events

- February 2, 9, 16, 23** — Trinity Health’s Pediatric Therapy department, along with Prairie Grit and SOS Image, will host Yoga for EveryBODY, an adaptive yoga class at SOS Image (2217-16th St NW, Minot). This will be held every Saturday in February. Call SOS Image at 701-837-4600 to sign up.
- February 5** — Trinity Health will have a ribbon cutting ceremony at Trinity Health East Ridge (1250-21st Ave SE, Minot) at 1 p.m. Trinity Health East Ridge is the newest Trinity Health facility in Minot and houses our Allergy/Immunology department and some Family Medicine providers.
- February 9** — The Trinity Health Auxiliary will host “Denim & Diamonds,” at 6:30 p.m., at the Clarion Hotel, Minot. Tickets are \$50. For more information, see the story on page 3.
- February 12** — Kim Waswick, LSW, volunteer hospice coordinator, will talk about how to become a hospice volunteer at 10 a.m. during Healthy Hour at The View.
- February 12** — Join a Trinity Health clinical dietitian as they host a Grocery Store Tour – this month’s theme is “Heart Health” at the original MarketPlace Foods, 1930 S Broadway, Minot, from 2 to 3 p.m. Find out how heart health relates to grocery shopping and learn about heart-healthy label reading. Participation is free, but RSVPs are encouraged; to RSVP, call 701-857-5268.
- February 13** — Denise Wanner, LICSW, and Leigh Marshall, LICSW, will provide information about anxiety and depression, as well as staying mentally healthy, for grades K through 6, at the Velva Elementary Health Fair, 11:30 a.m. to 3:15 p.m.
- February 16** — Trinity Home Health/Hospice and Safe Kids Minot will have information booths at the Healthy Living Expo, at the North Dakota State Fair Center, from 10 a.m. to 3 p.m.
- February 19-April 9** — Trinity Health will host an eight-week series of coping with grief, from 6 to 8 p.m. For more information or to register, call Tim at 701-857-2124.
- February 20-22** — Trinity Health’s Occupational Medicine department will have a booth at the North Dakota Safety Council Conference, in Bismarck.
- February 21-April 11** — Trinity Health will host an eight-week series of coping with grief, from 2:30 to 4:30 p.m. For more information or to register, call Tim at 701-857-2124.

Mobile Mammogram Schedule

February 14	Tioga Clinic, 664-3368
February 15	Trinity Community Clinic–Velva, 338-2066
	Trinity Community Clinic–Garrison, 463-2626
February 26.....	Premier HealthCare – Devils Lake, 662-8662
February 27	Kenmare Community Hospital, 385-4296
February 28	St. Luke’s Hospital – Crosby, 965-6349

Prepared Childbirth Classes

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

SATURDAYS
February 2, March 9, April 13, May 11, June 8, and July 13
9:00 a.m. to 4:00 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

Breastfeeding Basics

February 14, March 14, April, 11, May 9, June 13, and July 11
Offered by Laureen Klein, RN, BSN. Meets from 7:00 to 9:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

These classes are offered free of charge as part of Trinity Health’s community benefit mission, but registration is typically required. To sign up for classes, go to trinityhealth.org/familybirth_registration or call 701-857-5640.

Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour/education/Q&A session at Trinity Health’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 701-857-5380 for a detailed schedule.