Say Goodbye to Floaters

About seven years ago, Jane Urbatsch of Williston first noticed something in her line of vision. That something was like “a great big worm,” she said. It would float to the top of her line of vision, and then to the bottom; eventually, it stopped floating back and forth and remained right in the middle of her vision. “It was a big worm,” she said, noting that it was opaque, dense, and that she couldn’t see through it.

What Urbatsch saw is more commonly known as a “floater,” a deposit of vitreous humour – the clear gel that fills the space between the lens and the retina— that floats (hence its name) in a person’s field of vision. While it didn’t cause Urbatsch any pain, it was certainly a serious inconvenience. Urbatsch loves to read (period westerns are her favorite), so when the floater remained centrally static, it prevented her from reading, or pretty much doing anything. “It was blinding me,” she said. The floater was only in her right eye. However, coupled with glaucoma and astigmatism, Urbatsch said, “We all go through it sooner or later.”

“I can see again. It was so nice. Why live with this if you don’t have to?” — Jane Urbatsch

Eye Floater Patient

Mark Raymond, MD, an ophthalmologist with Trinity Regional Eyecare – Western Dakota, right, performed the procedure on three patients. “I love it,” Dr. Raymond said. “You can’t have happier patients than Jane.”

Over the next month, Urbatsch had additional surgeries — also performed by Dr. Raymond — for her cataracts.

“I can see again. It was so nice,” she said. “Why live with this if you don’t have to?”

A doctor’s referral is not needed for the procedure. To schedule an appointment, call Dr. Raymond’s office at (800) 735-4926 or 572-7641. Trinity Regional Eyecare – Western Dakota is located at Trinity Community Clinic – Western Dakota, 1321 West Dakota Parkway, Williston.

#SayGoodbyeToFloaters
The doctors knew your family inside and out, and they would, if needed to, make a home visit. If you went to the nursing home, they would see you there. If you had a hospital stay, they would, if needed to, make a home visit. "The doctor knew your family inside and out, and they would, if needed to, make a home visit. If you went to the nursing home, they would see you there. If you had a hospital stay, they would, if needed to, make a home visit.

"It's going back to the way things used to be, when you had your doctor and that was it. Medicine can return.

The Heart of an Organization Keeps Beating

Through their fundraising efforts, the Trinity Health Auxiliary Healthy Hearts Club was able to raise $15,000 to purchase equipment. A check for $15,000 was presented to C. Etta Taba, MD, a cardiothoracic surgeon with Trinity Health, during the Healthy Hearts Club’s Hearts Gala on February 10. These cardiac chairs are used to get patients ready for procedures, explained Lori Ann, RN, BSN, director of Trinity Health’s Critical Care and Children’s Services.

Early mobilization is started with the patient soon after surgery. The first step is getting them into the cardiac chair. "The chairs are specially designed to make it easier for the people to move," said Lewis. The chairs are made in such a way that you can position the patient correctly. They help the patient get well faster. Early mobilization helps prevent pneumonia and complications from surgery.

Patient safety is important to see a provider.

TeleSitter Program Helps Ensure Patient Safety

TeleSitter has implemented a new program designed to treat the various passages of the sinus system.

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HEALTH TALK
TRINITY HEALTH
JANUARY 2018

“FirstCare gives patients the direct accessibility of walk-in care without compromising quality,” he said. “Patients will have ready access to lab, pharmacy, and imaging services in addition to the full range of integrated services available through the Trinity Health system. That’s important to someone who might have a condition that requires a higher level of care.”

Staffing the clinic is a new team of providers committed to providing first-class walk-in care. Marisa Albertson, MD, is a Minot native who has practiced Family Medicine in the community for many years. She is joined by nurse practitioners Jessica Fricke, FNP-C, and Sandy Storey, FNP-C.

Trinity Hospital – St. Joseph’s Same Day Surgery donated Handknits to Ward County Child Protective and Family Services. Every year, the unit makes blankets to donate to different area organizations.

Trinity Health Adds Palliative Medicine Program
Trinity Health has expanded its continuum of care at Trinity Hospital, adding Palliative Medicine to its scope of services. Palliative Medicine is a program of specialized medical care for people with serious and life-limiting illnesses.

Leading the program are Ann M. Hoff, MD, and Kristy Leier, FNP-C. They work with a team of physicians, nurse practitioners, nurses, social workers, and other specialists to focus on providing relief from the stress and symptoms associated with the serious or life-limiting illness and to improve quality of life for patients and their families.

2017 in Review (continued from page 2)

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Medication Delivery Program
Patients at Trinity Hospital no longer need to wait for medication after being discharged. Through a new program, patients can receive their prescriptions while they are still in the hospital.

“A lot of patients would get discharged, go to the pharmacy, and get their prescription filled before going home,” explained Carolyn Seehafer, PharmD, director of Pharmacy Services at Trinity Health.

This new service, which began in July, includes patients receiving their medication the day of discharge, allowing them to go directly home. Medications are filled at B&B Pharmacy, located on the ground floor at Health Center – East, and are then delivered directly to the patient’s hospital room. All medications, including short-term courses of antibiotics or the patient’s first 30-day supply of a prescription, are included, Seehafer says, noting that patients have been “very happy” to have this service available.

Trinity Health’s Speaker’s Bureau
Call our Community Education Department at 857-5099 to check for available dates and topics.
Terry Kruse says, crediting Steele's motivation as a factor toward his improvement. "The whole program is full of daily rewards and constant encouragement, he adds, "and doing anything, he felt he was doing as well. He's come a long way already," Kruse said. "If Bruce doesn't own, I had to do it on my own. "Without him being determinate and working on all his activities, including dressing, bathing, cutting paper up and working on his hand, he wouldn't be doing as good as he is doing," Kruse said.

If Steele sat on his couch watching television and wasn’t doing anything, his daughter Kim, said, "he would be more uncomfortable," she said. "It’s important to keep busy.”

Keeping busy helped Steele get back on track. "A pail of toy plastic milk jugs can carry over into daily living,” Kruse said.

"I’ll come over here and do 20 minutes, a half hour,” he said.

While watching television, Steele did his block exercises, stringing beads, cutting paper, or typing on his computer. “Without being determined and working on all his activities, including dressing, bathing, cutting paper up and working on his hand, he wouldn't be doing as good as he is doing,” Kruse said.

"The day I get rid of this” – he motioned toward this walker – “and get a Cane, I’ll be so happy,” he said. “I’ll celebrate it every year.”

Steele is feeling "very good,” he said, "just physically, but emotionally and mentally. I’m very optimistic,” he said, as he met the end of his therapy. As Steele appeared to be progressing just fine, that day should be soon coming.

Participation in Trinity Health’s Home Health/Hospice is usually recommended by your provider. If you feel you qualify, please speak to your physician. For more information, please call 857-5082.
Cervical Cancer can be Prevented

Cervical cancer is also preventable. Like mammograms and self-breast exams with breast cancer, David Amsbury, DO, an OB/GYN with Trinity Health, stated that staying up to date with Pap smears and following recommended guidelines is integral to prevent cervical cancer.

“Cervical cancer is something that no woman should have to die from,” Dr. Amsbury said. Early vaccination, along with regular Pap smears and HPV testing when recommended, is now the best way to prevent cervical cancer, the organization stated on its website. “It added that cervical cancer was once one of the most common causes of cancer death for American women.

Since 2012, the American Cancer Society recommends that cervical cancer screenings, such as Pap smears, should first be performed at the age of 21. The Pap smear has been recommended when the ages of 21 to 29, unless recommended otherwise.

From the ages of 30 to 65, the testing would be done every three years or every five years if combined with HPV testing. From the age of 65, recommendations suggest against screening for those women who are not at a high risk for cervical cancer.

“High risk, in general, refers to people who have had a history of abnormal Pap smears or multiple sex partners, as that is how you get exposed to HPV. Those are your two high risk groups,” Dr. Amsbury said.

“If you get the HPV vaccine at a younger age, theoretically, you are protecting yourself from cervical cancer later in life,” Dr. Amsbury said. You are now vaccinated against those high risk strains of HPV.

The vaccine is called Gardasil, a routine HPV vaccination for all 11-12-year-old girls. Gardasil is recommended by the Centers for Disease Control and Prevention (CDC), the Advisory Committee on Immunization Practices, and the North Dakota Department of Health.

Catch-up vaccination is also recommended for females ages 13 to 18, and for adults 19 to 26 who were not previously vaccinated.

Amsbury recommends that, if you are a younger person, the Gardasil vaccine should be discussed with a physician. According to the CDC, risk factors for cervical cancer include smoking, having HIV or another condition that makes it hard for your body to fight off health problems, using birth control pills for a long time (five or more years), having given birth to three or more children, or having several sexual partners.

“HPV virus causes the most of these cervical problems,” said Dr. Nordell. It wasn’t until the 1980s that HPV was identified in cervical cancer tissue, implicating it in virtually all cervical cancers. “We don’t know how the HPV virus is out there, but the way to take care of cervical cancer is to get a Pap smear and treat it accordingly.”

As cervical cancer progresses, symptoms can include vaginal bleeding after intercourse, between periods, or after menopause; watery, bloody vaginal discharge; and pelvic pain or painful intercourse.

Depending on its stage, treatment for cervical cancer can vary. Trinity Health’s obstetrics and gynecological providers deal with the surgical care of women and their children during pregnancy, childbirth, and the postnatal period. For more information, visit: http://trinityhealth.org/gynecology.

Trinity Health’s staff of OB/GYNs are available to help with all of your gynecological needs.

David Amsbury, DO, is based at Health Center – Medical Arts, and can be reached at 857-7385.

Heather Bedell, MD, Tim Bedell, MD, and Sommer Johnson, MD, are based at Health Center – Medical Arts, and can be reached at 857-7394.

Lori Dockter, PA-C, is based at Health Center – Medical Arts, and can be reached at 857-7397.

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Jessie Fauntleroy, MD, Margaret Nordell, MD, and Carol Schaffner, MD, are based at Health Center – Town & Country, Suite 102, and can be reached at 857-5703.
Arthritis is most often associated with hips and knees, but hands can be just as vulnerable to the painful effects of joint disease. "The hand and wrist are vulnerable to many structures, not just bone and tendon, but blood vessels, nerves, and soft tissues," said Dr. Cumani. "And the hand contains so many small joints, many of which are not just part of the wrist and the underlying bone itself. It can be very painful," he said.

Dr. Cumani noted, "Most people ignore the pain and continue doing whatever it’s they’ve been doing with their hands over many years, but they really shouldn’t ignore the pain.”

When asked how many patients in the last 10 years came to see Dr. Cumani with arthritis, he said: "I cannot be ruled out or just with just a simple X-ray. Once you have a diagnosis, there are several conservative remedies we can try, depending on the patient’s age and the extent of the disease.”

"It’s where the metacarpal bone of the thumb attaches to the trapezium bone of the wrist,” Dr. Cumani explained. “Over time, you can start to develop a breakdown of the cartilage that cushions the ends of the bones and the underlying bone itself. It can be very painful.”

Women are three times more likely than men to develop arthritis in the CMC joint due to certain anatomical differences and hormonal factors. Diagnosis isn’t difficult, according to Dr. Cumani. "It can be ruled out, but blood work or an X-ray can confirm the diagnosis.”

"The hand contains so many structures, not just bone and tendon, but blood vessels, nerves, and soft tissues. How you tackle one problem is going to affect another. The hand is finicky; it’s designed to work as perfect machine on its own. There’s not a lot of room for error.”

"Instead of taking a tendon from the wrist we use something called a CMC sling. It’s like a little rope that tethers the base of the thumb to the base of the index finger, creating a suspension that relieves the pain while preserving the thumb’s movement and flexibility,” he explained.

Patients with advanced disease who don’t get relief from conservative treatments do have multiple surgical options available to them. A number of procedures that address thumb arthritis involve partial or complete removal of the diseased bone and tissue on both sides of the wrist and thumb joint. The issue then becomes how to stabilize the thumb when the wrist bone isn’t available to serve as a base of support. Hand procedures have advanced in recent years to address this issue: One technique calls for running a tendon from the wrist to the thumb joint. But this can result in some loss of wrist movement. Dr. Cumani prefers a method that secures the thumb without compromising wrist function.

"People reach a certain age and they start to feel some aches and pains," Dr. Cumani noted. "Most people ignore the pain and continue doing whatever it’s they’ve been doing with their hands over many years, but they really shouldn’t ignore the pain.”

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The procedure has been available only three years or so, but already the sling method appears to be showing promise in terms of long-term outcomes, pain relief, and patient satisfaction.

Whatever the health issue, if it involves hands it’s best to consult a hand and wrist specialist, according to Dr. Cumani. "The hand contains so many structures, not just bone and tendon, but blood vessels, nerves, and soft tissues. How you tackle one

Horn of Plenty Turkey Drive Exceeds Goal

A drive to put turkeys on the tables of less fortunate families this holiday season has raised a record sum. The Trinity Health Foundation launched its sixth annual turkey drive in late October in partnership with KHRT’s Horn of Plenty campaign. The goal was to raise $6,750 – enough to purchase up to 450 turkeys or 150 full gift boxes for families in the region.

According to Dr. Cumani, "It’s where the metacarpal bone of the thumb attaches to the trapezium bone of the wrist,” Dr. Cumani explained. "Over time, you can start to develop a breakdown of the cartilage that cushions the ends of the bones and the underlying bone itself. It can be very painful.”

Dr. Cumani stressed it’s important to address any form of hand arthritis as soon as you notice symptoms of pain or limited movement. "There are supportive measures we can prescribe – splints, braces, and cortisone shots, that can help slow the disease progression and promote healing. We even have custom braces that our hand therapists construct out of plastic that mold to the shape of your hand.”

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To consult with one of Trinity Health’s hand and wrist specialists, Blendi Cumani, MD, or Daniel Williams, MD, call the Hand and Wrist Surgery Department at 857-7301. Their offices are located at Health Center – Medical Arts, 5300 Burdick Expressway East, Minot.

Leavitt, far right.

Plenty, Evon said. "We are truly blessed by the many people who donated generously and, in many cases, sacrificially to support families in our area.”

Evon says donations came from employees within Trinity’s system as well as from nursing students and others in the community. "The outpouring of compassion and support was amazing,” Evon added. "Many families will be blessed when they receive the gift boxes.”

The turkeys and food items were distributed along with gift boxes to families in the community just before Christmas.

Volunteers helped to put together the food and gift baskets for the Horn of Plenty on December 6.

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January is Glaucoma Awareness Month

Glaucoma is a disorder leading to progressive damage of the optic nerve. The optic nerve is the part of the eye nerve that connects the brain to the retina. Damage to the optic nerve occurs, blind spots develop. These blind spots go unnoticed until the optic nerve is significantly damaged.

The damage is irreversible.

Early detection and treatment by your optical provider are key to preventing vision loss. Being significantly farsighted, African or Hispanic ancestry, family history of glaucoma, are some of the risk factors that are associated with glaucoma.

Glaucoma is caused by an abnormality of the drainage system of the eye. There is a constant small amount of fluid that is produced while an equal amount flows out of the eye through a microscopic drainage system. Because the eye is a closed system, the drainage is blocked, the excessive fluid cannot flow out of the eye and there is a build-up of pressure that causes optic nerve damage.

There are different types of glaucoma: primary open angle type – the most common form in the United States – is what is defined as chronic open glaucoma.

The primary open angle syndrome is a chronic disease. The optic nerve damage increases with age. Treatment is necessary to prevent further loss of vision. This is the most common type of glaucoma that has no symptoms in the early stage. Vision is typically affected after many years. As the optic nerve becomes more damaged, blinding spots begin to appear in the field of vision. Typically, the patient is not aware of the deficit in the day-to-day activity until the nerve is significantly damaged.

The second type of glaucoma is the closed angle glaucoma. This is a true emergency. Dr. Kindy said, “Some eyes are formed with the iris very close to the drainage angle. This can be a problem in the future. Blocking, the drainage channel completely leading to an acute increase of the intraocular pressure.”

Symptoms are very dramatic. For the patient with blunted vision, severe eye pain, headaches, halos around lights, and nausea and vomiting. “Your oculist provider considers many kinds of information to evaluate your risk of developing glaucoma.”

Dr. Kindy said the most important risk factors include:

- **Age**
- **Elevated eye pressure**
- **Family history of glaucoma**
- **African or Hispanic ancestry**
- **Being significantly farsighted or near-sighted**
- **Past eye injury**
- **Thin central corneal thickness**
- **Systemic health problems including vascular disease, diabetes, or migraine headaches**

Glaucoma and secondary causes of open angle glaucoma. People with diabetes, or those on certain medications, are at greater risk for developing glaucoma.

Treatment for glaucoma includes medications, laser treatment, and surgery.

- **Preservative-free Eye Drops**
  - **Preservative-Free Meds**
- **Laser Treatment**
  - **Laser Trabeculectomy**
- **Surgical Treatment**
  - **Filtering Surgery**
  - **Ex trab**

If the treatment fails, it may be necessary to perform surgery. The eye is opened and the inside is examined. Surgery is a very safe procedure.

Some patients may need more than one treatment. Medical treatment and surgical treatment can be combined in some cases.

Early detection and treatment are important to prevent visual loss.

Glaucoma is a serious eye disease that can lead to vision loss or blindness.

“People with diabetes, or those on certain medications, are at greater risk for developing glaucoma. If you have diabetes or are on certain medications, it is important to have regular eye examinations,” Dr. Kindy said.

“Adults at age 65 or older should have a complete eye exam every one to two years based on their medical condition.”

To schedule an exam, call Trinity Regional EyeCare – Minot Center, 852-3537.

Trinity Regional EyeCare – Minot Center is located at Health Center Plaza – 16, P.O. Box 28, 601 S. 6th Street, Minot. In addition to the regular eye exams, patients can also expect a visit with your eye provider every six months.

People at any age with symptoms of or risk for glaucoma should be scheduling an exam. “An adult with no symptoms with risk factor for eye disease should have a complete screening at age 40,” Dr. Kindy said. “Adults at age 65 or older should have a complete eye exam every one to two years based on their medical condition.”

A new air ambulance has got off the ground in Williston. Trinity Health has launched a regional fixed wing emergency medical service, which will be an extension of its Minot-based NorthStar Criticair helicopter and airplane service. Williston’s service is up and running December 13.

Lorrie Antos, Director of Critical Care Services, said the new transport is called the Fixed Wing Service in Williston and is available 24-hours-a-day, seven-days-a-week, to provide medical transport for patients from Williston and surrounding “gapped” areas.

“We’re excited to provide this extension of our NorthStar CriticalCare service,” she said.

“There’s been a need for reliable air transport in our region. We feel very fortunate and privileged to be part of Williston’s medical community, and we’re committed to doing all we can to give the very best care to our patients.”

Each NorthStar Fixed Wing Williston mission will be staffed by a dedicated flight crew consisting of a pilot, paramedic and critical care nurse, who will be on call 24/7.

Will fly to any receiving facility outside of the state with each doctor you see. “As the medication is prescribed by your eye provider, the patient is still responsible to follow the instructions and use the eye drops,” Dr. Kindy said. “When the medication is taken regularly, patients can expect a visit with your eye provider every six months.”

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HEARTS GALA
FEBRUARY 9

The Trinity Health Auxiliary Healthy Hearts Club will host a Hearts Gala on Friday, February 9 at the Holiday Inn Riverside. The event begins at 6:30 p.m with a social followed by a buffet dinner and entertainment from MidWest Dueling Pianos. The Healthy Hearts Club has hosted the fundraiser since 2015. “Every year the Gala changes and it grows, but our mission remains the same,” said Sherry Maragos, event coordinator. That mission is to bring awareness to heart disease, the leading cause of death in the United States.

According to the American Heart Association, more than 800,000 Americans die of heart disease (including coronary heart disease, hypertension, and stroke) each year. “Many of us don’t realize just how many people are affected by heart disease,” Maragos said. “The Gala is an opportunity for us to bring the disease to the forefront and help our community suffering from it.”

Tickets to the event are $75 each and can be purchased online at www.trinityhealth.org/auxiliargala or at the Trinity Hospital Gift Shop. For $500, you can reserve a table of eight (a $100 savings!). Call Sherry Maragos at 857-5221 to reserve your table or for more information about the event.

Accutane Can Help You Say Goodbye to Acne

Sixty million people in the United States have acne. Now, those who suffer from acne now have an easier way to be treated, without stepping foot in a dermatologist’s office. Ryan Siewert, MD, a family medicine physician at Trinity Community Clinic – Western Dakota, can prescribe isotretinoin, also known as Accutane, to help with acne.

Accutane is a daily pill which is normally taken for four to six months.

“When you’re done with the treatment course, your acne improves to the point where you don’t need to be on anything any longer,” he said, noting that by the course’s end, your “acne will ideally be where you want it to be.”

Acne vulgaris, or more commonly known (and feared by teenagers everywhere) as acne, is caused when hair follicles are clogged with dead skin cells and oil from the skin. Genes, hormones, infections, diet, smoking, and stress have all been said to be contributing factors for acne.

Siewert said that through this prescription, patients would not need to travel far to see a dermatologist, thus allowing patients with acne issues to be treated sooner.

“Accutane is one of the most effective, if not the most effective, for acne treatment,” Siewert added.

To make an appointment with Dr. Siewert, please call the Trinity Community Clinic – Western Dakota, at 572-7711. Trinity Community Clinic – Western Dakota is located at 1321 West Dakota Parkway, in Williston.

Prepared Childbirth Classes

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

SATURDAYS

January 6, February 3, March 10, April 7, and May 5

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

Breastfeeding Basics

January 10, February 14, March 14 and April 11

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.