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July 2018

HEALTH *Talk*

KEEPING OUR NEIGHBORS INFORMED

PROUD TO BE A MEMBER OF THE MAYO CLINIC CARE NETWORK

RECIPIENT OF THE AHA'S STROKE GOLD PLUS QUALITY ACHIEVEMENT AWARD

Immunotherapy can help Allergy Sufferers

As a professional photographer, Mandi Carroll found herself in situations that appeared to exacerbate her allergies. She would be outside, standing in fields taking photos and she would be overcome by her allergies.

In 2012, Carroll made an appointment to see Sean Stanga, MD, an allergist and immunologist with Trinity Health, after she suffered another allergic reaction; on that particular occasion, it was from some food she ate at a wedding.

Dr. Stanga suggested that she have allergy tests done to determine what caused her allergies. "He suggested I get tested, and it turns out I'm allergic to pretty much everything," she said. "I have a lot of environmental allergies – mold, dust, trees, weeds, grasses, feathers, dogs, cattle – so I get shots for all those things," she said.

Those shots are immunotherapy, commonly referred to as "allergy shots," which Stanga recommended. Allergy shots are for patients who have symptoms refractory to standard medications, he said.

Immunotherapy desensitizes a patient who is allergic to multiple environmental allergens, producing an immunity or tolerance to these allergens, similar to a vaccine without the viral or bacterial component.

Immunotherapy involves the injection of the actual allergen in dilute amounts, gradually increasing in concentration over time.

Carroll began immunotherapy in the winter of 2012. Since she wasn't symptomatic in the winter, she didn't initially feel the benefit of the shots; however, once spring hit, Carroll said she began to experience relief.

Immunotherapy is divided into two phases. The first is known as the build-up phase, which involves the patient receiving injections with increasing amounts of the allergens about one to two times per week. The length of this phase depends on how often the injections are received, although it generally ranges from three to six months.

The second phase of immunotherapy is the maintenance phase, which begins once the effective dose is reached. The effective maintenance dose depends on the level of



Mandi Carroll receives an allergy shot at Trinity Health's Allergy/Immunology clinic. Carroll has been receiving these shots which help her with her many allergies for the past six years.

allergen sensitivity the patient has and their response to the build-up phase. During this phase, there are usually two to four weeks between treatments, which is decided by the allergist.

Originally, Carroll would do a regimen of immunotherapy once every three weeks; however, in the summer she goes in once a week or every other week, depending on the severity of her symptoms.

Patients with allergies can find relief with immunotherapy, especially since the efficacy is typically much greater than over-the-counter medications. Those who are interested in

immunotherapy should schedule an appointment with Dr. Stanga or Michael Reder, MD, at Trinity Health's Allergy/Immunology Clinic.

"We will discuss your symptoms, talk about what types of treatments there are to pursue, and then likely conduct allergy skin testing," Dr. Stanga said. "Allergy shots are unique to every individual. We determine their profile by doing an allergy skin test to know what to desensitize them to."

Allergies don't always present with itchiness, congestion, or sneezing, Dr. Stanga pointed out. "Most of the time, that's how they present, but recurrent sinus

infections, flares in asthma, and chronic itching can sometimes occur. There can be all sorts of manifestations of being an allergic individual."

Trinity's Allergy/Immunology Clinic is located at Health Center – Medical Arts, 400 Burdick Expressway East, Minot. For more information or to make an appointment, please call 857-7387.

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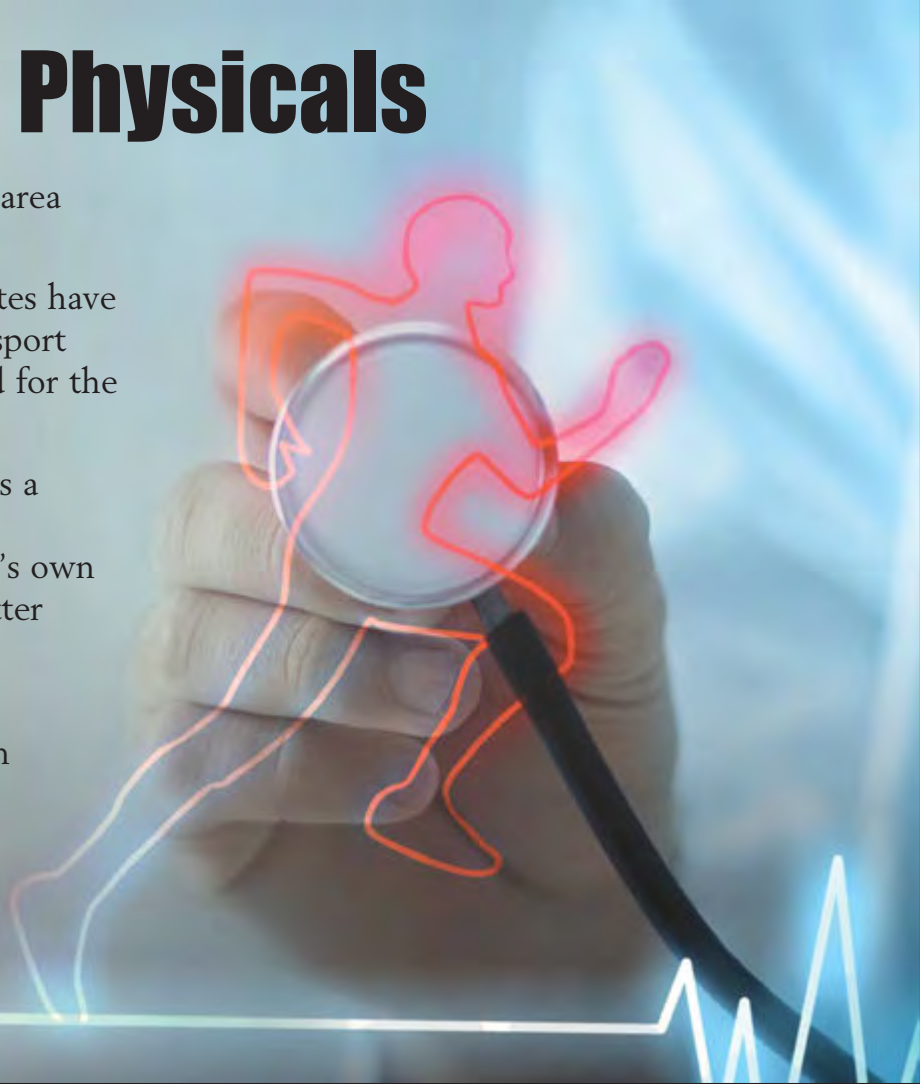
Trinity Health pediatricians are offering sports physicals this summer for area students and athletes.

The North Dakota High School Activities Association requires that athletes have a pre-participation physical on a yearly basis. Taking part in a fall school sport means that the examination must be completed after April 15 to be valid for the 2018-2019 school year.

Sports physicals provide an opportunity to assess a teen’s overall health as a preventive measure, explained Melissa Messerly, MD, a pediatrician with Trinity Health. “The best sports physical is one performed by the student’s own doctor or pediatrician,” she said. “The student’s regular provider has a better chance of catching something that could be overlooked by someone who isn’t familiar with their medical history.”

Each sports physical includes a thorough physical exam, an immunization update, medication review and renewals, and completion of any sports paperwork. The office visit also provides an opportunity to discuss other concerns, such as acne, BMI, or risk factors associated with diabetes.

Appointments are available by calling 857-5413 during normal business hours. Athletes may request their own pediatrician or be assigned to another doctor if they don’t already have one.



Nursing Scholarships Awarded

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

Scholarships were presented to Jessica Buchholz, Bailey Conner, Jessica Davis, Jennifer Fettig, Luis Gonzalez, Lindsay Greene, Nora Mihalick, Kayla Shearer, and Cassie Thelen. A banquet was held to honor these recipients at the Grand Hotel.

More than 40 people applied to be considered for scholarships. Those who were selected received a \$3,000 scholarship.

In 2016, Trinity Health Foundation expanded and enhanced its Nursing Scholarship Program in an effort to address the projected shortage of 800,000 nurses across the United States. 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.

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. Trinity Health 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.

From August 1 to November 1, 2018, the Trinity Health Foundation will accept applications for nursing scholarships. These scholarships, are awarded per academic year for either BSN or AND 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.



The Trinity Health Foundation recently awarded nursing scholarships to students. With Karen Zimmerman, Chief Nursing Officer with Trinity Health are, from left to right: Jennifer Fettig, Jessica Buchholz, Jessica Davis, Bailey Conner, Cassie Thelen, Lindsay Greene, and Kayla Shearer. Nora Mihalick and Luis Gonzalez, who also received scholarships, are not pictured.

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 Street 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 partner with us by making donations to this fund so that we can overcome the nursing shortage and make a positive difference in the healthcare of our region, please contact the Trinity Health Foundation office at 857-5432 or 857-2430 and one of the staff members would be happy to assist you.

Gunderson Named Trauma Program Manager



*Rhonda Gunderson
RN, BSN
Trauma Program Manager*

Rhonda Gunderson, RN, BSN, assistant nurse manager in the Trinity Emergency/Trauma Center, has been named Trauma Program Manager for Trinity Health.

Gunderson works closely with the program’s medical director and other members of the healthcare team to support quality care for trauma patients and their families. This includes coordinating performance improvement efforts, monitoring compliance with the North Dakota Trauma System and American College of Surgeons, promoting injury prevention for the public, providing education and resources to health facilities and EMS, and coordinating site visits to maintain Trinity’s verification as a Level II Trauma Center.

A Berthold native and Surrey High School graduate, Rhonda earned an Associate Degree in Nursing from Presentation College, Aberdeen, SD, in 1995, and subsequently became licensed as a registered nurse. She joined Trinity Health, working in the float pool and the Intensive Care Unit while completing a Bachelor of Science in Nursing at Minot State University in 1998. She brings a broad range of experiences to her new post, having practiced in ICU, radiology, cath lab, CancerCare Center, house supervisor role, float pool, and most recently in the ETC. Rhonda also serves as instructor for the Trauma Nursing Core Course.

“Rhonda brings a vast range of knowledge and experience in Emergency and Trauma services. She is passionate about the care of trauma patients across the continuum,” said Danaka Walz, Director of Clinical Excellence and Patient Safety.

Rhonda lives south of Berthold on a farm with her husband Shane and their two sons.

Golf for Life to be held August 20

The Trinity Health Foundation will host its 6th annual Golf For Life Men’s Golf Tournament on August 20 at the Souris Valley Golf Course, Minot.

This event and the Building Hope Women’s Golf Tournament, (held June 18) are the Foundation’s annual golf tournaments to help generate funds to improve the lives of Trinity CancerCare Center patients.

In 2017, the total income generated by the tournaments was more than \$74,000. In addition to providing direct financial support to those battling cancer, the CancerCare Patient Assistance Fund has also been able to provide patients with in-kind gifts such as gas cards, wigs, and compression garments. Whether its participating as a golfer, becoming a sponsor, making a donation to the CancerCare Patient Assistance Fund, or providing a prize that can be used at the event, we invite you to be a part of this annual tradition to help us provide assistance for local cancer patients. However you choose to help, you make a definite and immediate impact and the Foundation looks forward to your support with these events.

For more information, or if you have any questions, feel free to contact the Foundation Office at 857-5432 or 857-2430, or e-mail at albert.evon@trinityhealth.org or cody.mcmanigal@trinityhealth.org.

TRINITY HEALTH FOUNDATION



Sponsorships still available	
T-shirt	\$3,750
Hat	\$3,250
Water Bottle	\$2,750
Towel	\$2,750
Range Ball	\$2,250
Bag Tag	\$1,750
Golf Tee	\$1,750
Green & Tee	\$1,500
Fairway	\$1,000
Birdie	\$750



Nationally approved, medically accurate training program designed for 11 years old and older.

SAFESITTER

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these students 11 years old and older emerge as more confident, responsible, and compassionate teens and adults.

During this one-day course, students listen, practice, role-play — and learn an array of topics including:

- Choking and rescue breathing
- Safety for the sitter
- The business of babysitting
- Accident management
- Child development
- CPR

2018 Summer Class Schedule

July 10 • July 12 • July 19
July 30 • August 2 • August 9

Please call 857-5099 to register.

All classes are held 8:30 am-3:30 pm

Health Center – Riverside, Education Center, 1900 8th Avenue SE

Due to the high demand for this class, the course fee of \$50 must be paid in advance. Please register by calling the Trinity Health Community Education Department at 857-5099 and then mail your check (payable to Trinity Health) to Trinity Health Community Education, P.O. Box 5020, Minot, ND 58702. Payment must be received in advance to confirm your participation in the course.

Fuel the Fight Provides for CancerCare Patients

On May 16, the Women’s Leadership Program presented \$11,040 to the Trinity CancerCare Center for the Fuel the Fight program that provides financial assistance for fuel purchases to patients receiving oncology related services.

As part of the Women's Leadership Program through the Center for Technology and Business, Michelle Phillips, Hess Corporation; Candace Brekke, Ackerman-Estvold; and KayLee Bourquin, First International Bank & Trust, have been working to raise funds to help support the patients receiving care at the Trinity CancerCare Center. As a regional care facility, Trinity Health serves a very large geographic area, which can leave patients in rural areas with a lot of travel costs.

“When I was approached by Michelle and Candace regarding what opportunities there were to support our patients, the immediate conversation turned to assistance related to travel costs,” said Shane Jordan, director of Trinity CancerCare Center. “Approximately 50 percent of our patients at Trinity CancerCare travel roundtrip distances greater than 50 miles, with around 20 percent of these people traveling 200 miles or more. This can greatly increase



Candace Brekke, KayLee Bourquin, and Michelle Phillips presented a check for \$11,040 to Shane Jordan, director of the Trinity CancerCare Center, on May 16.

the out-of-pocket expenses for these people since many are coming to the center multiple times per week. These ladies took the idea and turned it into something wonderful in a very short amount of time and we are very fortunate to have been a part of this leadership program.”

As part of this financial assistance program, the Trinity Health Foundation will provide oversight to these incoming funds.

“We are truly grateful for all they are doing to help save and change people's lives and make a positive impact in health and wellness in our region,” said Al Evon, director of the Trinity Health Foundation.

For more information about their initiative, please visit: <https://www.fuelthefightforcancer.com/>.

CDC Certifies Diabetes Prevention Program

Trinity Health’s Center for Diabetes Education has been given a seal of approval for its diabetes prevention program, Weigh 2 Change.

The Centers for Disease Control and Prevention (CDC) awarded the program its Certificate of Full Recognition for offering a quality, evidence-based program that meets all standards for CDC recognition.

“The sustained success of your lifestyle change program makes an invaluable contribution to the prevention of type 2 diabetes,” said Ann Albright, PhD, RDN, Director of the CDC’s Division of Diabetes Translation. “It is programs like yours



Michelle Fundingsland
RDN, LRD

that are turning the tide in the fight against the epidemic of type 2 diabetes.”

Weigh 2 Change is a yearlong lifestyle intervention program that helps people – especially those with prediabetes – make lasting lifestyle changes to improve health and prevent type 2 diabetes.

Its key components are nutritional and exercise counseling, group support, and the use of trained lifestyle coaches.

Program Coordinator Michelle Fundingsland, RDN, LRD, says CDC recognition gives participants the assurance that they’re receiving education and support that are effective and science-based. “This has been a team effort over many months,” she said. “We’re extremely proud to have our program recognized by the CDC. We owe this not only to our team, but to our program participants who have worked so hard to achieve success.”

About 86 million people in the U.S. have

prediabetes – defined by the CDC as a person with a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. Research shows that

informational sessions where potential participants learn about the program to decide whether it’s right for them. Session Zero meetings will be held

About 86 million people in the United States have prediabetes.

people can lower their risk for type 2 diabetes 58 percent by losing 7 percent of their body weight and exercising moderately 30 minutes a day, five days a week.

Dates have been set for the next Weigh 2 Change “Session Zero” meetings, which are

August 1, 8, and 15 at noon in the Trinity Health Community Conference Room at Town & Country Center.

For more information, call the Center for Diabetes Education at 857-5268.

Healthy Hearts Day a Success

The Trinity Health Auxiliary Healthy Hearts Club would like to thank everyone who participated in and/or supported the Healthy Hearts Day, which took place on May 21 with a brunch symposium and golf scramble.

Proceeds from these events will be used to help the Trinity Health Auxiliary reach its goal of providing funding for a cardiac center at the proposed new hospital campus in southwest Minot. Construction on the project is set to get underway later this year.

Sponsors for this event include: TEG Architects, SRT, First International Bank and Trust, KMOT-TV, Coors Light, Verendrye Electric Cooperative, and Western Partners LLP.

The Healthy Hearts Club is an extension of the mission of the Trinity Health Auxiliary, which dedicates its volunteer time and financial resources to enhancing the overall mission of Trinity Health; the Healthy Hearts Club’s goal is to provide members of our community who have either suffered a heart event or who are simply interested in making heart healthy choices, the support, education, and resources they need to ensure they aren’t one of the 610,000 Americans killed by heart disease each year.

For more information on the Healthy Hearts Club, visit: http://trinityhealth.org/auxiliary_healthy-heartsclub.



Heidi Zaderaka, manager of Trinity’s cardiopulmonary rehabilitation department, speaks to participants at the brunch symposium.



Lucas Titus, Katie Ziegler, Jason Stark, and E. Dexter Scott, MD, took first place in the golf scramble.



TEG ARCHITECTS



Western Partners LLP



Let our staff help you select a health care provider right for you.

Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org.

Trinity Health’s Speaker’s Bureau
Call Trinity Health’s Community Education Department at 857-5099 to check for available dates and topics.

Recipes

Kayla Cole, RDN, LRD, an outpatient dietitian with Trinity’s Center for Diabetes Education, offers these recipes which will surely be a hit with your family. To watch how to make these – and more – visit our YouTube channel at: [YouTube.com/trinityhealthnd](https://www.youtube.com/trinityhealthnd).

Red Pepper and Parmesan Tilapia

Makes 4 servings. Total time: 20 minutes.

INGREDIENTS

- ¼ cup egg
- ½ cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- ½ to 1 teaspoon crushed red pepper flakes
- ½ teaspoon pepper
- 4 tilapia fillets (6 oz. each)

DIRECTIONS

1. Place egg in a shallow bowl. In another shallow bowl, combine the cheese, Italian seasoning, pepper flakes, and pepper. Dip fillets in egg, then cheese mixture.
2. Place in a 15 inch x 10 inch x 1 inch baking pan coated with cooking spray. Bake at 425 degrees for 10-15 minutes or until fish flakes easily with a fork.
3. Serve with steamed broccoli. (Optional)



Curry Chicken Salad

INGREDIENTS (CHICKEN SALAD)

- 1 pound chicken breasts, cooked and cubed
- 1 cup grapes, halved
- ½ cup roughly-chopped fresh cilantro
- ½ cup shredded carrots
- ⅓ cup chopped cashews
- ¼ cup diced red onion

INGREDIENTS (GREEK YOGURT CURRY SAUCE)

- 1 cup plain Greek yogurt
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1 teaspoon curry
- ½ teaspoon ground ginger
- ½ teaspoon ground tumeric

DIRECTIONS

1. Toss all chicken salad ingredients together in a large bowl until combined.
2. Whisk all Greek yogurt curry sauce ingredients together in a medium bowl until combined. Taste and season with salt, pepper, lemon juice as needed.
3. Add Greek yogurt curry sauce to chicken salad bowl and stir until combined.
4. Serve immediately, or store in a sealed contained for up to four days.



Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.

Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below **40°F** in an insulated cooler.

Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.

Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at **225°F** to **300°F** to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal, fish
160°F	hamburgers and other ground meat
165°F	poultry

Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above **90°F** outside).

www.cdc.gov/foodsafety

CS272890-B

June Happenings



Tricia Nechodom, an audiologist with Trinity Health, presented a display about Trinity Health's audiology department at Bloom, an event to support mothers of children with special needs, at the Grand Hotel, on May 18.



Pediatric Therapy at the Zoo

The Trinity Health's Pediatric Therapy staff hosted a free evening at the Roosevelt Park Zoo for children with special needs and their families, thanks to funding by Trinity Health Foundation. There were 60 attendees at this year's event. Information was provided regarding Trinity Health's Pediatric Therapy services and typical developmental milestones, as therapists greeted attendees as they came into the zoo. Animal themed activities were provided by therapy staff. The event was a success with a beautiful evening, many smiling faces, and many "thank yous" for the fun opportunity.



Picnic with the Pilot

Members of the public had the chance to see the NorthStar Criticair helicopter at "Picnic With The Pilot," an event held at Health Center – Town & Country, in Minot, on May 23, and at Trinity Health Western Dakota, in Williston on May 24.



Relay for Life – Survivors Banquet

Cancer survivors and caregivers enjoyed a banquet at the Grand Hotel on June 3. The banquet, which was sponsored by the Trinity CancerCare Center, included guest speaker Kayla Cole, a clinical dietitian from Trinity Health, who spoke about healthy eating.



Relay for Life

Cancer survivors led the first lap at the Minot Relay for Life 2018, held at Minot State University on June 8. Trinity Health, who had two Relay teams, was a proud sponsor of the event. As of mid-June the two Trinity teams had raised almost \$15,000.

Sunflower Winner!

Congratulations to our recent Sunflower winner, Shaley McNally, who works on the 4th Floor, Surgical Unit.

"While in Trinity's care our CNA worked hard, yet her disposition was a great fit. She had shown compassion every time she helped with my mom's care. I could tell she not only loved her profession, but also deeply cared for the needs of people. She was very positive and took time to answer any questions we had about her tasks. The tasks she completed were done with a smile which made us feel happy and that we weren't a bother every time my mom used her call light (which was often). My mom had a great staff of nurses and doctors while in the hospital. We saw Shaley often during our stay and every day she was an example of what good health care needs: educated, caring, compassionate, positive, and encouraging people. I wish everyone had these qualities. Day to day life would be more pleasant."



Shaley McNally, CNA

FirstCare Walk-In Clinic

Health Center – Medical Arts, Minot • No Appointments Necessary

Screenings Available to Check Your Health

With shortness of breath and a heaviness in his chest like a 20-pound weight, chaplain Donald E. Andrews of Minot visited the emergency room in August 2017.

After an initial diagnosis of pleurisy (the inflammation of tissues that line the lungs and chest cavity), Andrews visited with his provider, Steve Mattson, MD, with Trinity Health’s internal medicine department, who told him about Health Checks, an additional set of health screenings that can help diagnose his heart issues.

Available screenings include: Abdominal Aortic Aneurysm (AAA), Carotid Artery, Coronary Artery Calcium Scoring, Electrocardiogram (EKG), and Peripheral Artery Disease (PAD).

“This is the best deal in healthcare,” said Jim Coffin, RT(R), CT, ARRT, imaging services director with Trinity Health. “We have board certified physicians interpreting the studies and licensed and registered technologists performing the studies. Our imaging technology provides earlier disease detection and promotes timely care. We can do it Monday through Friday, all year.”

These screenings are followed up by a letter from the interpreting radiologist or cardiologist, with some requiring additional evaluation that might be offered and supervised by a nurse practitioner. All screenings are performed at Trinity’s

Advanced Imaging Center, located at Health Center – Town & Country.

Andrews opted to have all the screenings, except for the EKG (which he had done while in the ER), but Dr. Mattson stressed the Coronary Artery Calcium Scoring test, which would help determine a diagnosis.

“All the tests were good, except

the screenings showed them what was going on.”

Andrews reckoned that if he didn’t have the screening, “my guess would be I would have had a heart attack.”

The screenings can also be beneficial to those who take a pro-active approach toward their health. Judy Myers, of Minot, had four screenings performed: an abdominal aortic

wanted to keep a watch on” her own health. While Myers already knew about existing health issues – which were confirmed through the screenings – she believes the screenings are “a wonderful way to catch” health issues. She noted that when it comes to abdominal aortic aneurysms, “people don’t know they have it.”

“It’s a nice offering at a minimal charge to patients,” Myers added.

If you think that you have one (or more) of these diseases, please consult with your primary care physician. Otherwise, to schedule a screening, call Trinity Health’s Imaging Scheduling Line at 857-3220. For more information, visit trinityhealth.org and click on Imaging Health Screenings.

“I was grateful that Trinity decided to do those screenings. Hindsight is always 20/20. I knew something was going on, and the screenings showed them what was going on.”

—Donald Andrews, patient

the calcium test,” Andrews said. “It was exorbitantly high.”

The results were enough for Dr. Mattson to schedule an appointment for Andrews to see Samir Turk, MD, a cardiologist with Trinity Health. The test results warranted Dr. Turk to take a further examination and a few days later, Andrews was in for surgery in the Cath Lab, where Dr. Turk put a stent in.

“After the pain was gone and the stent was in, I could breathe easier,” Andrews said. “Dr. Turk does a great job with that.”

Following his surgery, Andrews participated in cardiopulmonary rehabilitation, where it was suggested that he dropped 10 percent of his weight. “I did that during rehab,” he said, adding that he continues to exercise – an hour a day – and feels much better.

“I was grateful that Trinity decided to do those screenings,” Andrews added. “Hindsight is always 20/20. I knew something was going on, and

aneurysm screening, carotid artery screening, coronary artery calcium scoring, and an electrocardiogram.

The screenings can help patients “keep on top of things,

Screenings

Abdominal Aortic Aneurysm (AAA)

\$35

Carotid Artery

\$35

CT for Calcium Scoring

\$60

Electrocardiogram (EKG)

\$20

Peripheral Artery Disease (PAD)

\$35

for peace of mind, which is why I chose to do the screening,” she said. “It’s an extra step.”

Myers said that with a family history of heart issues, as well as other health issues, “she

Cord Blood Awareness

The goal of Cord Blood Awareness Month, which is observed this month, is to raise awareness of the medical value of newborn stem cells from umbilical cord blood.

These stem cells have been used successfully for more than 20 years to treat more than 80 diseases, the Parent’s Guide to Cord Blood Foundation states.

What is cord blood?

Cord blood is the blood that remains in the umbilical cord and the placenta after the birth of a baby, the foundation’s website explained. “Up until recently, this afterbirth was discarded as medical waste,” it added. “Cord blood contains stem cells that may be cryopreserved for later use in medical therapies, such as stem cell transplants or clinical trials of new stem cell therapies.”

In addition to the previous option – discarding cord blood – parents nowadays have options as to how the cord blood can be used.

Banking cord blood

Banking cord blood can be beneficial because the cord blood contains stem cells that can save lives, the website said.

“Patients requiring a stem cell transplant can receive stem cells from one of three sources: bone marrow, circulating blood, or cord blood. The first two exist in all healthy adults, but cord blood can only be

harvested and stored at birth. It is much easier to match transplant patients with cord blood than with the two sources of adult donors. This is important for patients who come from minority or mixed race backgrounds. Hence, diverse cord blood donations to public banks can save many lives right now.”



Additionally, cord blood could be beneficial if a close family member is in need of blood. “

Transplant patients recover better when they receive stem cells from a related donor, instead of an unrelated donor,” the website said. “If a first degree relative of your baby needs a stem cell transplant, the baby’s cord blood stem cells could be a suitable match. Plus, there are now

emerging therapies in which children use their own cord blood stem cells to help the body repair itself. In the future, children whose parents saved their cord blood will have better access to those treatments.”

There is only one opportunity to bank cord blood, and that is after birth.

“Traditionally, cord blood banking is arranged by the patients,” said Lorrie Antos, RN, BSN, Director of Women’s and Children’s Services at Trinity Health. “Patients are responsible for obtaining the kit and sending it out. We act as a facilitator; however, we do not have kits. If any patient has a question about this we do offer informational pamphlets in the OB/GYN and Midwifery offices. Please contact your provider if you have additional questions.”

Donation

While banking cord blood can be done for private reasons, parents can also opt to donate cord blood for the public good. (The closest hospital that serves as a cord blood donation location is in Chicago, Illinois.) Public cord blood banks accept cord blood donations for free. However, most require the mother to register by the 34th week of pregnancy, as well as pass medical eligibility guidelines.

For more information on cord blood, visit: <http://parentsguidecordblood.org/>.

A Message to the Community: New Healthcare Campus and Medical District

As we approach the midpoint of our operational plans for 2018 with strong momentum, there is a great spirit of optimism and gratitude at Trinity Health. Gratitude because, on November 7, 2017, the Ward County Commissioners supported the authorization for the issuance of our public finance bonds. And optimism because so many wonderful programs and activities are underway at Trinity Health making a difference in the lives of those we serve every day. Trinity Health’s operational transformation and construction plans are in full motion, our growth plans are on track, and we have a clear line of sight to our 2020 strategic plans.

Along with others, Trinity Health shares the goal(s) of furthering professional development opportunities in our community and across North Dakota. How do we keep our students (and future workforce) from leaving the community and region? Trinity along with other business leaders have talked about how to attract business and high-paying jobs with potential for growth that are critical to Minot’s future economic success. Ward County Commissioners understand the value of making critical capital investments in healthcare related projects that foster innovation and economic growth.

As we look ahead, Trinity Health is preparing to celebrate a milestone birthday. The year 2022 marks our

centennial: the one hundredth anniversary of our founding in 1922. As a community we can be proud of all we have achieved in just under a century. We can also reflect on our rich history and traditions; as well as look at where we are heading for the next 100 years. The Trinity Health goal is to foster a broader and deeper understanding of our community and the region’s health needs and respond with services/programs that are unique, high-quality and demonstrate the many advantages of Trinity Health. We can’t wait to take all that we have learned as an institution and lead into the next century, always thinking about the health needs of those we serve. We are excited to plan for a greater impact locally and regionally as the healthcare provider of choice, and an engine of economic development. Likewise, words cannot adequately capture the heartfelt appreciation for the tremendous work that our credible team of professionals, board members, donors, business and community leaders and community members who helped our county and community understand the importance of this new healthcare campus and medical district.

The implementation plans are underway, in partnership with medical staff and workforce, our architects and engineers and construction management firms for the build and construction of a 21st-century healthcare campus and medical district. The very announcement

that a groundbreaking ceremony for a new \$282M Healthcare Campus and Medical District is reason enough to feel a sense of anticipation and excitement. This special groundbreaking event is nearly upon us; it will be held at the southwest Minot site where the new healthcare campus and medical district will be constructed.

The groundbreaking will be open to the public and will be followed by a reception. It is truly an honor and a privilege to be part of Trinity Health and to be a part of a team that comes together in support of our patients and families, our staff and medical staff, our community and region-at-large.

Sincerely,
John M. Kutch
President/CEO

C O M M U N I T Y

C A L E N D A R

For the latest updates, check online at trinityhealth.org

Calendar of Events

- July 14** — A car seat checkup will be held in the underground parking lot at Health Center-Medical Arts, 400 Burdick Expressway East, from 12-3 p.m., weather permitting.
- July 18** — The Stroke Support Group will meet at Health Center – Riverside, 1900 8th Avenue SE, at 7 p.m. The support group meets the third Wednesday of each month. For more information, call Jerilyn Alexander, Stroke/STEMI coordinator, at 857-2449.
- July 20-28** — The Trinity Health Auxiliary Healthy Hearts Club will sponsor “Park For Your Heart” in the Health Center – Riverside parking lot, 1900 8th Avenue SE, during the North Dakota State Fair. Parking is \$5. The funds will go to the Healthy Hearts Club, which offers support and education for a heart healthy lifestyle.

North Dakota State Fair July 20-28, 2018

Parade
Watch for NorthStar Criticair,
our critical care helicopter ambulance,
in the State Fair Parade on July 21.

Informational Booth
Trinity Health will have an informational booth on our new hospital, slated to break ground in mid-July. Be sure to stop by Commercial Building III, meet some Trinity Health staff, see architectural drawings of our new state-of-the-art hospital, and grab a giveaway. The building is open daily from 11 a.m.-10 p.m.

Senior Day
Senior Day will be on July 26, Educational booths will include: Lab, providing cholesterol and blood glucose screening for \$15; Home Health; Stroke Awareness and Home Safety; RehabCare; KeyCare Medical; Trinity Regional Eyecare; and Trinity Homes. Trinity Health is proud to again sponsor Senior Day at the North Dakota State Fair.

Mobile Mammogram Schedule

- July 2St. Luke’s Hospital-Crosby, 965-6349
- July 3Tioga Clinic, 664-3368
- July 17Northland Community Health Center-Turtle Lake
448-9225
- July 18.....Premier HealthCare-Devils Lake, 662-8662
- July 19Trinity Community Clinic – Velva, 338-2066
- July 30 Northland Community Health Center-Rolla, 477-3111

Prepared Childbirth Classes

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

SATURDAYS
July 14, August 4, September 8, and October 6
9 a.m.-4 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

Breastfeeding Basics

July 11, August 8, September 12, and October 10
Offered by Laureen Klein, RN, BSN. Meets from 7-9 p.m., Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

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.