Lab Awarded Accreditation

The College of American Pathologists (CAP) has awarded full, two-year accreditation to Trinity Hospital’s main laboratory. The approval follows an onsite survey by CAP inspectors. CAP is recognized as the gold standard in lab accreditation, with requirements that meet or exceed the U.S. government’s own lab certification program. Laboratory Services Administrative Director Laura Lara said laboratories seek CAP approval on a voluntary basis as a means of enhancing the quality of laboratory testing.

“We believe that submitting ourselves to the CAP process demonstrates our willingness to undergo a more rigorous review and shows our commitment to provide a high level of service,” Lara said. “I’m very proud of our medical staff and laboratory professionals. This shows they are committed to serving patients with the best possible care.”

During the accreditation process, CAP inspectors examine the laboratory’s records and quality control procedures for the preceding two years. CAP inspectors also examine laboratory staff qualifications, equipment, facilities, safety program and records, and overall management.

The main laboratory at Trinity Hospital performs and records, and overall management.

Venous reflux disease develops when the valves that keep blood flowing out of the legs and back to the heart become damaged or diseased. As a result, veins will not close properly, leading to symptoms of varicose veins, pain, swollen limbs, leg heaviness, and fatigue, skin changes, or ulcers. They can be unsightly, but they can also be painful.

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

According to Mayo Clinic, visible signs of varicose veins include veins that are dark purple or blue in color, or veins that appear twisting and bulging, often like cords on the legs. Additionally, painful signs and symptoms can occur, including:

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

Taking care of varicose veins is important, as these veins “can worsen and cause significant morbidity and can lead to ulceration in advanced cases,” Dr. Naidu said. “If they’re left untreated, they can form ulcers that can’t heal.”

For years, vein stripping was the treatment for varicose veins, although it was rough on the patient. The procedure included an incision made in the groin and calf; a hook is threaded through the diseased vein to pull the vein out of the leg. With the radiofrequency ablation (RFA) procedure, the likelihood of pain and bruising associated with vein stripping surgery becomes a thing of the past.

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

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Self-care, such as exercise, elevating the legs, or wearing compression stockings, can help ease the pain of varicose veins and may prevent them from getting worse. However, if you are concerned about how the veins look and feel, and the self-care measures haven’t worked, see your provider, Mayo Clinic suggested.

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Trinity Health East Ridge Holds Ribbon Cutting

Trinity Health East Ridge, Trinity Health’s newest clinic, held a ribbon-cutting ceremony on February 5, with members of the Minot Area Chamber of Commerce’s Ambassador Committee on hand. Tom Warszocki, vice president of physician services, noted that Trinity Health has worked on “changing our geography ... so we can be where the patients are.” The clinic opened in August.

Trinity Health East Ridge currently serves as base for Trinity’s Allergy/Immunology department, which includes Sean Stanga, MD, and Michael Reder, MD, and members of the Minot Area Chamber of Commerce's Ambassador Committee on hand. Tom Warsocki, vice president of physician services, noted that Trinity Health

Dr. Sather Earns Business Degree

Jeffrey Sather, MD, MBA, FACEP, recently earned a Master of Business Administration from Haslam College of Business at the University of Tennessee, Knoxville.

He participated in Haslam’s healthcare-based Physician Executive MBA program as part of a class of 40 physicians from three countries and 21 states. He says the program can accommodate practicing physicians, with live classes that are both onsite and online, plus individual and team assignments that are completed outside of class.

“Aboard-certified emergency physician, Dr. Sather joined Trinity Health in 1992, becoming part of the medical staff in 2001. He has served in numerous leadership positions, including chair of the Department of Medicine and medical director of the Emergency Trauma Center.

On a state level, he was instrumental in implementing initiatives to improve trauma, stroke, and STEMI care for state residents. He currently co-chairs North Dakota’s stakeholder group for Mission Lifeline and serves on the Minnesota Board of Regents for Emergency Medicine.

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Veins continued from page 1

For a period of time. The average patient typically resumes normal activities more quickly than patients who undergo surgical procedures, which require more extensive incisions and recovery time. The procedure can accommodate practicing physicians, with live classes that are both onsite and online, plus individual and team assignments that are completed outside of class.

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“Assignments focus on improving the process of healthcare for patients and applying business principles to situations that undermine efficiency and patient care.”

Dr. Sather is the medical director for the North Dakota Department of Health’s Emergency Preparedness and Response Section.

Three associates with Trinity Health recently received the Minot Area Chamber of Commerce’s Eagle Award for Excellent Customer Excellence.

Aaron Albers, DPM, a podiatrist with Trinity Health’s Foot & Ankle Clinic, was lauded as “hands down amazing.”

“Dr. Albers and his two nurses at the clinic are hands down some of the most genuinely caring people I’ve ever met,” wrote the nominator. “I was admitted into Trinity ER and was admitted for emergency surgery. It was a very emotional experience.”

The nominator wrote that when seeing Dr. Albers while she was in the hospital during her two surgeries, as well as for her weekly appointments that followed for the next four months, “he never ever made me feel rushed.”

“He is amazing at communication and explaining everything,” she said. “His two nurses were hands down also amazing. What an amazing team they are!”

Kaarri Burbach, an outpatient physical therapist, “is smiling, courteous, and very outgoing,” every time the nominator sees her.

“She always treats me good and is a good conversationist,” he adds. “She cares about her patients and does an excellent job. Kaari has a lot of energy, and it rubs off on others.”

Danya Brown, RN, with Trinity Health’s Labor & Delivery, cared for her nominator’s daughter when she was in the hospital.

“It was an extremely long stay, but Ms. Danya always made the days bearable,” the nominator wrote. “She was my daughter’s ‘go to gal.’ She answered all questions honestly and never gave us a false sense of hope; however, she held on dearly to any hope with us all. She stayed past her scheduled shift in order to be there for us and comforted us all during our great loss.”

If you would like to nominate a Trinity Health employee for an Eagle Award, you can visit: http://www.minotchamber.org/about/ chamberawards/.
An important part of hospice care, which provides medical care for people living with serious illness, are the volunteers, who fill the gap between loved ones and professional caregivers. Volunteers can give caregivers a respite, so they can “go out and do things and have a shoulder to cry on,” explained Patsy Anderson, of Carpio, who has worked as a hospice volunteer for almost 30 years.

Anderson was motivated to become a hospice volunteer after serving in a similar capacity for her mother, and then her mother-in-law. In the fall of 1989, when she saw Trinity Health was starting a hospice volunteer program and having classes for it, “I decided I could do that after having my mother and mother-in-law.”

When she first started, the volunteers “did everything” — administering medicine, feeding the patient, taking them to the bathroom. “I did housework, everything,” she said. “Now it’s completely different. We don’t do as much as we used to be able to do.”

Now, personal care for hospice patients is no longer a volunteer’s duty. “Sometimes, I have just sat and held their hand for two hours while I’m there,” Anderson said. “There was one patient who had a lot of anxiety and it calmed him down to have me sit there and hold his hand. You do whatever you can for them.”

She also brings food to patients if she finds out there is something they like. Volunteers are matched with patients according to their comfort levels and interests. Volunteering isn’t limited to working with hospice patients and their families. They visit on a schedule but are open to change as dictated by the patient’s health and needs.

Volunteering isn’t limited to working with hospice patients and their families. In a home setting. There are also volunteers, like Elaine Kress and Lolly Rostad, both of Minot, who perform duties in the Home Health & Hospice office at Town & Country Center.

About 25 years ago, Kress learned about the hospice program while her mother was in a nursing home. Curious, Kress attended a seminar to gain knowledge that would come in handy with her mother. Kress was unsure about volunteering until she was asked about performing office work; she jumped at it. At first, she would come in “once in a while, when they needed me, to do different things. Then, it got to be every week.”

Rostad, a retired nurse, began her volunteering career “going out to the homes and doing respite care.” However, after the death of her granddaughter, she came back and decided that she “couldn’t do it anymore.”

After another volunteer who worked with Kress left a vacancy, she asked Rostad, her friend, if she was interested. “And I’ve been doing it ever since,” Rostad said.

Twenty-eight years later, the two friends write and mail out bereavement cards. For three to four hours every other Tuesday, they write the cards and pass them on to the social worker. They write a “lot” of letters, the number varying every time they sit down and put pen to paper. “We had enough to keep us busy.”

The cards are sent out one month, three months, six months, and one year after the passing of a hospice patient, Kress said.

From her work with volunteering, Anderson said she receives “more than I give.” “We aren’t paid, per se, with money, but the thank you’s and getting to know all these wonderful people, it’s just so heartwarming,” she said. “I just receive so much from them.”

“I feel like I’m giving something back to the community,” Kress said. “I just feel good about this, that we can help.”

For as long as she can, Anderson said she will continue to volunteer “until they put me out to pasture.” If you are interested in becoming a volunteer for Trinity Health’s Hospice, please call 701-857-5083 for more information.

The Healthy Hearts Club is a program of the Auxiliary to benefit the region’s heart patients and the heart programs at Trinity Health. Last year, $25,000 was raised for the auxiliary’s Heart Health Gala, which included live entertainment by Danny Elvis & The Legends, to help raise money for the Building Fund for the cardiac care center at Trinity Health’s new medical park in southeast Minot. The Trinity Health Auxiliary conducts fundraising events throughout the year to advance the mission of Trinity Health; the Healthy Hearts Club is a program of the Auxiliary to benefit the region’s heart patients and the heart programs at Trinity Health.

The gala, which included live entertainment by Danny Elvis & The Legends, was to help raise money for the Building Fund for the cardiac care center at Trinity Health’s new medical park in southeast Minot. The Trinity Health Auxiliary conducts fundraising events throughout the year to advance the mission of Trinity Health; the Healthy Hearts Club is a program of the Auxiliary to benefit the region’s heart patients and the heart programs at Trinity Health.

Healthy Hearts Club Fundraises for Building Fund

The Trinity Health Auxiliary Healthy Hearts Club would like to thank those who participated in its Denim and Diamonds gala on February 9. The gala, which included live entertainment by Danny Elvis & The Legends, was to help raise money for the Building Fund for the cardiac care center at Trinity Health’s new medical park in southeast Minot. The Trinity Health Auxiliary conducts fundraising events throughout the year to advance the mission of Trinity Health; the Healthy Hearts Club is a program of the Auxiliary to benefit the region’s heart patients and the heart programs at Trinity Health.

Last year, $25,000 was raised for the cause and over the past three years, the Healthy Hearts Club has raised funds for cardiac-related purposes. In 2016, they presented a check for $10,000 for new exercise equipment for Trinity’s Cardiopulmonary Rehabilitation department and $15,000 to purchase specialized chairs for heart surgery patients in the Cardiology and Cardiothoracic departments, in 2017.

With the Trinity Health Mobile App, you can:

- Access the MyTrinityHealth eConnect Patient Portal
- Find all Trinity Health locations
- Search for a medical provider by name or specialty
- View the BabyBytes online nursery
- Search for pharmacies

Simply download the app to your mobile device. It’s free! trinityhealth.org/mobile

Android™ & iOS™ versions available

FirstCare Walk-In Clinic

Monday – Friday
8:00 a.m. – 8:00 p.m.
Weekends & Holidays
9:00 a.m. – 5:00 p.m.

No Appointments Necessary

Helping Hospice

Elaine Kress and Lolly Rostad mail out bereavement cards.

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Celebrating 4 Years of Service

Trinity Health celebrated the achievements of more than 300 of its staff at a celebration in February.

The Employee Service Awards Banquet, held at the Grand Hotel, honored members of the Trinity Health team who achieved 20, 25, 30, and 40 years of service.

Mary Grossman, a lab technician, was honored for her 45th anniversary.

CELEBRATING 20 YEARS:

Terry Altringer, pharmacy clinical supervisor; Jerome Focke, medical technologist II; Shari Paull, nurse specialist; Psychiatry; Tanya Burke, registered radiation therapist, Radiation Therapy; Jeanne Ellison, coder/abstractor II; Brenda Ezell, Respiratory Care; Michelle Ho, RN, Surgery, Trinity Hospital – St. Joseph’s; Kaelin Feist, CT/MT technologist, MRI; RHonda Feist, reimbursement specialist, Business Office.

For example, Social Services Director Shelly Swearson said. “She’s full of one-liners.”

Ruth Puttre, Lillian’s niece, says one of her one-liners is, “My forgetter keeps getting bigger.”

Lillian’s memory has served her well through the years, however.

“Though her short-term memory isn’t as sharp as it used to be, she always asks about the family and what we are doing,” Ruth said.

“It’s important to her to remember to name all. And she always knows all the details she encountered during her 42 years of teaching!”

Therapist, Respiratory Care; Candace Jensen, transcriptionist I, Health Information Management; Lynne South, FNP-C, vice president, facilities, Facilities Management; Pamela Lennett, LPN-Pre-Admission, Respiratory Care; Cheryl Scarborough, maintenance mechanic, Facilities Management; Betty Sedlacek, coding supervisor, Coding/Reimbursement; Gary Trueblood, carpenter, Facilities Management; Tammy Uleberg, FNP-C, Psychiatry; Michael Ursh, special projects director, Clinic Special Projects; Sheri Volkert, business services supervisor, Business Services – Trinity Medical Group; Bonnie Klauser, CNA, NCF 4th West, Trinity Homes; Lesel Welke Jundt, special procedures technologist, Cath Lab.

CELEBRATING 35 YEARS:

Mary Grossman, lab referral testing coordinator, Laboratory Services – Trinity Medical Group; stunning Dr. Niki Berg, RN, Ambulatory Surgery Center; Lonna Brown, radiology information systems coordinator, Radiology; Patti Detflaf, nuclear medicine technologist, Nuclear Medicine; Rhonda Dunn, communications attendant, Communications (prior to 2006), radiology Department; Printe Breitmeier, Mahnfield, professional therapist, Physical Therapy; Barbara Pasqualle, business manager/office assistant II, Trinity Community Clinic – New Town; Mark Petz, medical technology, Laboratory Services; Becky Richards, MRI technologist, MRI, Trinity Hospital – St. Joseph’s; L. P. Nore, Rehabilitation; LCNWA; Marsha Stadelman, athletic therapist, Orthopedic Services – Trinity Medical Group; TREC-Western Dakota; Jill Trulson, FNP-C, Trinity Community Clinic – New Town.

CELEBRATING 40 YEARS:

Randy Holzer, RN, Surgery, Trinity Hospital – St. Joseph’s; Sandra Allen, certified occupational therapy assistant, Occupational Therapy; Jennifer Bartsch, harmony director, Trinity Community Clinic; Jennifer Jundt, director, Clinic Special Projects; Sheri Swartout, special projects specialist, Trinity Community Clinic – Kenmare; Michelle Roenck, office assistant II, Tri County Eye-Care-Devils Lake; Scottie Rupert, surgical technologist, Surgery; Vickie Weather, clinical nurse specialist, Rural Mental Health Consortium; Renea Wehspeergen, coder/abstractor II, Coding/Reimbursement.

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HEALTHTALK TRINITY HEALTH 7 • MARCH 2019

National Nutrition Month

By Sandra Horob, M.D., RDN, Director of Nutrition Services

Each March, the Academy of Nutrition and Dietetics, the nation's largest organization of nutrition professionals, highlights healthy eating for the country. As members of this community, dietitians strive to ensure that safe, ethical, and factual information is provided to the public. At Trinity Health, our staff of registered dietitian nutritionists are committed to keeping our communities informed by providing relevant articles, community events, and educational resources.

Food, Nutrition, and Health Tips from the Academy of Nutrition and Dietetics

1. Eat Breakfast
Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit, and whole grain bread.

2. Make Half Your Plate Fruits and Vegetables
Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and fiber to your plate. Make 2 cups of fruits and 2–½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen, and canned.

3. Watch Portion Sizes
Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal: add a serving of fat-free or low-fat milk or yogurt.

4. Be Active
Regular physical activity has many health benefits. Start by doing what exercise you enjoy. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don’t have to hit the gym—take a walk after dinner or play a game of catch or basketball.

5. Get to Know Food Labels
Reading the Nutrition Facts panel can help you shop and eat smarter.

6. Fix Healthy Snacks
Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

7. Consult an RD
Whether you want to lose weight, lower your health risks, or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines
Reduce your chances of getting sick with proper food safety. This includes regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.

9. Drink More Water
Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are an older adult, or live or work in hot conditions.

10. Get Cooking
Preparing foods at home can be rewarding, and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans. The collection of “Planning and Prep” videos at www.eatright.org/videos will get you started.

11. Dine Out without Ditching Goals
You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions, and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled, or steamed.

12. Enact Family Meal Time
Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones, and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom
Whether it’s for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low fat dressing and a hard-boiled egg.

14. Reduce Added Sugars
Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review ingredients on the food label to help identify sources of added sugar. Visit www.ChooseMyPlate.gov for more information.

15. Eat Seafood Twice a Week
Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters, and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors
Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that’s new to you or your family.

17. Experiment with Plant-Based Meals
Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste
Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime
Instead of eating on the run, try sitting down and focusing on the food you’re about to eat. Dedicate time to enjoy the taste and textures of foods can have a positive effect on your food intake.

Spinning a Yarn for the CancerCare Center

The Trinity CancerCare Center was recently provided an assortment of 50 amazing hats that were hand-knitted by representatives from the Fiber Basket, a yarn store in Minot.

“One of the major side effects to chemotherapy can be hair loss and these caps provide a stylish and colorful means to fighting the temperatures we have this time of year,” explained Shane Jordan, director of the Trinity CancerCare Center. “In addition, many patients will wear these hats year-round as they are stylish and comfortable, since they are knitted and breathable. We are very fortunate to continue having such great support from Minot and our surrounding communities.”
Keeping an Eye on Safety in the Workplace

The National Institute for Occupational Safety and Health (NIOSH) reports that about 2,000 workers in the United States sustain job-related eye injuries that require medical treatment daily. It is believed that 90 percent of these injuries could be either prevented, or steps could be taken to lessen the severity.

According to The American Academy of Ophthalmology (AAO), the most common causes for eye injuries include tools, particles, chemicals, flying objects, such as bits of metal or glass; or a combination of these or other hazards. These types of injuries, the AAO said, range from simple eye irritation to severe trauma that can cause permanent damage, vision loss, and blindness.

Puneet Braich, MD, MPH, an ophthalmologist with Trinity Regional EyeCare-Western Dakota, in Williston, believes that bits of metal caught in the eye are the most common workplace eye-related injury - especially since that makes up the majority of those types of injuries he sees in his office.

"It's probably a case we see on a daily basis," he said. "We live in an area where there are those people who work on the daily basis," he said. "We live in an area where there are those people who work on the daily basis," he said. "We live in an area where there are those types of workers; we have people handling heavy materials and a chunk of metal will get on to their cornea. Once it's lodged in there - it hasn't penetrated the eye - it's in a spot where someone's nails can't get it out."

Dr. Braich noted that while these patients do wear safety glasses, "things can still come around the edge of the lenses. If they were wearing goggles, that would be a bother. Something would have to shatter the goggles to get to their eye."

However, even goggles can be "tricky," Dr. Braich said. Patients removing the goggles sometimes get debris in the eye if the debris is on the top of the goggles. Dr. Braich recommends shaking the goggles before removing them from the face, as well as keeping eyes closed during the removal.

To treat these patients, a small needle is used to remove the metal from the eye.

"If the metal lands on the peripheral aspects of the cornea, it won't be a big deal. You get it out with the needle and two days later, they should be feeling better and the tissue regenerates." Dr. Braich said. "If it gets into the visual axis, the pathway for creating optimal vision, it could cause a scar and cause some permanent reduction in visual potential."

The procedure for removing the metal, with the right equipment "takes less than 30 seconds," Dr. Braich said. A referral is not needed for this procedure, as this would be considered an emergency. Dr. Braich said. "The majority of ER doctors will see this and say, 'You need to see an ophthalmologist.'"

While ER doctors sometimes can remove the metal, many do not have the expertise to remove the rust ring as well. Dr. Braich said.

"We have a microscope to look at these corneas. We have a magnified view and remove not only the metal, but the rust ring."

Ophthalmologists with Trinity Health are available to help in such a situation.

David Jacobs, MD; Evelyne Kindy, MD; Danrell Williams, MD; and Chad Wolsky, MD, are based at Health Center–Plaza 16, 1015 16th St SW, Minot, and can be reached at 701-852-3937. Puneet Braich, MD, MPH, and Mark Raymond, MD, are based at Trinity Regional EyeCare-Western Dakota, 1321 W Dakota Pkwy, Williston, and can be reached at 701-572-7641. Robert A. Dicken, MD, is based at Trinity Regional EyeCare–Devils Lake, 404 Highway 2 E, Devils Lake, and can be reached at 701-662-4085.

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