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# HEALTH *Talk*

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## Balloon Device Gives Severely Injured Patients a Fighting Chance

Just in time for trauma season, doctors at Trinity Health have adopted a new technique that can stop fatal bleeding with a simple balloon device.

Gary Wease, MD, a general surgeon and director of Trinity's Trauma Program, said the ER-REBOA™ Catheter is now available to surgeons and emergency physicians as a lifesaving tool in cases where patients are at risk of bleeding to death due to massive blood loss that can't be stopped with compression.

"Acute internal hemorrhage is the leading cause of death in trauma patients," Dr. Wease noted. "The sooner we can intervene, the better. With the REBOA, we have a less invasive way to achieve immediate hemorrhage control so the patient can be stabilized and sent to the operating room for definitive treatment."

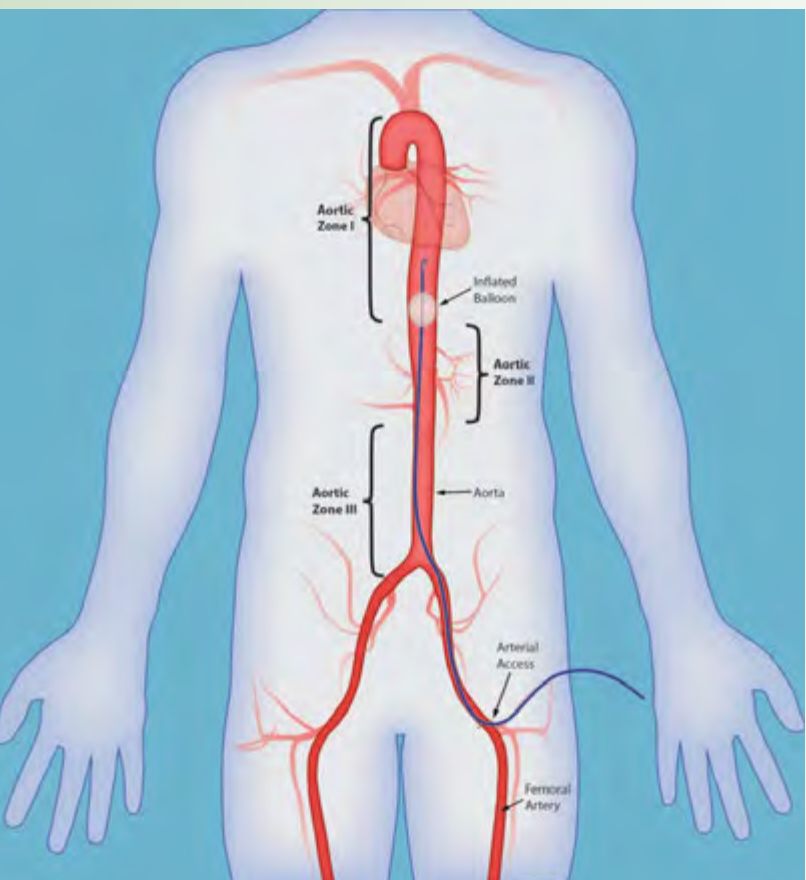


Gary Wease, MD  
General Surgeon

Traditionally, the only option doctors had to stop uncontrolled bleeding was to perform a thoracotomy, a major surgery that involves making a large chest incision, opening the rib cage, and putting a clamp on the aorta – the body's main artery. What the ER-REBOA™ Catheter offers is a minimally invasive alternative to this method, using a technology similar to the technique cardiologists use to open arteries of the heart.

"Basically, the REBOA is a catheter with a collapsed balloon at its tip," Dr. Wease explained. "The catheter is inserted into the femoral artery of the leg and threaded up into the aorta. Once the balloon has reached the optimal spot, it's inflated, causing a temporary blockage of the aorta."

REBOA stands for Resuscitative Endovascular Balloon Occlusion of the Aorta. It is the flagship product of Prytime Medical Devices, Inc., headquartered in San Antonio, Texas. The company designs, develops, and commercializes minimally



Mogen said the ER-REBOA™ Catheter is designed and indicated for temporary occlusion of large vessels and blood pressure monitoring, including patients requiring emergency control of hemorrhage. For patients with truncal hemorrhage (affecting the trunk of the body), REBOA helps maintain blood flow to critical organs like the heart and brain until the hemorrhage can be definitively controlled via surgery.

In February 2018, Trinity's emergency, critical care, and anesthesia staff received training in the REBOA technique. Trinity Health is now the first North Dakota hospital and one of nearly 250 worldwide to enhance its trauma arsenal with the device. Dr. Wease said it should come in handy during the upcoming trauma months that fall between Memorial Day and Labor Day.



Emergency physician Paul Olson, MD and general surgeon AyJy Bhardwaj, DO undergo training for the ER-REBOA catheter, a new tool to stop fatal bleeding.

invasive solutions for vascular trauma. Kari Mogen, a clinical specialist with the company, said, not surprisingly, the ER-REBOA™ device has its origins in military medicine.

"The underlying intellectual property for the ER-REBOA™ Catheter came from two military surgeons, Colonel Todd Rasmussen, MD, and Dr. Jonathan Eliason, and is based on their wartime experiences," Mogen said. "But the concept of occluding large arteries to stop hemorrhage dates back even further to the Korean War, when war surgeons looked for ways to save more lives on the battlefield."

"We get some nasty accidents and motorcycle crashes during a busy trauma season," Dr. Wease said. "I can see us using it two or three times, maybe more. The key thing is – you have to use it proactively. So there may be times when we'll put the balloon in place and not inflate it, which is fine. It's better than opening the chest and clamping an aorta."

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# May is Better Hearing and Speech Month

Many children receive the help of a Speech/Language Pathologist (SLP), privately or in schools, to address all needs of communication.

Some children can't produce speech sounds, while others have difficulty expressing themselves vocally and in writing, and organizing thoughts, explained Nadine Hagen, MS, CCC-SLP, manager of Trinity Health's Speech Therapy Department. "To overcome learning challenges, the SLP helps children develop and demonstrate communication skills to better participate in class, follow instructions, and improve reading and writing skills."

SLPs help children reach the goal of full communication skills in all environments. Areas of communication difficulties are:

- Articulation (way each sound is produced)
- Expressing wants, needs, and ideas
- Receptive Language
- Stuttering/Fluency
- Voice
- Pragmatics (rules of appropriateness for social language and communication)
- Swallowing
- Social Language Skills
- Nonverbal expression and gestures
- Formulating questions and responses
- Syntax (arrangement of words in a sentence)
- Semantics (interpretation of the meaning of a word or phrase)
- Comprehending presented information
- Using vocabulary appropriately
- Intonation

*"Parents play a vital role in the success of speech therapy."*

—Nadine Hagen  
MS, CC-SLP



# Two Associates Receive Eagle Awards

Tyson Williams, DPM, a podiatrist with Trinity Health's Foot and Ankle clinic, and Kevin Melby, an athletic trainer with Trinity Health's Sports Medicine department, were recently awarded the Minot Area Chamber of Commerce's Eagle Award.

Dr. Williams was nominated for the award because he is "a very caring and concerned doctor." The nomination letter for Dr. Williams explained that the patient had two foot surgeries "and things turned out great."

Described as being "a great asset" to Trinity, Dr. Williams "explains things so that you know what all he will be doing during surgery," the letter said. "I would refer him to anyone if you're looking for any foot surgery at all."

Melby has "gone above and beyond" when it comes to working with student athletes; in particular, the nominator referenced the



Tyson Williams, DPM  
Podiatry



Kevin Melby  
Sports Medicine

times when he has helped her two daughters, who are engaged in varsity gymnastics, when it came time to diagnose concussions. "His care and professionalism has helped me, as a parent, understand how scary concussions can be," the parent wrote. "He has been available 24 hours a day and his care for the athletes is second to none."

To receive the Minot Area Chamber of Commerce Eagle Award is validation of the pursuit of the mission of Trinity Health, which values exceeding professional quality standards. If you would like to nominate a Trinity Health associate for an Eagle Award,

you can do so by <http://www.minotchamber.org/about/chamber-awards>.

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

# SAFESITTER

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- The business of babysitting
- Accident management
- Child development
- CPR

***2018 Summer Class Schedule is being finalized.  
Please call 857-5099 for more information.***

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

**Trinity's 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.

## Trinity Health's Speaker's Bureau

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



# HealthTalk

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# Active: To Be or Not To Be?

By Dawn Mattern, MD

Inactive. Coaches fill out rosters, listing Active and Inactive participants. Which one are you?

More than half of Americans are inactive—they do not meet the recommendations for sufficient physical activity. To be active, an adult needs only 150 total minutes a week of exercise and children need 60 minutes a day.

Being active:

- Reduces the risk of cardiovascular death, cancer caused death, and all-cause death
- Reduces the risk of developing Alzheimer’s disease
- Reduces stroke, type 2 diabetes, depression, hypertension, arthritis, and falls
- Improves mood, energy level, sleep, strength, and endurance

Active doesn't mean gym memberships or expensive equipment. Some can choose running, aerobics,



Dawn Mattern, MD, with Trinity Health's Family Medicine and Sports Medicine departments, leads the Doc Walk.



Dawn Mattern, MD  
Sports Medicine &  
Family Medicine

weightlifting, biking, yoga, swimming, walking—the list is almost endless. And that’s the greatest part about it all; just move. With my patients, I count housework, gardening, walking the dog, body weight strength exercises, anything that gets the heart pumping.

Sitting doesn't count. Sedentary behavior is now recognized as a risk factor

**Doc Walk**  
**Wednesday, May 2**  
**Oak Park, 6:30 p.m.**

disease, and more. Even though you may fulfill your activity minute requirements, if you sit all day, you haven’t done yourself any favors. Our bodies are designed to move, not sit all day.

May is Exercise is Medicine™ month. The American Medical Association and the American College of Sports Medicine have collaborated to draw attention to the importance of exercise and our health. Exercise is recommended for prevention and treatment for

almost all of the diseases that we diagnose every day. Exercise should be part of every prescription we give!

As in previous years, the Doc Walk will kick off Exercise is Medicine™ month. Please join me at Oak Park on Wednesday, May 2, at 6:30 p.m. Let’s be Active!

*Dawn Mattern, MD, is a board certified physician with Trinity Health's Family Medicine and Sports Medicine departments. She can be reached at 857-5500.*

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## Healthy Hearts Day

BRUNCH SYMPOSIUM & GOLF SCRAMBLE

**May 21, 2018**

### Brunch Symposium

Trinity Health  
Board Room  
Health Center – East  
9 a.m.

Featuring:  
Cardiology  
Cardiopulmonary Rehab

Tickets: \$10  
Space is limited!

### Golf Scramble

Vardon Golf Club  
Registration: 12 p.m.  
Tee-Time: 1 p.m.

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**Call Today for  
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Golf Team  
Registration  
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## Trinity Auxiliary Schedules ‘Healthy Hearts Day’ Events

The Trinity Health Auxiliary has scheduled a pair of events on May 21 as part of its annual Healthy Hearts Day.

The day begins with a Brunch Symposium at 9 a.m., with Trinity Health cardiologist Emad Dodin, MD, and Heidi Zaderaka, RRT, manager of Trinity Health’s Cardiopulmonary Rehabilitation department, updating guests on the latest advances in heart treatment and rehabilitation. Seating is limited for the brunch, which will be held in the Trinity Health Board Room in Health Center – East, 20 Burdick Expressway East, Minot. The cost is \$10 per person.

In the afternoon, there will be a men’s and women’s Golf Scramble at Vardon Golf Club, 7101 County Highway 15, Minot. Registration starts at noon and tee time is at 1 p.m. Golf fees are \$450 per team of four, and includes two golf carts. Major prizes include airline tickets, a set of Callaway irons, a flat screen TV, and \$25,000 to anyone who shoots a hole-in-one.

Proceeds from both events will be used to help the 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.

Reservations for the both the brunch and golf scramble are available by calling Sherry at 857-5221.



Emad Dodin, MD  
Cardiology



Heidi Zaderaka, RRT  
Cardiopulmonary  
Rehabilitation



# All About Asthma

Asthma is an inflammatory condition of the lungs that is defined by reversible airway obstruction.

The small airways have chronic inflammation that will periodically flare up or get more severe, which results in bronchoconstriction, explained Michael Reder, MD, an allergist and immunologist with Trinity Health. “The small airways get squeezed,” he said. “When this happens, symptoms such as coughing, wheezing, and shortness of breath appear.”

Inflammation will also cause the cells lining the airways to produce a lot more mucus, which contributes to the coughing and other symptoms, Reder added. Triggers that cause the inflammation to worsen include allergies, viral infections, exercise, irritants or pollutants, and cold dry air, Reder added.

### Who Can Get It?

Asthma can hit any demographic, regardless of gender or age. According to the National Heart, Lung, and Blood Institute, asthma most often starts during childhood. In the United States, more than

25 million people are known to have asthma, about 7 million of them are children.

“Technically, you can’t officially make a diagnosis of asthma until you are five years old,” Reder said. “It doesn’t mean you can’t have it, but we stay away from officially calling it.”



Michael Reder, MD  
Allergist/Immunologist



Sean Stanga, MD  
Allergist/Immunologist

An acquired breathing test can confirm whether it is asthma or reactive airway disease, which mimics asthma and sometimes can be treated the same way, but it is related to viral infections, the types of things children typically outgrow, Reder added. “A lot of the time, it gets referred to as childhood asthma. But sometimes we treat it the same way.”

According to the Centers for Disease Control and Prevention, children with asthma in the United States are having fewer asthma attacks. This is chiefly due to asthma management actions, such as avoiding or reducing exposure to

asthma triggers, such as allergens and irritants, and by following recommendations for appropriate medical care.

### Symptoms and Treatment

Anyone who has symptoms suggestive of asthma need two things, Reder said. “First, they need a breathing test. This would tell us if they have asthma,” he noted. “Next, they should get allergy tested.”

Asthma is essentially allergies affecting the lungs, so they go hand in hand.”

Both of these tests can be performed at Trinity Health in the Allergy department.

Asthma is typically treated using two different types of medications, as there are two main driving forces of asthma symptoms – inflammation and bronchoconstriction, Reder explained. “The medicines we use target those two contributors. We use inhaled steroids to treat the inflammation and we use bronchodilators, like Albuterol, to temporarily relieve the squeezing.”



For patients with hard-to-control asthma, a variety of injectable biologics are available to help reduce their need for Prednisone, a steroid typically taken for an asthma exacerbation. “Prednisone works, but it’s bad for the body if you have to take it frequently,” Reder said.

The specialized anti-bodies in the biologics are used for helping people with moderate or severe asthma. “Xolar has been out for a while; that one blocks the allergy antibody (IgE). Nucala helps for people with eosinophilic asthma. The newest one is Fasenra, which affects eosinophiles, the white blood cells typically involved in allergic conditions, including asthma,” Reder explained.

Allergy shots, or immunotherapy, is another form of treatment. “Immunotherapy is the only one that is considered disease modifying,” Reder said. “It has the potential to improve asthma outcomes and reduce the needs for medications.”

Trinity’s Allergy department, which includes Dr. Reder and Sean Stanga, MD, specialize in allergy and asthma treatment. If you show signs of asthma and would like to consult with an allergist, call Trinity’s Allergy department at 857-7387. Their office is located on the third floor at Health Center – Medical Arts, 400 Burdick Expy E, Minot.

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# Cookies for the CancerCare Center



Cadet and senior members of Girl Scouts Troop 10132 present cartons with 200 boxes of cookies, a gift to the Trinity CancerCare Center via the Trinity Health Foundation. Director Shane Jordan (far right) said the cookies will be a welcome treat for patients as they go about their treatments. Also pictured are Troop Leaders Dani Ranger (next to Shane) and Jaymee Chrostowski (second row center); Foundation Director Al Evon (far left), and Donor Relations Coordinator Cody McManigal (third row center).

“Thin Mint or Peanut Butter Patty?” That’s the burning question at the Trinity CancerCare Center thanks to local Girl Scouts.

For the fifth year in a row, members of Troop #10132 stopped by the CancerCare Center bearing 200 boxes of yummy Girl Scout cookies in various flavors – a gift from Girl Scouts to the patients who use the center.

Through the organization’s giving program, customers and troop members can donate funds and pool them to donate cookies for a cause. “When people learn that the cookies are for cancer patients, people tend to throw in a little extra,” said Trooper Leader Dani Ranger, a cancer survivor. “I think it’s because everyone is touched by cancer, either through a family member or themselves. I always say cancer doesn’t discriminate.”

Shane Jordan, who directs the Trinity CancerCare Center, says patients are always eager to receive the tasty treats, which he lightheartedly noted are for patients only. “As staff, we’re always tempted, but the cookies are for patients,” he said.



# Golf Tournaments Benefit CancerCare Center

The Trinity Health Foundation will host its 21st annual Building Hope Women’s Golf Tournament on Monday, June 18, at the Souris Valley Golf Course.

The Building Hope Women’s Golf Tournament, as well as the 6th Annual Golf For Life Men’s Golf Tournament (held August 20), are the Trinity Health 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 email at

albert.evon@trinityhealth.org or cody.mcmanigal@trinity-health.org.

TRINITY HEALTH FOUNDATION

BUILDING

HOPE

WOMEN’S GOLF TOURNAMENT

Description	Both Events	Building Hope Only	Golf for Life Only
T-Shirt	___\$7,000	___\$3,750	___\$3,750
Hat	___\$6,000	___\$3,250	___\$3,250
Water Bottle	<del>___\$5,000</del>		
Towel	<del>___\$5,000</del>		
Range Ball	___\$4,000	___\$2,250	___\$2,250
Bag Tag		<del>___\$1,750</del>	___\$1,750
Golf Tee	___\$3,000	___\$1,750	___\$1,750
Green & Tee	___\$2,500	___\$1,500	___\$1,500
Fairway	___\$1,500	___\$1,000	___\$1,000
Birdie	___\$1,000	___\$750	___\$750



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## Is it Time to Renew your CDL?

If you need to obtain or renew your CDL, Trinity Health Occupational Medicine is your medical resource. Howard Reeve, MD, is one of nine Trinity Health providers located throughout northwest North Dakota certified to perform DOT physicals. With more than 25 years of experience working with CMV drivers, he is dedicated to helping them get back on the road and back on the job.

To make an appointment with Dr. Reeve, call 857-7840. His office is located in Health Center – Medical Arts, 400 Burdick Expressway East, in Minot. Although walk-ins are accepted, appointments are preferred.

For a full list of Trinity Health providers offering DOT physicals, visit [www.trinityhealth.org/occmed\\_dotproviders](http://www.trinityhealth.org/occmed_dotproviders).



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# Skin Cancer Survival: Sunscreen and Surveillance

Skin cancer is considered by the American Cancer Society to be the most common of all types of cancer. One estimate says that about 5.4 million basal and squamous cell skin cancers are diagnosed each year, occurring in about 3.3 million Americans (some people have more than one type of skin cancer). However, death from skin cancer is uncommon; according to the American Cancer Society, it is thought that about 2,000 people in the United States die each year from these cancers.

“Most people who die from these cancers are elderly and may not have seen a doctor until the cancer had already grown quite large,” the ACS said on their website. “Other people more likely to die of these cancers are those whose immune system is suppressed, such as those who have had organ transplants.”

According to the Mayo Clinic, the risk of skin cancer can be reduced by limiting or avoiding exposure to ultraviolet (UV) radiation. Through this, Ann Welch, FNP-C, with Trinity Health’s dermatology department maintains that sunscreen and surveillance are two important ways to avoid skin cancer.

### Sunscreen

The majority of malignant melanoma is caused by sun exposure, she said. “Some are hereditary, but the vast majority are from some exposure.”

When it comes to preventing exposure to the sun, wearing sunscreen can help. Sunscreen, which absorbs or reflects some of the sun’s ultraviolet (UV) radiation, protects against sunburn.

“The more sun you get, that increases your risk of getting skin cancer,” Welch said.

Sunscreens have an SPF, a sun protection factor, that measures the fraction of sunburn-producing UV rays that reach the skin. “The numbers will tell you how long you can be out in the sun, how many minutes you can be out in the sun before you develop a reaction to the sun,” Welch said. For example, sunscreen with an SPF 15 means that you can be out in the sun 15 times longer before you burn.



The levels can vary from person to person, depending on skin tone, Welch noted.

Clothing, such as hats and shirts with long sleeves, can also protect against the sun.

### Surveillance

Welch said that keeping an eye

out for “the A-B-C-Ds of malignant melanoma” are important. Those include:

- **Asymmetry** – Is the lesion uniform in shape. “If you cut it along its long axis, is it a mirror image?” Welch said. “If it’s square or round, it’s still a mirror image of itself.”
- **Border** – Can you see where the lesion begins and ends on your skin. “There should be a clear border,” Welch said. “Does it look like someone penciled it in? You should see the edge of that lesion. If not, those are cause for concern.”

- **Color** – Is the color uniform throughout? The color can range from light tan to dark brown. “Do they have other moles that are similar in that color, or is it an odd man out?” Welch said. “Is it darker than any other lesions on your skin?”
- **Diameter** – Is it smaller than a pencil eraser, which is six millimeters?

Welch said that malignant melanoma can include any one of these symptoms. If any of these symptoms presents, contact your primary care provider or a dermatologist.

At Trinity Health’s Dermatology department, “We look at lesions through a dermatoscope, a special light we use to light up lesions to look for specific patterns that determine if it’s a benign mole versus malignant melanoma,” Welch said. If it appears to be a malignant melanoma, a biopsy would be completed, which would then confirm whether it was or not.

Trinity Health’s Dermatology department includes Ann Welch, FNP-C, and Jennifer Hunter, MD. For more information, call 857-7382 (Welch) or 857-5760 (Hunter), or visit [www.trinityhealth.org/dermatology](http://www.trinityhealth.org/dermatology).



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For more information call: (701) 857-3471

# BOLO, Medicare Recipients!

## (Be on the lookout for your new card)


A momentous event in the life of Medicare is nearly upon us. The Centers for Medicare and Medicaid Services is issuing new Medicare cards that are starting to show up in mailboxes across the country.

The new cards have an important safety feature that will make them more immune to identity theft. Instead of a person’s Social Security number, the new cards will display an 11-character Medicare Beneficiary Identifier (MBI) that will consist of random numbers and uppercase letters. Please visit [go.medicare.gov/newcard](http://go.medicare.gov/newcard) for complete details about the new cards.

Most North Dakota recipients are expected to receive their cards sometime after June 2018, and the distribution process is expected to take several months.

So, watch your mailbox for your new card. And when you get it, don’t set it aside. Put it in your wallet and start using it immediately. Tell your friends and family who are Medicare recipients to do the same.

We look forward to seeing your new Medicare card when you bring it to your next (and every) medical appointment.



Name/Nombre <b>JOHN L SMITH</b>	
Medicare Number/Número de Medicare <b>1EG4-TE5-MK72</b>	
Entitled to/Con derecho a <b>HOSPITAL (PART A)</b>	Coverage starts/Coertura empieza <b>03-01-2016</b>
<b>MEDICAL (PART B)</b>	<b>03-01-2016</b>

*Watch for your new Medicare card!*



# Keeping a F-A-S-T eye on Stroke (...and more)

According to the American Stroke Association, nearly 800,000 people experience a new or recurrent stroke annually, and every 40 seconds, someone has a stroke.

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures). When that happens, part of the brain cannot get the blood – and oxygen – it needs, so it and brain cells die.

There are two types of stroke. An ischemic stroke occurs when a blood vessel carrying blood to the brain is blocked by a blood clot. A hemorrhagic stroke occurs when there is a weakened blood vessel leak or a brain aneurysm takes place. While the hemorrhagic stroke is the least common of the two types of stroke, it most often results in death.

Stroke is the leading cause of long-term disability and the leading preventable cause of disability, the American Stroke Association stated on their website. The effects of disability can depend on where the stroke hits. For example, if the stroke occurs toward the back of the brain, it is likely that some disability involving vision will result. Several factors, such as the location of the obstruction and how much brain tissue was affected, are also taken into consideration when it comes to disability.

“The effects of a stroke can be devastating, but spotting the signs of a stroke and being proactive in receiving care can help save a person’s life,” said Jerilyn Alexander, RN, Stroke/STEMI coordinator for Trinity Health. “The usual rule of thumb to spot a stroke is F-A-S-T, which stands for Face drooping, Arm weakness, Speech difficulty, and Time to call 9-1-1.”

Other signs and symptoms of stroke to watch for include:

- Sudden confusion, trouble speaking, or understanding speech
- Sudden numbness or weakness of face, arm, or leg, especially on one side of the body
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, or loss of balance or coordination
- Sudden severe headache with no known cause



Jerilyn Alexander  
Stroke/STEMI Coordinator

“We are seeing more patients with sudden vision changes and dizziness,” Alexander said. “These patients may be experiencing a stroke in the back part of the brain. Patients may blow it off thinking it’s not possibly a stroke.”

If someone shows any of the symptoms, they should call 9-1-1 or emergency medical services immediately.

Speaking with your doctor to create a stroke prevention plan is important, especially since 80 percent of strokes can be prevented. Steps to prevent stroke can include:

- Managing high blood pressure
- Reducing blood sugar
- Eating healthy
- Stopping smoking
- Controlling cholesterol
- Being active
- Losing weight
- Discussing an aspirin regimen or other medications

The state of North Dakota recently received a grant for \$5.6 million, for stroke care. Several areas of focus are included in the grant work that is being done. These include stroke awareness (media campaign), EMS care to expedite the transfer of patients to a qualified stroke center to care for the stroke patient, education to local Critical Access Hospitals to improve care in the rural setting, and rehabilitation availability for patients discharged home to rural North Dakota. Several subcommittees have been formed with input from all of the larger hospitals in the state, Alexander explained. “The grant is also providing dollars for equipment, and education for patients and staff at Trinity Hospital.”

Another focus of the grant is developing a state peer-to-peer support system for patients who have survived a stroke. “The training and education about this group will be moving forward this summer,” Alexander said. “This will have volunteer stroke survivors reaching out making

Blocked carotid arteries are the leading cause of stroke. A carotid artery screening can help screen for these blocked arteries and give you a leg-up on preventing stroke.

Consider this screening if you have any of these risk factors:

- Diabetes
- Over the age of 40
- Family history of strokes
- TIA – minor stroke
- High blood pressure
- Tobacco, alcohol, and drug abuse
- High cholesterol
- Obesity/overweight
- Inactive lifestyle
- Atrial fibrillation (a-fib), or irregular heartbeat
- Unhealthy diet
- Cardiac disease
- Oral contraceptives, with co-existing conditions

The Carotid Artery Screening is part of Trinity Health’s Health Check. All screenings are performed by licensed technologists using advanced imaging technology. Board-certified radiologists and cardiologists read all tests.

Tests are performed at Trinity Health’s Advanced Imaging Center, located at Town & Country Center, Minot. Please call 857-3220 for an appointment.

phone calls to recent stroke patients to discuss with them any issues related to their recovery.” The requirements to participate as a volunteer would be to complete necessary training and then a few hours each month making phone calls. (If you are interested in volunteering for this opportunity, please contact Jerilyn Alexander at 857-2449.)

In 2017, Trinity Health was awarded with the Stroke Gold Plus Quality Achievement Award, the American Heart Association’s highest award for stroke care, due to following the most up-to-date evidence-based treatment guidelines to improve patient care and outcomes in the community. Trinity received a Target Stroke Honor Roll Elite award in 2017, which signifies that the patients who present in a timely manner to the emergency room and are candidates for the medication to break up the clot causing a stroke, receive that medication within 60 minutes at least 75 percent of

*Every 40 seconds,*  
**someone has a stroke**  
—American Stroke Association

the time. This is an extreme honor for Trinity, as it demonstrates a commitment to fast and efficient care for our patients suffering a stroke. Trinity also received a recertification as an Advanced Primary Stroke Center from the Joint Commission, with Trinity being recognized as a healthcare center that follows the best practices for stroke care.

# FirstCare Walk-In Clinic

Health Center – Medical Arts • No Appointments Necessary

<div>Durable Medical Equipment (DME) Home Medical Equipment Home Respiratory Care Custom Orthotics/Prosthetics Women’s Health Products CPAP Sleep Apnea Aids</div>	<div><div><h2>KeyCare Medical</h2><p>(701) 857-7370 (800) 598-1207</p></div></div>	<div><div><p>Main Showroom 530 20th Ave SW Mon-Fri 8:30 a.m.-5:00 p.m.</p><p>Satellite Showroom Health Center – Medical Arts Mon-Fri 9:00 a.m.-8:00 p.m.</p></div></div>
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# Trinity Staff Recognized



### October 2017 Sunflower Winner

Congratulations to our October 2017 Sunflower winner, Holly Bower-Eaton, who works on the PCU, Progressive Care Unit.

*"She was the sitter that sat with my father-in-law when he was experiencing hospital delirium. She was beyond patient, kind, and caring. She kept reorienting him, kept family up to date, always took time to answer questions. Her patience was immeasurably abundant. I felt safe leaving him in her care. She is absolutely amazing! Thank you, you are awesome!"*

### October 2017 DAISY Winner

Congratulations to our October 2017 DAISY Award Winner, Nicole Burke, who works in the ICU, Intensive Care Unit.

*"Hi! I would like to say a few words about this nurse. She is a very professional nurse. She has the right attitude for her job. She knows how to treat a patient. I was shocked on her performance of her duties. Never seen that before. She made my stay at Trinity awesome. Thank you!!"*

# Dr. Sather Speaks at Regional Workshop



Emergency physician Jeffrey Sather, MD, was among the key speakers at the American Heart Association's ND Mission: Lifeline 2018 Cardiac & Stroke Regional Workshop on April 5 in Minot. Clinicians from across the region gathered to hear the latest updates designed to maintain and improve North Dakota's system for providing rapid management of patients with heart attack and stroke. Dr. Sather spoke to the group about new guidelines for managing patients who come to the emergency department with a broad range of coronary symptoms. In the afternoon he addressed how to recognize stroke in the rural ED. Dr. Sather serves as co-chair for the Mission: Lifeline initiative.

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](http://trinityhealth.org)

## Calendar of Events

- MAY 1** — Keys to Diabetes Success will present “Nutrition Tips for Social Situations like Graduations and Weddings” in the Trinity Health Community Conference Room, Town & Country Center, at 5:30 p.m.
- MAY 2** — Tanya Gillen, with Trinity Health’s Exercise Physiology, will present “Benefits of Exercise for Parkinson’s Patients” to the Parkinson’s Support Group at Brentmoor (3515 10th Street SW, Minot), 1:30 p.m.
- MAY 2** — Dawn Mattern, MD, a board certified physician with Trinity Health’s Family Medicine and Sports Medicine departments, will lead the Doc Walk, to help kick off Exercise is Medicine month, at Oak Park, Minot, at 6:30 p.m.
- MAY 3** — NorthStar Criticair and Community Ambulance will be onsite at the Celebrate Sound walk, at the Minot State University, South Loop. Check-in is at 4:30 p.m., and starts at 5 p.m.
- MAY 7** — Trinity CancerCare Center will have a display at St. Andrew’s Hospital (314 Ohmer Street, Bottineau), for their Hospital Week Health Fair, 9 a.m. to 2 p.m.
- MAY 8** — Kayla Cole, clinical dietitian with Trinity Health, will give a Grocery Store Tour with the topic “Celiac Disease/Gluten Intolerance” at the original MarketPlace Foods location (1930 South Broadway, Minot) from 6 to 7 p.m.
- MAY 10** — Rachel Gruenberg, FNP-C, Family Medicine, will present on “Skin Cancer and Sunscreen” in Bottineau.
- MAY 12** — The Trinity Health Auxiliary Healthy Hearts Club will host Bends, Brunch, and Bubbly at Elevations (1912 Valley Bluff Drive, Minot), starting at 8:30 a.m. This is a yoga and mimosa brunch party. Tickets are \$30 (21+ to attend). Space is limited, so register online at [trinityhealth.org/auxiliaryBBB](http://trinityhealth.org/auxiliaryBBB). Mats will be provided.
- MAY 16** — The Stroke Support Group will meet at Health Center – Riverside (1900-8th Avenue SE, Minot), at 7 p.m. The support group meets the third Wednesday of each month. For more information, call Jerilyn Alexander, MD, Stroke/STEMI coordinator, at 857-2449.
- MAY 19** — A Car Seat Checkup will be held in the underground parking lot at Health Center-Medical Arts (400 Burdick Expressway East), from 12 to 3 p.m, weather permitting.
- MAY 21** — The Healthy Hearts Auxiliary will celebrate its annual Healthy Hearts Day with a Brunch Symposium at 9 a.m., in the Trinity Health Board Room (Health Center-East, 20 Burdick Expressway East, Minot), followed by a men’s and women’s golf scramble at Vardon Golf Club (7101 County Highway 15, Minot), with registration at noon and tee time at 1 p.m. For more information or to make reservations for the brunch symposium and golf scramble, call Sherry at 857-5221.
- MAY 25** — NorthStar Criticair will have a presence at “EMS Kids Strong” at Fort Stevenson (1252A 41st Avenue NW, Garrison), from 4 to 8 p.m.
- MAY 30** — Terry Altringer, clinical coordinator for Trinity Health’s Pharmacy department, will present on “Medication Management” to the Commission on Aging Stepping Up Class, at First District Health Unit (801-11th Avenue SW, Minot), at 9:45 a.m.

## Mobile Mammogram Schedule

- May 1 .....Tioga Clinic, 664-3368
- May 14 .....Northland Community Health Center-Rolette, 246-3391
- May 15 .....Johnson Clinic-Maddock, 438-2555
- May 22 .....Premier HealthCare-Devils Lake, 662-8662
- May 29 .....Trinity Community Clinic-Garrison, 463-2626  
Northland Community Health Center-Turtle Lake, 448-9225

## Prepared Childbirth Classes

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

**SATURDAYS**  
**May 5, June 2, July 14, August 4, and September 8**  
9 a.m.-4 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

## Breastfeeding Basics

**May 9, June 13, July 11, August 8, and September 12**  
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](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](http://trinityhealth.org/familybirth_SVS) or call 857-5380 for a detailed schedule.

**Want to make a difference? Become a volunteer.**  
As a Trinity Health volunteer, you are a vital link in the chain of service and caring. Not only will you have a positive impact on our patients and/or residents, you will be part of a dedicated team that is known for delivering the best healthcare available. For more information, call our Volunteer Services office at Trinity Hospital at 857-5221 or 857-5959 at Trinity Homes.