In 2017, about 9,700 mammograms were performed throughout Trinity Health.

In August 2017, Cary Hutchins of Williston went in for her annual mammogram – her first, in fact – at Trinity Community Clinic-Western Dakota. Since she did not have a history of breast cancer in her family, Hutchins, then 56, figured that a mammogram “wasn’t something I was going to do.”

However, when Heather Riely, BSRTR(R)(M), RDMS, the radiology supervisor at Western Dakota, approached her about getting one done, “we scheduled something,” Hutchins said. “And as it turns out, they actually found something.”

According to the National Breast Cancer Coalition, more than 75 percent of women with breast cancer have no family history of the disease. However, family history is still a risk factor. A family history would include having two or more first-degree relatives – a mother, sister, or daughter – or two or more second-degree relatives – an aunt, niece, or grandmother – who have had breast cancer.

When the results from Hutchins’s mammogram came back, it was determined that a biopsy was needed. The report for the biopsy indicated invasive ductal carcinoma. Invasive ductal carcinoma (IDC) is the most common form of breast cancer; about 80 percent of all invasive breast cancers are IDC. The American Cancer Society says IDC starts in the cells that line a milk duct in the breast, breaks through the wall of the duct, and grows into the nearby lymph tissues. “At this point, it may be able to spread or metastasize – to other parts of the body through the lymph system and bloodstream,” the American Cancer Society said on their website.

Thankfully, in Hutchins’s case, it was caught soon enough. The carcinoma included “two little modules. They were so small, I would have never felt it myself,” she said. Thankfully, the 3D mammography technology could detect them. “They were really tiny.”

Hutchins had more tests done to pinpoint where exactly the ICD was, consulting with Madhu Unnikrishnan, MD, an oncologist with Trinity CancerCare Center. Before long, on October 25, 2017, she was in surgery, where she had a lumpectomy; a lymph node was also removed “just to make sure it hadn’t gone any further.”

Since then, her follow-up appointments have gone well, with scans showing no signs of cancer.

“Trinity was absolutely wonderful,” Hutchins added. “My care from beginning to end included a good support team and great nurses.”

According to the Centers for Disease Control and Prevention, the number of new cases of breast cancer have increased slightly over the years. The American Cancer Society estimates that about 266,120 new cases of invasive breast cancer would be diagnosed in women this year. Additionally, about 63,960 new cases of carcinoma in situ (CIS), a non-invasive and earliest form of breast cancer, would be diagnosed, and about 40,920 women would die from breast cancer in 2018.

Men make up less than one percent of breast tissue than women, which could logically lower the risk of men developing breast cancer. However, the risk is still there and many men ignore the symptoms – lumps, inverted nipples, nipple discharge, and open sores (specifically on the nipple) – shrugging it off as a disease that only women could get.

Mammograms are important because they can help detect cancer early when it is most treatable.

Since 2015, the Wide-Angle True Breast Tomosynthesis, the most up-to-date 3D breast imaging system on the market,
Flu shots are now available at clinics throughout Trinity Health.

Beginning on September 25, flu shot clinics sprung up at several locations within Trinity Health, including FirstCare Walk-in Clinic and Trinity’s pediatrician department, both located at Health Center-Medical Arts; Trinity Health South Ridge; Health Center-Town & Country, Suite 104; your primary care provider’s office; and Trinity Health’s rural clinics.

Flu vaccinations can help reduce flu illnesses and prevent flu-related hospitalizations. According to the Centers for Disease Control and Prevention (CDC), an average of 5 to 20 percent of the United States population gets the flu, with tens of thousands under hospitalization, and thousands dying from flu-related illness.

The North Dakota Department of Health (NDDoH) urges everyone six months of age and older to get vaccinated against the flu.

“If you can be particular for children, the elderly, pregnant women, and people with a compromised immune system, but the flu can make anyone very sick,” the NDDoH stated in a past press release.

The flu season starts in October and as the flu shot takes about two weeks to activate, it is a good idea to get your flu shot sooner rather than later.

“Make plans to get vaccinated early in fall, before flu season begins,” the CDC advises on their website. They recommend that people get their flu vaccinations by the end of October. “Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later.”

“Typically, the flu hits hardest between December and February, but can last into April and even May,” explained Terry Stronger, clinical coordinator of Trinity Health’s pharmacy department. “That’s why we want people to get it by the end of October – to obtain maximal protection.” It appears that the flu may already be here.

Data from NDDoH noted that as early as mid-to-late September 2018, there were six reported cases of influenza in North Dakota. And, if last year’s flu season is any indication of this year, those six are just the tip of the iceberg; in 2017, per data from the North Dakota Department of Health, there were 8,498 cases of flu in North Dakota at least one difference from last year is the presence of nasal spray flu vaccine, known colloquially as a “flu mist,” which is again a recommended option for flu vaccinations.

The nasal spray is approved for use in non-pregnant individuals, 2 years through 49 years of age, the Centers for Disease Control and Prevention said on their website.

For more information on flu, as well as the availability of when and where flu shots are available at Trinity Health, visit www.trinityhealth.org/influenza.

CancerCare Center Sets Breast Cancer Symposium

The Trinity CancerCare Center will observe Breast Cancer Awareness Month with its 4th annual Breast Cancer Symposium on Thursday, October 11, at 6:30 p.m., in the CancerCare Center lobby. Breast cancer patients, survivors, and others are welcome to participate in the evening, which will feature a panel discussion called “Supporting the Breast Cancer Journey.”

“We have a great group of panelists lined up again this year,” said Jenene Kittleson, RN, the Center’s patient navigation supervisor. “The panel will include five breast cancer survivors talking about their perspective of what the breast cancer journey was for them, and participation from people in attendance will be encouraged.”

Topics will include the experience of breast cancer from diagnosis to post-treatment and concerns surrounding survivorship such as financial problems, physical concerns, relationship issues, returning to work, survivorship guilt, and living within the shadow of cancer. A survivorship nurse navigator will be present, a lymphedema specialist, and other support providers will be on hand.

“Our goal is to help breast cancer survivors enhance their breast cancer journey through open discussion of experiences, all the while understanding that each person’s journey is an individual path,” Kittleson said. Refreshments and door prizes will be provided.

Breast Cancer continued from page 1 has been available for patients at Trinity Health. At Western Dakota, the recent addition of technologies to help facilitate smooth scheduling has helped patients get timely mammograms.

“Everybody’s loving that,” Riely said, noting that patients have expressed their positive feelings about the technology. Riely agrees. “We’re finding cancer early.”

The 3D technology helps detect small nodules, especially in dense breast tissue which had previously presented a problem in diagnosis. Women with dense breast tissue have a greater chance of developing breast cancer or a greater chance of the breast cancer potentially being missed, Riely said. The 3D mammograms give doctors a greater ability to detect and diagnose those tumors; target the size, shape, and location of the tumors overall; and rule out abnormalities that might otherwise be deemed suspicious, thus reducing the need for additional testing, which can significantly increase follow-up.

The procedure takes a little longer than a standard mammogram because the camera is taking multiple exposures while the breast is compressed, but the resulting images are a good compensation. “The amount of information you get for that long exposure is well worth it,” explained Connie Busch, RT(R), Lead Mammographer with Trinity Health’s Breast Imaging Center, in Minot.

“It wasn’t what people say. I don’t feel that they are painful,” Hutchins added.

The 3D technology creates 3D images from the 25 exposures of the breast with a wide 50-degree arc. These images are then assembled into a 3D study to see the breast tissue, layer by layer, in fine detail. Should a patient need an excisional biopsy or lumpectomy, in the event the mammogram detects something, the process can now be completed more quickly thanks to this technology.

Knowing what she knows now, Hutchins agrees that a mammogram is worthwhile.

“It’s not worth not having one done,” she said. “Whether you are thinking you don’t have a family history of it, you should just go and get it done. In the long run, early detection is key. Get in, get it done, and you’ll feel much better.”

To schedule a mammogram, call Trinity Health’s Mammography Scheduling Line at 857-2640, or in Williston at Trinity Community Clinic – Western Dakota, at 774-0810.
How to Have a Sensory Friendly Halloween!

Halloween is a fun and exciting time for many children. Candy, costumes, parties, friends, games…but for a child with sensory processing difficulties, Halloween can be a sensory overload, explained Krystal Butgereit, MOT, OTR/L, a pediatric occupational therapist with Trinity Health.

Here are a few tips and strategies to help make Halloween fun for all kids:

- Use a calendar or other visual aid to help kids know the countdown to Halloween
- Make a social story
- Utilize a visual schedule
- Make a plan ahead of time such as how many houses you will go to or how many hours you will go out
- Get some heavy work/pro proprioceptive input in throughout the day
- Eat dinner before you go out and establish what will be eaten ahead of time

Halloween Costumes

“Halloween costumes can be itchy, don’t fit just right, and can be made out of uncomfortable materials,” Butgereit explained. “Face paint, wigs, fabrics, shoes, and other props involve new sensations that may be distressing.”

To combat this:

- Wear clothes, long underwear, spandex, or pajamas under costumes
- Practice wearing full costume a number of times before Halloween to identify any possible issues
- Wash costumes as able to decrease stiffness of fabrics
- Make a costume out of a comfortable base such as pajamas or a sweat suit
- Have the child assist with choosing/making the costume
- Practice dressing up together and be a positive role model to let the child know the process is not fearful or scary
- Complete therapeutic brushing (per therapist recommendation) prior to putting on costume
- Bring a change of clothes in case the costume ends up being too much so the child can still participate in the events

Trick or Treating

“Trick or treating can be scary for kids who might become overwhelmed by groups, afraid of the dark, startled easily by loud noises, or just confused by commotion of the night’s activities.”

- Bring a flashlight
- Practice trick or treating ahead of time
- Have a complete dress rehearsal and mock trick or treating at your own house (or neighbors/grandparents)
- Take breaks
- Use verbal warnings (two more houses then time to go home) or a visual timer to assist with transitioning out of the activity

If your child has a food allergy or intolerance, consider providing neighbors with treats to pass out to your child instead of candy.

Conditions that may benefit from occupational therapy intervention include, but are not limited to: autism spectrum disorders, genetic syndromes, and sensory processing disorders. Occupational therapists collaborate with children and their families to promote development and gain independence in areas of daily living, education, play, leisure, and social participation.

Tough Enough to Wear Pink Remote

Jenene Kittleson, patient navigator, and Dr. Madhu Unnikrishnan, speak with Jeff Bliss during the Tough Enough to Wear Pink live remote on September 5.

For more information, contact Eerdmans at 857-2950 or kendra.eerdmans@trinityhealth.org.

Hitting the Ground Running

Ever wanted to run a 5K or 10K? Or maybe pick up a new hobby that will also keep you physically active?

Starting this October, Trinity Health’s Exercise Physiology department will begin a program to help guide prospective runners through the ins and outs of running through a four- to six-week training schedule.

“Many people want to get into running, but don’t know where to start,” said Kendra L. Eerdmans, CPT, a certified personal trainer and an authority on running with Trinity Health’s Exercise Physiology department. The program is for anyone, “as long as you can jog,” Eerdmans said. “You should be able to run a couple of laps.”

The program includes a sit-down consult with Eerdmans to learn the goals of the individual; meetings twice a week (depending on the participant’s schedule) for an hour-long session to work on building running endurance; and education on proper warm-ups and stretches to do after running.

In addition, the participants will be asked to keep active on their own – not necessarily homework – but “if we meet Monday and Wednesday, I’d ask them to run Thursday and Saturday.”

From building cardiovascular fitness and endurance to learning how to increase mileage without injuring yourself, the program can be beneficial in many ways.

The cost of the program ranges from $199 to $299, depending on the length a participant chooses. A membership to Minot Family YMCA is also needed to participate in the program.

For more information, contact Eerdmans at 857-2950 or kendra.eerdmans@trinityhealth.org.

NEED A PRESCRIPTION REFILL?

B&B Northwest Pharmacy 857-5437
KeyCare Pharmacy 857-7900
Newborn Screenings Can Save a Baby’s Life

Who would have guessed that five drops of blood contain enough information to save a baby’s life?

Newborn screening – previously known as a metabolic screen or PKU test – is performed shortly after birth and can help look for many devastating diseases, explained Melissa Messerly, MD, a pediatrician with Trinity Health.

“We’re testing for minimally symptomatic diseases that are treatable,” Messerly said. “Diseases include cystic fibrosis, amino acid disorders, hypothyroidism and more.”

Babies with disorders identified through newborn screening may seem healthy at birth, and you may not be able to tell they have a disorder just by looking at them, explained Joyal Meyer, RN, MSN, director of the North Dakota Newborn Screening Program. But testing early is important because by the time symptoms appear, irreversible damage may have already occurred.

“The illnesses we are screening for are uncommon, but most of them are very serious, often resulting in seizures, intellectual disabilities, or death,” said Michael Holland, MD, a pediatrician with Trinity Health.

The screening looks for about 50 diseases, which, if caught early, can be treatable.

“Any abnormal screening is followed up by the lab, who notifies the baby’s primary care physician in North Dakota with follow-up recommendations or for further testing to confirm whether or not the baby has a disorder,” Meyer said. “Time is of the essence for the screening – so much so that if the specimen is sent to the lab in Iowa within 24 hours after collection, the physicians can be notified of a possible time-critical disorder by the time the baby is three or four days old. Parents are notified by the doctor’s office to bring their baby in for further testing right away. “We want babies identified early so that treatment can begin immediately to avoid any long-term consequences,” Meyer said.

“If babies are not identified early, the disorders can cause brain damage, coma, or even death.”

One disorder screened for is medium-chain acyl-CoA dehydrogenase deficiency (MCAD), an illness that causes blood sugar to get too low if the child doesn’t eat often enough.

“Frequent feedings prevent the problem and IV fluids can be given if the child can’t eat due to an illness,” Holland said. “But if the family and physician are not aware of the illness, the first symptoms would be when the child is having seizures due to low blood sugar levels.”

According to Meyer, it’s more common to have normal results. “The disorders we are screening for are very rare.”

When a child is born at Trinity Hospital, parents get an information form that explains the screening process. A parent may decline to have the test done, but this is usually because of the misconceptions about the testing, the use of the blood sample, or insurance concerns, Holland said.

The testing is safe, and the blood is not used for anything else. The blood specimen is stored securely until the child is 18 years old and then is destroyed, he added. “If the family has concerns about the retention of the blood specimen, they can request their baby’s specimen be returned to them and destruction would be their responsibility.”

“The information obtained is only shared with the family and the medical care provider.”

“The risks for not doing the test are immense,” Holland said. “It would be unfortunate if the child had an easily correctable condition that was not recognized until the child was permanently damaged.”

To learn more about the disorders tested for during newborn screening, visit the State Hygienic Laboratory’s website at www.shl.uiowa.edu/screening/newborn/ind ex.xml.

Power of PINK Cake Auction Scheduled for October 10

The Power of PINK cake auction, which benefits Trinity Health’s Cancer Exercise Rehabilitation Program, will take place on Wednesday, October 10, at the North Hill MarketPlace Foods.

Since the 1990s, MarketPlace has participated in a cake auction – most recently, the auctions have benefited the exercise rehabilitation program – in which local businesses or organizations donate cakes, which are then auctioned off. Through the Cancer Exercise Rehab Program, cancer patients can minimize fatigue, which is felt while undergoing cancer treatment, by circuit training twice a week for 12 weeks at the Minot Family MCA. The money raised helps pay for YMCA membership fees.

More than $15,000 was raised in last year’s auction, which saw 42 cakes auctioned off for anywhere from $175 to over $1,000 each.

Cake decoration will begin at 3:30 p.m., with the auctioning of the cakes starting at 4 p.m. Teams interested in participating in the cake auction should sign up by calling Peggy Kallias at the North Hill MarketPlace Foods at 509-2209.
Accessible Exercise: The Result of Community Collaboration

It’s been seven years since a motorcycle accident took the use of his legs and a promising athletic future, but Ben Johnson of Minot is still making the world rock in various ways.

The 25-year-old recently spearheaded an Accessible Exercise program at the Minot Family YMCA, a world-renowned rehabilitation system. Krankycle aerobic machine were purchased with funding from the Trinity Health Foundation providing the funding, and the YMCA making the space available.

“It’s exactly what we envisioned when this partnership was created over 20 years ago,” said Roger Mazurek, the Y’s Executive Director. “We knew we could do more together than either of us could do on our own. It is safe to say that the quality of life in our community is positively impacted through our partnership with Trinity Health, along with the support of the Trinity Foundation.”

Johnson once lived in Minot where his father, Rev. Nathan Johnson, was a pastor at Assembly of God Church. He moved to Grand Forks with his parents and completed high school there. He was 18 when he lost his use of his legs and arms. He continued his rehab in Denver, a world-renowned rehabilitation system. He spent two months at Craig Hospital in Denver, a world-renowned rehabilitation center. He moved to Grand Forks with his parents and completed high school there. He was 18 when he lost his use of his legs and arms.

Johnson said, “He wanted to do similar stuff here, but I was using equipment in Denver and Grand Forks,” Gillen said. “He could never reach the (lat) pulldown,” he said. “Most of machines meant transferring in and out of my chair, which puts stress on my shoulders.”

He and Gillen batted around ideas about accessible machines that would make his workouts easier and more effective. “He always talked about the equipment that he had used in Denver and Grand Forks,” Gillen said. “He wanted to do similar stuff here, but there wasn’t any place in Minot that had the equipment. His mother-in-law, Becky Beechee, is a go-getter. She made some phone calls and got the ball rolling.”

The question was what to get. Tia Klein, the Y’s Physical Director, researched the matter and looked at various machines. Then there was the matter of how to fund the purchase. Gillen submitted a grant request to the Trinity Health Foundation, and the board responded favorably.

Now, with the new multi-function strength system, Johnson can work his entire upper body without leaving his chair. With the arm crank bicycle, he can wheel his chair up to the equipment and perform a workout that gets his heart rate going to improve his cardiovascular endurance. “Being able to fork out on my own independently is really nice,” he said. “I can do what I want.”

Johnson hasn’t given up on sports either. He plays adaptive golf and has played sled hockey with Prairie Grit, an adaptive sports program that gives youth and adults with disabilities the chance to experience sports competitively.

Gillen, meanwhile, thinks he might be destined for even greater pursuits, like training to become a contender in the Paralympics. “When you work with someone like Ben, you learn that anything is possible,” she said.

Three Providers Awarded Eagle Award

Three providers at Trinity Health were recently awarded the Eagle Award for Customer Excellence from the Minot Area Chamber of Commerce. Shubneet Grewal, MD, Laura Miller, RN, and Jeffrey Verhey, MD, were presented with their awards on September 11 at the Minot Area Chamber of Commerce office.

Shubneet Grewal, MD, a hospitalist with Trinity Health

The nomination came from a patient who suffers. Grewal for about two years during her time at the Center for Family Medicine, at UND. “Dr. Grewal seemed so passionate, educated, and informed about my condition,” the letter said. “I would recommend her to anybody to have as a doctor!”

Laura Miller, RN, Family Medicine

“Every time we call for a problem, she will answer as soon as she can and give us good information,” the letter said. “She is always very polite and takes the time to be concerned.”

Jeffrey Verhey, MD, a pulmonologist with Trinity Health

Dr. Verhey recently saw the stepfather of the nominee. “After many months, multiple appointments, and ER visits in South Dakota [the patient was from Pierre, South Dakota], my stepdad finally has a diagnosis and treatment plan,” the letter said. “He took extra time to answer questions and explain his condition so he could understand. He is truly the best in the business and Trinity Hospital is so lucky to have such a caring and educated physician. My stepdad says, ‘He is worth the drive.’”

Receiving the 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 employee for an Eagle Award, you can do so by visiting: www.minotchamber.org/about/chenberawards.
2018 Golf for Life Recap

On August 20, Trinity Health Foundation held its 6th Annual Golf for Life Men’s Golf Tournament to support CancerCare Center patients. Thirty-two teams participated in Golf for Life which was held at the Souris Valley Golf Course. The tournament was very competitive as the teams that came in first, second, and third place were separated by just one stroke. Due to a tie score, second and third places were determined by a playoff. This year’s event raised $35,146, an increase from the 2017 event.

Event participants were treated to a light breakfast of donuts along with coffee that was provided by Classic Rock Coffee, a lunch catered by LBJ Texas Barbecue, and dinner provided by Paradiso Mexican Restaurant. During dinner team prizes, individual prizes and door prizes were awarded. There was also a presentation of photographs taken during the event. All photography for the event was by Pete Ladendorf.

Individual prizes were awarded to: John Kutch for Straightest Drive; Jim Olson for Closest to the Pin; and David Hogue for Longest Putt.

Team prizes were awarded to: First International Bank & Trust (Andy Carter, Brock Weppler, Jim Olson, and Brock DeLauniers) for First Place; Earl Scott, MD, Lucas Titus, Jason Stark, and Eric Kotaska for Second Place; Paradiso Mexican Restaurant (Ray Cook, Steve Fundingsland, Jason Zimmerman, and Mike Eisinger) for Third Place; and Verendrye Electric Cooperative (Tom Rafferty, Nick Leier, Rocky Zastoupil, and Jesse Jones) for Last Place.

Trinity Health Foundation is grateful to the many sponsors and participants that made our Golf for Life Tournament a great success. Many patients will benefit from the funds that were raised as lives will be saved, people will be healed, and families will have hope.

$75K Raised by Foundation’s golf tournaments

Combined, the Building Hope and Golf for Life tournaments raised more than $75,000 for the CancerCare Center Patient Assistance Fund. Last fiscal year, more than 180 patients benefited from this fund, which provides direct financial assistance, gas cards, wigs, lotions, compression garments, and therapeutic programs.

The Trinity Health Foundation would like to thank those who played in, sponsored, provided prizes for, and volunteered for the events.

Hospice and Palliative Medicine Symposium Set for October 10

The fifth annual Hospice and Palliative Medicine Symposium will be held Wednesday, October 10, at the Grand Hotel, from 8:30 a.m. to noon.

Knowledge is power when it comes to maintaining or improving your quality of life, especially for someone who is at the end of life. Hospice, medical care toward that goal, is available to the patient and family when life prognosis is six months or less. Palliative care is specialized medical care for people with serious illness. It is appropriate at any age and at any stage in your serious illness, and you can have it along with curative treatment. The goal is to relieve symptoms and stress and improve your quality of life. Palliative care offers comprehensive support in addition to that received by your primary care provider and medical specialists.

Among those who will be presenting include: Christian Sinclair, MD, palliative medicine with the University of Kansas Medical Center and past president of the American Academy of Hospice & Palliative Medicine; Sally May, RN, BSN, Senior Quality Improvement Specialist with the Quality Health Associates of North Dakota; and Rym Lamrad, MD, out-patient Palliative Medicine and Internal Medicine, with Trinity Health. You will learn who is on the Trinity Health hospice team and a panel discussion for families who have benefited from Trinity Health hospice care will also be held.

This event is free of charge; dinner will be provided. To register, please visit foundation.trinityhealth.org. For more information, please call Kathleen White at 857-5099.

The hospice symposium is sponsored by Trinity Health and the Trinity Health Foundation. This event is underwritten through the Willie and Ruth Bodien Endowment.

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.
Revitalizing the Trauma Center

By heavenly decree, the Trinity Health Trauma Center received a Marker!

The Trinity Health Trauma Center was recently awarded a powerful new tool, the Magseed® Marker, which has already provided useful benefits for patients. A breast tumor can be difficult to locate, and this Marker, a small grain of rice in size, can help guide surgeons to the tumor quickly and effectively, minimizing the time patients spend on the operating table and maximizing the outcome of their surgery.

Magseed® Marker: A Game-Changer in Breast Cancer Surgery

Dr. Gillian Lavik, a General Surgeon at the Trinity Health Trauma Center, explains, “The Magseed® Marker is a significant advancement for the treatment of breast cancer. It provides a more precise targeting method for surgeons, allowing for a better outcome for patients.”

How Magseed® Works

The Magseed® Marker is placed in the breast via a guide wire inserted into the tumor. The wire and seed are then attached to a computer, which calculates the distance and trajectory needed to reach the tumor. Surgeons then use a machine to guide the wire and seed to the target area, allowing for a more precise and less invasive procedure.

Benefits of Magseed®

The Magseed® Marker offers several advantages over traditional methods of breast cancer treatment. It provides a more accurate location of the tumor, reduces the time spent in the operating room, and minimizes the risk of complications. Additionally, it allows for a better cosmetic outcome, preserving the natural appearance of the breast.

Dr. Lavik also highlights the positive impact the Magseed® Marker has had on patient experience. “Many patients we treat are concerned about their breast appearance after surgery,” she says. “The Magseed® Marker helps to preserve the natural look of the breast, which is important to our patients.”

Conclusion

The Trinity Health Trauma Center is excited to offer the Magseed® Marker to our patients. With this technology, we are better equipped to provide the best possible care for breast cancer patients, ensuring they receive a treatment that is both effective and minimally invasive.
Trinity Health Celebrates Future Regional Health Facility with ‘Breaking More Ground’ Event

Citing the importance of healthcare to the personal and economic well-being of North Dakotans, Trinity Health hosted a “Breaking More Ground” event on September 20 to celebrate ongoing construction of its new regional healthcare campus and medical district. Community members gathered at the site of construction to hear about the project’s scope and significance, view a display of project renderings, and enjoy a community picnic.

President/CEO John M. Kutch called the occasion an exciting day for the future of Trinity Health, the Minot community, and northwestern North Dakota. “This project is not really about building or buildings. It is about people,” Kutch said. “It’s about fulfilling our mission to improve the health of the people, the community, and the region we serve. This represents our vision, our dream, and our future. It also embodies Trinity Health’s commitment to provide the highest quality healthcare to the people who entrust their care to us.”

Scheduled for completion in 2021, the $350-million-dollar venture will provide the region a 21st century healthcare complex that offers a wide spectrum of advanced, patient-centered healthcare services. A new hospital tower will offer advanced cardiac, neurosurgical, and orthopedic care, and will include 200-plus private rooms, state-of-the-art surgical suites, a behavioral health section, and an emergency/level II trauma center with 24 treatment bays. Also planned is a medical office building for hospital-based specialists and other providers, plus a host of other patient- and family-friendly services and amenities.

Trinity Health also used the occasion of its groundbreaking to unveil a new corporate brand identity. The new logo is a “living green” leaf design in the shape of a “t” with the tagline, “Making More Possible.” Trinity Health is reinventing itself in fact, making more possible has become ingrained in our culture and how we operate each day,” Kutch added. “In every day, creating continued processes of improvement; in every day, ‘living green’ leaf design in the shape of a “t” with the tagline, ‘Making More Possible.’

The public may keep tabs on construction progress by logging on to Trinity Health’s live cam website at www.trinityhealth.org/livecam.

Mobile Mammogram Schedule

For the latest updates, check online at trinityhealth.org

Calendars of Events

October 3-4 — The North Dakota Statewide Trauma Conference will be held in Fargo. Trinity Health will have several presentations there, including Gary Wease, MD, presenting “Family Presence During Resuscitations.” Jeffrey Sather, MD, Chief of Medical Staff and Emergency Trauma Center Medical Director with Trinity Health, and State EMS Medical Director, will instruct a lab. NorthStar Criticair and First Call will also have informational booths.

October 4 — The 2018 Parkinson’s Symposium will be held at Sleep Inn, 8:30 a.m. to 4 p.m. RehabCare will have an informational booth.

October 9 — Dietitian Kayla Cole will host a Grocery Store Tour, with the theme “Heart Health,” at the Original MarketPlace Foods, 2 to 3 p.m.

October 9 — The Trinity Health Foundation Hospice and Palliative Care Symposium, underwritten by the Willie and Ruth Bodien Endowment, will be held at the Grand Hotel, beginning at 5 p.m. Rym Lamrad, MD, an outpatient palliative medicine and internal medicine provider with Trinity Health, will be among the speakers. The event is free of charge. To register, visit foundation.trinityhealth.org.

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October 11 — The Fourth Annual Breast Cancer Symposium will be held in the CancerCare Center lobby, starting at 6:30 p.m. Breast cancer patients, survivors, and others are welcome to participate in this evening, which will include a panel discussion called “Supporting the Breast Cancer Journey.”

October 17 — 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.

October 17 — “The Trinity Center for Diabetes Education will host “A Mindful Approach to Diabetes Care,” Health Center – Riverside, 1900-8th Avenue SE, registration begins at 5:30 p.m. For more information, call Kathleen at 857-5099.

October 23 — The Fourth Annual Breast Cancer Symposium will be held in the CancerCare Center lobby, starting at 6:30 p.m. Breast cancer patients, survivors, and others are welcome to participate in this evening, which will include a panel discussion called “Supporting the Breast Cancer Journey.”

October 24 — The Fourth Annual Breast Cancer Symposium will be held in the CancerCare Center lobby, starting at 6:30 p.m. Breast cancer patients, survivors, and others are welcome to participate in this evening, which will include a panel discussion called “Supporting the Breast Cancer Journey.”

October 9 — Dietitian Kayla Cole will host a Grocery Store Tour, with the theme “Heart Health,” at the Original MarketPlace Foods, 2 to 3 p.m.

October 10 — The Trinity Health Foundation Hospice and Palliative Care Symposium, underwritten by the Willie and Ruth Bodien Endowment, will be held at the Grand Hotel, beginning at 5 p.m. Rym Lamrad, MD, an outpatient palliative medicine and internal medicine provider with Trinity Health, will be among the speakers. The event is free of charge. To register, visit foundation.trinityhealth.org.

October 11 — The Fourth Annual Breast Cancer Symposium will be held in the CancerCare Center lobby, starting at 6:30 p.m. Breast cancer patients, survivors, and others are welcome to participate in this evening, which will include a panel discussion called “Supporting the Breast Cancer Journey.”

October 17 — 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.

October 17 — “The Trinity Center for Diabetes Education will host “A Mindful Approach to Diabetes Care,” Health Center – Riverside, 1900-8th Avenue SE, registration begins at 5:30 p.m. For more information, call Kathleen at 857-5099.

October 24 — “The Trinity Center for Diabetes Education will host “A Mindful Approach to Diabetes Care,” Health Center – Riverside, 1900-8th Avenue SE, registration begins at 5:30 p.m. For more information, call Kathleen at 857-5099.

Want to make a difference? Become a volunteer.

As a Trinity Health volunteer, you are a vital link in the chain of care for 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.

Prepared Breastfeeding Classes

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

SATURDAYS

October 6 and December 1
9 a.m.-4 p.m. - in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

Breastfeeding Basics

October 10, November 14, and December 12
Offered by Laureen Klein, RN, BSN. Meets from 7:30 p.m. to 9:30 p.m. at Health Center – Riverside Education Center, 1900 8th Avenue SE, Minot.

These classes are offered for 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.

CALENDAR

For the latest updates, check online at trinityhealth.org