

PROUD TO BE A MEMBER OF THE MAYO CLINIC CARE NETWORK

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

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Don't get Irritable about IBS

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine, causing pain in the belly, gas, diarrhea, and constipation. According to the International Foundation for Gastrointestinal Disorders, 25 to 45 million people in the United States – and roughly 10 to 15 percent of the worldwide population – are affected by IBS.

While the exact cause of IBS is unknown, there are some factors identified:

- **Muscle contractions in the intestine.** The walls of the intestines are lined with layers of muscle that contract as they move food through your digestive tract. Contractions that are stronger and last longer than normal can cause gas, bloating, and diarrhea. Weak intestinal contractions can slow food passage and lead to hard, dry stools.
- **Nervous system.** Abnormalities in the nerves in the digestive system may cause greater than normal discomfort when the abdomen stretches from gas or stool. Poorly coordinated signals between the brain and the intestines can cause your body to overreact to changes that normally occur in the digestive process, resulting in pain, diarrhea, or constipation.
- **Inflammation in the intestines.** Some people with IBS have an increased number of immune-system cells in their intestines. This immune-system response is associated with pain and diarrhea.
- **Severe infection.** IBS can develop after a severe bout of diarrhea caused by bacteria or a virus. IBS might also be associated with a surplus of bacteria in the intestines.
- **Changes in bacteria in the gut (microflora).** Microflora, the “good” bacteria that resides in the intestines,



Rukshana Cader, MD



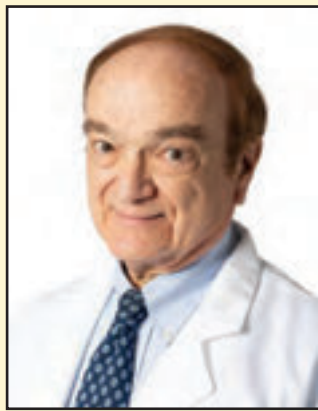
Kelly Dickinson, FNP-C



Edmundo Justino, MD



Bonnie Ler, FNP-C



Ira Paul Michaelson, MD

play a key role in health. Research indicates that microflora in people with IBS might differ from microflora in healthy people.

According to Mayo Clinic, you are more likely to have irritable bowel syndrome if you:

- Are young, as IBS occurs more frequently in people under the age of 50;
- Are female, as IBS is more common among women;
- Have a family history of IBS, as genes may play a role, as well as shared factors in a family's environment or a combination of genes and environment;
- Have a mental health problem, such as anxiety or depression.

Signs and symptoms include cramping, abdominal pain, bloating, gas, and diarrhea or constipation (or both). However, as Kelly Dickinson, FNP-C, with Trinity Health's Gastroenterology department, explains, there are symptoms you should not ignore:

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Autism Awareness



An estimated one out of 59 children are diagnosed with autism, a term for a group of complex disorders of brain development, and the prevalence figures are growing. These disorders are characterized by difficulties in social interaction, verbal and nonverbal communication, and repetitive behaviors.

Red flags that your child may be at risk for an autism spectrum disorder include:

- No big smiles or other warm, joyful expressions by six months or thereafter
- No back-and-forth sharing of sounds, smiles, or other facial expressions by nine months
- No babbling by 12 months
- No back-and-forth gestures, such as pointing, showing, reaching, or waving by 12 months
- No words by 16 months
- No meaningful, two-word phrases (not including imitating or repeating) by 24 months
- Any loss of speech, babbling, or social skills at any age

(autismspeaks.org)

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Anne Colwell named Chief Human Resources Officer

Anne B. Colwell, a human resources executive with over 20 years of experience, has been named Vice President and Chief Human Resources Officer for Trinity Health. She will succeed Paul Simonson, who, after 43 years as Trinity’s HR executive, will take on a new challenge on a part-time basis in the area of risk management.



Anne B. Colwell

Colwell, who began March 1, oversees personnel matters and provides leadership for Trinity Health’s most important resource, its 2,900 employees. She will also play a central role in the organization’s strategic planning process.

Most recently, Colwell served as an executive consultant with Tier 1 Leader, a virtual-based executive and leadership coaching organization that works with various entities to further personal and professional growth development. Prior to that she was Chief Executive Officer of Cape Cod Child Development, a regional child and family services organization.

Her human resources experience cuts across several industries, including financial, consumer product, and healthcare. She served nearly 10 years as Vice President of Human Resources at Southcoast Health Systems, a regional healthcare system employing over 7,000 staff in some 30 locations, including three acute care hospitals.

While at Southcoast, Colwell led all functional and strategic aspects of human resource operations and planning for the hospital group entity. Highlights of her tenure include leading the selection and implementation of a \$30 million Enterprise Resource Planning information technology program, managing the development of a Six Sigma leadership development program which resulted in \$40 million in annual savings, and re-engineering the system’s recruitment model which helped the organization surpass its recruitment goals each year.

Earlier in her career, Colwell held HR vice president positions at two financial companies and one that manufactured products for children. She also led her own human resources consulting firm for a time.

A graduate of Regis College in the greater Boston area, Colwell is certified in Six Sigma by the University of Minnesota and is currently working on her Master of Professional Studies in Human Resources and Employment Relations from Penn State University. She currently serves on the Board of Directors for the Southeastern Massachusetts American Red Cross.

IBS continued from page 1

bleeding, fever, and unexpected weight loss. If those symptoms appear, patients should notify their primary care provider.

“If the primary care provider feels they need a referral to GI, then they will send them,” she said.

Once a gastroenterologist can rule out other diseases, like inflammatory bowel disease or celiac disease, irritable bowel syndrome can be treated through various methods, such as diet changes, lifestyle changes, or FDA-approved medications, Dickinson said. Six to eight weeks after being diagnosed, a follow-up visit will take place to see if signs have improved.

“IBS is considered a chronic condition, but some people can outgrow it,” she said.

While irritable bowel syndrome cannot be cured, it can be prevented, especially by limiting fats, sugar, and caffeine, avoiding tobacco and alcohol, and getting exercise, Dickinson said.

Trinity Health’s Gastroenterology department includes Rukshana Cader, MD; Edmundo Justino, MD; Ira Paul Michaelson, MD; Kelly Dickinson, FNP-C; and Bonnie Ler, FNP-C. They are based at Health Center – Medical Arts, 400 Burdick Expy E, Minot.

Healthy Hearts Golf Scramble

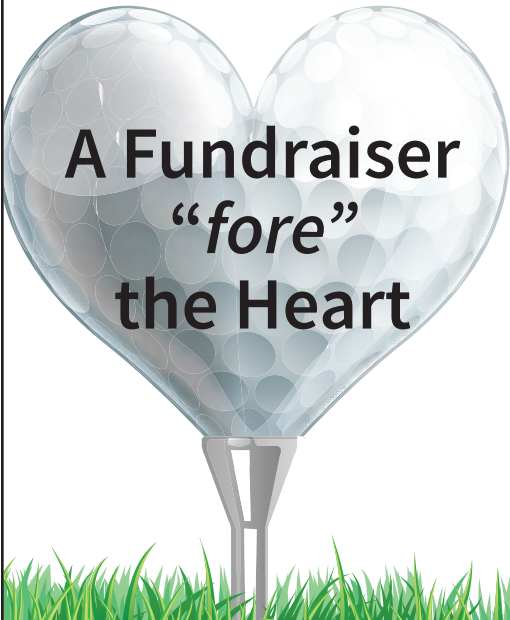
Monday, May 20, 2019

Vardon Golf Club, Minot
Registration: 12:00 p.m.
Tee-Time: 1:00 p.m.

- \$450/team of 4
- 2 golf carts

Team Registration: call Sherry Maragos 701-857-5221 or register online at trinityhealth.org/heartgolf

Shoot a Hole-in-One for \$10,000 or other fabulous prizes!



Trinity Health Auxiliary
Healthy Hearts Club



Paradiso Dine to Donate

The Trinity Health Auxiliary Healthy Hearts Club will also have a Dine to Donate evening at Paradiso (1445 S Broadway, Minot), starting at 5:00 p.m., on May 7. This includes dine-in and dine-out orders. To participate in the event, you can get a wristband at the Trinity Hospital Gift Shop, located on the second floor at Trinity Hospital, or you can contact Sherry Maragos at 701-857-5221.

857-DR4U

Physician Referral Service

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.

Visit our website at trinityhealth.org

facebook.com/TrinityHealth.ND

View our New Regional Healthcare Campus & Medical District Construction. Go to trinityhealth.org and click on the link.

PRESCRIPTION REFILL

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KeyCare Pharmacy 701-857-7900

Occupational Medicine Services
trinityhealth.org/occmed



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Learning about Lymphedema

Lymphedema is the blockage of the lymphatic vessels in the arms or legs, leading to fluid retention. It is estimated that up to 10 million Americans, as well as hundreds of millions of people worldwide, suffer from lymphedema.

The lymphatic system is a network of organs, lymph nodes, ducts, and vessels that produces a fluid (lymph) that flows through the body and returns to the bloodstream as part of the body’s immune system. If the system is impaired due to cancer treatment, trauma, surgery, or genetic disposition, the lymph fluid builds up in the tissues, resulting in chronic swelling, usually in an arm or leg. The highest incidence of lymphedema in the United States is observed following breast cancer surgery.

Lymphedema can be primary, which means it occurs on its own, or it can be secondary, which means it is caused by another disease or condition; the latter form is more common. Causes of secondary lymphedema can include:

- **Surgery.** Removal of or injury to lymph nodes and lymph vessels may result in lymphedema. For example, lymph nodes may be removed to check for the spread of breast cancer, and lymph nodes may be injured in surgery that involves blood vessels in the limbs.
- **Radiation treatment for cancer.** Radiation can cause scarring and inflammation of the lymph nodes or lymph vessels.
- **Cancer.** If cancer cells block lymphatic vessels, lymphedema may result. For instance, a tumor growing near a lymph node or lymph vessel could enlarge enough to block the flow of the lymph fluid.
- **Infection.** An infection of the lymph nodes or parasites can restrict the flow of lymph fluid. (Infection-related lymphedema is most common in tropical and subtropical regions and is more likely to occur in developing countries.)

“It is progressive and will not disappear by itself. Typically, lymphedema affects one extremity only; or if both extremities are involved, it’s usually asymmetrical,” said



Aimee Clemens, PT, DPT, CLT, a certified lymphedema therapist. “Once the condition has progressed, it definitely can interfere with daily function and mobility.”

Signs of lymphedema, according to the National Cancer Institute, include swelling in an arm, leg, fingers, or toes; a heavy feeling in a limb, a tight feeling in the skin, joint stiffness, or tightness when wearing clothing, shoes, or jewelry. Diagnosis may be confirmed through a physical exam and tests, including an MRI.

Once a diagnosis is established, lymphedema therapy is the most comprehensive form of treatment. While lymphedema cannot be cured, treatment can help. The most effective treatment for lymphedema is complete decongestive therapy, or CDT, the gold standard for lymphedema care, which is performed by a certified lymphedema therapist.

Complete decongestive therapy has four components:

- **Manual Lymphatic Drainage** – a manual technique to increase the activity of the lymphatic system and move the interstitial fluid.
- **Compression therapy** – prevents the accumulation of fluid with the use of short stretch bandages. Once the extremity is decongested, compression garments are fitted to the patient and worn during the day.

- **Exercises** – customized program for each patient while the patient is wearing compression bandages or garment.
- **Skin care** – addresses dryness and other skin issues that can increase risk for infection.

Since 2014, lymphedema therapy has been included as a service through Trinity Health’s Outpatient Physical Therapy department.

Trinity Health’s Outpatient Physical Therapy department includes four certified lymphedema therapists: Aimee Clemens, PT, DPT, CLT; Amber Pankratz, PT, CLT; Nicole Kutch, OTR/L, CHT, CLT; and Kara Thomas, COTA, CLT. A referral is needed.

Trinity Health Outpatient Physical and Occupational Therapy is located at Health Center – West, Suite 102, 101 3rd Ave SW, Minot.

Autism Awareness

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There is no medical cure for autism; however, there are many valuable treatment options that are effective for treating some of the symptoms of autism. The earlier in the child’s life they are implemented, the more effective they are. Early intervention is a child’s best hope for the future by improving the core behavioral symptoms of autism to achieve their maximum potential.

Trinity Health’s Pediatric Therapy team offers pediatric speech therapy, occupational therapy, and physical therapy services to address challenge areas often displayed by children with autism. They have advanced specialized training in evidenced-based intervention strategies, including: Hanen—More Than Words Program, The Early Start Denver Model, Picky Eaters vs. Problem Feeders: The SOS Approach to Feeding, and The Zones of Regulation: A Framework to Foster Emotional Regulation and Self-Control. Through the use of play, therapists aid in the development of the skills children need to be kids!

The Pediatric Therapy team is dedicated to promoting solutions and accelerating life skills through therapy. For more information regarding pediatric therapy services provided by Trinity Health, call 701-857-5286.

Autism 101

Trinity Health’s Pediatric Therapy team is hosting an “Autism 101” course for parents and caregivers of children diagnosed with autism spectrum disorders. The course will provide an opportunity to learn factual information regarding diagnosis, treatment, terminology, symptoms, and prevalence. In addition, it will provide an opportunity to locate resources and to learn from other parents’ experiences caring for children with autism spectrum disorders. The course is free of charge.

Autism 101
Thursday, April 25 • 6:00-7:30 p.m.

Health Center – East • Skyline Room, 6th Floor
20 Burdick Expy W, Minot

For more information, please call 701-857-5286.



VISION
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Affiliated with Trinity Health

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Plaza 16
2815 16th St SW, Minot, ND
701-857-7440

Trinity Health – Western Dakota
1321 W Dakota Pkwy, Williston, ND
701-774-8785

Annual Golf Tournaments Benefit CancerCare Center Patients

The Trinity Health Foundation will host its 22nd annual Building Hope Women’s Golf Tournament on Monday, June 17. Along with the 7th Annual Golf for Life Men’s Golf Tournament, which will be held Monday, August 19, the Building Hope Women’s Golf Tournament helps to generate funds to improve the lives of Trinity Health CancerCare Center patients.

In 2018, the total income generated by the tournaments was more than \$77,000. In addition to providing direct financial support to those battling cancer, the CancerCare Patient Assistance Fund provides patients with in-kind gifts, such as gas cards, wigs, fuel vouchers, and compression garments. Whether it is 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 provide assistance for local cancer patients.

However you choose to help, you make a definite and immediate impact! Trinity Health Foundation greatly appreciates your support.

Trinity Health Foundation thanks the following businesses who have already committed to sponsor these events: First International Bank & Trust – t-shirt sponsor for both tournaments; CliftonLarsonAllen – water bottle sponsor for both tournaments; Minot Town & Country Investors – bag tag sponsor for Building Hope; Morelli’s Distributing, Inc. – green & tee sponsor for Golf for Life; Ackerman-Estvold – fairway sponsor for Building Hope; Jerry’s Repair & Alignment – fairway sponsor for both tournaments; First Western Insurance – fairway sponsor for both tournaments; Rockstar Real Estate Inc. – fairway sponsor for both tournaments; Stonebridge Farms of Minot – birdie sponsor for both tournaments.

The following sponsorship opportunities are still available for both the Building Hope Women’s Golf Tournament and the Golf for Life Men’s Tournament: The hat, towel, range ball, golf tee, green & tee, fairway, and birdie. In addition, the bag tag sponsorship is still available for the Golf for Life Men’s 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	\$5,000	\$2,750	\$2,750
Towel	\$5,000	\$2,750	\$2,750
Range Ball	\$4,000	\$2,250	\$2,250
Bag Tag	\$3,000	\$1,750	\$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

For more information, or if you have any questions, feel free to contact the Foundation office at 701-852-5432 or 701-857-2430, or e-mail albert.evon@trinityhealth.org or cody.mcmanigal@trinityhealth.org.

Trinity Health Speaker’s Bureau

Call Trinity Health’s Community Education Department at 701-857-5099 to check for available dates and topics.

B&B Northwest Pharmacy

701-857-5437

Health Center – East, 20 Burdick Expy W
Monday-Friday, 8:00 a.m.-6:00 p.m.
Saturday 9:00 a.m.-1:00 p.m.

Minot, ND trinityhealth.org

KeyCare Pharmacy

701-857-7900

Health Center – Medical Arts, 400 Burdick Expy E
Monday-Friday, 8:00 a.m.-8:00 p.m.
Weekends and Holidays, 9:00 a.m.-5:00 p.m.



Trinity Hospital Gift Shop

Flowers and Gifts
701-857-5205

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
Health Center – Medical Arts
Minot

Trinity Health Staff Receive Awards

Two members of the Trinity Health staff have received internal awards for their customer service.

Deb Allard, LPN, with Trinity Health’s Orthopedic clinic, received the DAISY award, an award designated to commemorate and recognize a nurse for extraordinary compassionate care.

“After a right shoulder rotator cuff surgery, Deb came in for my first checkup,” the nomination read. “I was leery and concerned. She told me she’d be as gentle as possible, as if it were her. She was right! She was so professional and thorough. She was wonderful and continued to ask if she was careful enough. She updated several mistakes in my file that were to be fixed right before my surgery and she showed me how she fixed them by showing me the screen. After the doctor came in and checked me over, she took her orders graciously, and continued to help me. I started to feel faint, and she gave me all the time I needed, plus she went and got me a piece of chocolate and sat with me until I was better. Then, she helped me get my shirt on and showed me my sling, and helped me with it. I was all done, but she didn’t leave me. She walked me out of the office into the hallway after getting me my next appointment card, and hung on to me until she got me to my daughter, who was waiting. I have NEVER been cared for by a nurse as Deb cared for me. She truly deserves outstanding recognition!!! I have high respect for her!!”



Deb Allard, LPN



Sara Moreland

The BEE Award, which commemorates clinical staff team members who exemplify a Be Extraordinary Every Day attitude, was awarded to Sara Moreland, an office assistant in Trinity Health’s Pain Clinic.

“Sara greeted us promptly and professionally,” the nomination read. “Most important is the follow-up call to allow my husband to come in early due to a cancellation of another patient. Saying this service is available and actually providing it – WOW! That’s a first!”

Creative Easter Recipes

By Madde Krenelka, student dietician

These fun and creative recipes will make your Easter gathering unique. All three of these recipes use simple ingredients to create elegant and delicious dishes incorporating healthy fruits and vegetables.

Roasted Strawberry, Basil, and Goat Cheese Crostini



INGREDIENTS

- 4 to 5 ounces goat cheese
- 1 pound strawberries, hulled and cut into bite-size pieces
- 2 tbsp honey
- 2 tbsp extra-virgin olive oil
- 1 whole-grain baguette or small loaf of crusty whole-grain bread (about 14 ounces), cut into ½-inch slices
- Small handful of fresh basil leaves, torn into little pieces
- Freshly ground black pepper



INSTRUCTIONS

1. Preheat the oven to 350 degrees Fahrenheit with racks in the middle and upper third of the oven. Line two large rimmed baking sheets with parchment paper for easier cleanup. Set the goat cheese on the counter to soften up a bit.
2. On one baking sheet, toss the strawberries with the honey, then spread the strawberries into a single layer. Bake on the upper rack until the fruit is tender, juicy, and collapses on itself, 20 to 25 minutes, tossing halfway. Watch the fruit on the edges of the pan, as the honey can burn quickly.
3. Meanwhile, on the remaining baking sheet, brush the olive oil lightly over both sides of each slice of bread. Bake on the middle rack until the toasts are golden on top, 10 to 12 minutes.
4. Once the toasts are cool enough to safely handle, top each one with a smear of goat cheese, followed by a spoonful of roasted strawberries and their juices. Finish off the crostini with a sprinkling of torn basil and black pepper. Crostini are best served immediately.

Smoked Turkey Wrapped Roasted Asparagus



INGREDIENTS

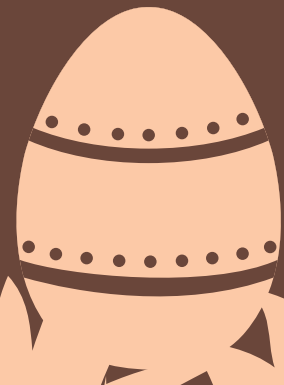
- 12 asparagus spears
- 1-½ tsp extra-virgin olive oil
- 4 thin slices smoked turkey (about ¼ pound)
- 12 chives, optional



INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit.
2. Break the woody end off each asparagus spear and peel the outermost layer off the lower ¾ of the spear with a vegetable peeler.
3. Place asparagus on a large plate, drizzle with the olive oil, and toss gently so the oil is evenly distributed. Cut each slice of turkey lengthwise into three strips. Wrap one strip of turkey around each asparagus spear, leaving the tips of the asparagus unwrapped. If using, tie a blade of chive around each wrapped spear. Place the wrapped asparagus on baking tray and bake for 12 minutes, turning once.

Bean, Potato, and Veggie Breakfast Hash



INGREDIENTS

- 4 cups potatoes peeled and cubed
- salt and pepper to taste
- 2 tbsp vegetable oil
- 1 can pinto beans drained and rinsed
- 1 cup zucchini chopped
- 1 red bell pepper chopped
- ½ cup mushrooms sliced
- 1-½ tsp garlic powder
- 1-½ tsp onion powder
- ½ tsp paprika



INSTRUCTIONS

1. Preheat the oven to 425 degrees Fahrenheit.
2. Toss the potatoes with 1 tbsp oil in a gallon bag. Then spread out on a parchment-lined baking sheet. Let the potatoes bake for 25 minutes. Take potatoes out of oven and toss.
3. Mix the remaining veggies, beans, and spices together with 1 tbsp oil in a gallon bag. Add these veggies to the potatoes and continue to bake both for 15 minutes.
4. Season with more salt and pepper if desired.

Giving the Gift of ...

Organ Donation Can Help Many

There are 113,785 people in the United States – 3,369 of them in the North Dakota, South Dakota, and Minnesota tri-state area – awaiting a life-saving transplant.

The year 2018 tied with 2017 as a record year for the number of organ donors in the tri-state area. In 2018, 184 organ donors yielded 567 organs for transplants. In addition, 673 tissue donors helped to heal 50,000 potential lives, and 223 eye donors led to 326 corneas transplanted.

Specifically, through Trinity Health, with one organ donor, four lives were saved. Additionally, seven tissue donors healed 525 individuals and 15 eye donors restored sight for 30 individuals, according to statistics from LifeSource, the non-profit organization dedicated to saving lives through organ, eye, and tissue donation in the tri-state area.

“We are deeply humbled and honored to serve a community that strongly supports the mission of donation,” said Susan Gunderson, LifeSource CEO. “Thanks to this support and the dedication of our team and partners, 2018 was a remarkably impactful year.”

April is National Donate Life Month, an important time set aside to honor those who have given the gift of life through organ and tissue donation, celebrate the successes of transplantation, and encourage more people to register as organ and tissue donors.

Trinity Health follows a strategic plan and guidelines to meet as many organ and tissue donations as possible.

When a patient meets the criteria to be an organ or tissue donor, Trinity Health calls LifeSource, whose personnel determines if the patient may or may not be a potential donor. If the patient does meet criteria for donation, LifeSource will reach out to the family to discuss the donation process.

If the patient has requested to be a donor or the family wishes to offer donation,



LifeSource will then come into the hospital and start the donation process.

Making your intentions known is as easy as a notation on your driver’s license – the commonly accepted legal expression of your wish to donate. However, it is wise to share your decision with family members to ensure that they will support and honor your choice.

It is important that a person who wishes to be an organ donor registers officially as one. Having “Organ Donor” on your driver’s license is the most recognized form, nationally, of being on the organ donor registry. This makes it easier for family to make the decision when it comes to it.

If you are considering organ donation, perhaps you’ve wondered about ethical or religious viewpoints. Most major religions support organ donation as a noble and compassionate act. Other religions view donations as a matter of personal choice. (The viewpoints of many religious organizations are available at www.organdonation.org.)

Every person waiting for an organ transplant is registered with the United Network for Organ Sharing (UNOS). When a family gives its permission for organ donation, UNOS runs a computerized list of potential

recipients in order to find a match. Organs are distributed based on factors such as medical urgency, compatible blood and tissue type, body size, and the length of time on the waiting list. All of the expenses related to organ donation are covered by LifeSource and passed on to the recipient and their insurer. Organ donation is a gift that saves and enhances the lives of many.

If you are interested in learning more about organ donation, call the LifeSource central office at 1-888-5DONATE, or go online: www.lifesource.org.



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For more information call: 701-857-3103





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Talking about Testicular Cancer

Testicular cancer is cancer of the testes, part of the male reproductive system that makes male hormones (androgens) and sperm, the male cells needed to fertilize a female egg cell to start pregnancy.

The American Cancer Society estimates that in 2019, there will be about 9,560 new cases of testicular cancer diagnosed, as well as 410 deaths from it. They note that testicular cancer is not common; in fact, about 1 of every 250 males will develop testicular cancer at some point in their lifetime.

While it accounts for about one percent of all male cancers, it is the most common form of cancer in young men.

“It is most common in men aged 15 to 40 years and is the most common cancer in men aged 15 to 34, but it can be seen in men of all ages,” explained Diane Bigham, DO, a urologist with Trinity Health.

Symptoms of testicular cancer may include a lump in the testicle or swelling or pain in the scrotum, Dr. Bigham said. The American Cancer Society suggests that some men should examine their testicles monthly, especially if they have a family history of cancer, and the American Urological Association recommends monthly testicular self-examinations for all young men.

Symptoms of testicular cancer can include:

- A lump in one testis, which may or may not be painful
- A sharp pain or a dull ache in the lower abdomen or scrotum
- A feeling often described as “heaviness” in the scrotum
- Firmness of the testicle
- Breast enlargement, or gynecomastia, from hormonal effects of human chorionic gonadotropin (βhCG), a hormone produced during pregnancy
- Low back pain, or lumbago, due to the cancer spreading to the lymph nodes along the back



Diane Bigham, DO



Michael Van Bibber, MD

Mayo Clinic suggests seeing a provider if you detect any pain, swelling, or lumps in your testicles or groin area, especially if these signs and symptoms last longer than two weeks.

“If there is any change on a man’s self-exams, a new mass or lump, or any of the above findings, they should call for an appointment as immediately as possible,” Dr. Bigham said. “They will need a urologist to evaluate a mass.”



From there, she explained, a diagnosis is typically based on a physical exam, ultrasound, and blood tests; sometimes, a CT scan is needed.

“Surgical removal of the testicle with examination under a microscope is then done to determine the type. Future management depends on the type and stage of the cancer, with the results of tests,” Dr. Bigham said.

Trinity Health’s Urology department includes Diane Bigham, DO, and Michael Van Bibber, MD. Their offices are located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7396.

Lori Wolff to Join Family Care Team

Trinity Health is pleased to announce that certified physician assistant Lori Ann Wolff, PA-C, will join our Family Medicine team at our Health Center – Medical Arts on April 15, with appointments available at 701-857-7383.

Lori provides the full range of primary care services to people of all ages, including annual physicals and DOT physicals, acute care visits, treatment of chronic health conditions such as diabetes and high blood pressure, prescribing appropriate medications, and educating patients in self-care skills to prevent disease.



Lori Wolff, PA-C

A longtime Minot resident, she earned her Bachelor of Science in Nursing from the University of Mary, Bismarck, and in 2012 completed her Master of Physician Assistant Studies at the University of North Dakota in Grand Forks. Subsequently she served patients at CHI/St. Alexius Medical Center for six years and most recently at Sanford Health.

A member of the American Academy of Physician Assistants and the North Dakota Academy of Physician Assistants, Lori and her husband, Scott, have two children, with interests that include hiking and motor cycling.

Nominate An Associate Now

Do you know of a Trinity Health associate that is deserving of praise? Now you can let them know, through Trinity Health’s award programs, which can let them – and us – know how you feel about an exceptional associate.

trinityhealth.org/patients-visitors/employee-award-programs/

MyChoice Health Checks

MyChoice Health Checks are low-cost screenings that make earlier detection and timelier care possible. You can choose which screenings you want and schedule quickly and easily with our imaging experts.

Abdominal Aortic Aneurysm (AAA):\$35

Carotid Artery:\$35

CT for Coronary Artery Calcium Scoring:\$60

Electrocardiogram (EKG):\$20

Peripheral Artery Disease (PAD):.....\$35

All screenings are performed by licensed technologists using advanced imaging technology. Board-certified radiologists and cardiologists read all tests.

Please call 701-857-3220 for an appointment Monday-Friday. For more information: trinityhealth.org/radiology_screening

Advanced Imaging Center
Town & Country Center, Minot

Screenings are not billed through insurance; please bring payment at time of service. Calcium Score testing may require provider approval.

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 also 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 701-857-5221 or 701-857-5959 at Trinity Homes.



Scarlett Schneider Named Children’s Miracle Network Hospitals Champion

She amazed doctors with her resilience and sunny disposition in the face of a life-threatening illness. Now she is bringing hope and encouragement to children and families across the country.

Each year, Children’s Miracle Network Hospitals, an alliance of pediatric hospitals in the U.S. and Canada, identifies a child with a remarkable medical story from each member hospital. These “champions” serve as the face for millions of children treated at the local Children’s Miracle Network Hospital every year. Sanford Children’s Hospital announced last year that Scarlett Schneider, the daughter of Becky and Sheldon Schneider of Minot, would be the 2019 Children’s Miracle Network Hospitals North Dakota Champion.

Last year, Scarlett was diagnosed with a rare case of pediatric lupus, which nearly took her life. She recovered after a lengthy stay at Sanford Children’s Hospital in Fargo, the region’s only Children’s Miracle Network Hospital.

“She’s our Champion,” Becky said proudly. “We knew that two of her doctors at Sanford were going to nominate her. It was submitted last May and the selection was made early in the fall.”

Being a Champion means Scarlett’s story is among those being shared at Children’s Miracle Network Hospitals-sponsored fundraisers and on the Children’s Miracle Network Hospitals website. She was also featured on the Cares for Kids Radiothon benefiting

Children’s Miracle Network at Sanford Children’s Hospital in Fargo in January. “We weren’t able to be there because Scarlett was sick, but we’ll be attending Sweet Miracles, another fundraiser in March, where there will be a medal ceremony recognizing Scarlett,” Becky said.

Scarlett’s story began in late 2017 when she was just two years old. She fell ill after contracting a respiratory virus. After experiencing a pulmonary hemorrhage and cardiac arrest, she was transferred to Sanford Children’s Hospital, where doctors initially suspected leukemia. It turned out to be lupus, a condition rarely seen in children, in which the body attacks itself.

During a three-month stay in Sanford’s pediatric intensive care unit, Scarlett suffered multiple pulmonary hemorrhages and endured aggressive treatments, including chemotherapy and 100 days on ventilator support. “We were told she had less than a 1-in-10 chance of survival,” Becky said. Despite the odds against her, she slowly improved, and after four months she was well enough to leave the hospital.



Finally home and doing well, Scarlett Schneider (seated center) celebrates her 4th birthday with her family.

Now, Scarlett, who turned four on February 12, is at home with her family and doing well.

“All of her lupus labs are good,” Becky said. “It’s under control. Kidneys can be an issue with lupus, but her function is fine.”

Scarlett is also getting her strength and muscle tone back with the help of Trinity Health Pediatric Therapy. “She’s running and jumping like any other kid,” Becky added.

There are challenges ahead. Scarlett is currently on a medication that suppresses her immune system, which requires her parents to be vigilant about avoiding exposure to all types of pathogens.

Although Scarlett is reportedly taking her Champion status in stride, her mom is eager to share her family’s experience as a way to help other families. She plans

to attend the Lupus Advocacy Summit next year in Washington D.C., and the family launched a website, www.mychildhaslupus.com, to share Scarlett's story and connect with other parents of children who have lupus.

“Sharing Scarlett's story and raising awareness for lupus has been my personal mission since she came home,” said Becky, who calls Scarlett a lupus warrior. “Every healthy day with Scarlett is a gift. She will always be my miracle baby even when she’s sick. She has already proven to us that she’s a determined little fighter.”

C O M M U N I T Y CALENDAR

For the latest updates, check online at trinityhealth.org

Events

- April 9** — Amber Emerson, RN, Safe Kids Coordinator, will be speaking about Falls Prevention during Healthy Hour (10:00 a.m.) at The View, 2905 Elk Dr, Minot.
- April 9** — Amber Emerson, RN, Safe Kids Coordinator, will be speaking about Falls Prevention during the Wellness Hour (2:00 p.m.) at The Wellington, 601-24th Ave SW, Minot.
- April 9** — Kayla Cole, a clinical dietitian with Trinity Health, will host a cooking class, “Cooking with Greek Yogurt,” from 5:30 to 6:30 p.m., at the Trinity Health Community Conference Room, located at Town & Country Center, 831 S Broadway, Minot. The cost is \$10. For more information, call 701-857-5268.
- April 9-11** — The Trinity Health Auxiliary will host a Collective Goods book and gifts sale on the Trinity Hospital Skyway – between Trinity Hospital and Health Center – East – from 7:30 a.m. to 5:00 p.m. on April 9, and 7:30 a.m. to 3:00 p.m., on April 10. It will also be held at Trinity Homes on April 11, from 11:00 a.m. to 3:00 p.m.
- April 11-13** — The North Dakota EMS Association will hold the 2019 EMS Rendezvous at the Bismarck Event Center, Bismarck. NorthStar Criticair, Community Ambulance, and First Call will all have informational booths there. For more information, visit: www.ndemsa.org/Rendezvous.
- April 17** – The Stroke Support Group will meet at Health Center – Riverside, 1900-8th Ave 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 701-857-2449.
- April 18** — Trinity Health will have informational booths about KeyCare Medical, audiology, Joint Replacement Center, and stroke, at the Wellington Wellness Fair, 601-24th Ave SW, Minot, from 2:00 to 4:30 p.m.
- April 23** — Stop The Bleed, a course that teaches the basics on how to stop life-threatening bleeding, will be held at Health Center – Riverside, 1900-8th Ave SE, Minot, from 5:30 to 7:30 p.m. For more information, or to register, call Trinity Health Trauma Services at 701-857-5700.
- April 25** — Autism 101, a class designed for parents and caregivers of children diagnosed with autism spectrum disorders, will be held in the Skyline Room at Health Center-East, 20 Burdick Expy W, Minot, from 6:00 to 7:30 p.m. For more information, call 701-857-5286.

Mobile Mammogram Schedule

- April 16CHI Clinic – Devils Lake, 662-8662
- April 24St. Luke’s Hospital – Crosby, 965-6349
- April 26Northland Community Health Center – Turtle Lake, 448-9225
Trinity Community Clinic – Velva, 338-2066
- April 29Trinity Community Clinic – Mohall (a.m.), 756-6841
Kenmare Community Hospital (p.m.), 385-4296
- April 30Tioga Clinic, 664-3368

Prepared Childbirth Classes

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

SATURDAYS: April 13, May 11, June 8, July 13, and August 10
9:00 a.m. to 4:00 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

Breastfeeding Basics

April 11, May 9, June 13, July 11 and August 8
Offered by Laureen Klein, RN, BSN. Meets from 7:00 to 9:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission, but registration is typically required. To sign up for classes, go to trinityhealth.org/familybirth_registration or call 701-857-5640.

Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour/ education/Q&A session at Trinity Health’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 701-857-5380 for a detailed schedule.