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INSIDE THIS ISSUE

- Adaptive Yoga for All
- Pre-Register for Parenting Sessions
- A Cul-de-Sac Cookout
- Safe Sitter Classes
- Children's Unit Receives Blankets
- Trinity Health Welcomes David Ugobi
- CancerCare Center gets Donation from Leadership Program
- MyChoice Health Checks
- Choosing Ripe Fruits and Vegetables
- Trinity Health Welcomes Alexandra Radu
- Sun Safety: Protection from UV Rays
- A Home Run at Trinity Homes
- Golf Tournament Brings \$40,000 to Patient Assistance Fund
- Joint Replacement Can Help with Arthritis
- Special Needs Children Enjoy Zoo Day
- Community Calendar



Freedom from Floaters

A "floater" is a condensation of vitreous humor, the clear gel that fills the space between the lens and the retina of the eye. This gel can separate from the retina and form into clumps, which are perceived in the line of vision as a floater.

Floaters occur more commonly as you get older, explained David Jacobs, MD, an ophthalmologist and vitreoretinal surgeon with Trinity Regional Eyecare – Minot Center. According to Mayo Clinic, being over the age of 50 is among the risk factors for floaters. (Other risk factors include nearsightedness, eye trauma, complications from cataract surgery, diabetic retinopathy, and eye inflammation.)

The National Eye Institute indicates that most people have floaters but learn to ignore them, mainly because they are not as numerous or prominent. However, when they do become prominent – to the point that vision is impaired – they can become a problem.

A low-risk treatment for floaters is now available at Trinity Regional Eyecare – Minot Center. YAG laser vitreolysis, which breaks up the floaters during an in-office procedure rather than an operating room, takes about 10 to 20 minutes. In 2017, Trinity Regional Eyecare – Western Dakota in Williston upgraded its cataract laser to include the YAG laser vitreolysis technology.

Karen Phillion, of Minot, first learned of the procedure after reading about how Williston offered the service. It sounded like something she needed. About a year and a half ago, Phillion noticed a floater that was shaped "like a musical note," she said. "It was kind of big."

After consulting with Dr. Jacobs, she learned that he could do the procedure in Minot.

The procedure appears to be like a standard eye exam: a patient sits in the chair while the doctor looks in the eye with a slit lamp, a biomicroscope. Prominent floaters are identified and severed with the laser. The YAG laser vitreolysis cuts the floater

into tiny pieces so it is less noticeable and doesn't affect the central vision as much.

Dr. Jacobs compares the surgery to a boulder in a driveway. "If you can imagine you have a boulder in your driveway, if you cut it up in tiny pieces and turned it into gravel, it would no longer be a problem," he said.

He noted that the treatment may take two to three laser sessions to completely break up the floater. "We typically perform the procedure, and then bring the patient back a month later," he said. "If the floater is still there, we will do it again."

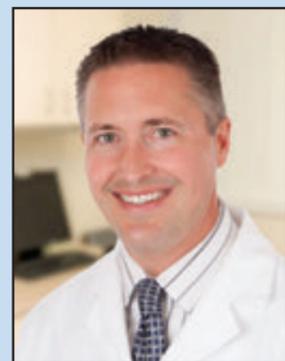
Phillion, who said that she did not feel any pain during the procedure, now has less of an obstruction in her eye. "I still have a little stringy thing there, but it doesn't bother very often," she said. "It's not bothersome like it was before. It is much smaller."

"The success rate is two-thirds of patients who have this laser procedure don't notice the floater the way they used to," Dr. Jacobs added.

The best candidates for these treatments have already had cataract surgery and will have had floaters for six months, Dr. Jacobs said. "We want to make sure this has been impacting them for a while before we proceed with treatment."



David Jacobs, MD



Chad Wolsky, MD



Cancer Program Earns Renewed CoC Approval

Trinity Health's cancer care program has received renewed accreditation from the American College of Surgeons' Commission on Cancer (CoC). The full, three-year approval follows an onsite survey by a team of cancer experts and an intensive review of the program's overall performance.

Shane Jordan, director of Trinity's CancerCare Center, said CoC accreditation is a voluntary recognition accorded only to cancer programs that demonstrate excellence in the delivery of care – including compliance with 34 quality care standards.

"CoC accreditation is a rigorous process," Jordan said. "I couldn't be prouder of our entire oncology team. Busy as they are, they participate in the accreditation process due to their strong commitment to our patients. It's important to cancer patients because it assures them they're receiving care that meets national standards; it's important to us because it gives our team the feedback that's so critical to our quality improvement efforts."

continued on page 3

continued on page 2

Adaptive Yoga for All



Lucy Templer, an outpatient physical therapist at Trinity Health and a certified yoga instructor, taught “Yoga For EveryBODY,” an adaptive yoga course designed for everybody, on Saturdays throughout the winter and spring.

The adaptive classes are designed to provide participants with different abilities, an encouraging environment to learn about their bodies and how to move them. The gentle movements and breathing exercises assist with improving motor skills, balance, flexibility, body awareness and coordination, focus and self-regulation, and self-confidence.

The classes were provided through a partnership with Trinity Health, SOS Fitness, and Prairie Grit Adaptive Sports. More adaptive yoga sessions will be held this fall. For more information on future classes, call Trinity Health’s Outpatient Therapy at 701-857-5286.

A Cul-de-Sac Cookout

The Trinity CancerCare Center benefited thanks to friends and neighbors in a southwest Minot community.

The second annual Lincoln’s Cul-de-Sac Cookout, an event originally designed as a block party that turned into a freewill donation fundraiser, was held May 18. The cul-de-sac – 12-½ St SW – served brisket, pulled pork, and ribs, as well as hamburgers and hot dogs.

On May 20, a check for \$2,680 (including \$1,180 raised and a \$1,500 from an anonymous donor) was presented to the staff at the CancerCare Center. The money donated will go to the CancerCare Patient Assistance Fund, which will assist with fuel vouchers, compression garments, wigs, art therapy, yoga classes, and various other patient-supportive projects, Shane Jordan, director of the CancerCare Center, explained.



Shane Jordan, director of the Trinity CancerCare Center; Ryan, Samantha, and Lincoln Rasmusson; Laurel and Jamie Hyatt; and Cassandra Towsley, social worker at Trinity CancerCare Center.

Recent Sunflower Winners



Merrick McMahon, CNA
Progressive Care Unit



Moneesha Noble, CNA
5E Medical



Pre-Register for Fall Parenting Sessions

Behavioral Health Services is now accepting registrations for the fall session of its Nurturing Parenting Program.

The next round of classes will be held Tuesday evenings, September 3 – December 18, at Health Center – Riverside, 1900 8th Ave SE. A light supper is provided from 5:30 to 6:00 p.m. Classes begin promptly at 6:00 p.m. and conclude at 8:00 p.m. Childcare is provided.

Nurturing Parenting is a free program open to families with children age 0-12 years. Through the program, families learn to identify and handle feelings, improve communication, control stress and anger, develop effective discipline techniques, and promote warm interaction and family fun.

“This is an opportunity for family engagement and for parents to interact with other parents who may face similar challenges,” said coordinator Karissa Zeltinger.

Nurturing Parenting is funded by the North Dakota Department of Human Services in partnership with the North Dakota Parent Education Network. Enrollment is on a first-come, first-served basis. To register, or for more information, call Karissa at 701-857-5998.



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Trinity Health Speaker's Bureau

Call Community Education at
701-857-5099

to check for available dates and topics.

Floaters continued from page 1

Another more definitive treatment for floaters available at Trinity Regional Eyecare – Minot Center is a vitrectomy, a surgical procedure where the vitreous gel and all of the floaters are removed from the eye.

The procedure “vacuums” the floaters from the eye. “It doesn’t sever them like the laser. Small gauge, sutureless vitrectomy surgery actually removes them,” Dr. Jacobs said. “If the laser doesn’t take care of the floater symptoms, we can remove the floaters in the operating room where there is over a 95 percent success rate. This is outpatient surgery under local anesthesia.”

A doctor’s referral is not needed for the YAG laser vitreolysis. At Trinity Regional Eyecare–Minot Center, ophthalmologists David Jacobs, MD, and Chad Wolsky, MD, perform this procedure. Trinity Regional Eyecare – Minot Center is located at Health Center – Plaza 16, 2815 16th St SW, Minot. To schedule an appointment, call 701-852-3937.

At Trinity Regional Eyecare – Western Dakota, in Williston, where Mark Raymond, MD, performs this procedure, call 701-572-7711 to schedule an appointment.



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- Child development
- CPR
- Internet safety

2019 Summer Class Schedule

- July 10
- July 16
- July 17
- July 30
- August 6
- August 7

Please call 701-857-5099 for more information. All classes are held 8:30 a.m.-3:30 p.m.
Health Center – Riverside, Education Center, 1900 8th Ave SE, Minot

Due to the high demand for this class, the course fee of \$50 must be paid in advance. Please register by calling Trinity Health Community Education at 701-857-5099 and 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.

Children's Unit Receives Blankets

There is nothing like a warm blanket to comfort a sick or injured child, and now Trinity Hospital's pediatric unit has a fresh supply.

Ashley Schmaltz and Shannon Rascoe needed a service project to fulfill training in the Women's Leadership Program, so they partnered with "Tie with Title," an initiative of North Dakota Guaranty & Title Co., which has made hundreds of tie blankets for law enforcement to carry in their vehicles. The team crafted 20 of the blankets for Trinity Health's children's unit and delivered them May 23.

Nurse manager Candice Starr said the blankets will be a hit with young patients, who often are hurriedly taken to the hospital without having anything from home to comfort them, such as a toy or blanket.



Robin Forbes, Ashley Schmaltz, Shannon Rascoe, Desiree Burleson; Laura Phillips, North Dakota Guaranty & Title; and Candice Starr, nurse manager.

FirstCare Walk-In Clinic

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No Appointments Necessary
Health Center – Medical Arts, Minot



CancerCare Center

continued from page 1

Receiving care at a Commission on Cancer approved program assures that patients have access to the full spectrum of cancer services, including:

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- A cancer registry that contributes to the National Cancer Data Base

Established in 1922 by the American College of Surgeons, the CoC is a consortium of professional organizations dedicated to improving patient outcomes and quality of life for cancer patients through standard-setting, prevention, research, education, and the monitoring of comprehensive, quality care.

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MAKING MORE POSSIBLE



Trinity Health Welcomes Ndu David Ugobi, MD

Trinity Health is pleased to announce the addition of Ndu David Ugobi, MD, FAAP, to our team of pediatricians.

Dr. Ugobi is a board-certified pediatrician, dedicated to providing holistic care that promotes the well-being of children, adolescents, and their families. He is specially trained to manage the full range of physical, mental, and emotional health problems of children and adolescents, including acute and chronic conditions, behavioral difficulties, and developmental disorders.

Dr. Ugobi earned his medical doctorate from the American University of Integrative Sciences, St. Maarten, and completed his pediatric residency at Western Michigan University Homer Stryker School of Medicine in Kalamazoo, where he won the “Renaissance Award.”

Following residency, Dr. Ugobi spent nine months as a post-graduate fellow in pediatric neurology at McMaster University in Ontario. He remained in Ontario to carry on a wide-ranging pediatric practice in Port Dover. He was among a select group of pediatricians to complete Harvard Medical School’s Global Pediatric Leadership Program, focusing on quality, safety, global child health, medical education, and frontiers in pediatrics.

Dr. Ugobi is a Fellow of the American Academy of Pediatrics. In his spare time, Dr. Ugobi is an avid soccer player and coach, who also loves a game or two of Scrabble. He is married with four children and enjoys family time.

Dr. Ugobi is based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-5413.



Ndu David Ugobi, MD, FAAP

CancerCare Center gets donation from Leadership Program

The Women’s Leadership Program, of the North Dakota Women’s Business Center, has raised \$1,950 for the Look Good Feel Better program at the Trinity CancerCare Center.

The 2019 Women’s Leadership Program was tasked with a community project to work with an organization in the Minot community, and the Trinity CancerCare Center was selected, explained Deidre Hillman, director of the North Dakota Women’s Business Center.

Molly Regan, a participant in the Leadership Program, noted how “we all know someone who has had cancer,” so helping patients at the CancerCare Center was a right fit.

The Look Good, Feel Better program was designed by the American Cancer Society to help women learn beauty techniques that help restore their appearance and self-image during chemotherapy and radiation treatments.

When the American Cancer Society shifted its fundraising toward fuel assistance, the program was in danger of ending in Minot. The CancerCare Center stepped in to make sure the program would carry on.

“It is a program we value very much here,” said Shane Jordan, director of the CancerCare Center. “It’s a wonderful program. It’s something we didn’t want to see go away.”

During the year, about 100 to 120 patients take part in the program, which is held twice a month in the conference room at the CancerCare Center.

“Every patient has the opportunity to go through this program,” Jordan said, noting that the CancerCare Center sees about 500 to 600 patients each year. “That goes directly to patients who come here.”



The 2019 Women’s Leadership Program, through the North Dakota Women’s Business Center, presented a check for \$1,950 to the CancerCare Center on May 15. Pictured from left are: Deidre Hillman, director of North Dakota Women’s Business Center; Shane Jordan, director of the Trinity CancerCare Center; Molly Regan and Kelly Matelka, participants of the leadership program; Cody McManigal, donor relations coordinator with the Trinity Health Foundation; and Jamie Swenson, development officer with the Trinity Health Foundation.

Eagle Awards Presented

Two Trinity Health staff recently earned Eagle Awards. Kendra Eedmans, a personal trainer with Exercise Physiology based at the Minot Family YMCA, and Tahirah Futch, an attendant with Communications at Trinity Hospital, were honored with the Minot Area Chamber of Commerce’s Eagle Award for Excellence on June 11.



Kendra Eedmans
Personal Trainer



Tahirah Futch
Communcations

If you would like to nominate a Trinity Health associate for an Eagle Award, you can visit: www.minotchamber.org/aboutchamberawards.



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Choosing Ripe Fruits and Vegetables

by Michelle Gleason, RDN, LRD

Juicy watermelon, sweet pineapple, and savory tomatoes are just some of the fresh fruits and vegetables that many of us look forward to during the summer months.

Although most fruits and vegetables look nice in the grocery store, it can be difficult to choose the best tasting produce. Has anyone else cut up a pineapple and found that it has a woody taste to it? Fruits and vegetables need to undergo ripening before they taste their best. During ripening, starches break down into sugars and the fruit softens, often changes color, and turns sweeter. For those who prefer to shop less frequently, choosing produce at different levels of ripeness can help with meal planning throughout the week.

Try some of these tips for choosing ripe fruits and vegetables:

Avocado:

Ripe avocados have dark brown skin with a slight green tint. They should be firm, but have some give when gently squeezed. Pull out the remaining stem and see what color is underneath: green = under ripe, light brown = ripe, and dark brown = overripe. Avocados only ripen after being picked.

Banana:

A ripe banana is yellow all over with a few brown spots, though some people may prefer different levels of ripeness. Purchase smaller bunches as bananas will continue to ripen after they are picked. To speed up ripening, place bananas in a brown paper bag with an apple, tomato, or pear and keep in a warm spot. These fruits give off ethylene gas, which speeds up ripening. To slow down ripening, separate bananas from

the bunch and store them in different areas of the kitchen.

Cantaloupe:

Ripe cantaloupe should feel heavy, firm, and have a low, solid sound when knocked. The blossom end (opposite of the stem end) will have a sweet aroma. Avoid fruit with dents, mushy spots, and those with the stem still

out of direct sunlight. To slow ripening, place the peach in the fridge.

Pineapple:

Pineapples become heavier as they ripen. Compare similar sized pineapples and choose the heavier one. Pineapples ripen from the bottom (stem end) and slowly turn golden yellow up toward the leaves. A pineapple may be ripe even if it still green near the top. Look for healthy, green leaves. If leaves are easily plucked out, the fruit may be overripe. Choose pineapple with spikes close to the fruit (not sticking out) and a sweet aroma at the stem end. Pineapples will not continue to ripen after they have been picked.

Tomato:

Tomatoes have best flavor when they allowed to ripen on the vine. Some varieties of tomatoes are yellow, orange, or even purple when ripe. Look for smooth,

shiny, firm skin and an earthy smell at the stem. To speed up ripening, place in a brown paper bag with a banana. Ripe tomatoes can be refrigerated, but they taste best at room temperature.

Watermelon:

To choose a ripe watermelon, knock on the fruit and listen for a hollow sound. Look for a melon with a dark yellow field spot (where the fruit was resting on the ground) rather than a white field spot. Choose a watermelon with a dull surface, as shiny watermelons are often under ripe. Watermelon will not continue to ripen after it is picked.

Michelle Gleason, RND, LRD, is a clinical dietitian with Trinity Health.



attached. Cantaloupes will continue to ripen after they are picked and it's best to let the fruit ripen before cutting it up. Cut cantaloupe is very appealing to bacteria, so store this fruit in the fridge.

Corn on the cob:

Look for corn with a tightly wrapped, green husk. Peel some of the husk back and look for plump white or yellow kernels. Kernels should be tender and have a milky fluid inside. Look for silky, somewhat sticky tassels.

Peach:

A ripe peach is juicy, has a sweet aroma, and is firm with some give when gently squeezed. Look for peaches that are all red and yellow with no green. To help ripen at home, lay the peach on its side and keep

DAISY Winner



Clay Hegney, RN
Radiology

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Trinity Health Welcomes Alexandra Radu

Trinity Health welcomes Alexandra Radu, DMD, MD, to our team of Oral and Facial Surgeons.

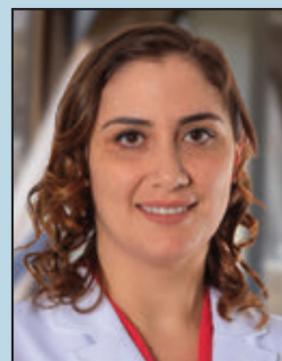
A specialist trained in the treatment and diagnosis of diseases, defects, and injuries of the mouth and maxillofacial area, Dr. Radu specializes in orthognathic (jaw) surgery, facial trauma and reconstruction, temporomandibular joint (TMJ) surgery, full mouth restoration with dental implants, and dentoalveolar surgeries.

Originally from Romania, Dr. Radu moved to the United States at the age of 18. She began her education at Wesleyan College, Macon, GA, where she graduated summa cum laude with her Bachelor of Arts in 2010. She then received her Doctor of Dental Medicine from the University of Pennsylvania, Philadelphia, in 2014, and her Doctor of Medicine from Case Western Reserve University, Cleveland, in 2017. She continued in the residency program at University Hospitals Cleveland Medical Center as an Oral and Maxillofacial Surgery resident from 2014 to 2019.

Dr. Radu is a member of the American Association of Oral and Maxillofacial Surgeons (AAOMS), the American Dental Association (ADA), and the North Dakota Dental Association.

In her spare time, she enjoys traveling, spending time outdoors, camping, and enjoying time with her fiancé, Trevor, and her pets, Blaze and Gilbert.

Dr. Radu is based at Health Center – Plaza 16, 2815-16th St SW, Minot. For appointments and consultations, please call 701-857-2600.



Alexandra Radu, DMD, MD

A Home Run at Trinity Homes



Members of the Souris Valley Sabre Dogs took a break from their schedule to visit with residents at Trinity Homes on June 16. Pictured with some of the residents are Phillip Childs, Josh Paino, and Luke Quick.

Sun Safety: Protection from UV Rays

Summer is here.

Before you run outside to soak up that sun, it is important to keep in mind the dangers of sun exposure to the skin.

According to the American Cancer Society, most skin cancers are a direct result of exposure to the ultraviolet (UV) rays in sunlight. The ACS stated on their website that both basal cell and squamous cell cancers – the most common types of skin cancer – “tend to be found on sun-exposed parts of the body, and their occurrence is typically related to lifetime sun exposure.”

The exposure and health risks are greater during the summer than in the winter. Also, the fact that UV rays are invisible makes it harder for people to see and recognize the damage they can do and when.

We all know – or at least, we should know – the importance of sunscreen. The SPF number is an indication of how long the sun’s UV radiation would take to redden your skin as opposed to the amount of time would take without sunscreen. A sunscreen with an SPF 30 would take you 30 times longer to burn than if you weren’t wearing sunscreen. This would allow about three percent of UVB rays to hit your skin. However, a sunblock with a high SPF does not mean that you can lounge outside for a long duration of time.

The skin is not the only part of the body that needs to be protected from UV rays; your eyes also need protection. UV radiation is a threat to your vision because its effect is greater in the summer than in wintertime.



Brad Schimke, OD

Heading outside on a nice sunny day puts you at risk the minute you step out the door. Even when it’s overcast, there’s still a chance for overexposure. Every hour you spend without



eye protection may increase your risk of developing serious eye diseases. If that isn’t enough to make you reach for a pair of shades, consider this: because UV rays are invisible, most people don’t even know they are harming their eyes.

According to Brad Schimke, OD, an optometrist with Trinity Health, children are especially vulnerable because the lenses in their eyes do not block as much UV radiation as adult eyes do. Others at risk for UV-related eye damage include people with retinal disorders, patients who have had cataract surgery, and people taking certain medications that make their eyes more sensitive to sunlight, he said.

“Regardless of the current health of your eyes, being outside on a bright day without eye protection, especially between the hours of 10:00 a.m. and 4:00 p.m. when UV rays are at their strongest, may lead to serious problems with your vision,” Dr. Schimke noted, adding that overexposure can result in a condition known as photokeratitis - an actual “sunburn” on the eye(s) that is not only painful but can permanently damage the cornea(s). In addition, UV rays can cause tissue growth on the whites of the eyes, and there is always the danger that skin cancer may develop around the eye(s).

The lifetime accumulation of harmful UV rays has been linked to cataracts as well as age-related macular degeneration, a disease that can ultimately lead to permanent vision loss.

“The more your eyes are exposed to bright sunlight, the more subject they are to irreversible damage. Fortunately, it’s never too late to start protecting your eyes,” Dr. Schimke explained. “One of the best ways, naturally, is to wear sunglasses that filter out at least 98 percent of UV rays.”

Sunglasses obtained from an optician are a good choice because you can be sure that they will block out the appropriate amount of radiation. While there are even contact lenses available that filter out some UV radiation, lens wearers should also use sunglasses, since these contacts don’t block out all harmful rays.

Just because UV rays are most intense in the summer doesn’t mean you should forget about protecting your eyes once fall rolls around. Remember that ultraviolet radiation is present every day; whether it’s cloudy or sunny, hot or cold, the risk is always there.

Healthy Hearts Club



The Trinity Health Auxiliary Healthy Hearts Club recently held two fundraisers. The Healthy Hearts Golf Scramble was held on May 20, at the Vardon Golf Club, Minot. Then, on June 1, the Hogs for the Heart Poker Run. The poker run started at the Moose Lodge in Minot, and traveled throughout the countryside to Foxholm, Carpio, Kenmare, Mohall, Lansford, Ruthville, and then back to the Moose Lodge.

Proceeds from these events support the Cardiac Program at Trinity Health. In the past, the Healthy Hearts Club has raised funds for new exercise equipment for Trinity Health’s Cardiopulmonary Rehabilitation, as well as specialized chairs for heart surgery patients in Cardiology and Cardiothoracic.



Relay for Life

Local cancer survivor Teri Tingley spoke at the Minot Relay for Life event on June 8. Trinity Health is a proud sponsor of Relay for Life, a fundraiser for the American Cancer Society. This year, the event raised more than \$70,000, including the Trinity Lifesavers team, which raised \$14,500.



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Trinity Health – Western Dakota
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Golf Tournament Brings \$40,000 to Patient Assistance Fund

Trinity Health Foundation's Building Hope Women's Golf Tournament raised \$40,007.21, with 140 golfers taking part in the June 17 event at Souris Valley Golf Course.

This event, as well as the Foundation's Golf for Life Men's Golf Tournament (held in August), benefit the Trinity CancerCare Patient Assistance Fund. "Many patients will benefit from this event as lives will be saved, people will be healed, and families will have hope," said Al Evon, director of Trinity Health Foundation.

The Patient Assistance Fund assists patients at the Trinity CancerCare Center in a variety of ways: direct financial assistance, in-kind gifts such as gas cards, wigs, and

compression garments, and other therapy programs provided at the CancerCare Center.

Golfers, as well as the tournament's sponsors and businesses that donated raffle prizes, all make a difference in helping the CancerCare Patient Assistance Fund grow. "However way you choose to help, you make a definite and immediate impact and the Foundation looks forward to your support with these events," Evon said.

Following the tournament, a catered meal by Paradiso Mexican Restaurant was held, followed by a keynote address by Teri Tingley, a local cancer survivor.

Team prizes were awarded: First Place, to Sammy Herslip Realtor (Courtenay

Burckhard, Kayla Palczewski, Sammy Herslip, and Alyx Pederson); Second Place, to Bremer Bank (Kathy Kragh, Eileen Kraft, Mickayla Titus, and Jill Allex); Third Place, to Kids in Motion Inc. (Holly Huber, Kimberly Bloms, Amber Porter, and Jessica Frink); and Last Place, to Ackerman-Estvold (Cameon Eisenzimmer, Candace Brekke, Emma Keller, and Ashley Hynson.)

Individual prizes were also awarded: Straightest Drive to Aarika Young; Closest to the Pin to Karly Palczewski; Longest Putt to Jessica Phillips; Chip or Get Off The Pot to Danielle Foster; and the Happy Gilmore Putting Contest to LeighAnn Perdue.



The Foundation would like to thank the following businesses for sponsoring the event:

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Team Rockstars
TEG Architects
UND School of Medicine

GREEN & TEE SPONSOR - \$1,500

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T-SHIRT SPONSOR - \$3,750

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Sponsorships for the Golf for Life Men's Golf Tournament are also still available. These sponsorships include: Birdie (\$750), Fairway (\$1,000), Green & Tee Sponsor (\$1,500), Golf Tee (\$1,750), Range Ball (\$2,250), and Hat (\$3,250).

For more information, please call the Foundation office at 701-857-5432 or 701-857-2430.

Sports Physicals

Fall sports are approaching quickly, which makes now the perfect time to schedule a complete physical with a Trinity Health pediatrician. Call 701-857-5413 to make an appointment today.

Joint Replacement Can Help Those with Arthritis

Joint replacement can be a relief for anyone who faces joint aches and pains, especially if you have arthritis.

Just ask Deborah Bercier, of Makoti. She has suffered from arthritis since she was in her late thirties. Most recently, her arthritis was so bad that she wasn't able to move her fingers comfortably – or at all.

"They were all messed up," she said, noting that it got to the point where she couldn't make bread. "I couldn't move my fingers. They were locked. I couldn't do anything with them before the operation."

Alleviation came at the hands of Daniel Williams, MD, a hand and wrist surgeon with Trinity Health, who performed several surgeries over a period of a few months. During this time, he either fused or replaced the joints in Bercier's hands and fingers. (The reason it took this length of time was to allow Bercier the opportunity to recuperate and live her life without having both hands recovering at the same time.)

While the joint replacements haven't cured Bercier of her arthritis, they have helped alleviate some of the pain associated with it.

"It's not as painful as before," she said. "I can move my fingers now."

Arthritis is the destruction of cartilage, which is accompanied by inflammation and pain, Dr. Williams explained. The Arthritis



Blendi Cumani, MD



Daniel Williams, MD

Association states on their website that common arthritis joint symptoms include swelling, pain, stiffness, and decreased range of motion. More than 50 million adults and 300,000 children have some type of arthritis; it is more common among women and people as they get older.

Treatment for arthritis in the hand and wrist begins conservatively, starting with splinting, Dr. Williams said. "If splinting isn't affective, we talk about steroid injections. And when they stop becoming effective, we talk about surgical options."

According to the Arthritis Foundation, the two main surgical options for hand arthritis are fusion, or arthrodesis, and total knuckle replacement, or arthroplasty. With arthrodesis, the bones of the joint are fused together, creating a stronger, more stable and essentially pain-free knuckle, but one with little flexibility or movement.

Arthroplasty involves removing the damaged joint and replacing it with an artificial implant. The goal is to relieve pain and restore shape and some function in the hand.

"We can replace or fuse the joints in the hand and wrist," Dr. Williams said. "It's not just the fingers; we do the wrist also."

Trinity Health Hand & Wrist Surgery includes two board-certified hand and wrist surgeons – Blendi Cumani, MD, and Daniel Williams, MD – as well as four certified therapists who work with hand and wrist injuries. (Bercier noted that following her procedures, she attended hand therapy sessions at Health Center – West. "They did a good job," she said.)

Dr. Williams added they do not only focus on the hands, but anywhere between the mid-forearm to the fingertips.

Hand & Wrist Surgery is based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7301. Referrals are not needed.

