INSIDE THIS ISSUE

Spreading Cheer One Pillow at a Time
Scholarships Available for Nursing Students
Well Woman Visits Help with Early Detection
Trinity Health Foundation Giving
The Power of Plants
Trinity Health Welcomes New Providers
Treatment Available for Psoriasis
Community Calendar

Pain Center Can Help Ease Back/Leg Pain

Feeling pain can be...well, a pain. Just ask Bryon Peterson of Minot, who had been suffering back pain for the past year— that is, until he sought pain management intervention through Trinity Health’s Pain Center.

Peterson injured his back last year when he tried to pick up his jet-ski lift out of the water, overextending his back. “I had such a bad pain; it was going down both of my legs,” he said. In fact, Peterson was about to undergo surgery to help relieve his pain but his “blood pressure went crazy,” leading to a stent.

While taking his wife to the Trinity Health Pain Center for her ablation treatment, he took notice of the procedure, which temporarily blocks nerve pain. “I thought, ‘You know, we’ll give it a whirl and see what they say,’” he said.

Whether it is chronic pain or pain that persists months after the healing process has ended, Trinity Health’s Pain Center can help. The Pain Center includes Michael Templar, MD, who is board-certified in anesthesiology and pain management, and Darcy Christianson, PA-C. They work with patients to find treatment methods that restore the patient’s quality of life. Dr. Templar is an expert in treating pain with interventional procedures.

In April 2019, Peterson met with Christianson, who recommended ablation treatment and scheduled him with Dr. Templer. “They do trial blocks to see if it works—if you feel better—before they go in and do the actual procedure,” Peterson said. “Once you determine it helped, they go ahead and do the actual ablation, which takes a little longer, but it can last six months to a year.”

In addition to nerve blocks, such as the ablation that Peterson had, the Pain Center uses a multimodality approach, using interventional procedures, non-opioid medications, physical therapy and home exercise, and occasional spinal cord stimulation, to name a few.

Patients seen at Trinity Health’s Pain Center can range in age from 20 to 90; younger patients tend to have work- or accident-related pain, while older patients face degenerative changes and arthritis. The types of problems can range from herniated disc, sciatica, arthritis, SI joint pain, and spinal stenosis.

“Those are the majority of what we see,” Christianson said. The treatments for these problems are not always a cure but, like the department’s name suggests, help manage the pain.

“Occasionally, patients get long-term relief with one injection, but the injections can be repeated periodically, if needed,” Christianson said.

Following his procedure, Peterson had an appointment at the Pain Center every two weeks to determine if the ablation was working. If it wasn’t, they would do something different, he said: “They’re ready to make changes if you tell them it’s not working.” Fortunately, for Peterson, it did work.
Spreading Cheer One Pillow at a Time

Rhonda Zimny of Lansford will never forget the year she began sewing pillows. It was 2013, and three of her family members were diagnosed with cancer—all within a six-month period.

“Something stirred in me,” Rhonda said. “Sewing pillows was something I could do to add a little comfort to their treatment sessions.”

Thus, began Pillows for Patients, a venture that’s become a life mission for Rhonda.

“The truth is—I really believe the Holy Spirit had a hand in this,” she said. “I think it’s God’s will that I do this, which is why it has become such a passion.”

Pillows for Patients provides free travel-size pillows to cancer patients and others dealing with an illness. Each pillow is covered by a customized pillow case that Rhonda sews, incorporating a multitude of themes, materials, and patterns. Her aim is to tailor the pillow to the patient.

“Somebody will call me who knows I do this and say, ‘Can you make a pillow for so-and-so?’ And I’ll ask, ‘What is the person like—what are they interested in?’”

Her final step in creating the pillows is to pray over each one, which gives them an added dimension of depth and significance.

Patients at the Trinity Health CancerCare Center are some of her regular beneficiaries, but her pillows have found their way to Mayo Clinic and East Grand Forks. Her daughter, a pharmacist at Heart of America Medical Center in Rugby, has also commissioned pillows for patient use.

Rhonda isn’t sure how many pillows she has created in the six years she’s been sewing them. “I know it’s over a thousand; I’m still working on it,” she said.

Surrounded by a sea of pillows, Rhonda Zimny of Lansford and Trinity Health CancerCare Director Shane Jordan celebrate Rhonda’s “Pillows for Patients” venture, which has brought comfort and healing to the Center’s patients for the past six years.

Because the pillows are free, she supports her project with her own resources, which she doesn’t mind. She was fortunate to receive some grant money early on, for which she was grateful. But accepting a grant meant having to sew a set number of pillows, and Rhonda prefers to sew at her own pace. Now, the only support she receives is from Kmart, which still gives her a discount on pillow and cloth purchases.

Luckily, her family is supportive of her passion. “They’re funny; they encourage me. In fact, my husband asked, ‘Why don’t you make a pillow for so-and-so?’ And I’ll ask, ‘What is the person like—what are they interested in?’”

Afterward....I feel God was able to comfort me thru this pillow.”

Messages like that reaffirm her belief that something greater is about with her creations than simply pillow power.

It’s a good bet that as long as Rhonda can sew she’ll continue creating pillows. “As I said, it’s because this is what the Lord wanted me to do. I really feel blessed by it, and North Dakota has long winters,” she laughed.

View our New Regional Healthcare Campus & Medical District Construction

Go to trinityhealth.org and click on the link.

Trinity Health
Speaker’s Bureau

Call Community Education at 701-857-5099 to check for available dates and topics.
The application period for the Trinity Health Foundation’s Nursing Scholarship Program is now open. Applications for the scholarship, which will help fund up to 10 scholarships (for at least $3,000 each) for nursing students, runs through November 1, 2019. The scholarship is open to new nursing students or Trinity Health employees who are looking to continue their education. Students must have received an acceptance to an accredited nursing program to be eligible, said Al Evon, director of the Trinity Health Foundation.

Under the scholarship program, there is no obligation of employment with Trinity Health. The names of the recipients of the scholarship will be announced in December 2019.

The Trinity Health Foundation responded to the nursing shortage in the nation, especially with the Bureau of Labor Statistics’ estimation of a shortage of more than one million nurses by 2024. It revised and expanded its Nursing Scholarship Program to limit the adverse effects the nursing shortage would have on the quality of care patients received in the region Trinity Health serves.

In the past three years, the Foundation has awarded 29 scholarships, totaling $96,000, to deserving students.

Currently, the Foundation is matching funds in the Scholarship fund, thanks to a $75,000 matching gift. Further, because the Nursing Scholarship Endowment Fund is a qualified endowment per the North Dakota Century Code, North Dakota residents, businesses, and financial institutions may qualify for a 40 percent tax credit on the value of their gift to this endowment (minimum gift of $5,000 – at one time or aggregate in one year). Businesses – financial institutions excluded – may carry forward any unused credit for up to three taxable years. Individual donors may carry forward any excess credit for three years.

If you are interested in applying for the Trinity Health Foundation’s Nursing Scholarship Program, contact the Foundation office at 701-857-5432 or 701-857-2430.

If you are interested in making a gift toward the Nursing Scholarship Fund, you can:

- Go online. Visit the Trinity Health Foundation’s website ([https://foundatiotrinityhealth.org/donate-online.php](https://foundatiotrinityhealth.org/donate-online.php)) and use the drop-down menu to select which project you would like to support.
- Call the Trinity Health Foundation at 701-857-5432 or 701-857-2430.
- Send the gift to: Trinity Health Foundation, P.O. Box 5020, Minot, ND 58702-5020, or drop it off at the Trinity Health Foundation office, located on the second floor at Trinity Hospital – St. Joseph’s, 407 3rd St SE, Minot.

Visit our website at trinityhealth.org

Nursing Education

continued from page 1

rooms, pediatric rooms, a trauma bay, an emergency room, an OB suite, and an interactive classroom,” said Jerry Migler, DCB Campus Dean. “In the process, they made it an exemplary facility for nursing education.”

Assigning a dollar figure to its support from Trinity Health, college officials put it in the area of six figures. “When you factor in other types of in-kind assistance such as phone service, facilities support, basic IT support, and the use of other space on an as-needed basis – we believe that the contribution of Trinity Health’s facilities for the DCB nursing programs approaches $100,000 per year,” Migler said.

He also cited Trinity Health’s “Nursing for the Future” initiative – a partnership between Trinity Health, Minot State University, and Dakota College of Bottineau. As part of that collaboration DCB will receive $500,000 over a five-year period. In addition, Trinity Health Foundation has made its Nursing Scholarship Program available to DCB associate degree nursing students.

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“The bottom line is that about 30 new practical nursing and associate degree nurses are now graduating every year to help address the significant need for nurses in the Minot area,” Migler added.

Karen Zimmerman, Chief Nursing Officer and Vice President of Patient Care, accepted the award for Trinity Health. “I am truly honored to accept this award in celebration of our partnership, which has been so successful in meeting the demand for nurses in our region,” Zimmerman said. “There is no better feeling than when a DCB graduate applies to Trinity Health for one of our nursing positions and becomes a part of our team. Your success is our success.”

Trinity Health and Northrop Grumman were both selected to receive an Impact Award for Business/Education Partnership. The presentation was made at NANDCE’s Career and Technical Education Professional Development Conference August 6 in Bismarck.
How important are Well Woman exams? Consider that these annual examinations of a woman's health can help detect gynecological cancer early.

Gynecological cancer is an umbrella term for cancers of the female reproductive organs, which include the cervix, ovaries, uterus, vagina, and vulva (as well as the fallopian tubes, in which cancer is very rare). According to the American Cancer Society, almost half of cases of vaginal cancer occur in women who are 70 years or older. Vaginal cancer is a potential concern if one of the most common cancer deaths for women, it is “not prevalent” among cases in women younger than age 50; about 70 percent of all cervical cancer occur in women over the age of 50, and just two of these, HPV types 16 and 18, are responsible for about 70 percent of all cervical cancers,” the NCI said on their website.

In addition to the physical exam, a wellness visit gives the patient the chance to discuss any questions or concerns they may have, especially if they include potential symptoms which could “help us discover cancer,” Dr. Billings said. The presence of symptoms, such as irregular bleeding (especially if post-menopausal) or a persistent itch that doesn’t go away with medicine, can lead to an Ob-Gyn looking further into it. This might include the collection of biopsies for pre-cancerous or cancerous lesions, he added.

Uterine cancer, which is cancer of the uterus, is the most common gynecological cancer that Dr. Billings sees in his office. In 2019, the American Cancer Society estimated that about 61,780 new cases of uterine cancer would be diagnosed, with roughly 12,160 women potentially dying from it. A specific form of uterine cancer, cervical cancer is the third most common gynecologic cancer. About 13,170 new cases of invasive cervical cancer were estimated as being diagnosed in 2019 by the American Cancer Society. Once one of the most common cancer deaths for women, it is “not as prevalent” among cases of pap smears,” Dr. Billings noted. The Papanicolaou test, or daily visit, is a screening used to detect pre-cancerous and cancerous processes in the cervix.

Women should get their first pap smear at the age of 21 and, if the results are normal, every three years thereafter. Along with the pap smear, Dr. Billings recommends HPV testing. According to the National Cancer Institute (NCI), nearly all cases of cervical cancer are caused by infection with sexually transmitted oncogenic, or high-risk, types of human papillomavirus (HPV). “There are about 16 and 18, which are responsible for about 70 percent of all cervical cancers,” the NCI said on their website.

If you have an abnormal pap smear or if you are over 30, we will test for the high-risk HPV types and other high-risk HPV viruses,” Dr. Billings added. Ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system. According to the American Cancer Society, a woman’s risk of getting ovarian cancer is 1 in 78; her lifetime chance of dying from it is about 1 in 108. There are also vaginal and vulvar cancers. The American Cancer Society estimates that about 5,350 new cases of vaginal cancer in 2019. Vaginal cancer is a potential concern if a patient’s mother took the hormone drug Diethylstilbestrol (DES), an anti-miscarriage drug, between 1940 and 1971 (roughly one case of vaginal cancer per 1,000 women whose mothers took DES during pregnancy). According to the American Cancer Society, cervical cancer almost half of cases of vaginal cancer occur in women who are 70 years or older.

Vulvar cancer is rare, accounting for 6 percent of gynecological cancers. About 6,070 new cases of vulvar cancer will be diagnosed in 2019, the American Cancer Society estimates. Less than 20 percent of cases are in women younger than age 50; more than half occur in women over the age of 70. In all cases, smoking exposes people to many cancer-causing chemicals that affect the body beyond the lungs, the American Cancer Society warns on its website. “These harmful substances can be absorbed into the lining of the lungs and spread throughout the body.”

According to the Centers for Disease Control and Prevention, gynecological cancer can be treated in different ways, depending on the type of cancer and how far it has spread.

- Surgery – removal of the cancerous tissue in an operation
- Chemotherapy – treatment to shrink or kill the cancer
- Radiation – use of high-energy rays to kill the cancer

“If we find out there is cancer, we refer the patient to gynecological oncoLOGY, a specialized female cancer specialist,” Dr. Billings said, noting that after which, they follow up with their Ob-Gyn, along with seeing a radiology oncologist or medical oncologist (for chemotherapy). Ob-Gyns Margaret Nordell, MD; Jessie Faumliner, MD; and Carol Schaffner, MD; and midwife Gloria Berg, CNM, are based at Health Center – Town & Country, Ste 102, 521 S Broadway, Minot. For an appointment, call 701-857-5703. David Billings, MD, is also located at that location. For an appointment, call 701-857-7394. Ob-Gyns Heather Bedell, MD; Tim Bedell, MD; Lori Dockett, PC-A, and Jennifer Johnson, MD, are based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For an appointment, call 701-857-7397. Ob-Gyn J. David Amsbury, DO, and midwife Erica Roridan, CNM, are also located at that location. For an appointment, call 701-857-7385. National Night Out Members of the public look at the NorthStar Criticair helicopter during National Night Out, held at Minot High School – Magic City Campus, on August 6.

Family Keeps Cousin's Name Alive ShariLeen Knuth wasn’t soon be forgotten. The longtime Trinity Health shuttle driver passed away in February after a battle with cancer. In addition to being missed by her Trinity colleagues, she’s memorialized regularly by a special cousin, Lisa Fenner. Fenner donates items in ShariLeen's honor to the Trinity CancerCare Center on a regular basis. Recently, she and her kids delivered numerous tie blankets and a half-dozen backpacks filled with school supplies. “The six backpacks represent the six months that ShariLeen has been gone,” Lisa said. Shane Jordan, Director of the CancerCare Center, says the items will be distributed among patients and, in the case of the backpacks, to patients’ children. Pictured with Shane, from left, are Samuel Fenner Zaste, Tiffany Allen, Jade Fenner Zaste, Lisa, and L.J. Fenner Zaste.

PRESCRIPTION REFILL B&B Northwest Pharmacy 701-838-2213 KeyCare Pharmacy 701-857-7900

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In Recognition and Thanks
The Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from May 1 to June 30, 2019. These contributions illustrate a generating and caring community, striving to bring the highest quality care to those we serve. Further, it is our intention to extend our gratitude to those whose contributions to Trinity Health reflect a spirit of giving that transcends the person through the provision of quality healthcare and health related services. *For more information on honoring a loved one through a philanthropic gift, contact Trinity Health Foundation at 701-857-5432.

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Beatrice Rodgers
Lillian Rauch
Robyn Hoffmann
Linda Severson Johnson
Jerry & Joyce Bloms
Diane & F. Bruce Walker
Deb & Charles Beutler

In honor of
James Olson
Irene Feist
Irene Lucas
Cynthia Weisbrich

In memory of
Journal of the chemicals in the brain. Incorporating positive effects on your mood by improving chronic diseases like heart disease and type 2 diabetes. It has also shown to have an effect on the body by improving the chemicals in the brain. Incorporating more plant foods can also keep off excess weight. A study found from the Journal of Academy of Nutrition and Deteces evaluated 15 plant based diets; it found that participants lost an average of about 7.3 pounds during the length of the study. This loss was said to be due to the high fiber content in fruits and vegetables helps with satiety. Plant-based diets also increase energy levels throughout the day. Along with the many positive factors that plants can provide for our health, this lifestyle also has its downsides. One negative effect that is sometimes seen when switching to plant-based eating is the lack of protein consumed, and the ability to absorb the amount that we need through plant-based foods. Protein is an important part of our diet that is the building block of bone, muscle, cartilage, skin, and blood.

Although a full plant-based diet doesn’t include animal proteins, there are some great plant substitutes to incorporate the protein our bodies need. Some examples include nuts, beans, lentils, and quinoa. Just like any other thing, plant products have their place in the diet. Although totally taking meat products out of the diet isn’t necessary, incorporating more plant-based foods has many benefits. As many experts say, it’s never too late to make the change to a healthier lifestyle.

Plant-Based Recipes:

### Chickpea Noodle Soup

**Ingredients**
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 2 medium onions, chopped
- 4 medium carrots, thinly sliced
- 4 celery stalks, thinly sliced
- 6 sprigs fresh thyme
- 1 bay leaf
- 2 quarts vegetable broth
- 8 ounces whole wheat rotini noodles
- 1 cup cooked chickpeas
- Salt and pepper to taste
- Chopped fresh parsley for garnish
- Crackers or bread for garnish

**Instructions**
1. In a cast-iron Dutch oven or large soup pot, heat the olive oil over medium heat. Add the garlic, onions, carrots, celery, thyme, and bay leaf and sauté until the veggies are softened, but not browned.
2. Add the vegetable broth and bring to a boil.
3. Once the soup is boiling, add the noodles and chickpeas and cook for about 8 minutes, until the noodles are almost completely cooked (they’ll continue cooking in the water). Add the noodles, the vegetables, and the broth to a large pot.
4. Remove from the heat and serve with freshly chopped parsley and salt and pepper.
5. Leftover soup can be refrigerated for up to 1 week or frozen indefinitely and reheated as needed.

### Vegan Meatballs with Spaghetti

**Ingredients**
- 1 1/2 cups lentils
- 1/2 cup sunflower seeds
- 1/2 cup rolled oats
- 1/2 onion, chopped
- 1 large clove garlic, minced
- 1/2 tablespoon soy sauce
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1 can diced tomatoes (14.5 oz)
- Salt and pepper

**Instructions**
1. Cook the spaghetti according to the instructions on the package.
2. Rinse and drain the kidney beans. Put them in a medium bowl and mash them well with a fork or a potato masher.
3. In a medium pan, heat some oil and sauté the onions for 3 minutes.
4. Add the mashed garlic and cook for another minute.
5. Put the sunflower seeds in a food processor and pulse until a fine meal is achieved. Add the sautéed onion and garlic to the mashed beans together and achieved. Add the sautéed onion and garlic to the mashed beans together and achieved. Add the sautéed onion and garlic to the mashed beans together and achieved. Add the sautéed onion and garlic to the mashed beans together and achieved.
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7. Make the marinara sauce: In a medium pan, heat the olive oil over medium heat. Add the oregano, pepper, basil, garlic, onion, and tomato paste and simmer for about 10 minutes. Season with oregano, salt, and pepper.
8. Make the lentil meatballs: In a medium pan, heat the olive oil over medium heat. Add the lentils and the sunflower seeds and sauté until the veggies are softened, but not browned.
9. Deglaze with red wine and allow to evaporate. Add diced tomatoes and simmer for about 10 minutes. Season with oregano, salt, and pepper.

For the chunky marinara sauce:
- 1/2 tablespoon olive oil
- 1 small onion, chopped
- 1 large clove garlic, minced
- 1 carrot, cut into small pieces
- 1 tablespoon tomato paste
- 1/4 cup dried red wine
- 1 teaspoon oregano
- Fresh basil leaves, cut into small pieces

Before serving add some fresh basil leaves.
Trinity Health Welcomes New Providers

A specialist in Family Medicine, John Folland, MD, works with patients of all ages to provide diagnosis and treatment for a broad range of health conditions. He is well equipped to manage the full spectrum of acute and chronic health conditions in addition to providing preventive care and health screenings. He also performs in-office procedures such as shoulder, knee, and foot injections, skin biopsies, cryotherapy, and small lesion and skin tag removal.

When Angie isn’t working, she enjoys spending time with her husband, Ryan, and their twin sons.

Dr. Binning has clinical interests in screening and treatment of skin cancer and other skin disorders, geriatrics, advanced care planning, advocacy for continued health maintenance, and serving as an autistic child mentor. He enjoys fishing and other outdoor activities.

Emily Stevens, FNP-BC, is a board-certified nurse practitioner specializing in orthopedic medicine. She works with physicians and other members of the orthopedic team to manage the care of patients affected by a broad range of musculoskeletal conditions, including sports-related injuries.

Dr. Stevens is a member of American Academy of Family Physicians, the American Medical Association, and North Dakota Medical Society. Dr. Stevens is a member of the American Society of Teachers of Family Medicine. Dr. Binning is a member of the American Academy of Family Physicians, American Medical Association, and North Dakota Medical Association. She enjoys drawing, traveling, and cooking with her husband, a trained chef.

Dr. Binning is based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7383.

A recipient of one member of each third-year class from the University of North Dakota’s Center for Family Medicine in Minot, where she was selected Resident of the Year by Trinity Health and UND community faculty during her final year of residency. She also was named Resident Teacher of the Year, an award given to one member of each third-year class from the Society of Teachers of Family Medicine. Dr. Binning is a member of the American Academy of Family Physicians, American Medical Association, and North Dakota Medical Association. She enjoys drawing, traveling, and cooking with her husband, a trained chef.

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There are four types of psoriasis:

- **Plaque Psoriasis**: This is the most common type, characterized by thick, scaly patches that can appear anywhere on the body. It's often triggered by stress or other factors.

- **Inverse Psoriasis**: This type affects areas of the body that have more skin folds, such as the armpits or groin, between the buttocks, or under the breasts.

- **Guttate Psoriasis**: Small, red dots on the skin, often appearing in groups.

- **Erythrodermic Psoriasis**: This is characterized by a diffuse redness of the skin covering at least 90% of the body. It can be extremely itchy and cause fevers, chills, and weight loss.

Psoriasis can be genetic, as a child has about a 10% chance of having psoriasis if at least one parent has it, the Foundation's website said. "If both parents have psoriasis, a child has approximately a 50% chance of developing the disease."

"The cause of psoriasis isn’t fully understood, but it’s thought to be related to an immune system problem with T cells and the body’s ability to defend against foreign substances," Mayo Clinic said on their website. "An immune system problem with T cells and a child has approximately a 50 percent chance of developing the disease."

The cause of psoriasis isn’t fully understood, but is thought to be related to an immune system problem with T cells and the body’s ability to defend against foreign substances, such as viruses or bacteria. But if you have psoriasis, the T cells attack healthy skin cells by mistake, as if to heal a wound or to fight an infection.

There are a variety of treatment options available for those with psoriasis, including the Janus kinase (JAK) inhibitor, an oral pill which is a more specific pathway to treat psoriasis, Welch explained. The JAK-inhibitor serves as a narrow scope to get into our immune system to tell the psoriasis to quit the inflammation process, she said. "The JAK-inhibitors tell your body’s immune system to stop making the proteins that cause people to develop autoimmune diseases, such as psoriasis."

Other forms of therapy include biologic drugs (Humira, Enbrel, Costartexy, Taltz, Stelara, Tremfya, Skyzzr), methotrexate, acitretin, topic steroids, calcipotriene, tacrolimus, tar-based preparations, and light therapy, Welch noted. Biologic drugs, or biologics, are a protein-based drug derived from living cells cultured in a laboratory, the National Psoriasis Foundation explained on its website. "The biologics used to treat psoriatic disease block the action of a specific type of immune cell called a T cell, or block proteins in the immune system, such as tumor necrosis factor-alpha (TNF-alpha), interleukin 12 or 23 and 23. These cells and proteins all play a major role in developing psoriasis and arthritis."

Biologics are usually administered by injection or intravenous (IV) infusion. Another form of therapy is light therapy, which is also available at Trinity Health.

If you think you may have psoriasis, please contact your primary care provider.