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Swinging a golf club comes naturally to Wes Plummer, and it's one of the moves personal trainer Tanya Gillen uses to slow progression of his Parkinson's disease.

'Delay the Disease' Takes Aim at Parkinson's

Wes Plummer has achieved 11 holes-in-one during his many years as a golf enthusiast, but such feats are a breeze compared to the challenge he now faces.

The North Dakota Golf Association Hall of Fame member was diagnosed with Parkinson's disease three years ago. He is now a charter member of a new exercise program launched by Trinity Health Exercise Physiology called Delay the Disease™.

Delay the Disease is a fitness and mobility program aimed specifically at improving the physical, mental, and emotional realities of patients with Parkinson's disease (PD). Tanya Gillen, ACE, a certified personal trainer, spearheaded the program. She said the universal benefits of exercise are well established and it's no surprise that exercise would also hold specific benefits for people with PD.

"My experience working with Parkinson's patients has reinforced my conviction that regular exercise is the key to managing the disease and living a better life," she said. "Specifically, it helps by slowing the progression of the disease, managing symptoms, and avoiding isolation."

Tanya completed a Delay the Disease certification course in July. She says the program, developed by OhioHealth, consists of symptom-specific exercises designed to optimize function and restore as much independence as possible to patients experiencing the typical symptoms of tremor, muscle rigidity, and impaired balance. "We emphasize big movements, coordination, and multi-tasking," she said, noting that each exercise session includes the key ingredients of flexibility exercises, aerobic activity, and resistance training.

Delay the Disease classes began September 3 and are scheduled to run for 12 weeks each Tuesday and Friday at the Minot Family YMCA. The program includes two class levels: a basic level

at 11:00 a.m. and an intermediate level at 2:00 p.m. Program cost is \$60 for YMCA members and \$90 for non-members.

Trinity Health's inaugural class drew well over a dozen participants, and Tanya hopes more will sign up. "I'm excited to see how this program will impact people," she said. "After completing the training, the first thing I said when I got back to Minot was 'This has the potential to change people's lives.'"

Parkinson's disease affects patients in different ways. "I tend to go backwards, which puts me at risk of falling," said Wes.

"One of the things we've worked on with Wes is developing strategies to adjust his posture and stance so when goes backward he can stabilize himself," Tanya said.

Wes has been an inspiration to others affected by Parkinson's disease. Since he was diagnosed, he and his wife and care partner, have pursued every avenue to slow the effects of PD, including exercise, physical therapy, speech therapy, and a boxing training program called Rock Steady, offered where the Plummers winter in North Carolina.

"Anything we can do to keep him active is good," Janie said. "Without it I believe he'd be walking with a walker or even be in a wheelchair."

People who wish to sign up for Delay the Disease, or who need more information, may contact Trinity Health Exercise Physiology at 701-857-5626.



Smoking Cessation Program to Start for Patients

According to the American Cancer Society, more than 34 million Americans smoke cigarettes. Smoking remains the single largest preventable cause of death and illness in the world. It causes an estimated 480,000 deaths every year, while more than 16 million Americans live with a smoking-related disease. Because of these alarming statistics, the American Cancer Society hosts the Great American Smokeout. Held on the third Thursday of November each year, the Great American Smokeout affords people who smoke the opportunity to commit to healthy, smoke-free lives.



Jessica DeLorme, FNP-C

At the end of October, patients at Trinity Health will be able to get a head start. Trinity Health will unveil a smoking cessation program to inpatients and outpatients at Trinity Hospital and at our Minot clinics. Jessica DeLorme, FNP-C, a nurse practitioner with Behavioral Health, wrote the grant for Trinity Health to participate in the

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Cake Auction Raises \$12,000 for Cancer Exercise Rehab Program

A sheet cake, frosting, and a lot of hard work helped raise money for Trinity Health's Cancer Exercise Rehabilitation Program, based at the Minot Family YMCA, last month.

On October 9, the bakery at the North Hill MarketPlace Foods was transformed for the Power of Pink cake auction. Here, teams from businesses and organizations around the community participated in decorating the cakes, which were then auctioned off, thanks to the quick wit of local auctioneer Darrell Sundsbak. Representing Trinity Health in the auction were Community Ambulance, two teams from Keycare Medical, Trinity Health CancerCare Center, and the Trinity Medical Group Business Services.

A total of \$12,050 was raised from auctioning off the dozens of cakes, which fetched anywhere from \$125 to \$1,000. Sales of different products in the store, including pink items from the MarketPlace Foods bakery, will augment the amount raised through the auction.

All proceeds from the Power of Pink event benefit the Cancer Exercise Rehabilitation Program Fund within the Trinity Health Foundation.

The program is designed for patients currently fighting cancer, or those who have recently fought cancer, and are facing cancer-related side effects such as fatigue.

"Some people have a difficult time completing simple daily tasks to that extreme level where they want to sit and sleep all day," explained Russell Gust, MS, CSCS, ACSM-CET, director of Trinity Health Exercise Physiology, which manages the Cancer Exercise Rehabilitation Program. "Then there are others who can start their day and do their daily activities, but when mid-afternoon rolls around, they have to take a nap because they're so tired. They can't walk without losing their breath or their muscles feeling weak. They just get worn out doing things we take for granted."

Over 95 percent of cancer patients complain of fatigue while undergoing



Roxcy Reiter, store coordinator, and Travis Gotter, warehouse coordinator, at KeyCare Medical, show off the cake they decorated for the Power of Pink cake auction held October 9.

treatment for cancer; exercise has been found to have a positive effect on recovery from cancer-related fatigue. Through this program, these patients get renewed energy, strength, and joy.

Participation in the program is available through a physician's referral or self-referral. Once enrolled, the patient will meet with specially trained personnel – Russell Gust, along with Kendra Eerdman or Tanya Gillen – to discuss medical history, conduct a health risk appraisal, and get an individual fitness assessment. If a patient can safely participate in the program, individualized exercise prescription and training sessions will be arranged. (The program includes twice-a-week training for 12 weeks, with workouts lasting anywhere from 45 to 60 minutes.)

About 50 patients participate in the program each year. Thanks to donations raised through the cake auction and the Y's Men's Rodeo's Tough Enough to Wear Pink (TETWP) Campaign, this program is free to patients, as it funds the 12-week Minot Family YMCA memberships and the training by exercise physiology staff. Other major sponsors of TETWP include SRT, WGO, and countless other community-based organizations and individuals, collaborating on "a team effort," Russell said.

To donate toward the Foundation's account, visit the Foundation's website and click "Ways to Give." At the bottom form, choose 'Cancer Exercise Rehab' as the destination.

Horn of Plenty

This year's Turkey Drive to benefit the Horn of Plenty will begin on November 1 and conclude on December 5.

The Horn of Plenty provides assistance to less fortunate families within a 100-mile radius of Minot right before Christmas. This help comes in the form of a turkey, fresh food items (potatoes, onions, milk, butter, etc.), non-perishable food items, and, if the family has children, toys that can be used as Christmas gifts.

The Horn of Plenty does not provide the family with just one meal: it provides a week's worth of groceries at a critical time during the year. In the past three years, more than 1,000 families have benefitted through the Turkey Drive and the Horn of Plenty.

The Trinity Health Foundation's goal is to raise \$10,500 this year. As in the previous two years, the amount to donate a turkey is \$15 and the amount to donate an entire basket of food is \$45.

Between November 1 and December 5, representatives from the Trinity Health Foundation will be in various locations around Trinity Health to receive donations for the Turkey Drive. You may also send donations to the Foundation office, located at Trinity Hospital – St. Joseph's, 407 3rd St SE, Minot. Donations can also be made at trinity-health.org/foundation/donate-to-the-foundation/ (Scroll down to the online donation form and select Turkey Drive from the drop-down menu in the designation section).

Program Helps Community in Need

Elyssa Handlen, RN:

In the Fall of 2018, some fellow nursing students and I from the Dakota Nursing Program were blessed to have the opportunity to volunteer at the Horn of Plenty holiday box drive. This is a yearly event providing food and gifts to members of our community who might otherwise go without during the holidays.

Money raised through our nursing program fundraisers was donated to the Trinity Health Foundation to purchase some of the food and gift items that went into the boxes. We helped to assemble boxes and later delivered a half dozen to community members who were finding themselves in hard times during the holiday season. It was a very humbling experience, not only to see the faces of those receiving the boxes, but to witness our community and fellow coworkers come together and exercise the power of community. Being able to see the support and willingness of people to provide help for their neighbors in need was amazing.

This yearly tradition in Minot is clearly a family event. I witnessed children of all ages help their parents package toys and food with the same excitement they might have opening their own gifts on Christmas morning. The joy of giving filled the room. As boxes were filled, they were placed in a designated area and at the end of the day we found ourselves wishing we had more food so we could fill more boxes to help even more community members in need.

A week after packing the boxes, we returned to gather the boxes and make our deliveries. One delivery was made to a single dad who didn't know what he was going to do for the holiday dinner. Seeing the tears gather in his eyes when we handed him a bag of new toys for his children brought tears to our eyes as well. The next delivery was to a coworker who had volunteered many years before, yet whose family needed help this year. You never know who would be answering the door and what stories you would hear while you spend a few minutes visiting after the delivery. Some had lost their job, others were experiencing illness or had lost a loved one. Each story had a special impact on each of us that we will never forget.

Although this started as a way to volunteer our time in the community, it has become a local project we have become passionate about. The cycle of helping others when you can and accepting help when you have a need makes for a strong community. We are very proud of how strong our Minot community is.



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All About Alzheimer's

Alzheimer's disease is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. The Alzheimer's Association said that 60 to 80 percent of dementia cases are caused by Alzheimer's.



Rosina Medel, MD

"Symptoms include memory changes or loss," said Mary Sadler, FNP-C, with Trinity Health Neurology. "Initially, it will be to recent events, then it will progress."

Other symptoms include:

- Decreased organization
- Difficulty multitasking
- Avoiding social interactions
- Changes in behavior, such as agitation or lack of emotion
- Reduced ability to recognize own deficits while family or friends notice
- Difficulty sleeping



MarySadler, FNP-C

Symptoms of Alzheimer's tend to first appear in most people in their mid-sixties, The National Institute on Aging stated. While estimates vary, experts suggest that more than 5.5 million Americans, most of them age 65 or older, may have dementia caused by Alzheimer's. "As people age, there is an increased risk of Alzheimer's disease," Sadler said.

If you feel you are showing symptoms, speak to your primary healthcare provider, who can then refer you to neurology specialists for testing. Usually, multiple health issues need to be ruled out, Sadler said. Possible causes of memory changes can include mental health issues like depression; medications that could cause a change; medical issues such as low B-12 or an infection; or other types of dementia such as Lewy Body Dementia, which can be seen in Parkinson's, frontal temporal, vascular, or alcohol-related memory changes.

Once a diagnosis for Alzheimer's is made, the patient works together with care providers, family, and friends to address needs, symptoms, and future plans.

Alzheimer's disease is currently ranked as the sixth leading cause of death in the United States; recent estimates, though, suggest that it ranks third – behind heart disease and cancer – as a cause of death for older people, the National Institute on Aging said. While Alzheimer's itself is not the cause of death, it causes complications, such as infections or blood clots, which lead to death.

Trinity Health Neurology includes Rosina Medel, MD, and Mary Sadler, FNP-C. Their offices are located at Health Center – East, Ste 303, 20 Burdick Expy W, Minot.

Virtual Dementia Tour



Jessica Edgell, Jennifer Mitchell, Jamie Hammer, and Rhonda Walter were the first group of employees to participate in the Virtual Dementia Tour.

With an innovative program available at Trinity Homes, staff can now get the perspective of what residents with dementia see and feel.

According to Monica Padgett, RN, MSN, clinical nurse educator at Trinity Homes, the Virtual Dementia Tour allows staff to learn "more appropriate and better ways to work with people with dementia." Dementia causes the senses to be altered, including impaired peripheral vision, and difficulty sensing light, she explained. The way senses are altered can also alter the behavior of a patient with dementia. "It may seem abnormal to us, but it is totally normal for them," she said.

As part of the simulation, participants wear a pair of sunglasses that have been altered and headphones that are pre-programmed. They are placed in a room and given a list of simple tasks to complete under the conditions of the sunglasses and headphones.

"We give them eight minutes to complete those tasks," explained Deanna Ness, RN, BSN, CNA education coordinator at Trinity Homes.

However, Monica noted, "with a diagnosis of dementia, it is more complex and a real struggle to complete." It could take twice the time, if not longer, with dementia.

"We try to simulate those things so our caregivers can go through this tour and have a better understanding of what our residents are going through daily," Deanna said. "And not just with vision, but the whole tour."

Around 50 million people worldwide have dementia, with nearly 10 million new cases each year, according to the World Health Organization. Dementia and Alzheimer's are becoming more prominent in the United States, "especially in the older generation coming into nursing homes," Monica noted.

Over 50 percent of residents at Trinity Homes have some type of dementia diagnosis.

Jamie Hammer, RN, MSN, director of nursing at Trinity Homes, prompted the implementation of dementia training, as well as the Virtual Dementia Tour, to meet the required educational needs for the staff. "The goal of the training is to provide healthcare professionals with a basic understanding of the changes in memory, communication, function, and behavior that occur as a result of dementia, and the appropriate intervention strategies to enhance the care they provide to individuals with this disease," she said. Jamie is passionate about providing a safe environment for both residents and staff, which is why her Doctorate research project focuses on dementia education and training.

Once it becomes more established, and Trinity Homes staff are trained, other Trinity Health employees, families of residents, and members of the community will be able to take part and share in the experience.

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A Preventable Pulmonary Disease

How many times have you found yourself breathless after doing just a little work and passed it off as being out of shape, or maybe as a side effect of smoking? How many times have you looked for that parking spot that is just a little closer, or looked for the elevator instead of taking the steps? If any of these scenarios sound familiar, you just might have Chronic Obstructive Pulmonary Disease, or COPD.

Many patients do not seek out medical attention for the symptoms of COPD until a significant amount of their lung function has been lost. Statistics show that most COPD patients will not seek out help until half of their lung function is gone.

November is COPD Awareness Month and gives us another opportunity to remind people how serious COPD is. It is estimated that more than 15 million people have COPD, which is now the third leading cause of death in the United States. Nearly 7 percent of North Dakota's population has COPD. The stark truth about all of this is that for nearly all of these people, COPD is preventable. Cigarette smoke is implicated in over 90 percent of cases of COPD. Even second-hand smoke has been shown to be a risk factor. While there are some inheritable diseases that cause COPD and some environmental or industrial exposures that are linked to COPD, those causes pale in comparison to the devastating effects of cigarette smoke.

COPD causes the airways of the lung to not function correctly and ultimately obstructs normal airflow. These patients have shortness of breath; as the disease worsens, even simple activities become difficult because of dyspnea. A cough and sputum production can accompany the shortness of breath. The symptoms of COPD can vary from day to day, and exacerbations can make breathing very difficult at times.

There is no cure for COPD. The changes to the lungs tend to be permanent. The best approach to COPD is to prevent the damage to the lungs through smoking abstinence or early cessation. In this case, the adage that an ounce of prevention is worth a pound of cure could not be truer. There are many therapies that can help treat the symptoms of COPD. A medical provider can help you make the best decisions for what treatments will work best for you. In some cases oxygen may be prescribed. All patients benefit from exercise and activity. Some patients may also benefit from pulmonary rehabilitation where trained professionals assist patients with exercise and education.

To diagnose COPD, a spirometry test is needed. This is a breathing test that allows medical providers to assess airflow. There are also other tests such as x-rays that a healthcare professional may order.

If you feel that you may have COPD, or if your shortness of breath is concerning to you, contact your primary care provider or Trinity Health Pulmonology: Jeffrey Verhey, MD; Heidi Bender, DNP, APRN, FNP-C; and Dwight Remington, DNP, APRN, FNP-C. They are located at Health Center – East, Ste 203, 20 Burdick Expy W, Minot. They can be reached at 701-857-5741.



Jeffrey Verhey, MD



Heidi Bender,
DNP, APRN, FNP-C



Dwight Remington,
DNP, APRN, FNP-C



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Smoking

continued from page 1

program. She often works with patients who have a “dual diagnosis,” in which they may have a behavioral health issue, as well as some sort of substance use, such as nicotine.

The program works this way: When a patient comes to the emergency room or a clinic, nursing staff will perform documentation screens and will ask if the patient is a nicotine user. A tobacco treatment specialist – most likely a respiratory therapist or a pharmacist, although DeLorme “and a few others” are interested in training for this – will then visit the patient, talk about their nicotine use history, and talk to them about getting help to quit. “At that point, we’ll be able to send them home with free nicotine patches or gum.”

In the past, patients who were interested in smoking cessation would call the North Dakota Quits program and supplies would be sent to them three to seven days after. “At that point, they have to pay out of pocket for those supplies, or try to abstain,” DeLorme said. “It’s very expensive to pay out of pocket.”

After the initial consultation, North Dakota Quits will call the patient every month and have a brief phone call to follow up on how the cessation is progressing and supply the patient with more cessation aids, if needed, DeLorme said, adding that the program will not incur a cost to the patient.

After another training next January, DeLorme hopes to get staff from Trinity Health’s outlying clinics to participate so the program can grow beyond Minot.

According to the most recent statistics from the North Dakota Department of Health, about 19 percent of adults (18 years or older) living in the city of Minot smoke cigarettes. Those figures include 7,030 of the 36,806 adults living in the city. In Ward County, 9,213 of the 51,756 adults, or 17.8 percent, smoke cigarettes, as do 111,059 of the 581,459 (or 19 percent) adults living in the state of North Dakota.

If you are interested in participating in smoking cessation, call your healthcare provider or Jessica DeLorme to set up a screening. DeLorme can be reached at 701-857-2286.



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Trinity Health Welcomes Dr. Brewley

Trinity Health is pleased to announce the addition of Earl Brewley Jr., MD, to our team of orthopedic surgeons.

Dr. Brewley is a board-eligible, fellowship-trained orthopedic surgeon who specializes in treating complex diseases of the upper extremity. His expertise includes advanced shoulder and elbow arthroscopy as well as primary and revision joint replacement surgery of the upper extremity.

Dr. Brewley earned his medical doctorate from Howard University College of Medicine in Washington, DC, and completed his orthopedic residency at Albany Medical Center in New York, where he served as chief resident. He completed a highly coveted shoulder and elbow fellowship in Tampa, FL, with Drs. Mark Frankle and Mark Mighell at the Florida Orthopaedic Institute. Under their supervision, Dr. Brewley performed over 150 shoulder replacements and over 100 arthroscopic shoulder procedures. Upon graduation, he completed additional training in Japan under Hiroyuki Sugaya, MD, and Teruhisa Mihata, MD, PHD, to learn additional arthroscopic techniques, including superior capsular reconstruction for irreparable rotator cuff tears. Dr. Brewley's research interests include age-related outcomes in shoulder arthroplasty, alternative treatments for post-traumatic elbow arthritis, and biomechanics stability in revision shoulder arthroplasty. He is a fellow member of the American Shoulder and Elbow Surgeons and an editorial reviewer for the Journal of Shoulder and Elbow Surgery.

In his leisure, he enjoys reading, hiking, writing poetry, and cheering for the New York Yankees.

Dr. Brewley is based at Health Center – West, 101 3rd Ave SW, Ste 101, Minot. For appointments or consultations, please call 701-857-5500.



Earl Brewley, Jr., MD

Early Diagnosis Can Help Fight Lung Cancer



November is Lung Cancer awareness month. Lung cancer kills more people annually than breast, colon, and prostate cancers combined. In 2019, the American Cancer Society expects 228,150 new cases of lung cancer nationally and 430 new cases in North Dakota. Men are diagnosed more often with lung cancer than women, but lung cancer in women is on a significant rise. Every five minutes, a woman in the United States is told she has lung cancer. Despite this fact, only three percent of women surveyed identified lung cancer as a pressing health concern. Smoking is directly attributable to about 80 percent of death from lung cancer. Compared to non-smokers, those who smoke have a 15 to 30 times higher risk of developing lung cancer.

The most important part of lung cancer prognosis is the individual's age and how early the lung cancer is diagnosed. Lung cancers identified at an early stage provide more options for a cure with surgical intervention. Survival rates are directly linked to screening and early diagnosis. However, only 16 percent of lung cancers are diagnosed at an early stage.

Lung cancer screening is the newest cancer screening recommended by the United States Preventative Services Task Force. Patients who are identified as candidates for lung cancer screening undergo a computed tomography (CT) study of the chest using low-dose radiation. These studies use 90 percent less radiation than a conventional computed tomography study. The screenings have been shown to

decrease lung cancer mortality by identifying lung cancers at an earlier stage.

Though lung cancer screenings have been available since 2015, utilization remains low. In 2017, only about 4 percent of eligible individuals received lung cancer screenings. To be eligible:

- Individuals must be between the ages of 55 and 77 years of age.
- Individuals must have a 30-pack-year smoking history. (Pack-year smoking history is calculated by multiplying the number of years smoked by the number of packs per day smoked).
- If the individual is a former smoker, they must have quit smoking within the last 15 years.

If you feel you are a candidate for low-dose lung cancer screening, schedule a consultation with your primary care provider or a pulmonology specialist. During this consultation, you and your provider will assess your eligibility as a candidate and answer any questions you may have about the screenings. If you would like to schedule an appointment for the lung cancer screening consultation, please call Trinity Health Pulmonology at 701-857-5741 or contact your primary care provider.

Trinity Health Pulmonology providers available to help you include Jeffrey Verhey, MD; Heidi Bender, DNP, APRN, FNP-C; and Dwight Remington, DNP, APRN, FNP-C, and are located at Health Center – East, Ste 203, 20 Burdick Expy W, Minot.



Fashion Heart Fundraiser

Heidi Zaderaka, Tanya Gillen, Julie Rood, and Heather Altringer, with Trinity Health's Cardiopulmonary Rehabilitation, stand with their information booth at the Trinity Health Auxiliary's Fashion Show Fundraiser on September 20. The event raised funds for the Trinity Health Auxiliary's Healthy Hearts Club.



Tough Enough To Wear Pink

More than \$36,000 was raised for the Trinity Health Cancer Exercise Rehabilitation Program through this year's Tough Enough to Wear Pink campaign. The program, which is provided by Trinity Health Exercise Physiology at the Minot Family YMCA, helps cancer patients fight the fatigue caused by cancer treatment.

Pictured from left to right: Joon Lee, MD, radiation oncologist with Trinity CancerCare Center; Cassie Hjelmstad, SRT; Brenda Lee, WGO; Russell Gust, director of Exercise Physiology; and Jake Hansen, Minot Y's Men's Rodeo. SRT and WGO are among the major sponsors who help fundraise for the program. Standing in the truck are, from left to right: Rae Jurick, Alexa Louser, Loni Steele, Kristi Abrahamson, Connie Sundby, and Laura Volk, all of whom were or are participants in the Cancer Exercise Rehabilitation Program.

Trinity Health Speaker's Bureau

Call Community Education at
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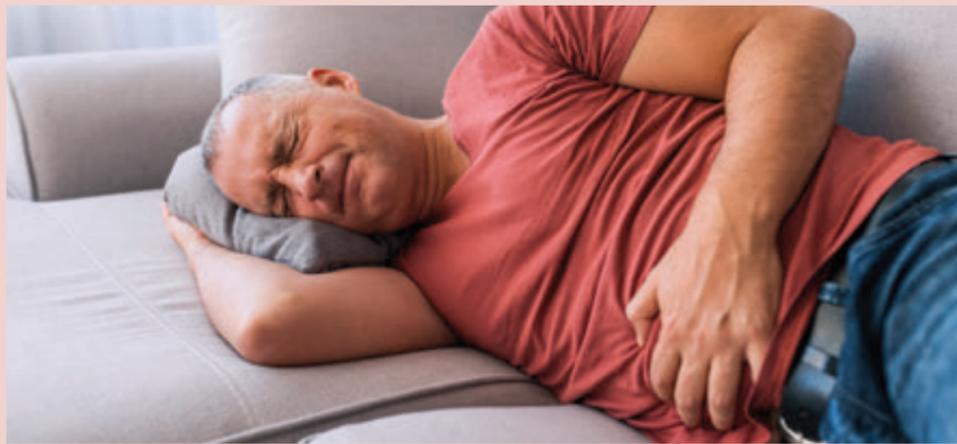
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Reducing Risk of Stomach Cancer



While rates for it have fallen worldwide, stomach cancer is still an important malady to watch out for.

The American Cancer Society estimates that about 27,510 cases (17,230 men and 10,280 women) of stomach cancer would be diagnosed in 2019, causing roughly 11,140 deaths (6,800 men and 4,340 women). The rates have decreased 1.5 percent each year over the past 10 years.

Stomach cancer usually begins in the mucus-producing cells that line the stomach. The most common form of stomach cancer is gastroesophageal junction cancer, which occurs in the area where the top part of the stomach and the lower end of the esophagus meet. According to Mayo Clinic, gastroesophageal junction cancer is associated with having gastrointestinal reflux disease (GERD), and, less strongly, with obesity and smoking.

It mostly affects older people, with the average age at diagnosis being 68; about six out of 10 people diagnosed with this form of cancer are over the age of 65. Men are more likely to develop stomach cancer, with the ACS estimating that men have a 1-in-95 risk, while women have a 1-in-154 risk.

Symptoms of stomach cancer include:

- Fatigue
- Feeling bloated after eating
- Feeling full after eating small amounts of food
- Severe, persistent heartburn
- Severe indigestion always present
- Unexplained, persistent nausea
- Stomach pain
- Persistent vomiting
- Unintentional weight loss

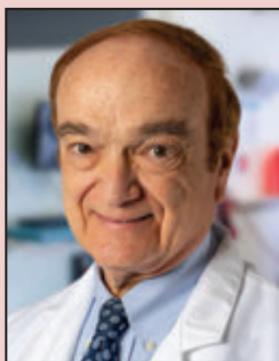
According to Mayo Clinic, risk factors for stomach cancer include:

- A diet high in salty and smoked foods
- A diet low in fruits and vegetables
- Family history of stomach cancer
- Infection with *Helicobacter pylori*
- Long-term stomach inflammation
- Pernicious anemia
- Smoking
- Stomach polyps

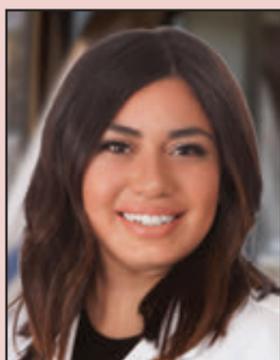
Stomach cancer is more common in less developed countries, but is less common in the United States. However, it was one of the leading causes of cancer-related deaths in the world and until the late 1930s, it was the leading cause of cancer death in the United States. According to the ACS, some attribute this decrease due to the increased use of refrigeration for food storage (reducing the need for salted and smoked foods) and making fresh fruits and vegetables more available.



Edmundo Justino, MD



Ira Paul Michaelson, MD



Kelly Dickinson, FNP-C



Bonnie Ler, FNP-C

Mayo Clinic said while there is no clear cause for gastroesophageal junction or stomach cancer, there are steps to help reduce the risk through small lifestyle changes:

- **Exercise.** Regular exercise is associated with a reduced risk of stomach cancer. Try to fit physical activity into your day most days of the week.
- **Eat more fruits and vegetables.** Try to incorporate more fruits and vegetables into your diet each day. Choose a wide variety of colorful fruits and vegetables.
- **Reduce the amount of salty and smoked foods you eat.** Protect your stomach by limiting these foods.
- **Stop smoking.** If you don't smoke, don't start. Smoking increases your risk of stomach cancer, as well as many other types of cancer. Quitting smoking can be very difficult, so ask your healthcare provider for help.
- **Ask your doctor about your risk of gastroesophageal junction or stomach cancer.** Talk with your healthcare provider if you have an increased risk of gastroesophageal junction cancer or stomach cancer. Together, you may consider periodic endoscopy to look for signs of stomach cancer.

Stomach cancer can be treated through several options, including surgery, chemotherapy, immunotherapy, and radiation therapy. The modality of treatment can depend on where the cancer started and how far it has spread. (As stomach cancer becomes more advanced, it can metastasize through the bloodstream to organs such as the liver, lungs, and bones, which makes it harder to treat.)

Trinity Health Gastroenterology includes Edmundo Justino, MD; Ira Paul Michaelson, MD; Kelly Dickinson, FNP-C; and Bonnie Ler, FNP-C. Their offices are located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7389.

Trinity Health Employees Exemplify Customer Service Standards



On October 7, Trinity Health held its annual ServiceFIRST awards to honor Trinity Health staff for promoting the tenets of ServiceFIRST principles: Focus, Identify, Respond, Satisfy, and Take Ownership.

The ServiceFIRST Awards are coordinated by Trinity Health's Employer of Choice Committee, which aims to improve job satisfaction through engagement and participation, increase employee retention, and enhance patient satisfaction.

The Awards and Winners

Care Provider:

The ServiceFIRST Care Provider Award honors employees with years of practice, experience, and dedication. The nominees demonstrate strengths of character, competence, and commitment to their profession. These employees portray ServiceFIRST qualities.

The winners are Rhonda Walter, vice president and administrator at Trinity Homes; Gina Weaver, LPN; Sarah Mullin, MD, family medicine; and Jerel Brandt, DO, general surgeon.

Manage Up:

The "Manage Up" Award honors employees who are observed taking a proactive approach to resolve issues in an effective, timely, and positive manner.

The winners are Sande Reinhardt, RN, nurse manager of 3 East and 3 South at Trinity Homes; Sandy Holzer, administrative assistant with materials management; Wyrene Ramirez, RN; and Marilee Knaack, coding coordinator.

Novice to Expert:

The "Novice to Expert" Award honors employees who are newer to their profession and have practiced for less than three years. The nominees demonstrate leadership and contribute energy, commitment, and enthusiasm to their profession.

The winners are Samantha Mead, occupational therapist with home health; Cheri Arellano, optician with Trinity Regional Eyecare – Western Dakota; Elin Ellefson, RN; and Crystal Witham, patient access manager for admitting.

Visionary:

The "Visionary" Award honors employees who use creative thinking to build the pathway for development and implementation of new processes that contribute to improved patient care. The nominees serve as role models and motivate others to blaze new trails for providing services.

The winners are Monica Padgett, RN, MSN, clinical nurse educator at Trinity Homes; Deanna Ness, RN, CNA education coordinator at Trinity Homes; Carolyn Seehafer, director of pharmacy at Trinity Hospital; and Jamie Hammer, RN, MSN, director of nursing at Trinity Homes.

Outstanding Team:

This award is presented to outstanding teams, committees, or units that consistently demonstrate exceptional teamwork and recognize the value of interdisciplinary practice. The actions of these teams are especially helpful in reinventing our work process to achieve improved outcomes and patient/staff/physician satisfaction.

The winners are Trinity Homes 3 East, Trinity Homes business office (Brandi Nickle and Christina Clark), the orthopedic clinic, and Trinity Hospital 5 East.

Winners of the ServiceFIRST Awards were chosen from an anonymous review of nominations submitted by Trinity Health employees.

Year-End Appeal: Cardiac Stress Testing System



A cardiac stress test is often considered a universal starting point for assessing a patient's cardiac health. The test can provide the first indication of a problem that otherwise might be overlooked.

For this reason, the purpose of the Trinity Health Foundation's Year-End Appeal is to raise \$45,000 to purchase a new cardiac stress testing system for cardiopulmonary services at Trinity Health. While the equipment costs \$71,000, the Foundation has already received two grants totaling \$26,000 for this project, said Al Evon, director of the Trinity Health Foundation.

Once the system is purchased, Trinity Health will be able to provide this service in Minot and at Trinity Community Clinic – Western Dakota, which will provide patients in western North Dakota with more timely access to this service. “By increasing our access and timelessness to this procedure in our locations in Minot and Williston, our hope is to show a decrease in stroke and cardiac mortality in the northwest corridor region of North Dakota,” explained Darren Armstrong, director of therapy services at Trinity Health.

The test shows how the heart works during physical activity, “because exercise makes your heart pump harder and faster and exercise stress tests can reveal problems with blood flow within your heart,” Armstrong said. “This testing usually involves walking on a treadmill or riding a stationary bike. Your heart rhythm, blood pressure, and breathing are monitored.”

The cardiac stress test can offer important insights that may lead to the early diagnosis and treatment of cardiovascular disease and atherosclerosis, Armstrong noted. “This early interventional tool for providers and patients will benefit this region's community by promoting better cardiovascular health to patients.”

Having timely access to a cardiovascular stress test allows patients and physicians with the successful acquisition and interpretation of cardiac conditions. “This testing allows patients and physicians exceptional testing, accuracy, and interpretation of real-time ST-segment monitoring, arrhythmia detection, and resting ECG interpretation,” Armstrong said. “The delivery of these crucial data through each state of the stress test is crucial for interpretation of cardiac abnormalities in adults, adolescents, and children.”

A physician may recommend a stress test if the patient has signs or symptoms of coronary artery disease or an arrhythmia, or an irregular heart rhythm. “This testing may also guide treatment decisions and help plan for the next step in course of treatment,” Armstrong said.

To donate toward the Foundation's Year-End appeal, call the Foundation office at 701-857-5432 or 701-857-2430; mail to: Trinity Health Foundation, P.O. Box 5020, Minot, ND 58702-5020; drop off at Trinity Hospital – St. Joseph's, 407 3rd St SE, 2nd floor, Minot; or donate online at: www.trinityhealth.org/foundation/donate-to-the-foundation/how-to-make-a-gift/.

Recipes for Fall Cooking

Fall food doesn't have to be fancy or use multiple ingredients.

Sometimes, all you need are simple, real ingredients. When it comes to preparation, consider the flavor you want to achieve; this may help you pick the method of cooking. For example, if you boil a vegetable or a squash, the flavor is fine, and it may also taste a bit watered down. When you roast a vegetable or squash, you now have a more robust flavor. Try roasting any vegetable or squash and see how the flavor turns out compared to boiling. You may notice a caramelized flavor which enhances the sweetness with the squash.

When fresh produce in-season (or frozen fruit off-season) is on hand, people often decide to bake a dessert or pie; this means added fats and sugar. Keeping with the simple theme, try to add a simple topping to the fruit instead.

Roasted Squash

Ingredients

- 3 large butternut squash (about three pounds), peeled and seeded and cut in 1-inch chunks
- 3 tablespoons good olive oil
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper

Instructions

1. Preheat the oven to 400 degrees F.
2. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.



Sautéed Red Cabbage

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 small onion, sliced
- 1/2 red cabbage, shredded
- 1/3 cup white or apple cider vinegar
- 1 tablespoon sugar
- Salt and pepper

Instructions

1. Heat a skillet over medium high heat. Add oil and onion and sauté 2 minutes.
2. Add cabbage and turn in pan, sautéing it until it wilts, 3 to 5 minutes.
3. Add vinegar to the pan and turn the cabbage.
4. Sprinkle sugar over the cabbage and turn again.
5. Season with salt and pepper and reduce heat a bit.
6. Let cabbage continue to cook 10 minutes or until ready to serve, stirring occasionally.



Healthy Baked Apples

Ingredients

- 2 large apples
- 2 tablespoons brown sugar
- 1 tablespoons butter, melted
- 2 tablespoons quick cooking oats (not instant)
- 1 tablespoons chopped nuts
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/3 cup water or apple juice

Instructions

1. Preheat oven to 350 degrees F.
2. Cut the apples in half around the middle. Remove the core and seeds with a small spoon, knife, or melon baller. Place the apples in an ovenproof baking dish.
3. In a small bowl, combine the brown sugar, butter, cinnamon, nutmeg, oats, and nuts. Spoon this mixture into the centers of your apple halves. Pour water or apple juice into the baking dish.
4. Bake apples for 30-45 minutes, or until the apples are tender when pierced with the tip of a sharp knife.
5. Serve warm and enjoy!



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24 Hour-On-Call Respiratory Service

Antibiotics Aren't Always the Answer

Antibiotics save lives, but they aren't the answer to every illness; in fact, when antibiotics are taken unnecessarily, they can cause harm.

Antibiotics Awareness Week is November 18–24. It's an annual one-week observance that raises awareness of the importance of appropriate antibiotic use to combat the threat of antibiotic resistance, one of the most urgent threats to the public's health.

"Antibiotic resistance occurs when bacteria change in response to the use, and usually overuse, of antibiotics," said Terry Altringer, PharmD, Trinity Health pharmacy clinical services supervisor. "When bacteria become resistant, antibiotics cannot fight them, and the bacteria can flourish."

According to the Centers for Disease Control and Prevention (CDC), each year in the United States, at least two million people get infected with antibiotic-resistant bacteria, and at least 23,000 people die as a result.

Terry said that while most of these resistant bacteria are not common in our hospitals and communities yet, "they are slowly

increasing in number, and if left unchecked, could usher us back into an era that existed before antibiotics were developed."

Additionally, anytime antibiotics

are used, side effects can occur. Common side effects include rash, dizziness, nausea, diarrhea, and yeast infections. More serious side effects include clostridium difficile infection and severe and life-threatening allergic reactions.

The CDC says that reactions from antibiotics

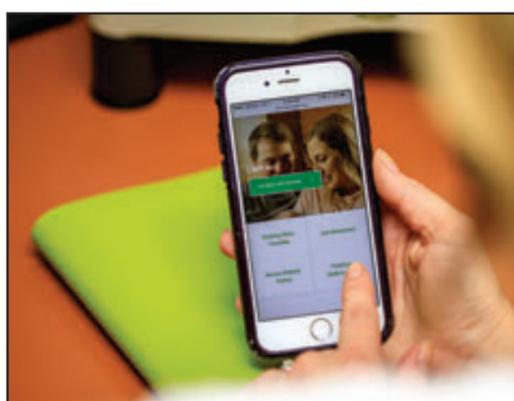
cause one out of five medication-related visits to the emergency department, and in children, it's the most common cause of medication-related emergency department visits.

According to Terry, the key to understanding when antibiotics will help is knowing whether you're battling a bacterial or viral infection. While antibiotics can treat bacterial infections, they will never work for illnesses caused by viruses, such as colds, flu, bronchitis, or runny noses. "Unfortunately, most viral infections simply need to run their course and medications just won't do anything to shorten the duration," Terry said.

If you are given an antibiotic for an illness, be sure to take it exactly as prescribed and talk to your doctor if you develop any side effects. If you aren't prescribed an antibiotic for your illness, pain relievers, fever reducers, saline nasal spray or drops, warm compresses, liquids, and rest can help you feel better. "It's important to listen to the doctor's advice and if they do not recommend antibiotics, do not pressure them into a prescription," said Terry.

Common Condition: What's got you sick?	Common Cause			Are antibiotics needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	X			Yes
Whooping cough	X			Yes
Urinary tract infection	X			Yes
Sinus infection		X		Maybe
Middle ear infection		X		Maybe
Bronchitis/chest cold		X		No
Common cold/runny nose			X	No
Sore throat (except strep)			X	No
Flu			X	No

Finally, Terry advises people to stay healthy by getting their annual flu shot and washing hands frequently with soap and water or cleansing rubs.



TAPP into your health!

With the Trinity Health Mobile App, you can:

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- Find all Trinity Health locations
- Search for a medical provider by name or specialty
- View the BabyBytes online nursery
- Search for pharmacies

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C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Events

November 5 — The Keys to Diabetes Success will meet at 5:30 p.m., at the Trinity Health Community Conference Center, located at Town & Country Center, 831 S Broadway. The topic will be "Back to Basics: Who's On Your Team?" The meeting will be presented by Andrea Anhorn, RN, BSN, CDE, quality coordinator of the Trinity Health Center for Diabetes Education. Reservations are not required, but recommended. Please call 701-857-5268.

November 9 — A pediatric flu clinic will be held in Trinity Health Pediatrics, located at Health Center – Medical Arts, third floor, 400 Burdick Expy E, Minot, from 9:00 a.m. to 2:00 p.m. No appointment necessary.

November 12 — Join a clinical dietitian as they host a Grocery Store Tour at the original MarketPlace Foods, 1930 S Broadway, at 6:00 p.m. The topic will be Diabetes. Space is limited, so please RSVP by calling 701-857-5268.

November 14 — Trinity Health Orthopedics will have a presentation on joint replacements at the Showcase of Business, from 5:00 to 8:00 p.m., at the North Dakota State Fair Center, 2005 Burdick Expy E, Minot.

November 20 — The Stroke Support Group will meet at Health Center – Riverside, 1900 8th Ave SE, Minot, at 7:00 p.m. The support group, which meets the third Wednesday of each month, is for stroke patients and their caregivers. For more information, call Jerilyn Alexander, RN, Stroke/STEMI coordinator, at 701-857-2449.

November 21 — KeyCare Medical and Trauma Services will have informational booths at the Independent Living Fair, from 1:00 to 4:00 p.m., at the Clarion Hotel.

November 23 — A pediatric flu clinic will be held in Trinity Health Pediatrics, located at Health Center – Medical Arts, third floor, 400 Burdick Expy E, Minot, from 9:00 a.m. to 2:00 p.m. No appointment necessary.

Mobile Mammogram Schedule

- November 4.....Trinity Community Clinic – Mohall (a.m.), 756-6841
Tioga Clinic (p.m.), 664-3368
- November 5Tioga Clinic (a.m.), 664-3368
Crosby Clinic (p.m.), 965-6349
- November 18Trinity Community Clinic – New Town (a.m.), 627-2990
Kenmare Hospital (p.m.), 385-4296
- November 20-21Johnson Clinic – Maddock, 438-2555

Prepared Childbirth Classes

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

SATURDAYS: November 9 and December 14
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

November 14 and December 12
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, visit trinityhealth.org/services/womens-health.

Family Birth Center Tours

Expectant mothers are invited to attend a formal group tour/ education/Q&A session at Trinity Hospital's Family Birth Center. This opportunity allows every expectant mother to hear and see valuable information in a relaxed environment. We will also provide information on self-care, infant safety, and what to expect during your delivery. Tours of the Family Birth Center are also available every Sunday at 2:30 p.m. and Tuesdays at 7:30 p.m. If you are interested in taking a tour, come to the Family Birth Center on those days/times.