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Shoveling Snow and Heart Attacks

With winter comes snow, sometimes a lot. While many people may find shoveling the inches – or feet – of snow off the driveway and sidewalk a dreaded activity, it’s also an activity that should be done with caution.

Studies show that people who have heart disease or a high risk of having heart disease should avoid shoveling snow. Why? The exertion of shoveling snow can induce the rupturing of a stable cholesterol plaque in patients with heart health concerns, explained Ahmad Daraghme, MD, FACC, a cardiologist with Trinity Health.

A Harvard study estimates that roughly 100 people (mostly men) die during or just after shoveling snow each year in the United States, and more are admitted to the hospital with chest pain or other heart problems. A correlation was discovered that hospital admissions and deaths due to heart attack occurred the day after it snowed in Canada during the years 1981 to 2014.

According to the studies, this tends to happen more in colder states (like North Dakota). The extreme cold with extreme exercise “can put a burden on a stable cholesterol plaque coupled with vascular spasm that may cause instability and rupturing of that plaque, leading to a heart attack,” Dr. Daraghme said, warning that people with documented cases of coronary artery disease need to be cautious.

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AFib is No Lie

The occasional irregularity of your heartbeat may be more than just a one-time occurrence. It could be atrial fibrillation, a heart arrhythmia that between 2.7 and 6.1 million Americans have.



Ahmad Daraghme, MD, FACC

Atrial fibrillation, or AFib, is an irregular heartbeat that comes from the top chamber of the heart, explained Ahmad Daraghme, MD, FACC, a cardiologist with Trinity Health. When this occurs, blood doesn’t flow as well as it should from the upper chambers (the atria) to the lower chambers (the ventricles) of the heart.

The most common symptom of AFib is irregular heartbeat or palpitations, Dr. Daraghme said. The heart may feel as if it is fluttering, or there is a pounding in the chest. Others may feel extreme fatigue or lightheadedness, chest discomfort, shortness of breath, exercise intolerance, fainting, and blackouts.

According to the American Heart Association, people who have one or more of the following conditions are typically at a higher risk for AFib:

- **Advanced age.** The number of adults developing AFib increases markedly with older age. (AFib in children is rare, but it can happen.) There is a “very strong association” between older age and AFib, Dr. Daraghme said.
- **High blood pressure.** Longstanding, uncontrolled high blood pressure can increase your risk for AFib.
- **Underlying heart disease.** This includes anyone with heart disease, such as valve problems, hypertrophic cardiomyopathy, acute coronary syndrome, Wolff-Parkinson-White (WPW) syndrome, and history of heart attack. Additionally, AFib is the most common complication after heart surgery.

- **Drinking alcohol.** Binge drinking – five drinks in two hours for men, or four drinks for women – may put you at higher risk for AFib.
- **Family history.** Having a family member with AFib increases your chances of being diagnosed.
- **Sleep apnea.** Although sleep apnea isn’t proven to cause AFib, studies show a strong link between obstructive sleep apnea and AFib. Often, treating the apnea can improve AFib.
- **Athletes.** AFib is common in athletes and can be triggered by a rapid heart rate called a supraventricular tachycardia (SVT).
- **Other chronic conditions.** Others at risk are people with thyroid problems (specifically hyperthyroidism), diabetes, asthma, and other chronic medical problems.

The easiest way to diagnose AFib is through an electrocardiogram, or an EKG, which is “a simple test in the office,” Dr. Daraghme said. “It will show if the heart is in the regular rhythm or if it is irregular.”

At times, the EKG may show normal results, even if a patient is feeling a recurrence of an irregular heartbeat; a Holter monitor, which monitors the heart “for a couple of days” is then used to help make a diagnosis.

“The moment we confirm the diagnosis, we will be doing a set of diagnostic testing to check for the underlying causes,” Dr. Daraghme said. “We will do an echocardiogram, an ultrasound for the heart that will help us study the structure and function of the heart and the valves, because valvular heart disease is a major cause of AFib.”

According to Dr. Daraghme, AFib is not necessarily a constant health concern. It all depends on the cause. “If this is a short-lived AFib that happened one time in the patient’s life provoked by alcohol or after a major surgery, it may not come back at all,” he said.

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# Trinity Health Patients May Receive a Press Ganey Survey

Trinity Health has partnered with Press Ganey® to conduct patient experience surveys.

Press Ganey is an approved survey vendor that uses a standardized method to collect feedback about your experience. Results help us evaluate and improve the care we provide.

If you are contacted by any of the following, rest assured it is a legitimate note from Press Ganey seeking your feedback about Trinity Health:

- Text messages will always come from 91994.
- Emailed surveys will always come from noreply@patients.pgsurveying.com.
- Mailed surveys will clearly state “Trinity Health” on the envelope.

We respect your time and your privacy. If you receive a communication from a source listed above, please complete the survey. Trinity Health is committed to continually improving; your survey responses are important to ensure we provide excellent patient care. Thank you for your valued feedback.

# Safe Kids Celebrates First Anniversary



Safe Kids Minot celebrated its first anniversary on January 8 in the Trinity Hospital Skyway.

Trinity Health serves as the lead agency for Safe Kids Minot, which helps families and the community keep kids safe from preventable injury. Amber Emerson, RN, pictured above, serves as the Safe Kids Minot coordinator.

Safe Kids works with an extensive network of more than 400 coalitions in the United States and with partners in more than 30 countries to reduce traffic injuries, drownings, falls, burns, poisonings, and more.

# AFib is No Lie continued from page 1

Ultimately, there is a variable percentage of recurrence, with no guarantee of a cure for AFib. With chronic permanent AFib, a patient can “live all their life with irregular heart rhythm,” Dr. Daraghmeh said. “We aim, in these patients, to manage the pulse rate, to keep them calm and resting, and give them blood thinners to prevent stroke without aiming to convert them back to regular rhythm.”

Management for AFib has different goals:

- **Medications to control the heart’s rhythm and rate:** “If the heart rate is going fast and the heart is racing with AFib, we use medications from a family called beta blockers or calcium channel blockers which slow down the heart,” Dr. Daraghmeh said.
- **Stroke prevention:** Blood-thinning medication can prevent blood clots from forming and reduce stroke risk. “We use a standardized clinical scoring system to evaluate the patient’s risk for developing a stroke in patients with AFib, since the quivering of the top chamber of the heart causes slow blood flow and clot formation, which may cause a stroke,” Dr. Daraghmeh said. “Based on the clinical scoring system, we determine if the patient needs blood thinner to prevent a stroke.”
- **Rhythm management:** “The management for the rhythm, which is

the main problem, can be done by a medical cardioversion called antiarrhythmia medication. Or, electrical cardioversion can be done by delivering a controlled electrical shock across the chest while the patient is sedated, which can stabilize the electricity in the heart and convert the heart to a normal regular rhythm,” Dr. Daraghmeh said.

- **Surgery:** Surgery is the last resort for patients who are symptomatic with recurrent AFib and failed the above-mentioned options, Dr. Daraghmeh said. “We refer them to a special heart doctor, an electrophysiologist, who performs an ablation procedure.”
- **Medication avoidance and healthy lifestyle changes to manage AFib risk factors.** “We ask patients to avoid all the stimulants that can precipitate or worsen the palpitations,” Dr. Daraghmeh said, adding that being “modest” with alcohol and coffee, as well as avoiding energy drinks, drugs, or other stimulants can help.

Trinity Health’s team of cardiologists includes: Valentine Chikwendu, MD; Ahmad Daraghmeh, MD, FACC; Samir Turk, MD; and Amanda Weidler, FNP-C. They are located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For more information or to schedule an appointment, please call 701-857-7388.

# Trinity Health Selects JE Dunn Construction to Complete Regional Healthcare Campus

Trinity Health has selected JE Dunn Construction as the Construction Manager to complete the organization’s new healthcare campus and medical district in Minot, effective immediately.

“This campus embodies Trinity Health’s commitment to the health and well-being of our region, and its successful completion is a top priority,” said John Kutch, president and CEO of Trinity Health. “This business decision follows a series of challenges with our previous construction manager. We are not willing to compromise on this important project. Trinity Health looks forward to working with JE Dunn to successfully complete this regional state-of-the-art medical facility.”

JE Dunn’s North Dakota-based team will now work through a transition period to coordinate activities of all subcontractors and advance the project to completion. The company is nationally recognized for its healthcare work and was ranked as the nation’s third largest healthcare builder in 2019 by Modern Healthcare, a leading industry publication.

“Our team was impressed by JE Dunn’s industry expertise, along with their collaborative and innovative approach,” said Kutch. “We are confident they will help us bring our regional healthcare vision to life.”

Trinity Health’s new campus will provide the region with a 21st century healthcare complex that offers a wide spectrum of advanced, patient-centered healthcare services. Also planned is a medical office building for hospital-based specialists and other patient- and family-friendly services and amenities.



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Physician Referral Service

# Shoveling Snow continued from page 1

The most common symptom of coronary artery disease is angina-like chest pain or discomfort, which occurs when too much plaque builds up inside arteries, causing them to narrow.

Risk factors for coronary artery disease include diabetes, high cholesterol, hypertension, being overweight, physical inactivity, unhealthy eating, and smoking tobacco, the Centers for Disease Control and Prevention said, adding that a family history of heart disease – especially at an early age (50 or younger) – also increases risk for coronary artery disease.

Trinity Health’s MyChoice Health Checks can help identify coronary artery disease through Coronary Artery Calcium Scoring, which detects developing plaque or calcium in the coronary arteries that can lead to a heart attack.

In addition, MyChoice Health Checks include screenings for abdominal aortic aneurysm, carotid artery, electrocardiograms, and peripheral artery disease. These screenings are performed at Trinity Health’s Advanced Imaging Center, located in Health Center – Town & Country, 831 S Broadway. The results from these screenings are interpreted by a radiologist or cardiologist, with some requiring additional evaluation that may be offered and supervised by a nurse practitioner.

If you think that you have coronary or peripheral artery disease (or any of the others that MyChoice Health Checks screen for), please consult with your primary care provider or schedule a screening by calling 701-857-3220.





LEGO League team member Jonathan Jacob demonstrates to Community Ambulance Director Greg Anderson how a loading dock at Trinity Health’s ER entrance could ease patient unloading. Also pictured, from left, are team member Tristen Farmer and CAS clinical specialist Marcy Kuhnenn.

# Lego Team Advances in Competition with Emergency Entrance Reboot

A team of Minot middle-school students hopes their ideas will help ease congestion at Trinity Health’s emergency hospital entrance. Short of that, they’ve strengthened the case for Trinity Health’s new healthcare campus currently under construction.

The team, called Magic Thunder, chose a redesign of Trinity Hospital’s emergency entrance as its entry in the third annual FIRST LEGO League (FLL) competition held January 11 at Minot State University.

Magic Thunder, comprised of Tristen Farmer, Jonathan Jacob, Joel Jacob, Nick Debowey, and Joshua Harris, did well. They were one of nine teams selected to advance to the next level, which is the FLL State competition in Grand Forks February 8 at the University of North Dakota.

FIRST LEGO League challenges kids to think like scientists and engineers. During the recent CITY SHAPER season, teams had to choose and solve a real-world problem in the Innovation Project.

“We looked around the community and picked the ambulance bay,” said team member Tristen Farmer. He explained that another team member noticed after a family emergency that the emergency parking garage doesn’t have a lot of room for ambulance vehicles.

Officials from Trinity Health gathered around a table at Community Ambulance headquarters to hear the students present their plan. They were impressed with the seriousness of their approach and agreed that their premise had merit.

“Our hypothesis is that the emergency entrance is too small,” Tristen explained. “It can accommodate traffic for the most part. But if there was a mass casualty situation, it would be a big problem, so we came up with a solution.”

The students said they spent about six weeks researching and brainstorming the issue – a daunting task, given that the hospital’s emergency entrance and parking bay is flanked by two major thoroughfares – Burdick Expressway and Main Street.

After considering various solutions, they landed on a design that calls for a gate to be built across the parking entrance so only ambulances would have access. In addition, a loading dock would be added to facilitate the loading and unloading of patients.

Susann Krueger, nurse manager of the Emergency/Trauma Center, congratulated the students and noted that Trinity Health’s new healthcare campus will incorporate many of the team’s solutions, including the need to shield emergency vehicles from regular hospital traffic.

“I like that loading dock idea,” said Community Ambulance Director Greg Anderson, who added with a smile, “I trust that you’re going to be an engineer one day.”

Trinity Health

Speaker’s Bureau

Call Community Education at

701-857-5099

to check for available dates and topics.

# Nursing Scholarships Awarded: Making More Care Possible

In late December, the Trinity Health Foundation’s Nursing Scholarship Committee met and selected 14 individuals to receive nursing scholarships for the 2019-20 year. In all, more than 60 applications were received, with 20 finalists interviewed.

The scholarships were awarded at a banquet on January 14.

The 2019-2020 Scholarship recipients are:

- Dakota College at Bottineau: Mandy Evers, from the Bottineau campus; Linnzi Aberle and Tessa Pierson, from the Minot campus; and Alysia Rufsvold, from the college’s Valley City campus
- Minot State University: April Edwards, Jordan Eul, Shaley McNally, Jenae Orluck, Jenna Routledge, Kali Swenson, and Kate Zimmerman
- North Dakota State University: Annika Arnold
- University of North Dakota: Jenna Leier and Taylor Mattson

The Nursing Scholarship Program was created to help slow down the shortage of nurses in the nation by providing scholarships to nursing students. According to the Bureau of Labor Statistics, the shortage of nurses will top one million by 2024.

From August 1 to November 1, the Trinity Health Foundation accepts applications for nursing scholarships. These scholarships are awarded per academic year for either BSN or AND degrees and are open to new nursing students or Trinity Health employees seeking their BSN. Acceptance to an accredited nursing program is required, and the scholarship award is paid directly to the nursing school.

Applications are available online ([trinityhealthfoundationnd.org](http://trinityhealthfoundationnd.org)) or at the Trinity Health Foundation office, located on the second floor at Trinity Hospital – St. Joseph’s, 407 3rd St SE, Minot. The recipients of the scholarship are announced at the end of each year.

Trinity Health Foundation hopes to continue to grow the nursing scholarship fund and assist more students in the future. If you would like to donate to this fund to help overcome the nursing shortage and make a positive difference in the healthcare of our region, please contact the Trinity Health Foundation office at 701-857-5432 or 701-857-2430 and one of the staff members would be happy to assist you.

“Trinity Health Foundation recently received a \$25,000 matching gift commitment from one of our donors,” added Al Evon, director of the Foundation. “Therefore, all donations given to the Nursing Scholarship Endowment will be doubled up to a total of \$25,000. That will help us continue to award funds to deserving nursing students in the future.”

“We are so grateful for the enormous level of support that our donors have shown for the nursing scholarship program,” said Jeffrey Verhey, MD, chairman of the Trinity Health Foundation Board. “Thanks to their generosity, we are able to support nursing education in our region, and in return we can continue to address the needs of the people we serve. Our Foundation is blessed to have a tremendous level of commitment from our donor base. Trinity Health Foundation will honor that commitment and continue to make more care possible.”



Nursing students from four colleges in North Dakota were recently awarded nursing scholarships from the Trinity Health Foundation’s Nursing Scholarship Program.



# Partnering for Safe Kids

Safe Kids Minot got a major boost from Enbridge Inc. as it received a \$5,000 donation from the energy company in support of an upcoming Safe Kids Minot event, “Wild About Safety at the Zoo.” Safe Kids Minot Coordinator Amber Emerson (right) says the event, set for July 2020, will offer free admission to Roosevelt Park Zoo, while bringing together local experts who will share a message of childhood safety and injury prevention. Enbridge Community Engagement Advisor Wendy Pank (pictured left) says the contribution reflects Enbridge’s mission to safely deliver energy through its network of oil and gas pipelines. Trinity Health is the lead agency for Safe Kids Minot.



# Firefighters Fundraise for Pediatrics



Trinity Health’s pediatric unit was the recent benefactor of the Minot Fire Department. On December 20, the Firefighters Local Union #1157 donated \$335 raised from No Shave November fundraising activities.

Twelve firefighters from the city of Minot’s four fire stations participated in the No Shave November event; however, due to regulations, their facial hair was limited to mustaches, said Danny Raymond, a firefighter with the Minot Fire Department. The fire department threw ideas around and agreed to donating to the pediatric unit. Raymond said, noting that “quite a few” of the firefighters have had children who were patients in Trinity Health’s neonatal intensive care unit (NICU).

Candice Starr, RN, nurse manager of the pediatric unit, said the funds would be used for decoration on the pediatric floor, which is on the sixth floor at Trinity Hospital. The décor would help revitalize the unit to make it look less sterile and more kid-friendly.



# RSV in Infants Nothing to Sneeze At

It’s one of many seasonal illnesses that affect people this time of year. Respiratory syncytial virus, or RSV, can produce mild cold-like symptoms in adults. But for infants and young children, RSV can be a bigger concern.

The Centers for Disease Control and Prevention lists RSV as the most common cause of bronchiolitis and pneumonia in children younger than one year of age. The agency also estimates that 57,000 children under five will be hospitalized this year due to RSV infection.

Trinity Health pediatrician Ndu Ugobi, MD, said the greatest challenge with RSV is how quickly the condition can escalate in some children. “Initially it behaves like a cold, with nasal congestion and coughing. But if it proceeds down the respiratory tract, it can affect the small breathing tubes of the lungs and become severe in just a few days,” he said.

RSV can produce some alarming symptoms in some cases. “Infants can appear to be hungry for air, with flaring of the nostrils or straining of the chest or stomach while breathing. Some exhibit rapid breathing or appear blue around the mouth,” Dr. Ugobi said.

Another worrisome symptom can be dehydration due to decreased oral intake, as affected children become too sick to feed or drink well. Sometimes, a child may be hospitalized mainly due to dehydration.

The timing and severity of RSV circulation can vary from year to year but in North America, it is generally seen in the winter months. Dr. Ugobi noted that RSV is seasonal so it usually peaks in January and February. “If your child has a cold that’s not going away, I’d be suspicious of RSV and see a doctor,” he added.

Visits to a pediatrician or other healthcare provider for an RSV infection are common. During such visits, the provider will evaluate how severe the child’s RSV infection is to determine if the patient should be hospitalized.

Children most at risk for RSV include very young infants or those born prematurely, as well as young children with chronic lung and/or heart conditions or with a weakened immune system.

RSV can spread when an infected person coughs or sneezes, or it can be passed along by touching a surface that has the virus on it, like a doorknob, and then touching the face before washing hands. Additionally, it can spread through direct contact with the virus, like kissing the face of a child with RSV. This is why it’s important to be proactive.

“People with cold-like symptoms should avoid interacting with children at high risk for severe RSV disease,” Dr. Ugobi said. “If this isn’t possible, they should

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Ndu Ugobi, MD

# Clinical Dietitian to Lead Nutrition Services

Desire’e Steinberger, RD, LRD, a clinical dietitian with eight years of experience in clinical nutrition and food service management, has joined Trinity Health as Director of Nutrition Services.

Steinberger will oversee all aspects of Trinity Health’s hospital-based food and clinical nutrition services and will supervise the department’s clinical team.

A Kenmare native, she earned a Bachelor of Science in Dietetics from the University of North Dakota and began her career as a public health dietitian and a clinical dietitian at Bethel Lutheran Nursing and Rehabilitation Center, both in Williston. She remained in Williston for several years, providing clinical nutrition, menu writing, and education services for various health agencies, including Upper Missouri District Health Unit, NDSU Extension Service Williams County, and the community’s Head Start program.

Most recently, Steinberger served as food service director and clinical dietitian at Elm Crest Manor in New Salem.

Steinberger is currently pursuing a Master of Science in Nutrition at UND, with specialization in nutrition education and counseling.



Desire’e Steinberger, RD, LRD

**View our New Regional Healthcare Campus & Medical District Construction**

**Go to [trinityhealth.org](http://trinityhealth.org) and click on the link.**

# DAISY Award

Amanda Luttrell, RN, with Trinity Health’s Intensive Care Unit, recently earned the DAISY Award.

The DAISY Award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. Trinity Health is proud to be a DAISY Award partner, recognizing one of our nurses with this special honor each month.

To nominate a Trinity Health associate for the DAISY Award, visit: [trinityhealth.org/patients-visitors/employee-award-programs](http://trinityhealth.org/patients-visitors/employee-award-programs).



Amanda Luttrell, RN

# Sunflower Award

M. C. Ondieki, CNA, from Trinity Hospital’s fifth floor, was a recent recipient of the Sunflower Award.

The Sunflower Award recognizes the compassionate care and extraordinary services provided by CNAs every day. Patients, visitors, nurses, physicians, and employees may nominate a deserving CNA. Nomination forms can be found throughout the hospital or online at [trinityhealth.org/patients-visitors/employee-award-programs](http://trinityhealth.org/patients-visitors/employee-award-programs).



M.C. Ondieki, CNA



# Trinity Health Employees Celebrate Years of Service

Trinity Health will celebrate the achievements of about 100 of its staff this month.

The Employee Service Awards Banquet, which will be held at the Grand Hotel, honors members of the Trinity Health team who achieved noteworthy anniversaries, including those who have worked 20, 25, 30, 35, and 40 years.

**CELEBRATING 20 YEARS:** Linnzi Aberle, LPN, Ambulatory Surgery Center; Vicki Alvstad, shuttle driver, Facilities Management; Tammy Angel, Nurse Educator, Nursing Service Office; Lynette Azure, Housekeeper I, Environmental Services; Terri Beck, CT/MR Technologist, CT Scanner; Kimberly Bergrude, RN, NICU/Transitional; Judith Brooks, Communications Attendant, Communications; Sheri Danks, LPN III, Trinity Community Clinic – New Town; Mary Duchsherer, Radiology Technologist, Breast Imaging – MAC; Sharon Hagelund, Laundry Assistant, Laundry & Linen, Trinity Homes; Dena King, Nuclear Medicine Technologist, Nuclear Medicine; Jerica Klein, Assistant Unit Manager, Surgery; Rhonda Korgel, Medical/Radiology Assistant, Radiology; Bryon Kraft, Network Engineer III, Information Technology; Elizabeth Larsen, Social Worker/LCSW, Therapy; Jolene Montgomery, Housekeeper I, Environmental Services; Jessica Mueller, COA/OSA, Trinity Regional Eyecare – Minot Center; John Nelson, MD, Emergency Trauma Center; Barbara Nesheim, Certified Athletic Trainer, Athletic Training; Paul Pausig, CNA, Mental Health Unit, Trinity Hospital – St. Joseph’s; Paul Person, Maintenance Mechanic III, Facilities Management, Trinity Homes; Tamara Rodgers, RN II, First Care/Family Medicine; Kim Schmalz, MDS RN – Homes, Administrative Support, Trinity Homes; Shawn Van Dyke, CNA, NCF, Trinity Homes; Pamela Vandal, Office Assistant II, Behavioral Health; Michele Welsh, Office Assistant II, Pediatrics; Sarah Wiley, Help Desk Manager, Informational Technology.

**CELEBRATING 25 YEARS:** Judith Anderson, Office Assistant II, Cardiology; Donald Anhorn, Clinical Charge Analyst, Revenue Management; Brenda Behrens, Pre-Certification Specialist, Patient Financial Services; Angela Bergeson, Behavioral Health Utilization Review, Case Management; Kraig Brandt, CRNA, Anesthesiology; Doris Brekke, Incomplete Records Coordinator, Health Informational Management; Nancy Brown, RN, Surgical Nursing; Roxann Brown, Nurse Practitioner, Psychiatry; Marilynn Cooper, Business Services Supervisor, Business Office; Daren Fenner, Dietary Aide II, Nutrition Services; Brett Fried, Technical Supervisor, Lab; Gearldene Germundson, Financial Counselor, Patient Financial Services; Cory Gibbons, Medical Technologist, Lab; Gregory Hahn, Med Aide, NCF, Trinity Homes; Joyce Hutchins, Housekeeper – Clinic, Environmental Services; Susan Jalcks, Communications Attendant, Communications; Kathy Johansen, Unit Manager, Medical Nursing; Jenene Kittleson, Oncology Navigation Supervisor, Oncology; Laurel Kleven, RN III Triage/Care Access, Podiatry/Family Medicine; Tama Kromrey, Ward Secretary, Surgery, Trinity Hospital – St. Joseph’s; Derrick Lee, Environmental Aide, Nutritional Services, Trinity Homes;

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## RSV continued from page 4

follow universal precautions such as washing their hands before being in contact with such children.”

Preventive steps include:

- Avoid close contact with sick people.
- Wash hands often with soap and water.
- Avoid touching their face with unwashed hands.
- Clean and disinfect surfaces.
- Stay home when you are sick.
- Avoid taking at-risk children to crowded places.

Trinity Health’s team of pediatricians include Kathryn Burgardt, FNP-C; Ann Cadwalader, MD; Thomas Carver, DO; Michael Holland, MD; Frederick Jones, MD; Allison Lesmann, FNP-C; Steve Mattson, MD; Friday Osuala, MD; Diana Peterson, MD; Anthony Udekwe, MD; Ndu Ugobi, MD; and our newest addition, Kayla Bubach, FNP-C. For more information, visit [www.trinityhealth.org/pediatrics](http://www.trinityhealth.org/pediatrics).

# Rehabilitation for Peripheral Artery Disease

An exercise program designed to help patients with peripheral artery disease is available through Trinity Health’s Cardiopulmonary Rehabilitation program.

Supervised Exercise Training for Peripheral Artery Disease (SET PAD) is a program of supervised exercise rehabilitation, considered a primary treatment for people with peripheral artery disease and intermittent claudication, the aching pain felt in the legs during walking or exercising.

Peripheral artery disease is a disorder caused by narrowed blood vessels that reduce the blood flow to the limbs, explained Julie Rood, RN, with Trinity Health Cardiopulmonary Rehabilitation. It is caused by atherosclerosis, when fatty deposits (plaque) build up along the artery walls, reducing blood flow.

Approximately 8.5 million people in the United States have peripheral artery disease, including 12 to 20 percent of individuals over the age of 60. According to statistics from the Centers for Disease Control and Prevention, the prevalence of peripheral artery disease increases with age. In addition to atherosclerosis and age, risk factors include smoking, high blood pressure, diabetes, and high cholesterol.

Regular physical activity is an effective treatment for peripheral artery disease; simple walking regimens, leg exercises, and treadmill exercise programs can ease symptoms, the American Heart Association said. Through the exercise program, patients benefit from the improvement of functional capacity, quality of life, oxygen extraction and utilization by exercising muscles, endothelial function, blood flow, gait and walking economy, and tolerance to pain.

Rood said it is preferred that patients participate in the program three times a week for 12 weeks – for a total of 36 sessions – “to get the most benefit.” “The program will get patients started so they can carry on after the 12 weeks.”

The program implements the F.I.T.T. principle for the program: **F**requency (three times a week), **I**ntensity (exercise to moderate pain); **T**ime (30- to 40-minute sessions); and **T**ype (“We do want them walking,” Rood said. “For those limited that can’t use the treadmill, we can do seated modalities with them.”)

In addition to Rood, the staff at Cardiopulmonary Rehabilitation include Heidi Zaderaka, RT, manager; Tanya Gillen, ACE, exercise physiology; Heather Altringer, RN; and Tara Flory, RN.

A doctor’s referral is required to participate in the program. While it is covered by Medicare and Medicaid, patients should still speak with their insurance company.



Trinity Health’s Cardiopulmonary rehabilitation is staffed by, from left: Tanya Gillen, ACE, exercise physiology; Tara Flory, RN; Heather Altringer, RN; Julie Rood, RN; and Heidi Zaderaka, RT, Cardiopulmonary Rehabilitation manager.

## Peripheral Artery Disease

While people with peripheral artery disease may have mild or no symptoms, others feel claudication, pain associated with walking.

According to Mayo Clinic, peripheral artery disease signs and symptoms can include:

- Painful cramping in one or both of your hips, thighs, or calf muscles after certain activities, such as walking or climbing stairs
- Leg numbness or weakness
- Coldness in your lower leg or foot, especially when compared with the other side
- Sores on your toes, feet, or legs that won’t heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

Even if you don’t have symptoms of peripheral artery disease, it is important to get screened if you are over the age of 65; over the age of 50 and have a history of diabetes or smoking; or if you are under the age of 50, but have diabetes and other peripheral artery disease risk factors, such as obesity or high blood pressure.

Mayo Clinic advises that if you have leg pain, numbness, or other symptoms, call your healthcare provider and make an appointment.

Additionally, Trinity Health’s MyChoice Health Checks can help identify peripheral artery disease. MyChoice Health Checks also include screenings for abdominal aortic aneurysm, carotid artery, coronary artery calcium scoring, and electrocardiogram. These screenings are performed at Trinity Health’s Advanced Imaging Center, located in Health Center – Town & Country, 831 S Broadway. The results from these screenings are interpreted by a radiologist or cardiologist, with some requiring additional evaluation which may be offered and supervised by a nurse practitioner.

If you think that you have peripheral artery disease (or any of the others that MyChoice Health Checks look for), please consult with your primary care physician, or schedule a screening at 701-857-3220.



# Trinity Health Welcomes New Providers



Chandni Anand, MD  
Internal Medicine



Kayla Bubach, FNP-C  
Pediatrics



Lisa Krogman, FNP-C  
FirstCare Walk-In Clinic

Trinity Health is pleased to announce the addition of three new providers to our team.

**Chandni Anand, MD**, is an experienced internist with an integrated, holistic approach to health. Her focus is personalized, compassionate care delivered with integrity. She graduated from University College of Medical Sciences, New Delhi, India. After completing internship and residency in Internal Medicine at Long Island Jewish Medical Center in New York, she joined Queens Long Island Medical Group in 1991. In 2013, she joined DaVita Medical Group in Florida. She enjoys movies, comedy shows, outdoor activities, and reading. She has two adult children.

Dr. Anand is located at Health Center – Town & Country, 831 S Broadway, Minot. For appointments or consultations, please call 701-857-7986.

A board-certified Family Nurse Practitioner, **Kayla Bubach, FNP-C**, provides care to children of all ages as part of our pediatric team at Health Center – Medical Arts. Kayla uses a holistic approach to care. She is committed to providing high-quality care that responds to the concerns of patients and families.

Kayla earned her Bachelor of Science in Nursing from Presentation College, Aberdeen, SD, and received her Master of Science in Nursing/Family Nurse Practitioner from Maryville University, St. Louis, MO. She is a member of the North Dakota Nurse Practitioner Association and American Association of Nurse Practitioners. She was born and raised in North Dakota. She is married, has three children, and a dog.

In her spare time, she enjoys being outdoors, camping, fishing, traveling,

and spending time with friends and family.

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

A board-certified nurse practitioner, **Lisa Krogman, FNP-C**, offers primary care as part of our team of providers at FirstCare Walk-In Clinic. With more than three decades of nursing experience, Lisa brings a supportive approach to care that strives to meet the healthcare needs of each individual.

Born in Iowa and reared in South Dakota, she earned her Bachelor of Science in Nursing from South Dakota State University and her Master of Science in Nursing from Clarkson College in Omaha, NE. Her experience touches every aspect of nursing, including management, teaching, and hands-on patient care in the fields of rehabilitation, oncology, and primary care. She has held teaching and nursing positions in the Black Hills region of South Dakota, including four years teaching bachelor’s and master’s level nurses at National American University, Rapid City Campus. She currently serves as an Associate Professor of Nursing at Minot State University. Lisa also is a US Army veteran. A member of the National League for Nursing and American Association of Nurse Practitioners, she has two grown children and one grandchild.

She is based at FirstCare Walk-In Clinic, located at Health Center – Medical Arts, 400 Burdick Expy E, Minot.

## Trinity Health Speaker’s Bureau

Call Community Education at  
**701-857-5099**  
to check for  
available dates and topics.

## Years of Service

continued from page 5

Sonja Meier, CPU Manager, Central Processing Unit; Kevin Melby, Certified Athletic Trainer, Athletic Training; Melissa Messerly, MD, Pediatrics; Deanna Ness, Clinical Education Coordinator, CEPS, Trinity Homes; Susan Olander, RN, Protime; LaVonne Olson, RN II, Pediatrics; Kristi Painter, Registration Trainer Analyst, Patient Registration; Sherle Reimche, Pharmacist Retail, Pharmacy; Dolores Schloesser, RN, Surgical Nursing; Jane Schultz, RN III, Oral and Facial Surgery; Ann Solberg, ROI Specialist, Health Information Management; Marc Sortland, RN, Surgery; Jill Thompson, Medical Technologist, Lab; Carmen Voigt, Coder/Abstractor I, Coding/Reimbursement; Sarah Warren, Transcriptionist, Transcription; Kelly Sellnski, RN, Labor/Delivery.

**CELEBRATING 30 YEARS:** Sandra Anderson, Distribution Assistant, Materials Management; Terri Brown, CRNA Lead, Anesthesiology; Ann Cadwalader, MD, Pediatrics; Ellen Feldmann, Pharmacist, Pharmacy; Mary Fjeldahl, LPN, Rehab Nursing; Michelle Goodman, Certified IV Tech, Pharmacy; Rhonda Gunderson, Trauma Program Manager, Trauma Services; Leslie Hanson, Coder/Abstractor II, Coding/Reimbursement; Jay Kroke, Medical Technologist, Lab; Lynnette Long, Coding Analyst II, Coding/Reimbursement; Mary Muhlbradt, Community Relations Coordinator, Community Relations; Howard Reeve, MD, Occupational Medicine; Roxanne Reiter, Keycare Medical Coordinator, Keycare Medical.

**CELEBRATING 35 YEARS:** Charlene Cordner, Transportation Assistant, Activities, Trinity Homes; Nancy Gasmann, Physical Therapy Manager, Outpatient Physical Therapy; Karen Kelly, CRNA, Anesthesiology; Susan Renfandt, Clinical Charge Analyst, Revenue Management; Brenda Weber, Accounting Clerk II, Corporate Finance.

**CELEBRATING 40 YEARS:** Marla Bohan, RN, Labor/Delivery; Susan Erickson, RN II, Dermatology; Jackie Kaeding, Account Rep, Central Business Office; Cynthia Milkey, Clinical Instructor, School of Radiology; Linda Schaefer, RN, NICU/Transitional; Vicky Wharton, RN, Ambulatory Surgery Center.

**CELEBRATING 45 YEARS:** Sandy Getzlaff, CNA, NCF, Trinity Homes; Judith Gullickson, Foundation Facilities Manager, Trinity Health Foundation; and Cheryl Nitsch, LPN II, First Care/Family Medicine.



### TAPP into your health!

Android™ & iOS™ versions available

With the Trinity Health Mobile App, you can:

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

Simply download the app to your mobile device. It's free!  
[trinityhealth.org/mobile](http://trinityhealth.org/mobile)



# Nedrose Students Donate Blankets to CancerCare Center



Students from the fourth grade at Nedrose Elementary donated 12 tie blankets to the Trinity CancerCare Center on December 20. The students especially wanted to make a donation because one of their classmates is currently battling cancer. Pictured are Amy Nemahan and Charlotte Opp, fourth grade teachers at Nedrose.

## Make the choice to protect your health.


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

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- **Heart disease**  
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All screenings are read by board-certified radiologists and cardiologists.

For appointments/questions, call **701-857-3220**.



trinityhealth.org/screenings



The Trinity Health Auxiliary  
Hearts Club Presents



# The Tribute to Lucy and Ricky Musical Comedy Show

**February 14, 2020**  
**6:30 p.m.**  
**Clarion Hotel, Minot**

This nationally renowned musical comedy act pays tribute to the comedic legends Lucille Ball and Desi Arnaz, with comedy sketches, musical numbers, and unforgettable moments from their historic TV show. Plus, dinner, dancing, door prizes, and a silent auction!

**Tickets are \$75 each or 2 for \$100.**

Buy now at the Trinity Hospital Gift Shop or online at:  
**[www.trinityhealth.org/lucy](http://www.trinityhealth.org/lucy)**





## Trinity Hospital Gift Shop

### Flowers and Gifts

**701-857-5205**

## Occupational Medicine Services

**[trinityhealth.org/occmcd](http://trinityhealth.org/occmcd)**

# Macular Degeneration

Macular degeneration is an ophthalmological condition in which there is blurred or no vision in the center of the visual field.

Also known as age-related macular degeneration (AMD), macular degeneration occurs when the retina becomes damaged, causing the loss of central vision. In the meantime, peripheral vision, which is vision from the sides of the eye, remains normal.

It is estimated, 15 million Americans have AMD. According to the National Eye Institute, the risk of AMD increases with age, with the disease affecting more than 14 percent of white Americans 80 years of age and older. AMD is the leading cause of vision loss and blindness among older Americans (65 years and older).

There are two types of AMD:

- Dry Age-Related Macular Degeneration, which is quite common. About 80 percent of people who have AMD have this form. With dry AMD, parts of the macula (the center of the retina) get thinner with age and drusen (tiny clumps of protein) grows. Central vision is slowly lost.
- Wet Age-Related Macular Degeneration, which is less common but more serious. With wet AMD, new, abnormal blood vessels grow under the retina. These vessels may leak blood or other fluid, leading to scarring of the macula. Vision is lost faster with wet AMD than dry AMD.


Other than age, risk factors for AMD include a positive family history, cigarette smoking, hyperopia, light iris color, hypertension, hypercholesterolemia, female gender, and cardiovascular disease, the American Academy of Ophthalmology said on their website.

According to the American Macular Degeneration Foundation, AMD is typically discovered by an eye doctor during an annual dilated eye exam. The first signs of AMD include the presence of drusen and pigment changes in the macula. Standard screening tests include the visual acuity exam, the common letter chart often seen in a doctor’s office, as well as an Amsler grid, which looks like graph paper and is used to check whether the lines look wavy or distorted or if areas of the visual field are missing.

Once AMD is diagnosed, treatment may be available depending on the type of AMD. Dry AMD cannot be treated, although the AAO noted that a combination of nutritional supplements can help slow down the effects of dry AMD. (An ophthalmologist can suggest if vitamins and minerals are recommended for dry AMD.) To help treat wet AMD, medications called anti-VEGF drugs can help reduce the number of abnormal blood vessels in the retina, as well as helping to slow any leaking from blood vessels. Laser surgery can also be used to treat some types of wet AMD. Ophthalmologists can advise on the best way to treat AMD.

“The American Academy of Ophthalmology recommends that all individuals 65 years and older receive an eye examination every one to two years, even in the absence of symptoms,” said David Jacobs, MD, an ophthalmologist and vitreoretinal surgeon with Trinity Health. “The most important thing you can do to help prevent AMD is to avoid smoking tobacco and make sure blood pressure and cholesterol, are well-controlled.”

Trinity Regional Eyecare has three locations: Trinity Regional Eyecare – Minot Center, in Health Center – Plaza 16, 2815 16th St SW, Ste 102; Trinity Regional Eyecare – Western Dakota, in Trinity Health Western Dakota, 1321 W Dakota Pkwy, Williston; and Trinity Regional Eyecare – Devils Lake, 404 Hwy 2 E, Devils Lake.



# In Recognition and Thanks From The Foundation

Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from October 1, 2019, through December 31, 2019. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank these contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 701-857-5432.

**Due to the overwhelming generosity of the public, the Foundation listings for the most recent quarter will be divided, with a portion appearing in this issue of HealthTalk, and the remainder in the March issue.**

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**In Memory of Curtis Luchsinger**  
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**In Memory of DelRay Bangen**  
Monica Bangen

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Lane Smith  
Lynda & Richard Risan  
MVP Logistics  
Robert McCaughey  
Salena Metreger  
Steven & Deann Bigelow  
Tammy & Michael Elgie

continued on page 8



# In Recognition and Thanks

continued from page 7

**In Honor of Greg Bierschbach**  
Bruce & Kathy Taylor  
Jim & Marcia Bierschbach

**In Honor of Jenny Brossart**  
Marilyn & Warren Kletzien

**In Memory of Kerstin Sand**  
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**CANCERCARE CENTER  
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**In Honor of Lynn Ferguson**  
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**In Honor of Mike & Betty Martin**  
Steve & Lana Martin

**In Honor of Ora Carlson**  
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Sammy & Trice Martin**  
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**In Honor of the Wonderful  
Employees of Trinity**  
Linda Murphy

**In Memory of James Jensen**  
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**In Memory of Jerome Henricks**  
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Karen & Hjalmer Carlson

C O M M U N I T Y

CALENDAR

For the latest updates, check online at [trinityhealth.org](http://trinityhealth.org)

### Mobile Mammogram Schedule

February 4 .....	TCC – Mohall, 745-6841
February 12 .....	Tioga Clinic, 664-3368
February 18 .....	CHI – Devils Lake, 662-8662
February 19 .....	TCC – Velva, 338-2066
	TCC – Garrison, 463-2626
February 25 .....	St. Luke’s Hospital – Crosby, 965-6349
February 26 .....	Kenmare Community Hospital, 385-4296

### Events

**February 11** – Erica Erck, RN, will present about heart health at Healthy Hour (10:00 a.m.) at The View, and Wellness Hour (2:00 p.m.) at The Wellington.

**February 11** – Join a Trinity Health clinical dietitian as they host a Grocery Store Tour at the original MarketPlace Foods, 1930 S Broadway, at 2:00 p.m. The topic will be “Dash Eating Plan.” Space is limited, so please RSVP by calling 701-857-5268.

**February 14** — The Trinity Health Auxiliary will host “The Tribute to Lucy and Ricky Musical Comedy Show” at the Clarion Hotel at 6:30 p.m. Tickets are \$75 or \$100 for two. The show includes a show, dinner, dance, silent auction, and door prizes. For more information, call Sherry Maragos at 701-857-5221.

**February 18** – The Breast is Best Support Group will meet at the Family Birth Center lounge, located at Trinity Hospital, third floor, from 12:00 to 1:00 p.m. The support group, which meets the third Tuesday of each month, is a breastfeeding and lactation support group for breastfeeding mothers in the Minot community. For more information, call the Family Birth Center at 701-857-5381.

**February 19** – The Stroke Support Group will meet at Health Center – Riverside, 1900th 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.

### Prepared Childbirth Classes

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

**SATURDAYS:**  
**March 14, April 11, May 9, June 13, July 11, and August 8**  
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

**February 13, March 12, April 9, May 14, June 11, and July 9**  
Offered by Laureen Klein, RN, BSN. Meets from 6:00 to 8:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

**February 3, March 2, April 6, May 4, June 1, and July 7**  
Offered by Megan Pitts, BSN, RN, CLC. Meets from 6:00 to 8:00 p.m., Airman and Family Readiness Center, Minot Air Force Base.

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission, but registration is typically required. Sign up for classes, at [trinityhealth.org/familybirth\\_registration](http://trinityhealth.org/familybirth_registration)

### 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.