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Catching Kidney Disease

Nephropathy, or kidney disease, is the ninth leading cause of death in the country. While more than 40 million Americans are living with this condition, roughly 9 out of 10 don't know they have it. Knowing the warning signs is important.



Nasser Saffarian, MD

Kidney disease usually causes kidney failure to some degree, depending on the type of disease. However, kidney disease can worsen, leading to kidney failure and the need for dialysis or a kidney transplant to maintain health.

The main purpose of the kidneys is to filter extra water and waste out of the blood to make urine. To keep the body working properly, kidneys balance the salts and minerals that circulate in the blood. They also make hormones that help control blood pressure, make red blood cells, and keep the bones strong.

Diabetes mellitus – specifically Type 2, or adult onset diabetes – and hypertension (high blood pressure) are the two most common diseases which can lead to kidney failure if not treated adequately, explained Nasser Saffarian, MD, a nephrologist with Trinity Health. Diabetes can injure small blood vessels, which in turn causes the kidneys to not clean blood properly.

The National Kidney Foundation says that African Americans have a higher rate – three to four times more than white Americans – of kidney failure. "It is not fully understood why African Americans are at a higher risk," the National Kidney Foundation said on their website. "However, diabetes, high blood pressure, family background, and access to healthcare play major roles."

Lowering risk factors can help, Dr. Saffarian said. That can include glucose control, managing blood pressure, lipid control, smoking cessation, lifestyle modification, and certain medications.

People with kidney disease may experience nausea, vomiting, weakness, fatigue, confusion, difficulty

concentrating, and loss of appetite, the National Kidney Foundation said. If you show these signs, consult your primary care provider, who can give a blood and urine test to check for kidney disease. Dr. Saffarian noted that if you are diabetic, you should look for protein in the urine by having a urine test performed by your primary care provider. Your kidneys filter waste products from your blood while retaining what your body needs, including proteins. However, some diseases and conditions allow proteins to pass through the filters of your kidneys, causing protein in urine. "If you are spilling protein in urine, not only are you increasing your risk for kidney disease progression, you will also increase risk of cardiovascular disease," Dr. Saffarian pointed out.

Mayo Clinic adds that dehydration, emotional stress, and exposure to extreme cold, fever, or strenuous exercise can also cause a temporary rise in the levels of protein in urine. Dr. Saffarian suggests that if you show these signs, you should consult with your primary care provider, who can administer a test to track the glomerular filtration rate, or GFR. This is the best test to measure the level of kidney function and determine, if necessary, the stage of kidney disease. This is calculated from the results of a patient's blood creatinine test, age, body size, and gender. The higher a person's GFR, the more function their kidney has and the less chance they are in a stage of chronic kidney disease.

- **Stage 1 Chronic Kidney Disease** – has a GFR of 90 or higher; 90-100 percent kidney function, but with some kidney damage.
- **Stage 2 Chronic Kidney Disease** – has a GFR of 89 to 60 – kidney damage with a mild loss of kidney function; the kidneys are usually functioning between 60 to 89 percent.
- **Stage 3a Chronic Kidney Disease** – has a GFR of 59 to 45 – mild to moderate loss of kidney function, and kidneys are operating at 45 to 59 percent.

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Watch Your Mouth

The importance of oral self-examinations

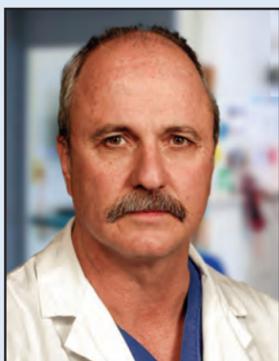
When it comes to oral health, there is more than just teeth. There are other important structures, such as the tongue, cheeks, roof of the mouth, and gums.

Performing monthly oral self-examinations is important to your health, said Alexandra Radu, DMD, MD, an oral and maxillofacial surgeon with Trinity Health.



Alexandra Radu, DMD, MD

"The biggest concern here is to find potential cancer in its beginning forms," she said, noting that self-examinations can help catch "changes in the oral region" so that pre-cancerous lesions can be found early enough before they become destructive.



Michael McMahon, DDS

According to the American Academy of Oral and Maxillofacial Surgeons, the steps to perform a self-exam include:

- Remove any dentures

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Poison Prevention

According to the Centers for Disease Control and Prevention, over 300 children in the United States younger than 19 years of age are treated in an emergency department daily because of being poisoned. Additionally, poisoning is the third leading cause of unintentional injury death among children ages one to 19 years.

The majority of children being seen for poisoning in emergency rooms across the nation is accidental medication ingestion, which happens when children find pills that are unlocked and unattended, in items such as pill boxes, and unintentionally ingest them, explained Amber Emerson, RN, injury prevention specialist with Trinity Health and coordinator of Safe Kids Minot.

“Be sure that medicines are kept up and away,” Emerson said, noting that when grandparents come to visit, they tend to have medication in their purses or coats. “Kids are very curious.”

Medications, including vitamins and adult medicines, and other poisonous items, such as detergent pods for the laundry and dishwasher, should be stored out of reach and out of sight of children, such as on a higher shelf or in a locked cabinet. “It only takes a few minutes, and it gives you one less thing to worry about,” Emerson said.

Safe Kids also recommends:

- **Keep all household cleaning products in their original containers.** Also, when buying products, look for child-resistant containers to help prevent poisoning. “Child resistant does not mean child proof,” Emerson added.
- **Read and follow product labels.** Check for ingredients that can be harmful to kids and make sure you use and store products according to the label. Kids can get into things quickly, so remember not to leave cleaning products or personal care products unattended while you are using them.
- **Remember products that might be harmful to kids.** Check your home for products like cleaning supplies, liquid laundry packets, personal care products, plants, pesticides, alcohol, and medicine.
- **Save the Poison Help number in your phone and post it visibly at home: 1-800-222-1222.** Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day. They can answer questions and help with poison emergencies.

Poison Help
1-800-222-1222

Kidney Disease continued from page 1

- **Stage 3b Chronic Kidney Disease** – has a GFR of 44 to 30 – moderate to severe loss of kidney function, with kidneys operating at 30 to 44 percent.
- **Stage 4 Chronic Kidney Disease** – has a GFR of 29 to 15 – severe loss of kidney function, operating at 15 to 29 percent.
- **Stage 5 Chronic Kidney Disease** – has a GFR of less than 15 – kidney failure, operating at less than 15 percent.

Once the stage of kidney disease is determined, the primary care provider will refer a patient to a nephrologist, especially if their GFR is in the 59-45 range.

Who is likely to develop chronic kidney disease? According to the National Institute of Diabetes and Digestive and Kidney Diseases, the following people are at risk:

- **People with diabetes.** Diabetes is the leading cause of chronic kidney disease. High blood glucose (blood sugar) from diabetes can damage the blood vessels in the kidneys. Almost one in three people with diabetes have chronic kidney disease.
- **People with high blood pressure.** High blood pressure is the second leading cause of chronic kidney

disease. Like high blood glucose, high blood pressure can damage the blood vessels in the kidneys. Almost one in five adults with high blood pressure have chronic kidney disease.

- **People with heart disease.** Research shows a link between kidney disease and heart disease. People with heart disease are at a higher risk for kidney disease, and people with kidney disease are at higher risk for heart disease.
- **People with a family history of kidney failure.** If your mother, father, sister, or brother has kidney failure, you are at risk for chronic kidney disease as it tends to run in families. If you have kidney disease, encourage family members to get tested.

Nasser Saffarian, MD, is a nephrologist who is trained to diagnose and manage kidney diseases by regulating blood pressure, regulating electrolytes, balancing out fluids in the body, and administering dialysis if needed. In addition to referrals, patients can make an appointment with Trinity Health Nephrology by calling 701-857-5979. His office is located in Health Center – East, Suite 503, 20 Burdick Expy W, Minot.

On your feet all day? **FREE Varicose Vein Screening**

Varicose veins are not always a cosmetic issue. The underlying cause of varicose veins and their symptoms (heavy, painful legs) can be treated with the Venefit procedure.

Thursday, March 12
12:30-4:30 p.m.

Advanced Imaging Center
Town & Country Center, Minot

Appointments required; call **701-857-3220**

Visit our website at
trinityhealth.org

Watch Your Mouth

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- Look and feel inside the lips and the front of gums
- Tilt head back to inspect and feel the roof of your mouth
- Pull the cheek out to see its inside surface as well as the back of the gums
- Pull out your tongue and look at all of its surfaces
- Feel for lumps or enlarged lymph nodes in both sides of the neck, including under the lower jaw

These examinations can help a person spot any abnormalities, such as sores, white patches (leukoplakia), red and white patches (erthroleukoplakia), or any kind of growths, Dr. Radu said.

White patches are the most common abnormalities a patient would usually see, so it should be noted that scar tissue (from biting your cheek, for example) can easily be mistaken for something more serious. “Most things in the mouth look white or red/pink in nature, but we’re concerned about something that is new, especially that is growing or changing in consistency,” Dr. Radu said. “Also, we are worried for those white patches that are located where there should not be any mechanical factors (such as a spot where the dentures or a sharp tooth are rubbing).”

While oral examinations are important for everyone – “Anyone can develop oropharyngeal cancer,” she said – those who are at increased risk should take note of the importance of performing these exams, Dr. Radu said. “It’s important for everyone to get familiar with their mouth so that they may spot anything out of the ordinary.”

Oral cavity cancer can be caused by tobacco and alcohol use, which are the strongest risk factors for this type of cancer, the American Cancer Society said. “Smokers are many times more likely than non-smokers to develop these cancers,” the Society said on their website. “Tobacco smoke from cigarettes, cigars, or pipes can cause cancers anywhere in the mouth or throat. It can also cause cancers of the larynx, lungs, esophagus, kidneys, bladder, and many other organs.” HPV is also a known contributor for oropharyngeal cancers, Dr. Radu added. For that, symptoms of long-lasting sore throat, unexplained earaches, hoarseness or swollen lymph nodes are some of the more common concerning symptoms.

If a person does see something abnormal, a dentist or oral surgeon would be the best person to evaluate the symptom and determine if there is a need for further care, Dr. Radu said. An otolaryngologist, also known as an Ear, Nose, and Throat (ENT) doctor, can also diagnose and treat oral cavity and oropharyngeal cancer.

Trinity Health’s Oral Facial Surgery Center, the office for Alexandra Radu, DMD, MD, and Michael McMahon, DDS, is located at Health Center – Plaza 16, 2815 16th St SW, Minot. For more information or to schedule an appointment or consultation, call 701-857-2600.

Dawn Mattern, MD, Awarded Fellow Status

Dawn Mattern, MD, FAMSSM, a board-certified Family Practice/Sports Medicine specialist with Trinity Health, has been named a Fellow in the American Medical Society for Sports Medicine (AMSSM).

The designation is given to sports medicine physicians who've demonstrated an ongoing commitment to lifelong learning, advancement of the profession, and leadership in their communities.

With over 20 years of experience in the sports medicine field, Dr. Mattern has been a leader in promoting advances in the treatment of concussion and other sports-related injuries. She is a strong advocate for the health benefits of exercise and has been a catalyst in organizing community events that promote physical activity.

Dr. Mattern has served as team physician for Minot State University and many area high schools for many years. She has also provided coverage for professional players, including the Justin Sports Medicine professional rodeo team and the U.S. Ski and Snowboard Team.

The North Dakota native earned her medical degree from the University of North Dakota School of Medicine and completed her family practice residency at the UND Center for Family Medicine. Her sports medicine fellowship was accomplished at Ohio State University. She has received numerous honors throughout her career, including the Dean's Special Recognition Award for Outstanding Volunteer Faculty from UND.



Dawn Mattern, MD, FAMSSM

Multiple Sclerosis Can Be Treated



Nearly one million people in the United States are living with Multiple Sclerosis (MS), an unpredictable disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and the body.

Most people are diagnosed between the ages of 20 and 50, although Multiple Sclerosis can occur in young children and older adults. It is two to three times more common in women; hormones may play a significant role in determining susceptibility to Multiple Sclerosis.

According to the National Multiple Sclerosis Society, symptoms are "variable and unpredictable," with no two people having the same exact symptoms. "One person might experience only one or two of the possible symptoms while another person experiences many more," the MS Society said on their website.

Symptoms of Multiple Sclerosis can affect the body in many ways. It can often affect movement and sensation, including:

- Numbness or weakness in one or more limbs that typically occurs on one side of the body at a time, or the legs and trunk
- Electric-shock sensations that occur with certain neck movements, especially bending the neck forward
- Tremor, lack of coordination, or unsteady gait

Multiple Sclerosis can also affect vision:

- Partial or complete loss of vision, usually in one eye at a time, often with pain during eye movement
- Prolonged double vision
- Blurry vision

Multiple Sclerosis also causes:

- Slurred speech or word-finding difficulties
- Fatigue
- Dizziness
- Tingling or pain in parts of the body
- Memory problems
- Problems with sexual, bowel, and bladder function

If a person shows these symptoms, they should make an appointment with their primary care provider, who will then determine if further work is needed, including an MRI of the brain, explained Rosina Medel, MD, a neurologist with Trinity Health. "Then, they will also make a decision of referring the patient to neurology for further evaluation and management."

"There is no single test to make a diagnosis of Multiple Sclerosis," Dr. Medel said. "Multiple sclerosis is diagnosed with clinical symptoms the patient presents, as well as physical examination findings. We, as clinicians, also look for lesions in the MRI of the

brain and sometimes information from cerebrospinal fluid studies and evoked potentials to check vision, hearing, and sensation."

The idea that Multiple Sclerosis cannot be treated is one of the most common misconceptions about the disease, Dr. Medel said. While there is no known cure for Multiple Sclerosis, the disease can be controlled and be managed through oral medications, injection medications, and medication given through IV infusions, Dr. Medel said. "The medication treatment choice depends on the patient's condition, disease severity, and the patient's preference and tolerability."

Along with medications, a patient's lifestyle changes – regular exercise, regular intake of Vitamin D (to make sure the vitamin level is good to prevent a relapse of Multiple Sclerosis), good sleep, a proper diet, and liberal fluid intake – should be managed as well, she said.

Other common misconceptions about Multiple Sclerosis include:

- **It is not safe for women with Multiple Sclerosis to get pregnant.** Studies show that the disease is not affecting the chances of getting pregnant or having problems during pregnancy. "There is no impact on the baby's health," Dr. Medel said. "Usually during pregnancy, the symptoms get better during the second and third trimester. After birth, there is a higher chance of having a flare for about three to six months. Pregnancy has no impact on how Multiple Sclerosis affects a woman's health. A patient with Multiple Sclerosis needs extra care during pregnancy."

- **A patient with Multiple Sclerosis will pass the disease to their kids.** Genetics play a significant role in determining who develop Multiple Sclerosis. The average person in the US has a one in 750 chance of developing MS. The risk rises approximately 2.5 to 5 percent for those who have first-degree relatives – children, siblings, and non-identical twins – of a person with Multiple Sclerosis. "The odds that kids will have the disease are a little higher than the average but still very low," Dr. Medel said. "Genes play some role, but the condition does not pass directly from parent to the child. There are other triggers for the disease that are not completely understood yet."

- **Multiple Sclerosis is deadly.** "Multiple Sclerosis is a lifelong condition but people with it tend to live a long time," Dr. Medel said. "Complications of advanced Multiple Sclerosis can be life-threatening, but many of them can be prevented with good treatment and a healthy lifestyle."

Trinity Health's Neurology department includes Rosina Medel, MD, and Mary Sadler, FNP-C. They are based at Health Center – East, Suite 303, Minot.

**Trinity Hospital
Gift Shop
Flowers and Gifts
701-857-5205**

Hospice and Palliative Medicine Symposium Set for April 30

The sixth annual Hospice and Palliative Medicine Symposium will be held on April 30, at the Sleep Inn & Suites, from 5:00 to 8:30 p.m.

The program includes "Hard Choices for Loving People," a presentation by Hank Dunn, MDiv. Dunn is an ordained healthcare chaplain who, during his career of over 30 years, has helped countless patients and their families navigate healthcare decisions during serious illness.

There will also be a Hospice Family Panel Discussion, as well as an opportunity to meet Trinity Health's Hospice and Palliative Medicine teams.

The hospital symposium is sponsored by Trinity Health and the Trinity Health Foundation. This event is free of charge, with dinner provided, as this event is underwritten through the Willie and Ruth Bodien Endowment. Continuing Education Credits will also be available.

To register to attend this event, please visit: foundation.trinityhealth.org. For more information, please call Kathleen White at 701-857-5099.

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National Nutrition Month

Bite by Bite – National Nutrition Month 2020

By Davis Koppinger, Student Dietitian



This March, Trinity Health encourages you to participate in National Nutrition Month. National Nutrition Month was created by the Academy of Nutrition and Dietetics to provide reliable information to the public to encourage healthier eating and physical activity habits. There are numerous benefits of incorporating healthier eating habits into our daily lives. These benefits include better management of current medical conditions and preventing chronic illnesses from developing. Attempting healthier eating habits does not have to be an all-or-nothing effort, but rather incorporating small changes that lead to an overall healthier life. This month make it a goal to start incorporating the following nutrition tips from the Academy of Nutrition and Dietetics. Whether you start off small or big, each change makes a difference.

Practice Portion Control

Practicing portion control can be important for those attempting to lose weight or stay within their recommended calorie intake for the day. Larger portions can lead to overeating, which over time may contribute to weight gain. This is why it is important to be aware of the portions we are consuming on a daily basis. A portion size refers to the amount of food we put on our plate during meals. One of the easiest ways to practice portion control is using measuring cups, but that is not always possible. Mayo Clinic suggests using the following everyday objects to compare what a proper portion looks like; this will better gauge how much we are eating.

- **Fruits:** One serving is approximately the size of a tennis ball.
- **Vegetables:** One serving is approximately the size of a baseball.
- **Carbohydrates:** One serving is approximately the size of a hockey puck.
- **Protein:** One serving is approximately the size of a deck of cards.
- **Fats:** One serving is approximately the size of pair of dice.

Use a Grocery List While Shopping

During trips to the grocery store we can occasionally forget what we were shopping for in the first place. Utilizing a grocery list that includes healthy foods is a great way to start meal planning and sticking to a healthful diet. Once you create a grocery list, attempt to stick with it for that week. The following are tips for your grocery list and various items to prioritize.

- Add healthier foods such as fruits, vegetables, and whole grains to the top of your list.
- Prepare meals that use the same ingredients throughout the week to

avoid a long grocery list.

- Avoid adding highly processed foods to your grocery list.
- Plan your meals around food items that are currently on sale to save on cost.

Practice Proper Home Food Safety

Practicing proper home food safety is vital for preventing food borne illnesses. Bacteria from food borne illnesses is not anything that we can see, smell, or taste. Therefore, it is important to practice the following food safety recommendations from the United States Department of Agriculture (USDA).

- Wash your hands and cooking surfaces often before and after coming in contact with food.
- Do not cross-contaminate foods; separate raw foods from cooked foods.
- Cook your foods to the right internal temperature:
 - o Poultry: 165°F
 - o Beef, pork, veal, lamb: 160°F
 - o Turkey, chicken: 165°F
 - o Fresh pork, ham: 145°F
 - o Egg dishes: 160°F
 - o Leftovers and casseroles: 165°F
 - o Seafood: 145°F
- Discard any leftovers that have been out in room temperature for over two hours.
- Consume cooked leftovers within four days.

Consult a Registered Dietitian Nutritionist

A Registered Dietitian Nutritionist (RDN) is an expert in food and nutrition who has met various academic and professional requirements. These requirements include a minimum of a bachelor's degree with approved coursework from the Academy of Nutrition and Dietetics' Accreditation Council for Education in Nutrition and Dietetics (ACEND). An RDN must also pass a national examination administered by the Commission on Dietetic Registration and complete an accredited supervised practice program at a healthcare facility, community agency, or food service operation. To ensure the most up-to-date evidenced based guidelines are utilized, RDNs must also complete continuing education requirements to maintain their registration. The Academy of Nutrition and Dietetics suggests the following reasons you may want to consult an RDN.

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Athletic Trainers Impact Health Care through Action

March is National Athletic Training Month, and this year's motto is "Athletic Trainers Impact Health Care Through Action."

The premise behind this motto is to help people understand the multi-faceted world athletic trainers live in and that "taping ankles," what most people may think athletic trainers do most often, is actually a very small portion of their job.

Robyn Gust would tell you taping ankles is "about .05 percent" of what she does during the week. Gust, who serves as manager of Trinity Health's Sports Medicine department, is a certified athletic trainer. She said there is so much behind the scenes that people don't see. This includes a multi-faceted impact in the lives of physically active individuals and their healthcare needs.

The intricacies of athletic training vary. Trinity Health's Sports Medicine provides comprehensive services by certified athletic trainers, who are allied health professionals with BOC certification and North Dakota licensure, to much of the northwest region of North Dakota.

Injury Prevention

On a daily basis, athletic trainers work with hundreds of athletes in middle school, high school, and colleges. Overall, athletic trainers take general precautions to insure an athlete is safe before and during activity.

Trinity Sports Medicine offers an injury prevention program, FASTER (Flexibility, Agility, and Strength Together Equal Ready), which focuses on injury prevention and overall performance enhancement for student athletes. The program is now available year-round and helps to improve overall strength; increase flexibility; increase foot speed and agility; enhance core strength; and is intended to decrease injury potential.

On the field, athletic trainers take precautions to insure athlete safety. "We don't just take care of athletes who are hurt," Gust said. These precautions include making sure the environment is conducive to play, if the weather is safe, and if the athlete is able to return to playing after they get injured, Gust said. "We want them out there, but we also want them to be there safely."

This also includes getting an athlete ready following illness. "When an athlete has been ill for a while, such as with mono, we help them get back to playing safely, just as we do with an injury," Gust said. "A tired athlete is an injury-prone athlete as well as a danger to others. If they're feeling 50 percent, we don't want them on the court where they aren't going to be functional at the level they should be in order to be safe."

With concussions, there is a specific physician driven protocol. According to Gust, "It doesn't matter what level you are, the protocol for the concussion is the same. Every concussion is going to react differently, so we have to go through each progression or step. You don't go from concussion to floor."

In addition to working with student athletes throughout the region, Trinity Sports Medicine also has a clinic – like a walk-in clinic, but for sports injuries – based at the Maysa Arena. This clinic is intended to be a starting point for people who think they may have an injury or have had an issue that just won't seem to calm down.

The clinic, which was established in November 2017, is the starting point for student athletes who aren't sure if they need to see a doctor, Gust said, noting that the clinic is, by no means, intended to replace urgent or emergent care.

Emergency Preparedness

Athletic trainers also work with schools and municipal agencies to develop plans for responding to individual emergencies or mass casualty situations at sporting events.

Through emergency preparedness, "we are impacting healthcare before it is needed by preparing for it," Gust said. The Sports Medicine team has developed emergency action plans (EAP) for each site at each school that may host an event.

These plans are vital to being prepared to get help on the way when it is needed.

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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 were divided, with a portion being printed in the February issue of Health Talk, and the remainder in this issue.

CARDIOPULMONARY REHABILITATION

Agnes Brandt
Alfred & Betty Frey
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In Memory of Ron Lindley

Mike Deserly

In Memory of Ron Nelson

Karen & Hjalmer Carlso

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Beverly Bummer

In Memory of W. Duane Lidstrom

Donna Lidstrom

In Memory of Wendy Bentz

Eldora Bentz

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Starlight Children's Foundation

In Memory of Kevin Anderson

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In Memory of Janis Hatchard

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Heidi Jaros
Susan Barker

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Wes Hagen
Wonnenberg, Inc.

In Memory of Chester Reiten

Deanna Reiten

In Memory of Gordon Huus

Ordean & Judy Huus

In honor of All Patients in the Battle Fighting Cancer

Bruce & Cynthia Carlson

In Honor of Judy Durick

Holly Chrest

In Memory of John Niemitalo

Carl & Michelle Kannianen

In Memory of Lynette Martin

Holly Chrest

In Memory of Shelley Nelson

Holly Chrest

In Memory of Susan Ritter

Ritter Family Dentistry

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In Memory of John Niemitalo

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In Memory of Roger Lunde

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In Honor of Laurie Bartz

Sandy Opperud

In Memory of John Niemitalo

Keith Niemaitalo

In Memory of Lauren & Lillian Williams

Lisa & Scott Ziler

In Memory of Lois Haagenson

Kristie Dionne

In Memory of Lorraine Olson

Arlyss Bergrud

In Memory of Roger Lunde

Alyce Ann Lunde

In Memory of Stephen McIntyre, Jr.

Stephen & Donna McIntyre

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Terry & Sherlyn West

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In Recognition and Thanks continued from page 7

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Lucy and Ricky Evening a Hit



Melanie Knighton and Luis Hernandez, as Lucy and Ricky, engage in audience participation with an audience member during The Tribute to Lucy and Ricky Musical Comedy Show on February 14.

The Trinity Health Auxiliary would like to thank those who attended The Tribute to Lucy and Ricky Musical Comedy Show at the Clarion Hotel on February 14.

The show, which starred Melanie Knighton and Luis Hernandez as Lucy and Ricky, included a dinner catered by Homesteaders Restaurant, a dance, silent auction, raffle drawing, and door prizes, explained Sherry Maragos, director of volunteer services for Trinity Health.

“Trinity Health Auxiliary Hearts Club dedicates its volunteer time and financial resources to enhancing the overall mission of Trinity Health,” Maragos said.

“The Auxiliary and Hearts Club are partners with Trinity Health in activities and projects, small and large in scope. We promote activities and projects that benefit the community, patients, residents, families, volunteers, and staff of Trinity Health.”

Sponsors of the evening include: Boppre Law Firm, Dairy Queen/Orange Julius Treat Center Dakota Square, Dakota Advertising, First International Bank & Trust, Homesteaders Restaurant, IRET Properties, JE Dunn Construction, Minot Sash & Door Inc., Mobray & Son Inc., TEG Architects, The Wyatt at Northern Lights, TJE Entertainment DJ Service, Travel Connection Centre, Uncle Maddio's Pizza, Western Distributing Co.

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Nutrition continued from page 4

- If you need assistance managing high blood pressure, diabetes, or any other chronic illnesses. As an expert in food and nutrition, an RDN can help you better understand what foods may be affecting your current condition.
- You are experiencing digestive issues. An RDN can help you adjust your diet to avoid certain foods that might irritate your current condition.
- You are wanting to gain or lose weight. With numerous fad diets out on the market, an RDN can help you distinguish evidence-based recommendations from those not backed by science. An RDN can help design a personalized eating plan for whatever your goals may be.
- You are wanting advice on how to live a balanced, healthier life. Everyone's individual needs vary. An RDN will take into account your medical history, activity level, eating habits, most enjoyable foods, and lifestyle to help you set and prioritize goals for a healthier life. RDNs will work alongside you and suggest follow-up visits to monitor your progress.

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Surpassing Expectations One Task at a Time

Not long ago, Mike Honeyman couldn't feed himself. Now, he's making his own breakfast.

It's one of countless milestones that Mike has achieved on his journey back to independence following a motor vehicle crash in July 2018 that left him on life support with multiple severe injuries, including a traumatic brain injury.

Honeyman, 38, the husband of Trinity Health Sports Medicine Manager Robyn Gust, has been the focus of countless prayers in the community among those who have followed his recovery. It began with a lengthy hospital stay and continued with intensive rehabilitation at Madonna Rehabilitation Hospital in Lincoln, NE, for four months, then six months at Quality Living Inc. in Omaha.

He returned home to Minot last May and has been undergoing his next phase of therapy with Trinity Health's team of physical, occupational, and speech therapists.

"I've been working with Mike since November," said Occupational and Hand Therapist Nicole Kutch, OTR/L, CHT. "His biggest improvement is that he's globally much more independent, and his balance has improved a lot."

During a recent therapy visit, Nicole led Mike through various tasks and exercises, each designed to meet specific therapy goals in the areas of upper extremity, mobility, strength, coordination, fine motor skills, and activities of daily living. She alternates visits between Trinity's Outpatient Therapy Clinic and Mike's home.

"He has some left side neglect," Kutch explains, referencing a condition common to TBI sufferers. It's characterized by a tendency of the brain to ignore one side of the body. To address this tendency, Nicole has Mike perform exercises that work both sides of his body, including upper and lower extremities.

Next, they work to improve Mike's fine motor skills. He practices writing his name with an assortment of special oversized pens that are easier to manipulate than conventional writing instruments. "Is that how your signature looked before the accident?" Nicole asks. "No," Mike says. But being able to produce a clear and legible signature is a triumph nonetheless.

At a session prior to the Christmas holiday, Nicole had Mike wrap a gift for his son, Austin. "It was a pretty big gift – a travel bag," Nicole said. "I didn't



Working his fine motor skills, Mike Honeyman wraps a gift for his son as Occupational Therapist Nicole Kutch, OTR/L, CHT, lends a hand.

expect it to go all that smoothly, but he cut the paper and fastened it with tape. It looked great."

Not only is Mike working with an excellent team of therapy professionals, he has the love and support of his family. Last year, he and Robyn moved into their new home, which Robyn's father has been adapting to Mike's needs. Mike also has in-home caregivers, the most frequent of which is G.G., an associate of ProHealth Home Care of Minot. She keeps him busy running errands, doing chores, and engaging in games and other activities that are mentally and physically stimulating.

"One thing I never do is park him in front of the TV," G.G. said. "We're always doing something."

A possible exception to that rule is watching sports. A former wrestler, Mike is an avid fan of local and national teams.

Another skill that's making a comeback is Mike's speaking ability as well as his sense of humor. With a little prompting from Robyn, he expresses approval that he's able to do more for himself.

"You help out a lot, don't you?" Robyn says. "You do dishes, you cook. The other night you took Diva (their dog) outside, remember that?"

"Yeah," Mike says.

"Diva is our little ball of fur," Robyn explains. "She adores Mike and has been his constant little guardian since his injury."

Communication with a patient's family is an important part of what a therapy team does. Nicole and the other therapists compare notes with each other, but they also gather as much information as they can from family members and Mike's caregiver. Even small details about his functioning can be used to tweak his therapy regimens.

"One thing about Mike, he's eager to do anything we challenge him to do," Nicole says. "He might get frustrated, but he pushes through. It's that 'Honeyman Strong' quality."



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TRINITY HEALTH

MAKING MORE POSSIBLE

Athletic Training continued from page 4

The Sports Medicine department also works closely with emergency service agencies – police, fire, Community Ambulance Service, and dispatch – within the region “to make sure everyone is on the same page” in the event of an emergency at a sporting event, Gust said. “We all have a better understanding of the role each plays now, since rolling out the mass casualty planning.”

Working with the Patient and the Family

Dawn Mattern, MD, FAMSSM, a board-certified Family Practice/Sports Medicine specialist with Trinity Health, serves as Medical Director of the Sports Medicine department. As director, she has the expertise on the best course of action for a sports medicine patient and serves as their navigator within the healthcare system if referral to another provider is needed, Gust said.

“If there is an illness or injury that we feel needs further medical intervention outside the field, Dr. Mattern is going to help establish with those providers such as surgeons or other specialties,” Gust said, noting that Dr. Mattern has a “seamless collaboration” with other departments. “We can manage whatever is appropriate. If there is something that needs further medical care, we will refer patients to providers. Dr. Mattern has the most expertise in our field in the region.”

Rehabilitation Back to Activity

After an athlete receives the necessary evaluation, they will more than likely require rehabilitation before they can return to the practice or game. This can be done either through physical therapy or the athletic training rooms (if appropriate) Sports Medicine contracts services with; a plan of care is established according to the physician’s orders.

The role a certified athletic trainer plays in the overall health care of the physically active population and athletic teams is diverse. Before the seasons even start, certified athletic trainers are getting ready to prevent injuries, care for injuries if they occur, help the athletes return to competition and be ready for anything that may happen along the way—and they also tape ankles.

New Provider Joins Behavioral Health Team

Trinity Health is pleased to announce the addition of Jennifer Woidwode, DNP, PMHPNP, to our Behavioral Health team.



Jennifer Woidwode, DNP, PMHPNP

Jennifer is a psychiatric mental health nurse practitioner. She works with physicians and other healthcare professionals to provide medical and psychiatric diagnoses, design holistic treatment plans, prescribe psychopharmaceuticals and other medications, and offer counseling or psychotherapy.

Jennifer grew up in Surrey and Velva. She earned her Bachelor of Science in Nursing from Minot State University and completed her Doctor of Nursing Practice as a Psychiatric Mental Health Nurse Practitioner at Rush University in Chicago. Prior to earning her DNP, she practiced 12 years at in Inpatient Psychiatry for Trinity Health. Jennifer is a member of the American Psychiatric Nurses Association.

When she is not engaged in her profession, she enjoys scrapbooking, card making, and quilting. Jennifer and her husband have three adult sons, three dogs, and two cats.

Jennifer is based at Health Center – Riverside.



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Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org

Occupational Medicine Services

trinityhealth.org/occmcd

C O M M U N I T Y

CALENDAR

For the latest updates, check online at trinityhealth.org

Events

March 1 – Vanna Binning, MD, Family Medicine, will present “Pride in Primary Care” to Magic City Equality at 12:00 p.m., at Badlands Brew Coffee House, 1408 2nd Ave SW, Minot.

March 3 – Keys to Diabetes Success will hold a class, “Medication Madness,” at 5:30 p.m., at the Trinity Health Community Conference Room, located at Health Center – Town & Country, 1015 S Broadway, Minot. For more information, call 701-857-5268.

March 10 – Join a registered Trinity Health dietitian as they lead a grocery store tour at the original MarketPlace Foods at 6:00 p.m. The topic will be diabetes. For more information, or to RSVP, please call 701-857-5268.

March 11 – Trinity Health will sponsor the Minot Minotauros hockey game against the Bismarck Bobcats at the Maysa Arena (Pepsi Rink) at 7:05 p.m.

March 13-15 – Safe Kids Minot will have an informational booth at the KX Sports Show, North Dakota State Fair Center, from 1:00 to 7:00 p.m., on March 13; 10:00 a.m. to 6:00 p.m. on March 14; and 11:00 a.m. to 4:00 p.m., on March 15.

March 16-17 – The Trinity Health Auxiliary will host a J.R. Comfort discount bedding sale on March 16, from 7:00 am. to 6:00 p.m., and March 17, from 7:00 a.m. to 3:00 p.m., on the Trinity Hospital Skyway.

March 17 – The Breast is Best Support Group will meet at With Room Coffee, 400 E Central Avenue, Minot, 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.

March 18 – 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.

Weigh2Change

Weigh2Change, a program designed to help people make positive lifestyle changes aimed at improving health and preventing type 2 diabetes, will hold two Session Zero informational meetings on March 3 or March 17, 2020, from 4:00 to 5:00 p.m., at the Trinity Community Conference Room, located at Health Center – Town & Country, 1015 S Broadway, Minot. For more information, call the Trinity Health Center for Diabetes Education at 701-857-5268.

Mobile Mammogram Schedule

March 3Trinity Community Clinic - Velva, 338-2066
 March 11.....Tioga Clinic, 664-3368
 March 17 Northland Community Health Center – Turtle Lake, 448-9225
 March 18CHI – Devils Lake, 662-8662
 March 24St. Luke’s Hospital – Crosby, 965-6349
 March 25.....Trinity Community Clinic – New Town, 627-2990

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

March 12, April 9, May 14, June 11, July 9, and August 13
 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.

March 2, April 6, May 4, June 1, July 7, and August 3
 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

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.