Childhood Obesity is a Serious Concern

Childhood obesity is all too common in the United States, with a high prevalence among children and adolescents. According to the Centers for Disease Control and Prevention (CDC), the prevalence of obesity is 18.5 percent, affecting about 13.7 million children and adolescents.

Allison Lesmann, DNP, APRN, FNP-C, a certified nurse practitioner specializing in children’s health with Trinity Health, noted how the numbers have grown over the years, based on the observation she sees daily in her practice. In 2016, while performing a random chart audit as part of a doctoral project, Lesmann noted that 12.7 percent of pediatric patients were overweight.

In 2016, while performing a random chart audit as part of a doctoral project, Lesmann noted that 12.7 percent of pediatric patients were overweight. According to the CDC, obesity is a serious concern and increases the risk for chronic diseases such as type 2 diabetes and heart disease. Lesmann pointed out the importance of discussing weight and nutrition with children and families, and the role of health care providers in addressing this issue.

Screenings

Get Back on Track with Cancer

Welcome New Providers

Good and Bad Cholesterol

To Prevent Suicide is to CARE

New Hospital Construction Updates

Harvest Nutrition

Watch for Breast Cancer

Warning Signs

After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. According to the American Cancer Society, the average risk of a woman in the United States developing breast cancer sometime in her life is about 13 percent – or a 1 in 8 chance. In 2020, an estimated 276,480 new cases of invasive breast cancer and about 46,520 new cases of carcinoma in situ (non-invasive and the earliest form of breast cancer) will be diagnosed in women.

About 42,170 women will die from breast cancer, and while breast cancer death rates have been steady in women younger than 50, they have decreased by 1.3 percent per year in older women. It is believed that this is “the result of finding breast cancer earlier through screening and increased awareness, as well as better treatments,” the American Cancer Society (ASC) said on its website.

According to the Centers for Disease Control and Prevention (CDC), some warning signs of breast cancer include:

- A new lump in the breast or underarm (armpit)
- Thickening or swelling of part of breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

However, these symptoms do not exactly equate breast cancer, said Brian Johnson, DO, a diagnostic radiologist at Trinity Health who is fellowship-trained in breast imaging. As a breast specialist, Dr. Johnson provides expertise and support for the fall range of Trinity Health’s breast imaging services, including digital mammography, MRI, ultrasound, and minimally-invasive breast biopsy.

Different people have different symptoms. Not all those signs and symptoms are always suggestive of breast cancer,” Dr. Johnson said, adding that mammography and ultrasound are paramount to further evaluating the symptoms to see if it is indeed breast cancer, as well as identifying breast cancer in the asymptomatic woman.

The American Cancer Society’s guidelines for mammography vary based on average risk. Generally, average risk suggest that women between the ages of 40 and 44 should have the option of starting screening with a mammogram every year; then from age 45 to 54, women should get mammograms every year until they are 55, at which time they can switch to getting mammograms every other year or choose to continue annual mammograms. “Screening should continue as long as a woman is in good health and is expected to live at least 10 more years,” the ACS said on its website.

The ACS defines a woman at average risk as meaning that she doesn’t have a personal history of breast cancer; a strong family history of breast cancer; or a genetic mutation known to increase risk of breast cancer, such as the BRCA gene; and has not had chest radiation therapy before the age of 30.

Patients who wish to have a mammogram should schedule an appointment by calling Trinity Health’s Mammography Scheduling Line at 701-857-2640, or in Williston at Trinity Community Clinic - Western Dakota, at 701-774-0810.
Childhood Obesity (continued from page 1)

and 18.5 percent were obese. Most pediatric patients – 68.8 percent – were at a healthy weight.

While pediatricians can’t officially diagnose children as being overweight or obese until they are two years of age, Lesmann noted that healthy habits are something instilled with parents almost immediately.

“The importance is identifying it early. From the time kids are newborns coming into my clinic, I start talking about ‘healthy habits,’ she said. “I tell parents, ‘My goal is for your child to live past 100. Let’s work together as partners to try and make your child as healthy as possible.

Being overweight or obese is diagnosed based on the Body Mass Index on the growth chart, Lesmann said. A child is defined as obese if their body mass index for age percentile is greater than 95 percent; overweight is considered anywhere in the greater than 85 to less than 95 percent range. (There is also an overweight category, where the BMI is below the 5th percentile.

The World Health Organization (WHO) said that overweight and obese children are likely to stay obese into adulthood and are more likely to develop noncommunicable diseases, such as diabetes and cardiovascular diseases, at an earlier age.

These diseases can include heart disease, high cholesterol, high blood pressure, diabetes, sleep apnea, and cancer. In addition, children who are affected by obesity face social discrimination, leading to low self-esteem and depression.

Being overweight or obese, as well as their related diseases, are largely preventable, WHO pointed out. There are certain factors targeted as major contributors to childhood obesity, including: environment, lack of physical activity, heredity and family, dietary patterns, and socioeconomic status.

“I don’t think the isolation with COVID-19 has helped,” Lesmann said, noting how the pandemic has affected and otherwise limited children’s physical activity, especially during the summertime.

Parents can help their children from being overweight or obese by trying to be “conscious of the things they are bringing into the home,” such as sugary drinks and sodas, as well as trying to promote eating more fruits and vegetables and drinking more water,” Lesmann said.

Parents can also do this by setting an example. “While encouraging children to be more physically active, parents should partake with them,” Lesmann said. “Make it a family activity, like going for a walk or a bike ride. I think that’s always more effective.”

Trinity Health has a team of pediatricians who provide medical care to infants, children, and adolescents from birth to age 18.

Cholesterol is a substance that is found in the blood and forms part of healthy cells. The problem is that sometimes people have too much cholesterol, said Ginger Strand, PA-C, a board-certified physician assistant and member of Trinity Health’s cardiovascular disease team.

According to the Centers for Disease Control and Prevention (CDC), more than 102 million American adults (20 years and older) have total cholesterol levels at or above the healthy levels, 200 mg/dL or higher, more than 35 million are at an unhealthy levels of 240 mg/dL or higher. When a person has too much cholesterol, it leads to a condition called hyperlipidemia, Strand said. “The result of having too much cholesterol will put you at a higher risk of heart attacks, strokes, and other health problems. The CDC recommends lifestyle changes or choosing of cholesterol, the higher your risk for these problems.”

There are two types of cholesterol:

• HDL, or high-density lipoproteins: These are the good kind of cholesterol, as they carry cholesterol from your body to the liver, where it is then removed from the body. “The higher your HDL is, you may benefit in reduction of risk of heart attack, stroke, and other health problems,” Strand said.

• LDL, or low-density lipoproteins: These are the bad kind of cholesterol. “It is called this because higher LDL raises your risk of heart attacks, strokes, and other heart problems,” Strand said.

“High LDL can cause atherosclerosis, a buildup of fat deposits in blood vessels, which is the major cause of cardiovascular events, such as heart attack, strokes, and peripheral artery disease.”

Recommendations for LDL level is less than 130 – or much lower if you are at risk of cardiovascular disease or have a family history of high cholesterol, a family history of heart disease, diabetes, high blood pressure, or certain chronic condition. “I tell parents, ‘My goal is for your child to live past 100. Let’s work together as partners to try and make your child as healthy as possible.”

Cholesterol medication can help the body to remove cholesterol as well. “It is called this because the lower your LDL is, the lower your risk of heart disease; and increase the HDL cholesterol; decrease triglycerides, cholesterol medication can help the body to remove cholesterol as well.”

Exercise helps boost the body’s HDL cholesterol while increasing the size of the particles that make up the LDL cholesterol. Strand recommends exercise for 150 minutes per week.

4. Medication: Cholesterol medication can decrease LDL cholesterol; decrease triglycerides, a type of fat in the blood that also increases the risk of heart disease; and increase the HDL cholesterol, Mayo Clinic stated. “Talk with your provider and see if it is appropriate for you to be on medication. Strand added.

Lipid or cholesterol testing (a fasting blood test) should start at age 35 for men and age 45 for women with no risk factors, Strand said. However, screening should begin earlier if you have heart disease, family history of early heart disease, diabetes, hypertension, smoking, and/or are overweight.”

For questions about testing, please speak to your healthcare provider.
HEALTH TALK

TRINITY HEALTH 3 · OCTOBER 2020

Trinity Health Welcomes Hospitalist

Trinity Health is pleased to welcome Courtney Black, MD, to our hospitalist team. Hospital medicine is a specialty dedicated to providing timely, coordinated care for patients in a hospital setting, based on changes in their medical status.

A family medicine specialist, Dr. Black received her Doctor of Medicine degree from Ross University and completed her family medicine residency at Hennepin County Medical Center in Minneapolis. She began her medical career as a nurse, earning a Bachelor of Science in Nursing from Minot State University and practicing in Trinity Hospital’s emergency and medical surgery units for four years. Her professional affiliations include the American Academy of Family Physicians and the American Board of Family Medicine. A Minot/Minnie native, Dr. Black’s personal interests include dog rescue, running, and gardening.

Is Coronavirus Cultivating Depression?

For the majority of 2020, the pandemic has been in a tail spin of dread and uncertainty. In an atmosphere like that, it is no surprise that depression has grown.

The Washington Post reports that in late May that one-third of Americans are showing signs of clinical anxiety or depression. According to the story, a poll of 1 million households between May 7-12, 2020, revealed that for every 100 American adults, 34 are showing symptoms of anxiety, depression, or both. More than 42,000 of the 1 million households responded.

Depression, as Mayo Clinic defines it, is a mood disorder that causes a persistent feeling of sadness and loss of interest. Research suggests that a combination of factors – genetic, biological, environmental, and psychological – can play a role; the latter two could certainly contribute to a COVID-19 related diagnosis.

The pandemic shut things down, leaving people without their hobbies or livelihoods. It also prompted feelings about the unknown and what was going to happen in the future. Feelings of hopelessness or pessimism, just one of the signs of a major depressive episode, the Anxiety and Depression Association of America says.

Other signs include:

- Persistent sad, anxious, or "empty" mood
- Feelings of guilt, worthlessness, or hopelessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, feeling "slowed down"
- Difficulty concentrating, remembering, and making decisions
- Insomnia, early morning awakening, or oversleeping
- Low appetite or weight loss or overeating and weight gain
- Thoughts of death or suicide
- Restlessness or irritability
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and pain for which no other cause can be diagnosed

If any of these feelings persist, it is important to see a mental healthcare provider to get treatment.

Trinity Health provides outpatient and inpatient behavioral health services for children, adults, and seniors. Outpatient services include diagnostic evaluations, such as a screening for depression.

"There is no better screening tool than sitting there, asking questions, and being understanding," said Denise Roerick, LICSW, a licensed social worker and therapist with Trinity Health’s Behavioral Health department. Following a depression diagnosis, a treatment plan is formulated. A treatment plan can include medication, therapy, or both, which Roerick says is "ideal."

According to data from Substance Abuse and Mental Health Services Administration, only 65 percent of people with major depressive episodes receive combined care by a healthcare professional and medication treatment.

To make an appointment with a behavioral health specialist at Trinity Health, call 701-857-5998.

More than $39,000 Raised at Golf for Life

On August 17, Trinity Health Foundation held its eighth annual Golf for Life Men’s Golf Tournament to support Trinity CancerCare Center patients. The tournament, which was held at the Souris Valley Golf Course, was very competitive. First and second places were determined by a putt-off as the team representing Vaaler Insurance/HCS & Coverys edged out the team representing PJE Consulting & Engineering. Third place went to First Western Insurance who defeated the team representing Morell’s Distributing. Inc. in a putt-off.

This year’s event raised more than $39,000 in cash and in-kind donations. Many patients will benefit from the funds that were raised as lives will be saved, people will be healed and families will have hope.

Event participants were treated to lunch catered by Quickie’s Burgers and Fries, and dinner provided by LBJ Texas BBQ & Catering. A gallery of pictures from the event can be found on Trinity Health Foundation’s Facebook site (facebook.com/TrinityHealthNDFoundation).

Joint Replacement Surgeries Resume

It was eerily quiet in Trinity Health’s Surgery Center last spring. Gone were the sounds of mallets, powered instruments, and other devices that are the telltale echoes of an orthopedic surgery.

In mid-March, Trinity Health canceled nearly all non-urgent elective procedures in response to government requests and to prepare for an anticipated surge in COVID-19 patients. That included the postponement of nearly all knee and hip replacements.

"I did my last elective surgery on March 17. Early March is when elective cases until early June," said orthopedic surgeon Brent Knudson, DO. "We still did trauma and surgeries deemed urgent; everything else was delayed."

As hospitals across the country reluctantly canceled elective cases, it became something of a maxim that “elective” is in the eye of the beholder. Dr. Knudson agrees: “A joint replacement might be considered elective, but when you’re in pain and not able to function very well, it doesn’t feel very elective to you.”

Patients were remarkably understanding of the situation, according to Dr. Knudson. “We did more injections to carry them through. Even so, the resumption of a normal surgery schedule has been a welcome development for patients,” said Kathy Wood, Dunseith, among the patients to receive a call explaining that her surgery – a knee replacement – would have to be put on hold. Although she was experiencing pain and knew that her X-rays showed bone on bone, she was prepared to postpone. “I’m an RN so I was already thinking along those lines. I was on board with waiting.”

It took most of the summer to catch up with the schedule, but finally on continued on page 4

continued on page 4

Image 16x895 to 298x1055

Image 170x1339 to 297x1502

Image 330x1513 to 779x1626

Image 332x518 to 776x616

Image 470x1257 to 598x1420

Denise Roerick, LICSW

Courtney Black, MD

Photo by Pete Ladendorf

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Cancer Screening

Screenings are important because they can help doctors find and treat several types of cancer early before they cause symptoms, the National Cancer Institute said on their website. “Early detection is important because when abnormal tissue or cancer is found early, it may be easier to treat. By the time symptoms appear, cancer may have begun to spread and be harder to treat.”

“Treatment for early stage cancer is often more effective and better tolerated than treatment for late stage cancer,” said Joon Lee, MD, a radiation oncologist with Trinity CancerCare Center. “If a cancer is diagnosed in an early stage, you may only need one modality of treatment, such as surgery or radiation therapy.”

However, Dr. Lee added, an advanced stage disease may require a combination of surgery, radiation therapy, and chemotherapy – which also means that the side effects and potential complications of treatment may increase. If the cancer is found too late, such as the case when cancer has become metastatic (it has spread from its site of origin to another part of the body), “curing the cancer may no longer be possible, and the goal of treatment will be to palliate any symptoms and preserve or improve quality of life,” Dr. Lee said.

Regular self-exams and screenings can increase your chances of discovering cancer early when treatment is most likely to be successful.

Examples of cancer screenings include:

- **Breast cancer** – mammography, clinical breast examination, breast self-examination, and magnetic resonance imaging (MRI)
- **Cervical cancer** – Pap smear, human papillomavirus (HPV) testing, Pap smears
- **Colorectal cancer** – colonoscopies, sigmoidoscopies, fecal occult blood test, double contrast barium enema, and stool DNA tests
- **Skin cancer** – complete skin exam, skin self-examination, dermoscopy

There are many ways to reduce your cancer risk, including refraining from smoking, eating a healthy diet, getting at least 30 minutes of physical activity at least five days a week, and protecting your skin from the sun. Speak with your healthcare provider about the best cancer screening schedule for you. More information about cancer screening guidelines can also be found on the American Cancer Society’s website (cancer.org).

Golf for Life

continued from page 3

Life Tournament a great success. We would like to recognize the following for their assistance with the event:

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- Gourmet Chef
- Hampton Inn & Suites
- Magic City Beverage
- Marketplace Foods
- Minnesota Vikings
- My Tiger, Jr.
- My Tiger, Jr. and Shoulder
- Napa Auto Parts
- Northwest Tire
- Oak Park Theater
- Papa John’s Pizza
- Sammy’s Pizza & Restaurant
- Scheels
- Slim Chickens
- Star City Golf Course
- Tahoe Jacks
- Uncle Maddio’s Pizza
- Wingate by Wyndham

We also wish to thank all who volunteered during the tournament!
When it comes to keeping your eyes safe, safety glasses are the most important way to protect your peepers.

According to the American Academy of Ophthalmology (AAO), wearing protective eyewear can prevent 90 percent of eye injuries. Preventable eye injuries involve projectiles, scratches, or chemicals in one form or another that get into the eyes, explained Darren Hill, MD, an ophthalmologist with Trinity Health.

To prevent these types of injuries, having a proper set of safety glasses or goggles on (and wearing them properly) can be the ticket, regardless of where injury can happen. Eye injuries do not only happen on the jobsite, such as in factories or on a construction site. The AAO said that nearly half of all eye injuries occur in the home. Generally, with “any activity where there is a chance of anything getting in your eyes,” safety glasses are recommended, Dr. Hill said. This can include yard work involving lawn mowers or weed eaters (“anything that can send a projectile”); or any wood, metal, or automobile work.

“Projects involving cutting, sanding, grinding, or polishing metal yield a substantial number of eye injuries when safety glasses aren’t worn properly,” he said.

Any object striking or embedding itself in your visual center can do instant, permanent damage, or lead to infection that will limit your full visual potential,” Dr. Hill added. “These injuries can be very traumatic and are usually exceptionally painful.”

More than 78 percent of people were not wearing eyewear at the time of injury and only 5.3 percent of those who were wearing eyewear, including glasses or contact lenses, were wearing safety or sports glasses, the fifth annual Eye Injury Snapshot conducted by the AAO and the American Society of Ocular Trauma said.

Regular glasses or sunglasses will not suffice for any high impact injury “and can even lead to worse damage if they shatter on impact,” Dr. Hill said. “If you’re going to wear prescription glasses, you’ll want them to be made out of polycarbonate or other material with a sufficient safety rating.”

Safety glasses are different from regular glasses because of their rating – look for ANSI Z87.1, the standard rating for safety glasses, Dr. Hill said. “Most sunglasses and eyeglasses do not have this rating.”

Safety glasses can be purchased at hardware stores, as well as your local retail medical store, such as Vision Galeria (located at Health Center – Plaza 16, Minot, and at Trinity Health Western Dakota, Williston).

Prescription safety glasses can also be obtained through Vision Galeria by seeing your local optometrist, Dr. Hill said.

Trinity Health’s optometry team includes Jill Martinson-Redeckopp, OD; Shawn Nelson, OD; and Brad Schimke, OD. Prescription safety glasses can also be obtained through Vision Galeria by seeing your local optometrist, Dr. Hill said.

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Jill Martinson-Redeckopp, OD
Optometry
Shawn Nelson, OD
Optometry
Brad Schimke, OD
Optometry

Who are the optometrists associated with Trinity Health? Jill Martinson-Redeckopp, OD; Shawn Nelson, OD; and Brad Schimke, OD are the optometrists associated with Trinity Health.

Who are the surgeons at Trinity Health? Dustin Evans, MD is the General Surgeon at Trinity Health.

Who are the ophthalmologists at Trinity Health? Darren Hill, MD and Cynthia Roles, OD are the ophthalmologists at Trinity Health.

Who are the optometrists in Williston? JulieAnn Wick, OD and Cynthia Roles, OD are the optometrists in Williston.

What are the safety glasses requirements for eye injuries? Safety glasses should have an ANSI Z87.1 rating for safety.

What is the Eye Injury Snapshot? The Eye Injury Snapshot is a study conducted by the AAO and the American Society of Ocular Trauma to track eye injuries.

What are the consequences of not wearing safety glasses? Safety glasses can prevent 90 percent of eye injuries. Regular glasses or sunglasses are not sufficient for high impact injuries.

What is the standard rating for safety glasses? ANSI Z87.1 is the standard rating for safety glasses.

What are the main causes of eye injuries? Eye injuries can occur from projectiles, scratches, or chemicals in the home.

What is the fifth annual Eye Injury Snapshot? It is a study conducted by the AAO and the American Society of Ocular Trauma to track eye injuries.

What is the main recommendation for preventing eye injuries? Wearing proper safety glasses or goggles is recommended to prevent eye injuries.

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What is the main cause of eye injuries? Eye injuries can occur from various causes, including objects striking or embedding themselves in the eyes.

What is the main recommendation for preventing eye injuries? Wearing proper safety glasses or goggles is recommended to prevent eye injuries.
What do you do with Expired Meds?

Imagine you are digging through your medicine cabinet looking for a Band-Aid and you stumble upon a box of expired medications that you have stored across some medication from the last you were sick, two years ago.

You are no longer sick and have no need for this medication. But, it’s expired. So, you take it and pitch it into the garbage, right? Wrong.

Carolyn Seehafer, PharmD, Director of Pharmacy at Trinity Health, suggests while you should dispose of these expired medications, there is a protocol to follow.

Instead of throwing them away or down the sewer system, these medications can be deposited at designated drop boxes at participating pharmacies; at Trinity Health, these boxes are located at Key Care Pharmacy, located at Health Center-Medical Arts, and B&B Pharmacy, located at Health Center-East.

There are two programs in North Dakota that offer assistance.

The first is the Drug Take Back Program, which was launched by North Dakota Attorney General Wayne Stenehjem in December 2009. According to the Attorney General’s website, the program “provides North Dakota citizens with a safe and simple way to get rid of unwanted medications.” The program, which requires pharmacies to register, permits consumers to bring in their unused medications to be disposed of properly. Since the program’s inception, more than 24,665 pounds of medication had been collected through the Take Back containers at participating pharmacies.

The second program, the TakeAway Environmental Return System, is endorsed by the North Dakota Pharmacy Board, North Dakota Pharmacists Association, and the North Dakota Pharmacists Association (NCPA).

Both programs have drop boxes at the aforementioned locations.

These drop boxes are designed for the following medications:

- Pills, tablets, and caplets
- Inhalers, and nebulizer solutions
- Liquid medications, any amount
- Gout, cream, lotions, and powders
- Controlled substances (such as Vicodin, Hydrocodone, Valium, and others), sharps (syringes and lancets), thermometers, glass home-based care (HBC), and durable medical equipment (DME) supplies should not be deposited in these boxes. These substances should be taken to local law enforcement agencies.

If you have any questions, please check with your pharmacist or local law enforcement agency, or contact the Attorney General’s office at 701-328-2210 or ag.nd.gov.

Harvest Nutrition

By Desire'e Steinberger, RD, LRD, Director of Nutrition

As the waves of grain have ripened and are now amber waves of grain, we are into the season of fall harvest. Along with harvest comes the typical farm safety reminders. But, it also gives us time to remember the nutritional side and the safety side of food in the field.

I know that I have helped bring many meals to the field and have eaten more meals than I can count in the field or on a tractor/combine. While field meals are wonderful events, it brings a side of food safety that we do not always think about. When packing our lunches for the field, it is important to remember to pack two cold packs in the lunch box, per the USDA. The recommendations are to pack one frozen gel pack on the bottom of foods that need to be kept cold and one frozen water bottle or cold pack on the top of these items. This will help to keep items safe to eat. One trick I use to check when packing my lunch is to make sandwiches and freeze them so I can pull them out of the freezer and use them in my field/farm lunch. Just remember to refrain from putting lettuce, tomatoes, and/or mayo on them before freezing so that you have the highest quality of food possible. Other frozen beverages can also be used in lunch boxes to keep food items cold and safe to eat. If you bring home leftovers from your field lunch, be sure to throw them out if they had been out for more than two hours. Do not reuse items day-after-day unless you have non-perishable food items. No one has time to stop in the middle of harvest because of a food-borne illness. If they have been out for less than two hours and you plan to reheat them, use a thermometer to make sure the food item reaches 165°F to ensure the food is safe to eat.

When hot meals are enjoyed in the field, keeping food items at the proper temperature is very important. Cold items such as gel packs can keep foods hot while transferring them to the field is handy. There are insulated zipper containers to slip a 9 x 13 freezing bag into to serve meals. Coolers are also a great idea to use for keeping cold food items; this would include fresh fruit, drinks, bottled water.

Food items should reach proper temperatures when cooking them or cooling them as well:

- When cooking chicken, turkey, or leftovers 165°F.
- When cooking ground beef or ground pork 160°F.
- When cooking pork or beef steaks, chops or roast – 145°F.

Cold food items should be held at 40° or colder to remain safe to eat. Always use a food thermometer to check food temperature!

It is also important to follow the recommendations for a balanced diet while working hard getting the harvest done. Strive for a fruit, vegetable, grain, protein, and dairy in each meal. Cheese sticks are some great options for lunch boxes in the field. While fruit can be a tricky thing to eat in the field, the original “fast foods” are wonderful lunch box fillers, such as apples or bananas. One of my favorite field lunch box items is freeze-dried fruit or dehydrated apples.

For ND State University Resource, here are instructions on how to make your own dehydrated apples:

Drying

Apples are rated “excellent” for preservation through drying/dehydration. To dry apples, select mature, firm apples. Wash well. Pare and core. Cut in rings or slices 1/8 to 1/4 inch thick, or cut in
**Benefit from Venefit**

Healthy leg veins contain valves that open and close to assist the return of blood back to the heart. Varicose veins are veins that have become enlarged and迂曲. According to the Society for Vascular Surgery, about 35 percent of the population in the United States can have varicose veins.

Venous reflux disease develops when the veins that keep blood flowing out of the legs and back to the heart become damaged or diseased. As a result, veins will not close properly, leading to symptoms of varicose veins, pain, swollen limbs, leg heaviness, and fatigue, skin changes, or ulcers. They can certainly be unsightly, but they can also be painful.

Varicose veins are genetic, said Jake Naidu, an interventional radiologist with Trinity Health. Other factors include age, gender, pregnancy, obesity, and prolonged standing. For women, varicose veins can occur as early as their 20s, when a woman can be pregnant, Dr. Naidu added. "While they're pregnant, there's an increase in blood flow, so the baby can put pressure on these veins." According to the Mayo Clinic, visible signs of varicose veins include veins that protrude through the skin in color, or veins that appear twisting and bulging, often like cords on an arm or leg.

Additionally, painful signs and symptoms can occur, including:
- An ache or heavy feeling in your legs.
- Burning, throbbing, muscle cramping, and swelling in your lower legs.
- Worsened pain after sitting or standing for a long time.
- Itching around one or more of your veins.
- Bleeding from varicose veins.
- A painful cord in the vein with red discoloration of the skin.
- Color changes, hardening of the vein, skin discoloration, or skin ulcerations near the ankle, which can mean a serious form of vascular disease that requires medical attention.

**Self-care**, such as exercise, elevating the legs, or wearing compression stockings, can help ease the pain of varicose veins and may prevent them from getting worse. However, if you are concerned about how the veins look and feel, and the self-care measures haven’t worked, see your provider, the Mayo Clinic suggested. Taking care of varicose veins is important, as the veins can worsen and cause significant morbidity and can lead to ulceration in advanced cases, Dr. Naidu said. "If they’re untreated, they can form ulcers that can’t heal."

For years, vein stripping was the treatment of choice. "However, it was too rough on the patient," Dr. Naidu said. "The procedure included incision made in the groin and calf. A hook was threaded through the diseased vein to pull the vein out of the leg. With Venefit, a radiofrequency ablation (RFA) procedure, the likelihood of pain and bruising associated with vein stripping surgery, becomes a thing of the past.

Before the RFA procedure is done, Dr. Naidu or Heather Boyko, FNP-C will evaluate to see whether the patient is a candidate based on symptoms. If the individual is a candidate, an ultrasound will be done to show damaged veins.

Until there is documentation that confirms the veins are damaged, "we put the patient on a three-month regimen of conservative therapy," Dr. Naidu said. After three months, if nothing has improved through conservative therapy, "we schedule the patient for the procedure."

RFA is performed on an outpatient basis. For the procedure, an incision is made in the skin. Using ultrasound, Barry Amos, DO, or Dr. Naidu positions a catheter into the diseased vein through the small incision. The tiny catheter powered by radiofrequency energy delivers heat to the vein wall.

As the thermal energy is delivered, the vein wall shrinks and the vein is sealed closed. Once the diseased vein is closed, blood will reroute itself to healthy veins.

Most patients report feeling little, if any, pain during the procedure. (A local or regional anesthesia is used to numb the treatment area.)

**Following the procedure**, a simple bandage is placed over the incision site, and an additional compression may be provided to aid in healing. Your doctor may encourage you to refrain from extended standing and strenuous activities for a period of time. The average patient typically resumes normal activities within a few days.

Most patients report a noticeable improvement in their symptoms within one to two weeks following the procedure. Patients treated with RFA may resume normal activities more quickly than patients who undergo surgical vein stripping or endovenous ablation.
**Stop the Bleed® Community Class**

Learn what you should do to stop the bleed after an injury or disaster.

**October 12, 2020**
6:30-7:30 p.m.
Health Center – Riverside

Class is free. Attendees will be able to purchase a Stop the Bleed® Kit for $20.

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**Prepared Childbirth Classes**

October 10, November 14, and December 12

Learn about signs of labor, what to expect in labor, comfort measures, postpartum cares, newborn care and routines, and much more! Enrollment is limited. Registration is required. Meets from 9:00 a.m. to 1:00 p.m., Health Center – Riverside Education Center, 1700 18th Ave SE, Minot.

**Breastfeeding Basics**

October 8, November 12, and December 10

Learn about all things breastfeeding: positions, latch, skin-to-skin contact, how to know baby is getting enough, and more! Enrollment is limited. Registration is required. Meets from 6:00 to 8:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

**Flowers for the Family**

Looking for a centerpiece for your Thanksgiving dinner table? Look no further with the Trinity Health Auxiliary’s Thanksgiving Flowers sale. Preorder and pay by November 4, and pickup is between November 23-25. For more information, call Sherry at 701-857-7301 or visit trinityhealth.org/auxiliary.

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**Eagle Award Winners**

Friday Ousula, ND Pediatrics
Natalie Procka

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**Flu Shots Available**

Quadivalent protects against four different strains of flu

- FirstCare, Health Center – Medical Arts
- Monday - Friday 10:00 a.m. - 4:00 p.m.

- Trinity Health South Ridge
- Monday - Thursday 9:00 a.m. - 4:00 p.m.
- Friday 10:00 a.m. - 1:00 p.m.

- Health Center – Town & Country, Suite 104
- Monday - Friday 10:00 a.m. - 4:00 p.m.

- Pediatrics, Health Center – Medical Arts, 2nd Floor
- Monday - Friday 4:00 p.m. - 4:00 p.m.

- Your Primary Care Provider’s Office

- Trinity Health Rural Clinics

Masks are required at all Trinity Health facilities.

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**Sunflower Award**

Brenna Svangstu, CNA

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**Events**

**October 7** — A Tough Enough to Wear Pink radio remote will be held at Town & Country Credit Union, 615 S Broadway, Minot, from 11:00 a.m. to 1:00 p.m.

**October 8** — A Tough Enough to Wear Pink Radio Remote will be held at Pinnacle, 8149 U.S. Hwy 2, Stanley, from 11:00 a.m. to 1:00 p.m.

**October 13** — Safe Kids Minot will host a free car seat check at the Minot Fire Station 1, 2111 10th St SW, Minot, weather permitting, from 3:00 to 6:00 p.m. If you would like to schedule an appointment for a car seat check for another time, please call Amber Emerson at 701-857-7300.

**October 13** — Join a Trinity Health registered dietitian for a small group cooking class “Cooking with Flavor” will be held at Trinity Health Community Conference Room, located at Town & Country Center, 1015 S Broadway, Minot, at 5:30 p.m. Space is limited, please reserve your spot today! RSVP by calling 701-857-5268. The cost of the class is $10.

**October 19-20** — The Trinity Health Auxiliary will hold a Masquerade Jewelry Sale on the Trinity Health Skyway (between Trinity Hospital and Health Center – East) on October 19, from 12:00 to 5:00 p.m., and October 20 from 7:30 a.m. to 3:00 p.m.

**October 24** — Safe Kids Minot will host a free car seat check at the Minot Fire Station 1, 2111 10th St SW, Minot, weather permitting, from 11:00 a.m. to 2:00 p.m. If you would like to schedule an appointment for a car seat check for another time, please call Amber Emerson at 701-857-7300.

**October 25** — Trinity Health will host Trunk or Treat in the Health Center – West parking lot from 5:00 to 7:00 p.m.

**Taste for the Holidays**

A selection of decadent pies for your holiday gatherings are at the ready through the Trinity Health Auxiliary’s Taste for the Holidays. Pre-order and pay by October 23. Pickup is between November 23-25. For more information, call Sherry at 701-857-5221 or visit trinityhealth.org/auxiliary. All proceeds support the Trinity Health Auxiliary.

**Flowers for the Family**

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