A survey of the American Academy of Family Physicians found that 55 percent of men responding had not seen their doctor for a physical exam in the previous year, even though 40 percent of them had at least one chronic condition. The survey further notes that one-fifth of men ages 55 and over have never undergone screening for colon cancer. Almost 30 percent say they “wait as long as possible” to seek medical attention when they are feeling sick or in pain.

It is important for men to be proactive about their health rather than waiting or skipping screenings. Some health issues, such as testicular cancer, only happen to men, while others, such as colorectal cancer, tend to happen more to men than women.

Now would be a good time for men to set a New Year’s Resolution of getting healthy and peace of mind by being proactive about their health.

Harvard Medical School advises the following screenings for men:

- Abdominal aortic aneurysm
- Blood pressure testing
- Cholesterol test

Abdominal aortic aneurysm
Mayo Clinic defines Abdominal aortic aneurysm as an enlarged area in the lower part of the aorta, the major vessel that supplies blood to the body. Abdominal aortic aneurysms often grow slowly without symptoms, making them difficult to notice. There are some signs of abdominal aortic aneurysm to look for, including:

- Deep, constant pain in your abdomen or on the side of your abdomen
- Back pain
- A pulse near your belly button

It is important for men to be proactive about their health rather than waiting or skipping screenings. Some health issues, such as testicular cancer, only happen to men, while others, such as colorectal cancer, tend to happen more to men than women.

Men develop abdominal aortic aneurysms much more often than women do, Mayo Clinic said. It is recommended that a one-time screening for abdominal aortic aneurysm by ultrasonography is done in men ages 65 to 75 years who have never smoked. This screening is available through MyChoice Health Checks, a menu of low-cost health screenings available for patients. This screening, as well as other screenings available through MyChoice, are performed at Trinity Health’s Advanced Imaging Center, located at Health Center – Town & Country, 831 S Broadway, Minot. For more information, speak with your primary care provider. To schedule a screening, call Trinity Health’s Imaging Scheduling Line at 701-857-3220.

Blood pressure testing
About 75 million people, or one in three adults, in the United States have high blood pressure. According to the Centers for Disease Control and Prevention, only about 54 percent have it under control. While uncontrolled high blood pressure is common, men are shown to more likely have high blood pressure than women.

If you have a normal blood pressure – that is 120/80 or below – blood pressure should be tested at least every two years. However, if blood pressure is elevated or if there is an increased risk for heart disease and stroke, such as smoking or diabetes, it should be checked at least once per year. If you have hypertension, or if your blood pressure is elevated, please consult your primary care provider for further guidance on how to lower it.

Ways to control blood pressure are to lose weight, eat a diet low in fat and rich in fruits and vegetables, reduce salt, be active, and decrease alcohol.

Cholesterol test
More than 102 million American adults (20 years of age and older) have total cholesterol levels above 200 mg/dL. High cholesterol is a major risk factor for heart disease and stroke. High cholesterol is a major risk factor for heart disease and stroke. High cholesterol can be treated with lifestyle changes, such as diet and exercise, or with medications.

Trinity Health is committed to sharing the latest information about the Coronavirus. We continue working to keep our staff, patients, families, and community safe. Please visit trinityhealth.org/coronavirus for more information.
cholesterol levels at or above the healthy level (above 200 mg/dL) have more than 35 million people. However, when a person has too much cholesterol, it leaves deposits on the lining of the arteries which can lead to inflammation, hyperlipidemia, explained Ginger Strand, PA-C, a board-certified physician assistant with Trinity Health Family Medicine. "The result of having too much cholesterol will put you at a higher risk for strokes, heart diseases, and other health problems. The higher your cholesterol or types of cholesterol, the higher your risk for these problems are.

Cholesterol levels should be checked every five years. However, if there are risk factors for heart disease, speak with your primary care provider on whether testing should be done more frequently.

Colorectal screening

Excluding skin cancers, the American Cancer Society says that colorectal cancer is the third most common cancer in both men and women in the United States, with men have a slightly higher risk of developing colorectal cancer than women.

Men between the ages of 50 and 75 should be tested every five years with a fecal occult blood test on an annual basis; flexible sigmoidoscopy every five years; or colonoscopy every 10 years. After the age of 75, the need for continued screening should be discussed with your primary care provider.

Colorectal cancer can show symptoms, such as bleeding, pain, or an increase in bowel movements. Blood can be seen in the stool or make it look darker. If you show signs of colon or rectal cancer, and/or would like to schedule a colonoscopy, please contact your local gastroenterologist. Patients will need a referral and an order for a colonoscopy from their primary care provider. Patients should also check their insurance to see if colonoscopies are covered.

Trinity Health Gastroenterology includes Ira Paul McWhelen, MD, and Bonnie Ler, FNP-C. Their offices are located at 701-857-7396. For an appointment or consultation, please call 701-857-7396.

Diabetes screening

Men who are between the ages of 40 to 70 and are overweight or obese should be tested. If you have risk factors for type 2 diabetes or heart disease, or if your blood pressure is higher than 135/80, or if you use medication to control blood pressure, speak with your healthcare provider about whether you should be tested and how often.

The Centers for Disease Control and Prevention recommend making an appointment for a blood sugar screening to determine diabetes or prediabetes.

The Trinity Health Center for Diabetes Education is located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7389.

Handwashing Helps

According to the Centers for Disease Control and Prevention (CDC), the following are key times to wash hands:

- Before and after treating a cut or wound
- Before, during, and after preparing food
- Before and after eating food
- Before and after caring for someone at home who is sick
- Before and after touching a cat or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage
- After handling pet food or pet treats
- After an animal bite or scratch
- After changing diapers or cleaning up a child who has used the toilet
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage
- After handling pet food or pet treats
- After an animal bite or scratch
- After changing diapers or cleaning up a child who has used the toilet
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Handwashing is the single most important thing you can do to prevent illness. During the COVID-19 pandemic, keeping hands clean is especially important to help prevent the virus from spreading.

According to Michele Landry, RN, coordinator of Trinity Health's Infection Prevention and Control Department, "Not only is it important for your health and protection, but for the protection of the people around you as well."

Michele noted that 80 percent of communicable diseases are transferred by touch, hence the importance of handwashing. "Most bacteria on our fingertips and under our nails," she said.

According to the Centers for Disease Control and Prevention (CDC), the following are key times to wash hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick
- Before and after touching a cat or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

During the COVID-19 pandemic, you should also clean your hands after you have been in a public place and touched an item or surface that may be touched frequently, by other people, such as door handles, elevator buttons, magazines, tables, gas pumps, shopping carts, or electronic cashier screens/tabs, etc.

For proper handwashing, wet your hands, apply soap, and scrub your hands (including the nails) up regularly to human blood (such as medical or laboratory workers), live with someone who has chronic hepatitis B virus infection, or travel to regions with high rates of hepatitis B virus infection.

Men at increased risk for hepatitis C should be tested regularly (discuss how often with your doctor). Risk is increased if you have had blood (or blood product) transfusions or received a transplanted organ before June 1992, are a health care worker who may have been stuck by a needle, or have ever used injected drugs, even just once. Testing for the Hepatitis B and C virus begins with your primary care provider, who does the initial blood work, explained Kathy Hochsprung, RN, a nurse with Trinity Health Infectious Disease. If the labs are reactive, the patient is then referred to Infectious Disease, who will finish the testing.

Men who have unprotected sex with a partner whose health history they do not know should be tested for syphilis (or other sexually transmitted diseases, if your doctor thinks you may be at risk).

Trinity Health's Infectious Disease providers Casmir Nawage, MD, and Bryan Phillips, PA-C, are based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For an appointment or consultation, please call 701-857-7390.

Lung cancer

Annual screening for lung cancer with a low-dose CT scan is recommended for adults between the ages of 55 to 80 years who have a 30 pack-year smoking history (that is, they smoked one pack a day for 30 years, two packs a day for 15 years, etc.) and who currently smoke or have quit within the past 15 years.

Patients interested in being screened should speak to their primary care provider or call Trinity Health Pulmonology Clinic at 701-857-5741.

Prostate-specific antigen (PSA) tests

Other than skin cancer, prostate cancer is the most commonly diagnosed cancer in American men. The American Cancer Society estimates that about 191,930 new cases of prostate cancer would be diagnosed in 2023, and it would lead to about 33.330 deaths. About one in nine men will be diagnosed with prostate cancer during his lifetime.

The PSA test is a blood test used primarily to screen for prostate cancer. The test measures the amount of prostate-specific antigens—a protein produced by both cancerous and noncancerous tissue in the prostate—in the blood.

Trinity Health's urologists Diane Bigham, MD, and Michael Van Bibber, MD, are based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For an appointment or consultation, please call 701-857-7396.

Weight and height screening

The combination of weight and height is frequently used to determine if a person is within a healthy weight range. Weight and height screening are a health care worker who may have been stuck by a needle, or have ever used injected drugs, even just once. Testing for the Hepatitis B and C virus begins with your primary care provider, who does the initial blood work, explained Kathy Hochsprung, RN, a nurse with Trinity Health Infectious Disease. If the labs are reactive, the patient is then referred to Infectious Disease, who will finish the testing.

Men who have unprotected sex with a partner whose health history they do not know should be tested for syphilis (or other sexually transmitted diseases, if your doctor thinks you may be at risk).

Trinity Health's Infectious Disease providers Casmir Nawage, MD, and Bryan Phillips, PA-C, are based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For an appointment or consultation, please call 701-857-7390.

Lung cancer

Annual screening for lung cancer with a low-dose CT scan is recommended for adults between the ages of 55 to 80 years who have a 30 pack-year smoking history (that is, they smoked one pack a day for 30 years, two packs a day for 15 years, etc.) and who currently smoke or have quit within the past 15 years.

Patients interested in being screened should speak to their primary care provider or call Trinity Health Pulmonology Clinic at 701-857-5741.

Prostate-specific antigen (PSA) tests

Other than skin cancer, prostate cancer is the most commonly diagnosed cancer in American men. The American Cancer Society estimates that about 191,930 new cases of prostate cancer would be diagnosed in 2023, and it would lead to about 33.330 deaths. About one in nine men will be diagnosed with prostate cancer during his lifetime.

The PSA test is a blood test used primarily to screen for prostate cancer. The test measures the amount of prostate-specific antigens—a protein produced by both cancerous and noncancerous tissue in the prostate—in the blood.

Trinity Health’s urologists Diane Bigham, MD, and Michael Van Bibber, MD, are based at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For an appointment or consultation, please call 701-857-7396.

Weight and height screening

The combination of weight and height is frequently used to determine if a person is within a healthy weight range. Weight and height screening are

Join us on Facebook: facebook.com/TrinityHealth.ND
Visit our website: trinityhealth.org

Continue on page 3

Visit our website at trinityhealth.org

Handwashing Helps

Handwashing is the single most important thing you can do to prevent illness. During the COVID-19 pandemic, keeping hands clean is especially important to help prevent the virus from spreading.

According to Michele Landry, RN, coordinator of Trinity Health’s Infection Prevention and Control Department, “Not only is it important for your health and protection, but for the protection of the people around you as well.”

Michele noted that 80 percent of communicable diseases are transferred by touch, hence the importance of handwashing. “Most bacteria on our fingertips and under our nails,” she said.

According to the Centers for Disease Control and Prevention (CDC), the following are key times to wash hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick
- Before and after treating a cat or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

During the COVID-19 pandemic, you should also clean your hands after you have been in a public place and touched an item or surface that may be touched frequently, by other people, such as door handles, elevator buttons, magazines, tables, gas pumps, shopping carts, or electronic cashier screens/tabs, etc.

For proper handwashing, wet your hands, apply soap, and scrub your hands (including the nails) up properly.
**Cancer** continued from page 1

- An unusual discharge from the vagina – the discharge may contain some blood and may occur between periods or after menopause.
- Pain during sex.
- Pain in the pelvic region.

When it is more advanced, symptoms can include swelling of the legs, problems urinating or having a bowel movement, or blood in the urine.

"If you had an appointment for screening and have not been contacted, talk to your healthcare team about when to reschedule," the American Cancer Society advised on their website. "Your provider can discuss balancing the risks and benefits of skipping a screening or postponing for a later date, taking into account your personal and family history, other risk factors, and the timing of any symptoms." David Billings, MD, FACOG, an Ob-Gyn with Trinity Health, believes that women have been more cautious in coming out for annual exams because of the pandemic. "As long as they come in within a reasonable time, as things hopefully improve, it should not be too much of an issue, but they still should not put it off too long." In 2020, it was estimated that about 13,800 new cases of invasive cervical cancer would be diagnosed, and that 4,290 women would die from the disease, which has been classified as the fourth most common type of cancer for women worldwide.

Cervical cancer is also one of the most preventable types of cancer because it develops over time. Deaths from cervical cancer have declined at a rate of approximately 2 percent per year, primarily due to the widespread use of Pap smears to detect cervical abnormalities and allow for early treatment, the National Cervical Cancer Coalition said.

According to the National Cancer Institute, a pap smear is a procedure in which a sample is gently removed from the cervix. These cells are then checked under a microscope to look for cervical cancer or cell changes that could lead to cervical cancer. Pap smears, which can also help detect infections or inflammation, are done at the same time as a pelvic exam.

During a pelvic exam, a doctor – usually an Ob-Gyn, midwife, or a women’s health nurse practitioner – evaluates a patient’s reproductive organs for any abnormalities. A pelvic exam can be a part of a regular checkup or recommended if a patient has symptoms.

Cervical cancer tends to occur in women during middle age; it is frequently diagnosed in women between the ages of 35 and 44. "It rarely affects women under age 20, and 15 percent of diagnoses are made in women older than 65," the National Cervical Cancer Coalition’s website stated. "But in women over 65, cancer typically occurs in women who were not receiving regular screening." This is the intent of a smear, which should be performed starting at age 21, women should get one every three years between the ages of 21 to 29, unless recommended otherwise. From age 30 to 65, testing is done every three years or every five years when combined with human papillomavirus (HPV) screening. After the age of 65, women who do not have a high risk for cervical cancer should avoid screening.

Women who smoke are about twice as likely as non-smokers to get cervical cancer, the American Cancer Society said. "Women with cervical cancer include HPV infection – the most important risk factor – as well as having a weakened immune system, chlamydia infection, a diet low in fruits and vegetables, being overweight, a sedentary lifestyle, intrauterine device (IUD) use, having multiple full-term pregnancies, being younger than 17 at your first full-term pregnancy, and having a family history of cervical cancer. (Regarding family history, the American Cancer Society said there is not a confirmed cancer or sister that had cervical cancer increases the chances of a person developing the disease.)

Trinity Health’s Ob-Gyn department includes: Heather Bedell, MD; Tim Bedell, MD; and Jennifer Johnson, MD, located at Health Center – Medical Arts.

Heidi Lynn Grondahl, WHNP-BC, located at Health Center – Western Dakota.

Riordan, CNM, also are based at Health Center – Medical Arts. For appointments, call 701-857-7397.

Lori Dockter, PA-C, is also located at Health Center – Medical Arts. For appointments, call 701-857-5050.

J. David Ambsbury, DO, and midwives Jaymee Bourgeois, CNM, and Erica Rorand, CNM, are also located at Health Center – Medical Arts. For appointments, call 701-857-7395.

David Billings, MD, FACOG, is located at Health Center – Town & Country, Ste 101, 831 S Broadway. For appointments, call 701-857-7394.

Jesse Faustneroy, MD; Margaret Vail, MD; Carol Schaffer, MD, along with midwife Gloria Berg, CNM, are located at Health Center – Town & Country, Ste 101, 831 S Broadway, Minot. For appointments, call 701-857-5703.

Heidi Lynn Grondahl, WHNP-BC, is based at Mayo Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston. For appointments, call 701-572-7111.

---

**Handwashing** continued from page 2

to the wrists for 20 seconds before rinsing. The whole process should take about 30 seconds, from start to finish. To help you stay on track, hum “Happy Birthday” twice.

If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. The CDC recommends the following to properly use hand sanitizer:

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Laboratory studies demonstrate that hand sanitizer with at least 60 percent alcohol concentration inactivates COVID-19 along with other common germs. In between soap and handwashing, ascending hand hygiene with the use of alcohol-based hand rubs adds a layer of protection.
Trinity Health Receives COVID-19 Vaccine

Trinity Health received its first shipment of COVID-19 vaccine on December 17.

Pharmacy Director Carolyn Seehafer, PharmD, DPLA, accepted the shipment, marking what she called a historic day. "This is a historic moment for Trinity Health, for our community, and for our entire nation as we embark on this effort to end the pandemic," she said. Although Trinity Health is equipped with an ultra-cold freezer for storing products such as the Pfizer vaccine, the hospital's Pharmacy received guidance from the North Dakota Department of Health that the shipment could be kept from the North Dakota Department of Health for our community, and for our entire nation as we embark on this effort to end the pandemic," she said. Although Trinity Health is equipped with an ultra-cold freezer for storing products such as the Pfizer vaccine, the hospital's Pharmacy received guidance from the North Dakota Department of Health that the shipment could be kept.

The first staff vaccination was held December 18. Front-line healthcare workers and residents of long-term care facilities have been designated as the first groups to be vaccinated. Recommendations about subsequent groups will be made by the Centers for Disease Control and Prevention.

Blood Donations More Important Than Ever

The need for blood donation has always been great, but with the pandemic, that need has grown. A joint statement from The American Association of Blood Banks (AABB), America's Blood Centers, and the American Red Cross dated October 16, 2020, stated that blood supply in the United States "is critically low and the majority of the country's blood centers have experienced significant declines in their blood collections. Since the early stages of the COVID-19 pandemic, the blood community has experienced unprecedented fluctuations in both supply and the need for blood."

At Trinity Hospital, "we have been asked to cut back on our stock numbers, how much of all products we keep in house, just because the donations started dropping off right away," explained Jodi Grunseth, blood bank supervisor at Trinity Hospital.

While the blood bank has less of a surplus on hand, "we have never provided product to a patient," she said. "The overall numbers are down across the whole nation, but we're fortunate here in Minot, our patients are still getting what they need." According to the American Red Cross, someone in the United States needs blood every two seconds. One donation of blood can potentially save up to three lives.

Cancer patients, they’re always in need." Vitalent said. "Cancer patients, they’re always in need." There is also convalescent plasma, which is given to COVID-19-positive patients. Individuals who have recovered from COVID-19 have plasma that may contain antibodies that may help suppress the virus and may modify the inflammatory response of coronavirus. "The benefit of it is still not completely 100 percent known, but it does seem like it helps these patients," Grunseth said, noting that the earlier the plasma is received, the more benefit there is in the patient’s recovery.

Vitalent, the blood bank that supplies Trinity Health, is "doing a great job, but I know they are reaching out as much as they can everywhere," she said. "If anybody’s able, it’s wonderful if they can donate.

Vitalent is located at 1919 N Broadway, Minot. To schedule an appointment, call 877-258-4825.

Cooking Classes Set for 2021

Trinity Health Nutrition Services has released its schedule of grocery store tours and cooking classes for 2021. The series is designed to promote healthy eating that is delicious and enjoyable.

Those classes include: Heart Health (February 9, 6:00 to 7:00 p.m.), Shopping on a Budget (February 10, 6:00 to 7:00 p.m.), Celiac Disease/Gluten Intolerance (May 18, 2:00 to 3:00 p.m.), and Diabetes (March 9, 6:00 to 7:00 p.m.).

Schedule an appointment, call 877-258-4825. Cookingsessions will be held every second Thursday. To schedule an appointment, call 877-258-4825.

...Since the early stages of the COVID-19 pandemic, the blood community has experienced unprecedented fluctuations in both supply and the need for blood."

Among those thresholds is the 2021 Eagle Award for Excellence in Customer Service. The award recognizes individuals for outstanding customer service.

Eagle Award Winners

Trinity Health Nutrition Services has released its schedule of grocery store tours and cooking classes for 2021. The series is designed to promote healthy eating that is delicious and enjoyable.

Those classes include: Heart Health (February 9, 6:00 to 7:00 p.m.), Shopping on a Budget (February 10, 6:00 to 7:00 p.m.), Celiac Disease/Gluten Intolerance (May 18, 2:00 to 3:00 p.m.), and Diabetes (March 9, 6:00 to 7:00 p.m.). Vitalent, the blood bank that supplies Trinity Health, is "doing a great job, but I know they are reaching out as much as they can everywhere," she said. "If anybody’s able, it’s wonderful if they can donate.

Vitalent is located at 1919 N Broadway, Minot. To schedule an appointment, call 877-258-4825.

Cooking Classes Set for 2021

Trinity Health Nutrition Services has released its schedule of grocery store tours and cooking classes for 2021. The series is designed to promote healthy eating that is delicious and enjoyable.

Those classes include: Heart Health (February 9, 6:00 to 7:00 p.m.), Shopping on a Budget (February 10, 6:00 to 7:00 p.m.), Celiac Disease/Gluten Intolerance (May 18, 2:00 to 3:00 p.m.), and Diabetes (March 9, 6:00 to 7:00 p.m.). Vitalent, the blood bank that supplies Trinity Health, is "doing a great job, but I know they are reaching out as much as they can everywhere," she said. "If anybody’s able, it’s wonderful if they can donate.

Vitalent is located at 1919 N Broadway, Minot. To schedule an appointment, call 877-258-4825.

Cooking Classes Set for 2021

Trinity Health Nutrition Services has released its schedule of grocery store tours and cooking classes for 2021. The series is designed to promote healthy eating that is delicious and enjoyable.

Those classes include: Heart Health (February 9, 6:00 to 7:00 p.m.), Shopping on a Budget (February 10, 6:00 to 7:00 p.m.), Celiac Disease/Gluten Intolerance (May 18, 2:00 to 3:00 p.m.), and Diabetes (March 9, 6:00 to 7:00 p.m.). Vitalent, the blood bank that supplies Trinity Health, is "doing a great job, but I know they are reaching out as much as they can everywhere," she said. "If anybody’s able, it’s wonderful if they can donate.

Vitalent is located at 1919 N Broadway, Minot. To schedule an appointment, call 877-258-4825.

Cooking Classes Set for 2021

Trinity Health Nutrition Services has released its schedule of grocery store tours and cooking classes for 2021. The series is designed to promote healthy eating that is delicious and enjoyable.

Those classes include: Heart Health (February 9, 6:00 to 7:00 p.m.), Shopping on a Budget (February 10, 6:00 to 7:00 p.m.), Celiac Disease/Gluten Intolerance (May 18, 2:00 to 3:00 p.m.), and Diabetes (March 9, 6:00 to 7:00 p.m.). Vitalent, the blood bank that supplies Trinity Health, is "doing a great job, but I know they are reaching out as much as they can everywhere," she said. "If anybody’s able, it’s wonderful if they can donate.

Vitalent is located at 1919 N Broadway, Minot. To schedule an appointment, call 877-258-4825.

Cooking Classes Set for 2021

Trinity Health Nutrition Services has released its schedule of grocery store tours and cooking classes for 2021. The series is designed to promote healthy eating that is delicious and enjoyable.

Those classes include: Heart Health (February 9, 6:00 to 7:00 p.m.), Shopping on a Budget (February 10, 6:00 to 7:00 p.m.), Celiac Disease/Gluten Intolerance (May 18, 2:00 to 3:00 p.m.), and Diabetes (March 9, 6:00 to 7:00 p.m.). Vitalent, the blood bank that supplies Trinity Health, is "doing a great job, but I know they are reaching out as much as they can everywhere," she said. "If anybody’s able, it’s wonderful if they can donate.

Vitalent is located at 1919 N Broadway, Minot. To schedule an appointment, call 877-258-4825.

Cooking Classes Set for 2021

Trinity Health Nutrition Services has released its schedule of grocery store tours and cooking classes for 2021. The series is designed to promote healthy eating that is delicious and enjoyable.

Those classes include: Heart Health (February 9, 6:00 to 7:00 p.m.), Shopping on a Budget (February 10, 6:00 to 7:00 p.m.), Celiac Disease/Gluten Intolerance (May 18, 2:00 to 3:00 p.m.), and Diabetes (March 9, 6:00 to 7:00 p.m.). Vitalent, the blood bank that supplies Trinity Health, is "doing a great job, but I know they are reaching out as much as they can everywhere," she said. "If anybody’s able, it’s wonderful if they can donate.

Vitalent is located at 1919 N Broadway, Minot. To schedule an appointment, call 877-258-4825.
Virtual Support for New Mothers

COVID-19 has put the kibosh on many in-person meetings inside and outside of Trinity Health. Thankfully, virtual meetings have been an option – and Trinity Health’s Family Birth Center has taken note and applied it to its classes and support groups.

Amanda Bekkedahl, RN, a certified lactation counselor with the Family Birth Center, led the first virtual class for Breastfeeding101 in early November. This new modality for the class, which helps to educate new mothers on the basics of breastfeeding, had “a good response” among its participants; in-person meetings are more personal, Bekkedahl said, but noted that “virtual is the next best thing.”

“I felt like the women and their spouses that attended were able to give great feedback,” Bekkedahl said. “They were in the comfort of their home, they could be seen or not – they had that choice – and I felt they were more comfortable asking questions because they were in a comfortable setting for them.”

The Family Birth Center’s Breast Is Best Support Group, which began last year, was held at a local coffee house, but in the in-person meetings – held the third Tuesday of each month – ceased due to COVID-19. Recently, the support group switched to a virtual format.

“The continued support is what we really want to accomplish. We don’t want them to go home and feel alone or feel they can’t ask questions,” she said. “We want to make sure there is continued support. It may not be in person, but we can still be helpful to each other.”

Breast Is Best is open-ended, “so it’s not just medical people talking to them,” she said. “It’s other mothers in the community with the same challenges or obstacles. It provides that network we all need so desperately, especially right now.”

She noted that it is important that women are feeling supported after giving birth, “especially in the winter months when we aren’t going out. As long as their breastfeeding is ongoing, we don’t want them to lose that support,” Bekkedahl added. “It’s also a great way for them to connect with other moms and women when we aren’t as social as we have been in the past.”

Ongoing education about breastfeeding is important, Bekkedahl said, noting that a few mothers have told her they have switched to formula because of COVID-19. “We want them to know breastfeeding is the healthiest thing for their babies.”

While there has been concern about breastfeeding during the pandemic, Bekkedahl assures that breastfeeding “is the best thing for their babies, especially now.” Breast milk provides antibodies “for illnesses that are going around at the time,” she added.

The Center for Disease Control and Prevention’s 2018 Breastfeeding Report Card, released in August 2018, stated that of the approximately 4 million babies born in 2015, 83.2 percent started out breastfeeding. That’s the healthiest thing for their babies.

The temporomandibular joint is not only a mouthful to say, it’s also the most commonly used joint in the body. (You would also need it to be able to say it.)

The temporomandibular joint, or TMJ for short, connects the jawbone to the skull. It is located in front of the ear, where the skull and the lower jaw meet, and it allows your lower jaw to move and function. With its constant use, it is due to be some wear and tear at some point in time.

TMJ disorders (TMJD) can cause pain in the jaw joint and in the muscles that control jaw movement. Instances can be traced “to a particular systemic condition or an injury to the joint, such as arthritis, face trauma, a big yawn, or constant grinding/clenching of their teeth,” said Alexandra Radu, DMD, MD, an oral and maxillofacial surgeon with Trinity Health. However, in a large portion of patients experiencing TMJ disorders, there is not a single attribution to cause for this disorder. Because of its constant use, the TMJ can simply become overused and develop symptoms, either temporarily or long term.

Diagnosing these disorders is a complex process and can involve multiple specialists, Dr. Radu said. TMJ disorders affect approximately 10 percent of all Americans, Dr. Radu said, noting that studies have shown that women are more affected than men.

“In fact, women are three times more likely to seek care for their TMJD,” she added. “Individuals between the ages of 20 and 40 are more likely to develop symptoms. Finally, there is a strong association between TMJD and stress, and people who undergo a lot of stress in their daily lives are more likely to become symptomatic.”

Symptoms can vary greatly among individuals and someone with TMJ disorders can experience some or all of the symptoms, which can be short lived or present for many years, Dr. Radu said.

These symptoms can include:
- Difficulty opening and closing the mouth
- Jaw and cheekbone pain
- Pain or a tired jaw when eating
- Earaches or ringing in the ears
- Headaches
- Popping or clicking sounds when opening and closing the mouth
- Changes in bite
- Pain behind the eye
- Problems moving the jaw side to side or forward
- Pain when touching the TMJ areas or jaw muscles
- Muscle soreness in the neck/shoulder regions

“For someone who experiences these symptoms for the first time, conservative treatment with jaw rest, heat compresses, and over-the-counter anti-inflammatories is appropriate,” Dr. Radu said. “If symptoms are recurring or do not respond to conservative treatment, the patient should contact their dentist, primary care physicians, or oral surgeon.”

She added that “the vast majority” of individuals who experience “benefit greatly from conservative treatments”--which generally involves “a combination of prescription non-steroidal anti-inflammatories and muscle relaxers, bite plate or splint therapy, physical therapy, Botox injections, and stress management counseling” - “and do not progress into becoming surgical candidates.” In fact, surgical therapies are only recommended “in a handful of cases and your oral surgeon can assess if you would benefit from any of those procedures.”

Trinity Health’s Oral and Facial Surgery is located at Health Center – Plaza 16, 2815 16th St. SW, Minot. For more information, call 711-857-2600.
Focus on Osteoporosis

Worldwide, one in three women and one in five men over the age of 50 will suffer an osteoporotic fracture. In 2020, it was estimated that cases of osteoporosis, a condition that causes bones to become weak and brittle, would increase to 14 million. According to the International Osteoporosis Foundation (IOF), osteoporosis causes bones to become more porous and fragile, greatly increasing the risk of painful and often disabling broken bones. Bones develop and grow in the body until a person is in their early 20s, at which time bone mass, when bones are at their strongest, densest, and least likely to fracture.

“Throughout life, bone is constantly being renewed, with new bone replacing old bone — and this helps to keep our skeleton strong,” the IOF said on its website. “But for people with osteoporosis, more bone is lost and not replaced. This means that the bones gradually become brittle and more likely to break.”

Osteoporosis is considered a silent disease because there are generally no symptoms, except for fractures. In fact, 50% of women and 30% of men who have osteoporosis fractures do not know they have the disease because there are generally no symptoms, except for fractures.

ACNP-BC, a member of Trinity Health’s Rheumatology department. “You may notice a loss of height or suffer a fracture.”

Appropriate screening is important because a fracture can be life changing. Brandt said, adding that pain, potential surgery, risks associated with surgery, and recovery time are factors. Screening is generally recommended at age 65 for women and age 70 for men, she said. This is done using a DEXA scan, which measures bone density. The test is painless and similar to an x-ray, but it uses less radiation, Brandt added. “A DEXA scan result will show either normal bone mineral density, meaning no treatment is indicated; osteopenia; or osteoporosis. “Osteopenia is a bone mineral density less than normal, but not to the extent of osteoporosis,” Brandt explained. A special calculation using patient risk factors for osteoporosis, called a FRAX score, will be used to determine the probability of a fracture and if treatment is needed for those with osteopenia.

“If the DEXA scan shows osteoporosis, treatment is strongly recommended.”

continued on page 7

SMART Goals

By Rosalyn Cole, RN, MA, Outpatient Dietitian, Trinity Health

With the turn of a new year, many of us start thinking about new goals and resolutions to set for ourselves. While setting goals and trying to better ourselves is recommended, many of us struggle to know how to set goals, or we tend to make them so difficult that they can’t ever be reached.

If you’ve ever had an appointment with a doctor, you’ve probably heard me say that, when I have a to do list, I start with the tasks that I really really badly wanted to get done. Once I’ve completed just so I can cross them off. Maybe you do too. Why do we do this? Because it feels good! Give yourself credit for what you have already done. If you’ve set goals or tasks that are difficult to meet, it is hard to keep motivated and working towards something.

So how can we set goals that will work? Set SMART goals. I know that already heard of them, maybe you haven’t, but either way, most of us could use some practice.

SMART goals are:

- Specific
- Measurable
- Achievable
- Realistic
- Trackable/Time-bound
- Attainable

Don’t just say things like, “I’m going to eat better,” or “I’m going to be active.” How are you going to do this? What are the barriers? What is a realistic expectation? How often will you do it? It seems daunting to think through all of these types of questions, but it really can help you mark progress on your journey toward success.

As a member of the Mayo Clinic Care Network, we would also like to share information from Mayo’s website regarding SMART goals:

- **Eating healthier sounds like a good idea. But what does it really mean? Aim for specific goals instead, such as eliminating soda, eating five servings of vegetables a day or limiting your daily sugar intake to 30 grams of added sugar.**
- **Continue from page 4**
Osteoporosis
continued from page 6
Management options for osteoporosis include calcium and vitamin D supplementation, as well as regular physical activity with weight-bearing exercises. “Medications are generally well-tolerated and can be prescribed as a pill, injection, or IV infusion,” Brandt said. “The goal of treatment is generally to help slow bone loss in order to decrease fracture risk. The best choice of medication will be assessed and decided on at your appointment.”

Common measures to treat osteoporosis include bisphosphonate medications, such as alendronate, which is usually taken once a week; zoledronic acid infusion, given once a year by IV in the Rheumatology clinic; antiresorptive medication, such as a medication given in the clinic every six months; or teriparatide, which is an injection given at home daily.

There are some measures that can be taken to prevent osteoporosis. These measures include:

- **Calcium**: Calcium makes bones hard and dense. If calcium levels are too low, the body takes the bones from the body. Too much loss can lead to osteoporosis.

  - Start at age 50, you need about 1,200 milligrams of calcium a day to stop bone loss. To stock up for adulthood, between the ages of 9 and 18, about 1,300 milligrams of calcium should be taken daily.
  - Good sources of calcium include:
    - 3 oz. canned salmon with edible bones (180 milligrams)
    - 1 cup baked beans (140 milligrams)
    - ½ cup firm tofu with calcium (200 milligrams)
    - 1 cup plain low-fat yogurt (300 milligrams)

- **Calcium**: There are some measures that can be taken to prevent osteoporosis.

  - Fortified cereal
  - Dark leafy greens
  - Pork
  - Fortified cereal
  - Supplements can also help

- **Vitamin D**: Without vitamin D, your body can’t absorb the calcium from foods, which forces your body to take calcium from your bones. This not only weakens your bones, but it can prevent the body from building strong new bone. Normal levels of Vitamin D for adults are 20 ng/mL, having less than 12 ng/mL means you are vitamin D deficient.

  - The skin makes vitamin D from sunlight. Good sources of vitamin D also include:
    - 1 cup plain low-fat yogurt (300 milligrams)
    - 1 cup firm tofu with calcium (200 milligrams)
    - 1 cup baked beans (140 milligrams)
    - 3 oz. canned salmon with edible bones (180 milligrams)

- **Exercise**: The more you exercise, the more your body responds by adding more bone. Also, exercise builds muscles, which help improve balance and reduce the risk of falling.

  - Weight-bearing activities, such as running, walking, or climbing stairs, can help strengthen bones in the legs and feet. Strength training, such as push-ups, free weights, rowing, and resistance bands, can help make bones grow heavier and denser.

- **Smoking**: Smoking is a known risk factor for osteoporosis as nicotine and other chemicals in tobacco slow the production of bone-forming cells and hinder blood flow to the bones.

- **Sugar**: Too much sugar can cause damage to bone health. Sugar can cause the body to flush bone-strengthening calcium and magnesium through your urine; it prevents the intestines from taking in enough calcium; and it displaces important nutrients from your diet.

- **Alcohol**: Heavy drinking – that is 15 drinks (12 oz. of beer, 5 oz. of wine, or 1.5 oz of vodka, whiskey, or other hard liquor) or more per week for men; eight drinks or more for women – can lead to more falls, as well as making bones easier to break by interfering with osteoblasts, cells that cause bone growth.

Trinity Health Rheumatology department, which also includes Erald Diri, MD, is located at Health Center–Medical Arts, 400 Burdick Expwy E, Minot. For more information or to make an appointment, call 701-857-2517.

Depending on insurance, a patient may need a referral from their general healthcare provider.

---

**Getting Screened for Type 2 Diabetes**

Type 2 diabetes, the most common form of diabetes according to the American Diabetes Association, is characterized by high blood sugar, insulin resistance, and a relative lack of insulin. While some can control blood sugar levels through healthy eating and exercise, others may need medication or insulin to manage it.

More than 34 million Americans – or one in 10 – have diabetes, and approximately 90 to 95 percent of them have type 2 diabetes, the Centers for Disease Control and Prevention (CDC) said. It is also believed that one-third of those with type 2 diabetes are unaware they have it.

As there are no symptoms with type 2 diabetes, early screening can help avoid serious complications of the disease, including hyperglycemia which is associated with long-term damage to the eyes, kidneys, nerves, heart, and blood vessels. People with undiagnosed type 2 diabetes have a significantly higher risk for stroke, coronary heart disease, and peripheral vascular disease.

### Common risk factors include:

- **Family history of diabetes.** This includes people with parents and/or siblings with diabetes.
- **Overweight.** They have a body mass index equal to or greater than 25.
- **Habitual physical inactivity.**
- **Race/ethnicity.** This includes African Americans, Hispanic Americans, Native Americans, Asian Americans, and Pacific Islanders.
- **High blood pressure.** Equal to or greater than 140/90 in adults.

Screening for diabetes is recommended at three-year intervals beginning at age 45, especially for people who are overweight or obese, the American Diabetes Association said. However, if multiple risk factors are present, screening should be done earlier and more frequently. The U.S. Preventive Services Task Force recommends that adults with high blood pressure or high cholesterol should be screened for type 2 diabetes to reduce cardiovascular disease.

If the screening proves positive, there are several options to help prevent serious problems and help manage blood sugar. Those options include medication along with a diet, regular exercise regimen, and a lifestyle program.

One such program is Weigh 2 Change, which is available through the Trinity Health Center for Diabetes Education. Weigh 2 Change is a year-long, evidence-based program that helps people make positive lifestyle changes aimed at improving health and preventing type 2 diabetes. Based on the National Diabetes Prevention Program established by the Centers for Disease Control and Prevention, the program incorporates key elements recommended by the CDC, including nutritional counseling, fitness counseling, group support, and the use of trained lifestyle coaches.

- “The way to delay or prevent diabetes is through weight loss and increased physical activity, which are two key components in this program,” explained clinical dietitian Michelle Fundingsland, RDN, LRD who leads the program. “It’s a one-year commitment, which might seem extensive, but our goal is to promote lasting lifestyle changes, which don’t happen overnight.”

Research shows that people can lower their risk for type 2 diabetes by 58 percent by losing 7 percent of their body weight and exercising moderately 30 minutes a day, five days a week.

Participants interested in the program should attend the Session Zero informational meeting on January 19, 2021, from 12:00 to 1:30 p.m., at the Trinity Community Conference Room located at Health Center – Town & Country. Sessions are slated to start on February 2, 2021, and may be held in-person and/or virtually. During in-person meetings, participants should wear a mask and social distance. Please note that sessions may be postponed or canceled due to the COVID-19 pandemic.

“People who attend Session Zero will complete a readiness-to-change questionnaire to help them determine whether the program is right for them,” Fundingsland said. “The questionnaire will help participants assess their readiness for the program, looking at time commitment and if they are ready to change eating and physical activity habits.”

To participate in Weigh 2 Change, participants must meet the following criteria:

- At risk for, or have, prediabetes
- Age more than eight years of age
- Not pregnant
- Overweight
- Do not currently have diabetes
- Are not pregnant

**Weigh 2 Change Session Zero Informational Meeting**

January 19, 2021, 12:00-1:00 p.m.
Trinity Community Conference Room
Health Center – Town & Country
Call 701-857-5268 to register

People who decide to commit to the program and are not covered by Medicare will be charged a fee of $220, which covers educational sessions and materials for the entire year. For more information or to register for Weigh 2 Change, call the Trinity Health Center for Diabetes Education at 701-857-5268.
New Linear Accelerator to Increase Treatment Opportunities for Patients at Trinity CancerCare Center

The addition of a second linear accelerator at Trinity CancerCare Center offers new treatment opportunities for patients and help with treatment-related downtimes. The linear accelerator customizes various high energy x-rays and electrons to target differing tumor shapes and sizes within many different areas of the body, including but not limited to the breast, prostate, lung, abdomen, pelvis, and brain.

“Linear accelerators are utilized to deliver radiation treatments to patients. They offer many different treatment opportunities such as image-guided or stereotactic radiotherapy that enables oncologists to treat the most challenging cancer cases with speed and precision,” explained Shane Jordan, director of Trinity CancerCare Center. “These machines use nonionizing tumor destroying radiation to treat cancers throughout the body while minimizing exposure to surrounding healthy tissue, thereby enhancing the success of the therapy.”

Prior to obtaining this new machine, the CancerCare Center utilized a single linear accelerator to support the growing number of patients in the region. “The current linear accelerator was installed in 2012 and has been utilized greatly over the past eight years,” Jordan said, noting that with this second machine, the CancerCare Center can continue to meet the growing volume of patients and continue to offer the most advanced and best treatment options, while providing radiation treatment services closer to home. The purchase of the linear accelerator was made possible in part by the Healthcare Provider Revenue Act.

The life span of a linear accelerator generally depends on the overall use of the system and parts availability, due to changes in design as technology continues to advance. The current linear accelerator has been utilized to routinely treat 25 to 40 patients per day, which would equal somewhere between moderate and high use; because of this, there are increased risks of a machine going “down,” which can cause schedule delays, as well as delays in efficient patient treatment. Service on these machines can take anywhere from one day to one week, depending on the issue at hand. In 2019, the existing linear accelerator faced downtime situations nine out of the 12 months. During these downtime events, patients encounter either delayed or missed treatments. Jordan noted that with this second machine, the CancerCare Center can continue to meet the growing volume of patients and continue to offer the most advanced and best treatment options, while providing radiation treatment services closer to home. The purchase of the linear accelerator was made possible in part by the Trinity Health Foundation.

Mobile Mammography

January 4 .................................. CHI Clinic – Devils Lake, 662-8662
January 6 ..................................... Cogntizant, 420-3598
January 7 ..................................... St. Luke’s Hospital – Crosby, 965-6349
January 12 .................... Northland Community Health Center – Turtle Lake 448-9225
January 13 .................... Northland Community Health Center – Rolette 246-3391
January 20 .................. Kenmare Community Hospital, 385-4296
January 26 .................... Trinity Community Clinic – Mohall, 749-6841
January 27 .................... Tioga Clinic, 664-3368

Prepared Childbirth Classes

January 2, February 6, March 13, April 10, May 8, and June 12

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. The classes will be held virtually.

Breastfeeding Basics

January 14, February 11, March 11, April 8, May 13, and June 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. The classes will be held virtually.

Events

January 5 – Stop the Bleed, a class that teaches the basics of how to stop life-threatening bleeding, will be held from 6:30 to 7:30 p.m. at Health Center – Riverside, Classroom 2, 1900 8th Ave SE. Masks will be required to attend, as well as social distancing. For more information or to register, call Trinity Trauma Services at 701-857-3700.

January 12 – Join a Trinity Health clinical dietitian as they host a cooking class, “Healthy Swaps,” starting at 2:00 p.m., at the Trinity Health Community Conference Room, located at Health Center – 107 W 6th Street, 1005 S Broadway, Minot. The fee for this class is $10. Reservations are required, so please RSVP by calling 701-857-5268.

January 19 – The Breast is Best Support Group will meet virtually, 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. To register, visit trinityhealth.org/familybirth-registration.

The Centers for Disease Control and Prevention recommend that while attending smaller outdoor and in-person gatherings, individuals from different households remain spaced at least six feet apart, wear cloth face coverings, not share objects, and come from the same local area.

safety depends on everyone wearing a face covering.

Put away all mobile devices and shut off all notifications.

Spend 60 minutes of screen-free time with my children every Saturday.

Eat two meat-free dinners per week for one month.

Stop all life-threatening bleeding, will be held from 6:30 to 7:30 p.m.

Events may be postponed or canceled due to the coronavirus. Please watch our calendar at trinityhealth.org/events for up-to-date calendar changes.

COMMUNITY CALENDAR

For the latest updates, check online at trinityhealth.org

Defined: Patient Safety

Safety depends on everyone wearing a face covering.

WASH YOUR HANDS

Prevention recommends that while attending smaller outdoor and in-person gatherings, individuals from different households remain spaced at least six feet apart, wear cloth face coverings, not share objects, and come from the same local area.

For the latest updates, check online at trinityhealth.org/events for up-to-date calendar changes.

Mobile Mammography

January 4 .................. CHI Clinic – Devils Lake, 662-8662
January 6 .................. Cogntizant, 420-3598
January 7 .................. St. Luke’s Hospital – Crosby, 965-6349
January 12 .......... Northland Community Health Center – Turtle Lake 448-9225
January 13 .......... Northland Community Health Center – Rolette 246-3391
January 20 .......... Kenmare Community Hospital, 385-4296
January 26 .......... Trinity Community Clinic – Mohall, 749-6841
January 27 .......... Tioga Clinic, 664-3368

Prepared Childbirth Classes

January 2, February 6, March 13, April 10, May 8, and June 12

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. The classes will be held virtually.

Breastfeeding Basics

January 14, February 11, March 11, April 8, May 13, and June 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. The classes will be held virtually.

Events

January 5 – Stop the Bleed, a class that teaches the basics of how to stop life-threatening bleeding, will be held from 6:30 to 7:30 p.m. at Health Center – Riverside, Classroom 2, 1900 8th Ave SE. Masks will be required to attend, as well as social distancing. For more information or to register, call Trinity Trauma Services at 701-857-3700.

January 12 – Join a Trinity Health clinical dietitian as they host a cooking class, “Healthy Swaps,” starting at 2:00 p.m., at the Trinity Health Community Conference Room, located at Health Center – 107 W 6th Street, 1005 S Broadway, Minot. The fee for this class is $10. Reservations are required, so please RSVP by calling 701-857-5268.

January 19 – The Breast is Best Support Group will meet virtually, 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. To register, visit trinityhealth.org/familybirth-registration.

The Centers for Disease Control and Prevention recommend that while attending smaller outdoor and in-person gatherings, individuals from different households remain spaced at least six feet apart, wear cloth face coverings, not share objects, and come from the same local area.

safety depends on everyone wearing a face covering.

Put away all mobile devices and shut off all notifications.

Spend 60 minutes of screen-free time with my children every Saturday.

Eat two meat-free dinners per week for one month.

Stop all life-threatening bleeding, will be held from 6:30 to 7:30 p.m.

Events may be postponed or canceled due to the coronavirus. Please watch our calendar at trinityhealth.org/events for up-to-date calendar changes.