

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.

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Keep Cervical Cancer Screening On Your Calendar

Regular cancer screenings are still important in times of the pandemic, especially for cancers that do not generally show symptoms in their early stages.

This includes cervical cancer, which does not show symptoms “until the cancer becomes larger and grows into nearby tissue,” the American Cancer Society said.

When symptoms do present, they can include:

- Abnormal vaginal bleeding, such as bleeding after vaginal sex, bleeding after menopause, bleeding and spotting between periods, or having menstrual periods that are longer or heavier than usual.



David Billings, MD, FACOG

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Men, Don't Ignore Your Health

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
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; and a pulse near your belly button.

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

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Men

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cholesterol levels at or above the healthy levels, while more than 35 million have higher levels. When a person has too much cholesterol, it leads to a condition called 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 of heart attacks, strokes, and other health problems. The higher your cholesterol or types of cholesterol, the higher your risk for these problems.”

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 either by 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 primary care provider.

Colorectal cancer can show symptoms, such as bleeding, pain, or an increase or decrease 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, 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 Michaelson, MD, and Bonnie Ler, FNP-C. Their offices are located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7389.

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 – Town & Country, 1015 S Broadway, Ste 2, Minot. For more information, call 701-857-5268.

Hepatitis B and C virus testing
Men at increased risk for hepatitis B should be tested regularly. The risk is increased if you have had unprotected sex with multiple partners, have shared needles during intravenous drug use, have sex with other men, are exposed

regularly to human blood (such as medical 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 many years ago.

Testing for the Hepatitis B and/or 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 had 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 Casmiar Nwaigwe, 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 701-857-7930.

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’s Pulmonology Clinic at 701-857-5741.

Prostate-specific antigen (PSA) tests
Other than skin cancer, prostate cancer is the most common cancer in American men. The American Cancer Society estimates that about 191,930 new cases of prostate cancer would be diagnosed in 2020, 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, DO, 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 determine the body mass index, or BMI, the most widely used measure of overweight. Weight should be measured annually, and height once every 10 years past the age of 50.

Consult with your primary care provider at your next appointment about this screening.

Trinity Welcomes Anesthesiologist


Keeley Walker, DNP, CRNA, a certified registered nurse anesthetist, provides anesthesia care to patients across a wide spectrum of surgical cases as well as pre-operative counseling and post-operative pain management.



Keeley Walker, DNP, CRNA

A Wilmington, DE, native, she earned her Bachelor of Science in Nursing from the University of Delaware and worked as an RN at Christiana Care Health System in Newark for about six years, caring for patients in the cardiac stepdown unit and cardiac ICU. Keeley earned her Doctor of Nursing Practice in Nurse Anesthesia at Quinnipiac University in North Haven, CT. She subsequently provided anesthesia care in association with INOVA Hospital in Falls Church, VA, before joining Trinity Health.

Keeley is a member of the American Association of Nurse Anesthetists. She and her husband, an airman at Minot Air Force Base, enjoy RV camping, hiking, and SCUBA diving, as well as looking after their two cats. They look forward to experiencing the outdoor activities that North Dakota has to offer.



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.”

Michele noted that 80 percent of communicable diseases are transferred by touch, hence the importance of handwashing. “Most bacteria on our hands are 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 cut 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/tables, etc.

For proper handwashing, wet your hands, apply soap, and scrub your hands (including the nails) up

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Trinity Health Welcomes Interventional Cardiologist

As a key member of our heart team, Mir Rauf Subla, MD, FACC, FSCAI, is a cardiologist fellowship-trained in interventional cardiology, cardiovascular medicine, critical care medicine, and heart failure/transplantation. He is board certified in Interventional cardiology, cardiovascular medicine, critical care, and internal medicine.



Mir Rauf Subla, MD

Dr. Subla serves as a director for the Society of Critical Care Medicine’s Fundamentals Courses and holds an assistant professorship at Mayo Clinic College of Medicine and Science. Prior to joining Trinity Health, he was a senior associate consultant in the Division of Cardiology and a consultant in the Division of Critical Care Medicine at Mayo Clinic in Rochester and Mankato, MN.

A graduate of Government Medical College in Kashmir, India, Dr. Subla completed his internal medicine residency at the University of Hawaii. He did a fellowship in heart failure and transplantation at Cleveland Clinic early in his career and subsequently received fellowship training in critical care medicine and cardiovascular diseases at Mayo Clinic. His fellowship in interventional cardiology was accomplished at Duke University Hospital, Durham, NC.

Dr. Subla has practiced in Wisconsin, Iowa, and Minnesota, focusing on advanced interventional cardiology, structural heart conditions such as percutaneous valve repair, critical care medicine, and advanced treatments for heart failure. A member of the Society of Critical Care Medicine, Dr. Subla is a Fellow of the College of Cardiology and a Fellow of the Society of Cardiovascular Angiography and Interventions.

Dr. Subla’s office is located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7388.



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

Handwashing

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to the wrists for 20 seconds before rinsing. The whole process should take 45 seconds to one minute, 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 data demonstrates that hand sanitizer with at least 60 percent alcohol concentration inactivates COVID-19 along with other common germs. In between soap and handwashing, escalating hand hygiene with the use of alcohol-based hand rubs adds a layer of protection.

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- An unusual discharge from the agina – 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 that was postponed or canceled, 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 being screened now or postponing for a later date, taking into account your personal and family history, other risk factors, and the timing of your last screening test.”

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 cells are 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, can be 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 midlife; it is frequently diagnosed in women between the ages

of 35 and 44. “It rarely affects women under age 20, and more than 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.”

After the initial Pap smear, which should be performed starting at 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. Other risk factors for 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 long-term use of oral contraceptives, 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 that having a mother 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, 400 Burdick Expy E, Minot. 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 Amsbury, DO, and midwives Jayme Burman, CNM, and Erica Riordan, CNM, also are based at Health Center – Medical Arts. For appointments, call 701-857-7385.

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

Jessie Fauntleroy, MD; Margaret Nordell, MD; and Carol Schaffner, MD, along with midwife Gloria Berg, CNM, are located at Health Center – Town & Country, Ste 102, 831 S Broadway, Minot. For appointments, call 701-857-5703.

Heidi Lynn Grondahl, WHNP-BC, is based at Trinity Community Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston. For appointments, call 701-572-7711.



No Shave November Nets Donation for Trinity Health Foundation

On November 30, the Ward County Sheriff’s Department donated \$4,395 to the Trinity Health Foundation as part of fundraising efforts for Breast Cancer Awareness (October) and No Shave November (November). Fundraising came from both staff and public donations.

Accepting the check on behalf of Trinity Health were Shane Jordan, director of Trinity CancerCare Center, and Jamie Swenson and Cody McManigal with the Trinity Health Foundation. Jordan noted that the funds will go toward the Patient Assistant Fund, which benefits patients in various ways, from purchasing compression garments to offering gift cards, assistance programs, wig fittings, and fuel vouchers.



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 at a somewhat higher temperature since the thawing process began as soon as the doses left the NDDoH. “We will be able to store the vaccine in the ultra-cold freezer once we begin to receive shipments directly from Pfizer,” Seehafer said.

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.

Eagle Award Winners



Jonelle Fenner, LPN
Allergy

Eagle Award
for Excellent
Customer Service
from the Minot
Area Chamber of
Commerce



Julie Rood, RN
Cardiac Rehab



Tanya Mings
PCU



Tori Trosen
North Plains CrossFit



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 are reporting 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 Gruneth, blood bank supervisor at Trinity Hospital.

While the blood bank has less of a surplus on hand, “we have never not provided product to a patient,” she said. “The overall numbers are down across the whole nation, but we’re fortunate here 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. Red blood cells, plasma, and platelets are critical in the treatment of cancer patients, dialysis patients, and people being treated for bleeding disorders. “Emergencies and traumas, anemia, GI bleeds are a big one,” Gruneth 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 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,” Gruneth 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 good 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.



Turkey Drive Raises \$13,000 for Horn of Plenty

KHRT’s Horn of Plenty got a helping hand on December 4 as Trinity Health Foundation presented proceeds from its 9th Annual Turkey Drive. The two-month drive exceeded its goal, raising just over \$13,000 to purchase turkeys and other food items for area families this holiday season.

Horn of Plenty Coordinator Roy Leavitt said the funds will help pay for a week or two of food for just under 300 families, including items for a Christmas Day meal and toys for children.

“We were a little worried this year because of COVID, but businesses have stepped up unlike any other year, Leavitt said. “It’s been phenomenal.”

Due to the pandemic, Horn of Plenty volunteers will distribute food vouchers to families instead of packing and delivering the usual food boxes.

Pictured are Roy Leavitt, KHRT Horn of Plenty; and Cody McManigal and Jamie Swenson, both Trinity Health Foundation.



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.

Grocery Store Tours, which are held at the original MarketPlace Foods, 1930 S Broadway, are guided tours of the supermarket which incorporate education on different health topics.

Those classes include: Heart Health (February 9, 2:00 to 3:00 p.m.), Diabetes (March 9, 6:00 to 7:00 p.m.), Celiac Disease/Gluten Intolerance (May 18, 6:00 to 7:00 p.m.), Shopping on a Budget (September 14, 6:00 to 7:00 p.m.), and



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 Breastfeeding Basics 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 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 peer-led, “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.”

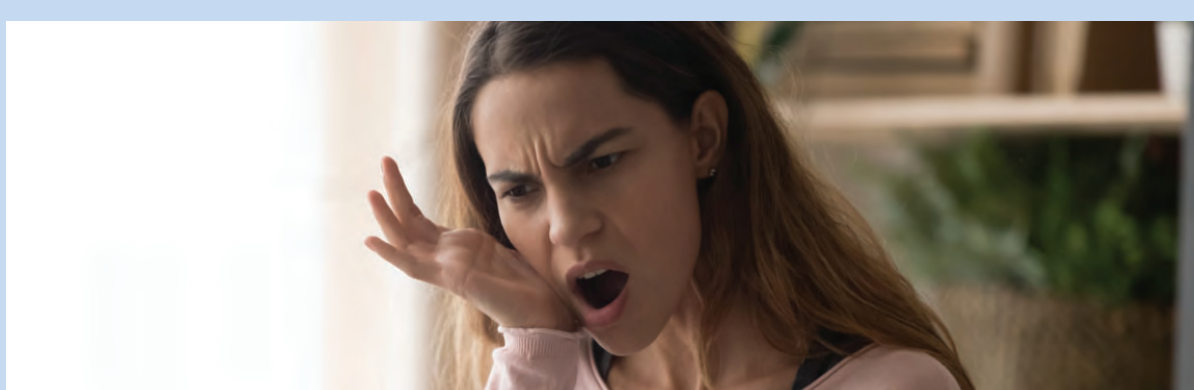
Ongoing education about breastfeeding is important, Bekkedahl said, noting that a few mothers have told her they have switched to formula because of COVID-19. “We want them breastfeeding. That’s the healthiest thing for their babies.”

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. However, many stopped earlier than recommended. The American Academy of Pediatrics’ Policy on Breastfeeding recommends that good nutrition starts with breastfeeding exclusively for roughly the first six months of life. While nearly six in 10 infants are still breastfeeding at six months of age, only a quarter are breastfeeding exclusively.

To register for Breastfeeding Basics or Breast is Best, as well as the Prepared Childbirth class, visit: trinityhealth.org/familybirth_registration. All are free of charge.

Classes and meetings will remain virtual “for the foreseeable future,” Bekkedahl said.



TMJ Disorders can be a Pain in the Jaw

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

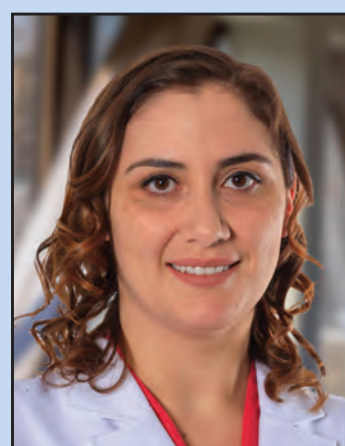
The temporomandibular joint, or TMJ for short, connects the jawbone to the skull. It is located in front of the ear, where the skull and the lower jaw meet, and it allows your lower jaw to move and function. With its constant use, it is due to have some wear and tear at some point in time.

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 your 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 attributable cause for the disorder. Because of its constant use, the TMJ can become simply overused and develop symptoms, either temporarily or long term.”

Diagnosing these disorders is a complex process and can involve multiple modalities, 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



Alexandra Radu, DMD, MD



Michael McMahon, DDS

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 with TMJ disorders “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 701-857-2600.



Christmas at Trinity Homes

This Christmas at Trinity Homes will definitely be a new experience and hopefully it will be the first and last of its kind with the COVID-19 pandemic.

While residents are unable to leave, staff at Trinity Homes are making the most of the festivities and bringing Christmas to each floor. “We are trying to make this a very special Christmas for each resident,” explained Lois Zahn, volunteer services coordinator at Trinity Homes.

Each area, including the core area (as seen in the photo), are decorated to bring Christmas cheer, she said, adding that Christmas pictures of residents by the Christmas tree on each floor will be taken. On Christmas Eve, gifts were distributed to residents and each area had a little party.



A total of \$25,143.42 was raised during MarketPlace Foods’ Power of Pink Promotion, which came from the sale of pink bakery items, as well as donations made at the cash register, during the month of October.

Power of Pink Prevails Despite COVID-19

Once again the community has shown its generosity. During the month of October, amidst a pandemic, \$25,143.42 was raised through MarketPlace Foods’ Power of the Pink promotion.

The check was presented by MarketPlace Foods staff to Russell Gust, Exercise Physiology; Shane Jordan, director of Trinity CancerCare Center; and Al Evon and Cody McManigal, Trinity Health Foundation. The amount raised was a shock to Gust, who found it to be “seriously insane.”

Peggy Kallias, bakery manager at the North Hill store, said the coronavirus pandemic prevented the retailer from holding its traditional cake decorating and live auction event. Undeterred, MarketPlace managers went ahead with a multitude of promotions, including Power of Pink cakes available for purchase in all four MarketPlace Foods stores and a silent auction of selected cakes. “We knew it would be different this year without the cake auction,” Kallias said. “Even so, people and businesses who had bid on cakes in the past called us to submit a bid anyway.”

In addition to sales of cakes, 10 percent of all pink bakery items sold from October 11-17 went toward the pink campaign. Supermarket cashiers did their part, asking each customer if they could spare some change for the cause. Kretschmar also got involved, donating 50 cents for each pound of meat sold.

The pink promotions were clearly a good move, but store managers were still amazed when they tallied the proceeds. “I was, like, shocked,” Kallias said. “I was scared that without the auction we’d come up short. The checkers did an awesome job.”

Asked if MarketPlace Foods considered skipping this year’s Power of Pink altogether, Kallias said, “No, we knew we had to do it because cancer still goes on.”

The funds raised will go toward Trinity Health’s Cancer Exercise Rehabilitation Program, which has proven to be beneficial for cancer patients fighting fatigue, balance, and strength issues, during or after treatments.

“Trinity matches patients with a Trinity Health exercise physiologist and provide them with a three-month membership at the Minot Family YMCA,” Al Evon explained. “Working with the trainer not only helps them physically; it assists them emotionally, mentally, and spiritually. This program is not covered by any form of insurance. However, because we believe so strongly in this aftercare program for patients with a diagnosis of cancer, we provide them with the ability to participate in the Cancer Exercise Rehabilitation Program at no charge to them. All costs of the program are covered through the funds that we raise.”

To date, more than 600 patients have benefited from this program.

Last year, \$14,910.61 was raised during the Power of Pink Cake Auction.

FirstCare Walk-In Clinic

Monday-Friday
8:00 a.m.-8:00 p.m.

Weekends & Holidays
9:00 a.m.-5:00 p.m.

No Appointments Necessary
Health Center – Medical Arts,
Minot

Safety depends on everyone wearing a face covering. Please remember to bring yours.

Classes continued from page 4

Diabetes (November 9, 2:00 to 3:00 p.m.). Grocery store tours are free, with limited space.

Cooking classes, which are offered at the Trinity Health Community Conference Room, located at Town & Country Center, 1015 S Broadway, Minot, provide a small group cooking class that instructs participants on how to cook delicious and healthy foods.

Those classes include: Healthy Swaps (January 12, 2:00 to 3:00 p.m.), Stir Fry Sauces (April 13, 5:30 to 6:30 p.m.), Cooking on a Budget (October 12, 5:30 to 6:30 p.m.), and Recipes for 1 or 2 (December 14, 2:00 to 3:00 p.m.). The cost for cooking classes are \$10.

Space is limited for the tours and classes and masks must be worn throughout the event and social distancing is required. To RSVP, please call 701-857-5268. Please note that tours and classes may be postponed or canceled due to the COVID-19 pandemic.

SMART Goals

By Kayla Cole, RDN, LRD, 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 me, you’ve probably heard me say that, when I have a to-do list, I write down tasks I have already 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 we only 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. Maybe you have already heard of them, maybe you haven’t, but either way, most of us could use some practice.

- SMART goals are:
- Specific
 - Realistic
 - Measurable
 - 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:

Specific

- 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.

Measurable

- Make your goal one you can measure. Walking three days a week is a goal you can track; a goal of walking more is less so.

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 they reach peak 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 and 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, explained Lisa Brandt,

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 fracture and if treatment is needed for those with osteopenia. “If the DEXA scan shows osteoporosis, treatment is strongly recommended.”

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Osteoporosis

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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 discussed and decided on at your appointment.”

Common medications to treat osteoporosis include bisphosphonate medications, such as alendronate, which is generally given as a once-a-week pill; zoledronic acid infusion, given once a year by IV in the Rheumatology clinic; antireabsorptive medication, such as Prolia, an injection 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 it from the bones. Too much loss can lead to osteoporosis.

Starting 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:

- 1 cup plain low-fat yogurt (300 milligrams)
- ½ cup firm tofu with calcium (200 milligrams)
- 1 cup baked beans (140 milligrams)
- 3 oz. canned salmon with edible bones (180 milligrams)

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 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:

- Fatty fish like salmon, tuna, or mackerel
- Fortified milk from cows, almonds, soy, and oats
- Eggs
- Pork
- Fortified cereal
- Supplements can also help

Exercise
The more you exercise, the more your body responds by adding more bone. Also, exercise builds muscles, which help improve balance and coordination, leading to less falls.

Weight-bearing activities, such as running, walking, dancing, 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 out 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 Erdal Diri, MD, is located in Health Center-Medical Arts, 400 Burdick Expy E, Minot. For more information or to make an appointment, call 701-857-7495.

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

trinityhealth.org



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, evidenced-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 and exercise 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 1:00 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
- At least 18 years of age
- 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.




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trinityhealth.org/mobile



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 noninvasive 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 the added features with the new machine will also be added to that linear accelerator, thus providing two cutting-edge treatment machines with identical capabilities.

The life span of a linear accelerator generally depends on the overall use of the system and part 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.

SMART continued from page 6

- Attainable**
- Avoid aiming too high or too low. Think like Goldilocks and find a goal that feels just right.
- Realistic**
- Losing 10 pounds a week sounds great. But it’s an impossible goal that will likely leave you discouraged — and more likely to give up on your efforts. Choosing realistic goals that you can meet will reinforce your efforts and keep you moving forward.

- Trackable**
- Choosing specific, measurable goals means you can track your progress over time. Write your efforts down in a journal or track them on an app so you can see how far you’ve come.

- Here are a few examples of SMART goals:
- Exercise for 30 minutes at least four days per week for two months.
 - Eat two meat-free dinners per week for one month.
 - Spend 60 minutes of screen-free time with my children every Saturday.
 - Put away all mobile devices and shut off all screens by 9 p.m. on weeknights for one month.
 - Call grandparents each Sunday afternoon for six months.
 - Walk at least 10,000 steps tracked on a pedometer at least five days per week.
 - Enjoy a video chat with a friend at least one day per week during June.

Hopefully these tips can start you out on what I hope is a happy and healthy year for you. If you have any nutrition questions or concerns, please feel free to reach out to the outpatient dietitians at 701-857-5268. Stay healthy, stay safe, wear a mask, and wash your hands!



857-DR4U

Physician Referral Service

Let our staff help you select a healthcare provider right for you.

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

COMMUNITY CALENDAR

For the latest updates, check online at trinityhealth.org

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

Mobile Mammography

- January 4.....CHI Clinic – Devils Lake, 662-8662
- January 6Cognizant, 420-3598
- January 7.....St. Luke’s Hospital – Crosby, 965-6349
- January 12Northland Community Health Center – Turtle Lake 448-9225
- January 13.....Northland Community Health Center – Rolette 246-3391
- January 20Kenmare Community Hospital, 385-4296
- January 26.....Trinity Community Clinic – Mohall, 745-6841
- January 27Tioga Clinic, 664-3368

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, Minot. Masks will be required to attend, as well as social distancing. For more information or to register, call Trinity Trauma Services at 701-857-5700.
- 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 – Town & Country, 1015 S Broadway, Minot. The fee for the 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.

Prepared Childbirth Classes

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

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission, but registration is typically required. If you have questions, please call 701-857-2352. Sign up for classes at: trinityhealth.org/familybirth_registration.

The Centers for Disease Control and Prevention recommends that while attending smaller outdoor and in-person gatherings, individuals from different households should 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. Please remember to bring yours.

