

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 vaccine updates.

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Trinity Health Announces Infusion Clinic for COVID-19 Antibody Treatment

Patients who are diagnosed with COVID-19 have a new treatment option in Minot that may help them avoid a stay in the hospital.

Trinity Health has opened an outpatient infusion clinic for administering Bamlanivimab, or BAM, a monoclonal antibody therapeutic. In November the U.S. Food and Drug Administration (FDA) authorized the emergency use of BAM for treatment of mild to moderate COVID-19 in adult and pediatric patients.

The infusion clinic is located at Trinity Health East Ridge, 1250 21st Ave SE, Minot, and accepts referrals from providers across the region both within and outside of Trinity Health. Patients diagnosed with COVID-19 should talk to their primary care provider about eligibility and referrals.

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Patients Express Relief, Satisfaction with Getting COVID-19 Vaccines

On a busy Saturday, January 23, in Minot, Trinity Health administered COVID-19 vaccines to 924 patients.

Many patients who attended the clinic expressed a common reaction to receiving the vaccine: relief. Getting their first dose was a welcome, long-awaited signal toward better days ahead.

"I've been waiting patiently," said John Ross, who received his first dose that morning. Melvin Boger was also "glad to get it done" and added that the shot didn't hurt a bit.

Husband and wife Vernon and Deanna Chrest both received their vaccines this weekend. "We were really relieved," Mrs. Chrest said, "and hope to get back to normal." Mr. Chrest added, "Maybe now we can go to the grandkids' ball games; we had been watching them [livestream] on TV. It's just not the same."

Trinity Health's clinics are designed to get patients vaccinated quickly and ensure they are safe and feeling well before they head home, all while

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Pauline Magnusson was "very excited" to receive her invitation for the vaccine and equally relieved to have the first dose under her belt. She also noted how many other patients were getting their shots that day. "I was surprised at how many people are here," she said.

Some patients who received their shots reflected on how the vaccine gives them hope for getting together with family again. Alice Gilpatrick, whose son accompanied her to her vaccine appointment, noted how she will feel "more comfortable with the grandkids and the great grandbabies."



John Ross



Melvin Boger



Pauline Magnusson



Alice Gilpatrick



Deanna Chrest



Vernon Chrest



Walter Piehl



Healthcare Campus Interiors Take Shape

From the outside, Trinity Health’s future hospital and medical complex looks nearly complete. The enclosed multi-story structure towers silently above the frozen landscape.

But inside, crews are hard at work – roughing in the walls that will form the lobbies, patient rooms, and exam areas, and creating the infrastructure that will bring the new building to life.

Since taking over management of the project early last year, JE Dunn Construction has achieved major progress at the site. A chief accomplishment was enclosing the exterior structure and installing insulation so crews can work comfortably inside the building through the winter months.

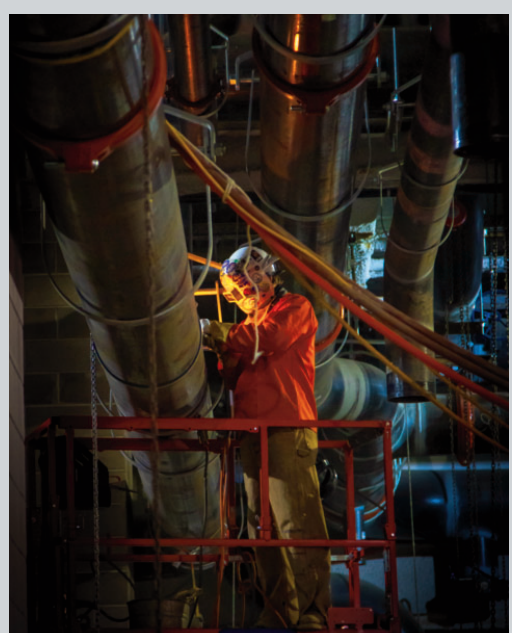
“What we’re seeing here today is remarkable,” said Trinity Health Vice President Randy Schwan. “We’ve watched the building go up like a giant erector set. Now we’re seeing changes continue as crews work fulltime getting the walls up, the infrastructure, AC, heat, and electrical. They’ve been able to come a long way in a short amount of time thanks to an excellent team.”

An important area of focus has been the Central Energy Plant, an adjacent structure that houses the massive boilers, generators, and air conditioning units that will heat, cool, and power the entire health complex. An engineering marvel is the electrical room, a power hub with rows of electrical closets and overhead conduits that will carry power from the hub to the myriad of electrical equipment and end-user devices. “It’s very precise, like a work of art, actually,” Schwan said.

With nearly two years to go, the project appears to be well within schedule.

“We expect the plant to be sending heating and cooling to the complex by May. That will allow crews to do the finishing work in conditioned air,” said JE Dunn Project manager Aaron Guider. “I feel very fortunate; it’s been exciting to take on a community project like this, working with our Trinity Health partners.”

Thanks to the work of JE Dunn’s crews and the Trinity Health team, the end result will be a highly efficient and comfortable facility that will serve the region for generations.



Vaccines continued from page 1

maintaining social distancing and other safety guidelines. Early vaccine recipients noted that the process, like the shot, was fairly quick and painless. Mr. Ross described it as a "well-oiled machine." Walter Piehl, who received his first dose on Saturday as well, said, "It went very well. Thank you to Trinity for being so efficient and getting this done in such a wonderful, organized fashion."

Trinity Health receives vaccine shipments directly from the North Dakota Department of Health and follows federal and state guidelines to prioritize who gets the doses. Vaccine has been in limited supply so far, making it hard to predict how much will arrive or when.

Leadership anticipates moving through the Priority Group list quickly to vaccinate all who wish to benefit from protection against the virus. “We look forward to every shipment we receive, and we’ll take as much vaccine as we can get for our region. Our goal is to vaccinate as many people as possible, as soon as possible. When we get

vaccine doses, we act swiftly and deliberately to give them to people," said Randy Schwan, Vice President at Trinity Health. “It is a little frustrating for our team and patients: The only thing slowing down vaccinations locally is the allocation we get from federal and state planners.”

At this point, vaccination for Phase 1B is by appointment only. When vaccine supply becomes available, Trinity Health will contact patients directly if they are identified as eligible.

Schwan explained, “Because we follow the State’s distribution plan based on Priority Groups, Trinity Health is not maintaining a waiting list at this time. Please do not call your Trinity Health provider to request the vaccine; we look forward to contacting you if you are identified within a Priority Group. And one more reminder to all of us: Please continue to follow the guidelines of wearing a mask, washing hands, and social distancing for everyone’s health and safety.”

Visitor Restrictions Eased at Hospitals

Trinity Health has adjusted visitation to minimum restrictions at Trinity Hospital and Trinity Hospital – St. Joseph’s.

Visitors are permitted in both hospitals provided they do not have respiratory symptoms and are not COVID-positive.

Anyone entering Trinity Hospital will be screened at entryways prior to gaining access to the building. Visiting hours at Trinity Hospital remain 10:00 a.m. to 7:00 p.m.

Trinity Health continues to require all visitors wear a mask and practice social distancing at all times throughout our facilities. To maintain safety at the patient bedside, a limit of two visitors at a time will be permitted in a patient’s room.

When visiting the Family Birth Center or Pediatrics, continued on page 7

Antibody continued from page 1

Monoclonal antibodies are man-made proteins that mimic the antibodies in patients who have recovered from COVID-19. BAM specifically targets SARS-CoV-2 to block the virus from attaching to and entering human cells.

“We established this clinic so we can provide outpatient treatment to high-risk COVID-19 patients, with the goal of preventing hospitalization,” explained Casmir Nwaigwe, MD, Infectious Disease Specialist at Trinity Health and Medical Director of the infusion clinic. “Not only can monoclonal antibody infusion help reduce severity of illness for the patient; it can also ease the numbers of COVID-19 admissions to hospitals, which have been strained across the nation in recent months.”



Casmir Nwaigwe, MD

Dr. Nwaigwe noted that treatment is likely to be more beneficial when given early in the course of COVID-19 infection.

COVID-19-positive patients who qualify for BAM include anyone age 12 years and older and weighing at least 88 pounds. For adults, treatment with BAM may be an option for patients who meet one or more of the following criteria:

- Are 65 years of age or older
- Have obesity as measured by a body mass index (BMI) of 35 or higher
- Have diabetes, chronic kidney disease, or conditions that weaken the immune system
- Take medications that can weaken the immune system
- Are 55 years of age or older and have heart disease or chronic lung disease

Anyone of any age, sick with COVID-19 and with other underlying health conditions, may benefit from BAM infusion depending on their risk factors. Pediatric patients age 12-17 are assessed on a case-by-case basis.

BAM is administered as a one-time infusion over one hour. Patients are asked to remain at the infusion clinic for roughly one hour after the infusion to monitor for any side effects. BAM is not authorized for patients who are hospitalized due to COVID-19, who require oxygen therapy due to COVID-19, or who require an increase in baseline oxygen flow rate due to COVID-19 in patients who are on chronic oxygen therapy due to underlying non-COVID-19 related conditions.

For more information about monoclonal antibody therapy available at Trinity Health, visit: www.trinityhealth.org/BAMtherapy.

Join us on Facebook: facebook.com/TrinityHealth.ND

trinityhealth.org

Trinity Health Business Office Resumes In-Person Visits

Trinity Health’s Business Office has reopened its doors to in-person visits.

The Business Office resumed walk-in service on February 1, 2021, in accordance with safety protocols that Trinity Health has implemented for all its facilities and services. The office had previously suspended walk-in service due to COVID-19.

Customers who wish to pay a bill may do so in-person, providing they observe Trinity Health’s safety policies. These require everyone visiting a facility to bring and wear a mask or other face covering, and to maintain social distancing.

The Business Office is located at Trinity Health Town & Country, 1015 S Broadway, Minot, and is open to visitors from 8:00 a.m. – 5:00 p.m., Monday through Friday.



Verendrye Electric Cooperative, courtesy of its Operation Round Up, presented a \$2,500 grant to Harmony Center on January 21. Tom Rafferty, Member Services and Communications Manager with Verendrye, presented the check to, from left: Heather Sys, Trinity Health Behavioral Health Services; Jennifer Bartsch and Tamra Huesers, Harmony Center; and Al Evon and Cody McManigal, Trinity Health Foundation.

Foundations Assists with Grant for Harmony Center

As part of its Operation Round Up, Verendrye Electric Cooperative presented a check for \$2,500 to the Harmony Center on January 21.

Harmony Center approached the Trinity Health Foundation to write a grant to help purchase equipment for its members, explained Cody McManigal, donor relations coordinator with Trinity Health Foundation.

Harmony Center, located at 212 E Central Ave, Minot, serves as a support center for adults who self-identify as having mental health concerns. It offers social and recreational opportunities, as well as recovery activities to help members who are recovering from mental health issues to “gain skills to live a satisfying and successful life,” said Tamra Huesers, Recovery Coordinator with the center. Trinity Health serves as the managing agency over Harmony Center, explained Heather Sys, administrative director of Behavioral Health Services at Trinity Health.

Harmony Center has around 130 members, of which 50 to 75 are “really active,” Huesers said, noting the number of active members depends on a few factors, including weather and transportation. That number will surely be bolstered through the purchase of Chromebooks, which Huesers said will be loaned out to its members so they can participate in hybrid activities, which have been a major part of Harmony Center’s activities during the pandemic.

Jennifer Bartsch, program director at Harmony Center, noted that over time, the Harmony Center will be slowly phasing out hybrid activities in favor of in-person activities, but not in its entirety; Bartsch noted that she found more members are able to participate outside of an in-person capacity.

Occupational Medicine Services

trinityhealth.org/occmmed



Deep Vein Thrombosis

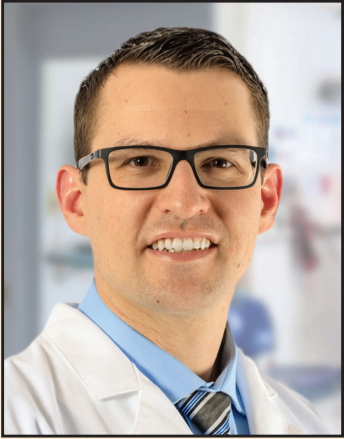
The pain and cramping you feel in your calf may not be a result of recent exercise. On the contrary, it could be a symptom of deep vein thrombosis, a blood clot that forms in one or more of the deep veins in the body, usually in the legs, Mayo Clinic explained.

Deep vein thrombosis, or DVT, can cause leg pain or swelling. There are more than 200,000 cases of DVT in the United States each year. In addition to pain or cramping in the calf, other signs or symptoms of DVT can include swelling in the affected leg, red or discolored skin on the leg, or a feeling of warmth in the affected leg.

While a blood clot is not necessarily associated with risk factors, there are factors that can increase the risk:

- **Age.** While DVT can occur at any age, being older than 60 increases your risk.
- **Sitting for long periods of time.** This can include when you are driving or flying. When your legs remain still for hours, your calf muscles don’t contract. Muscle contractions normally help blood circulate.
- **Prolonged bed rest.** Blood clots can form in the calves of your legs if your calf muscles don’t move for long periods.
- **Injury or surgery.** Injury to veins or surgery can increase the risk of blood clots.
- **Pregnancy.** Pregnancy increases the pressure in the veins in the pelvis and legs.
- **Birth control pills.** Oral contraceptives, along with hormone replacement therapy, can increase the blood’s ability to clot.
- **Being overweight or obese.** Obesity increases the pressure in the veins in your pelvis and legs.
- **Smoking.** Smoking affects blood clotting and circulation, which can increase the risk of DVT.
- **Cancer.** Some forms of cancer increase substances in the blood that cause it to clot. Also, some forms of cancer treatment increase the risk of blood clots.
- **Heart failure.** This increases your risk of DVT and pulmonary embolism. Because people with heart failure have limited heart and lung function, the symptoms caused by even a small pulmonary embolism are more noticeable.
- **Inflammatory bowel disease.** Bowel diseases, such as Crohn’s disease or ulcerative colitis, increase the risk of DVT.
- **Personal or family history of DVT or Pulmonary Embolism.** If you or someone in your family has had one or both of these, you might be at greater risk for developing DVT.
- **Genetics.** Some people inherit genetic risk factors or disorders, such as factor V Leiden, which makes blood clot more easily.

If you develop signs or symptoms of DVT, contact your primary healthcare provider.



Barry Amos, DO

The provider will assess the symptoms and determine if screening – typically an ultrasound – is necessary. According to the National Blood Clot Alliance, an ultrasound can find about 95 percent of DVT cases in the large vein above the knee; about 60 to 70 percent are identified in the calf veins through ultrasound. Additionally, computed tomography (CT) scans and magnetic resonance imaging (MRI) are other screenings used to help determine DVT.

DVT is important to screen for because it can permanently damage veins. As many as half of people with DVT experience long-term leg pain, heaviness, and swelling that can progress to difficulty walking, changes in skin color, and open leg sores, the Vascular Disease Foundation said.

Also, the blood clot can break off and go into the lungs, causing a pulmonary embolism, said Barry Amos, DO, an interventional radiologist with Trinity Health.

According to Mayo Clinic, if you develop signs or symptoms of a pulmonary embolism, seek emergency medical help. Signs or symptoms include:

- Sudden shortness of breath
- Chest pain or discomfort that worsens when you take a deep breath or when you cough
- Feeling lightheaded or dizzy, or fainting
- Rapid pulse
- Rapid breathing
- Coughing up blood

Management of DVT depends on the location, the chronicity, and symptoms, Dr. Amos explained. If the DVT is located above the knee, anticoagulation – using blood thinners to prevent and reduce the coagulation of blood, prolonging the clotting time – is the standard of treatment, with additional treatments implemented if needed, Dr. Amos said. If it gets worse, or it is a high-risk DVT, he adds, intervention to remove the clot will be done. For acute clots, with anticoagulation alone, it may take two to four weeks – or even months – for the body to dissolve the clot. tPa, a clot-busting medication, can dissolve the clot in two to twelve hours, but there is increased risk of bleeding with tPa, Dr. Amos said.

“That’s why thrombectomy is being used more frequently now amongst many other reasons,” he added.

A thrombectomy is a procedure that, with the aid of a catheter, removes blood clots from arteries and veins through suction. “A catheter is placed in the vessel next to the clot and hooked to a pump, which sucks the clot out of the vessel,” he said.

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In Recognition and Thanks from the Foundation

The Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from October 1, 2020, to December 31, 2020. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank these contributors for their generous support of Trinity Health’s mission: “To excel at meeting the needs of the whole person through the provision of quality healthcare and health related services.” For more information on honoring the memory of a loved one through philanthropic giving, contact the Trinity Health Foundation at 701-857-5432.

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In memory of Wayne Grunenwald Audrey Nelson Betty Frantsvog Corinne Keyes David & Judith Klovstad De Ann Peterson Diane Ness Don & Jennifer Lafontaine Donald & Dolores Kovar Donna Stuck Geraldine Peterson Geraldine Wagness Gregory & Susan Johnson Henry & Sharon Milkey James & Becky Paul Julie & Alan Argust Maren & Dalton Larson Neil Wogsland Randy & Jeanne Jaeger The Family & Friends of Wayne Grunenwald Wesley & Marlene Tossett		In memory of Gloria Cornelius Candy Tesoro	In honor of all the nurses working with COVID-19 Verla Hodgson
		In memory of Gloria Schmidt Harley Schmidt	In honor of Donna Luther Lila & Chet Reich
		In memory of Ina Ladendorf Laural & Gene Anderson	In honor of granddaughter, Holly Renee Peters, RN Adeline Newnam
		In memory of Jan Gemar Alyce & George Killmer Kathy & Raymond Beeter	

In Recognition and Thanks

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In honor of granddaughter, Shaley McNally, a nursing student Vernette & James Sanderson	Evelyn Kindy, MD Amber Emerson Amy & Brad Hofmann Angela Roehm Ann Hoff, MD Anne Haider Arnola Savelkoul Beatrice Grasmoen Brent & Tami Mattson Brett Fried Bruce & Nancy Andersen Carol & Rodney Walth Carol Phillips Christopher Durrett Cindy & Dennis Nordquist Cindy Ray Clara Sue & Gary Price Congregational Womens Fellowship Cynthia & Wayne Ystaas Dakota College at Bottineau - Minot Site Nursing Students Dale Wedderman Daniel & Jerlyn Langemo David Billings, DO & Denise Billings Deb & Brian Boppre Deborah Reed-Thurston, MD Debra Crawford Deby Gardner Denice Wanner Denise & Lynn Billadeau Diane Thompson-Enslin Gae Avers Gil Smestad Ginger Strand Greg Stack Henry & Renae Lemar Jamie & Matt Swenson Jan Laudenschlager Janel & Greg Feehan Janet Hiltner Jarah Gilstad Jason & Marie Sanders Jeffrey Verhey, MD & Janelle Verhey Jenene & Mike Kittleson Jody Foster John & Leslie Coughlin Judy Gullickson Julie & Gregory Engel Karen & Robert Holte Kathleen White Kristel & Pat Ficek Kristy & Daniel Leier Kyle Odermann Leroy Jeannotte Lois Zander Mark & Bonita Leier Mark & Dorothy Priess Marlene & Todd Fjeldahl Mary Muhlbradt Michael & Dorothy Lukach Michelle Martinson Michelle Phillips Mike & Pam Uran Mowbray & Son Plumbing & Heating, Inc. Naomi Sebastien Ordean Huus Orlan & Laurie Honadel Pamela Kolschefski Pat Halvorson Patrick & Linda Holien Paul & Paula Simonson Paula & Matthew Meier Renda Wilson Rhonda Johnson Robert Chandler Robyn Gust Rochelle Hickel Ron Gust's Construction Rosanne Schaefer	Ruth Ann & Butch Rexine Sandra Horob Sandy & Jake Boschee Scott Knutson, MD & Shannon Knutson Shane & Tara Jordan Shannon & Tom Foisy Shar Grigsby Sheila Hattel Shelley & Wayne Semrau Shelly Swearson Steve & Lana Martin Steven & Kari Lysne Suzanne Watne Taylor Carlson Teresa Berntson-Hynson Toni & Allan Kremer Trinity Health Exercise Physiology Staff Trinity Homes Physical Therapy Department Trinity Homes Staff Members Viola Huizenga Wanda & Dale Maixner	In memory of Billy Martin Jeffrey Verhey, MD & Janelle Verhey
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In honor of Mary Klein Stephanie Hovland		In memory of Donna Kehm Jeffrey Verhey, MD & Janelle Verhey	
In Honor of Nurses Sylvia Torno		In memory of Doris Repnow Jeffrey Verhey, MD & Janelle Verhey	
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In memory of Terry Hoff Randy & Lynn Schwan		In memory of Mary Soltis Jeffrey Verhey, MD & Janelle Verhey	
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In memory of Selma Hopkins Lowell & Ann Latimer Sharon Rollman		In memory of Pam Simonson Greg Simonson	
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In memory of James Tweten Ernest & Helen Medalen		In memory of Rose Bibler Jeraldine Thompson Jeffrey Verhey, MD & Janelle Verhey	
In memory of Ray Mertz Carol & Rodney Walth		In memory of Terry Hoff Jeffrey Verhey, MD & Janelle Verhey	
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	In memory of Archie Kress Patty & Robbie Robertson		
	In memory of Carl Klein Kathy & Raymond Beeter		
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	In memory of Dan Sexton Leslie Hanson		
	In memory of deceased family members Terry & Faye McCarty		
	In memory of Elmer Boucher Lori & Barry Dockter		
	In memory of Harold & Eileen Bruce Jillane & Arlen Boser		
	In memory of Jamie Murphy Tonya Pearson		
	In memory of Jason Sandvik Leslie Hanson		
	In memory of Jeff Tanberg Rhonda & Joel Walter		
	In memory of Jerome Mickelson Tom Mickelson		
	In memory of Jim & Kathy Aiken Allison & Karter Lesmann		
	In memory of Lester Sandvik Leslie Hanson		
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	In memory of Owen Stevens Rhonda & Joel Walter		
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	In memory of Barbara Strandberg Jeffrey Verhey, MD & Janelle Verhey		
	In memory of Bernice Jarski Joanne & Darrel Quale		

Thrombosis

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While there are many instances in which tPa is used, it is becoming less frequent than in the past.

While DVT is not 100 percent preventable, there are helpful measures to take. According to Mayo Clinic:

- **Avoid sitting still.** If you have had surgery or have been on bed rest for other reasons, try to get moving as soon as possible. If you’re sitting for a while, don’t cross your legs, which can block blood flow. If you’re traveling a long distance by car, stop every hour or so and walk around. If you’re on a plane, stand or walk occasionally. If you can’t do that, exercise your lower legs. Try raising and lowering your heels while keeping your toes on the floor, then raising your toes with your heels on the floor.
- **Don’t smoke.** Smoking increases your risk of getting DVT.
- **Exercise and manage your weight.** Obesity is a risk factor for DVT. Regular exercise lowers your risk of blood clots, which is especially important for people who sit a lot or travel frequently.

Auxiliary to Hold Golf Scramble

The Trinity Health Auxiliary Hearts Club will hold their annual Golf Scramble on May 24, 2021, at Vardon Golf Course, 7101 County Road 15 W, Minot. The scramble starts at 1:00 p.m., and lunch will be served. There will also be a chance to win a hole-in-one contest.

Proceeds from this event will be used to help the Auxiliary reach its goal of providing funding for a cardiac center at the new hospital campus in southwest Minot.

Assemble your four-person team now!
For more information call Sherry at 701-857-5221 or e-mail sheril.maragos@trinityhealth.org.



Maci Severson, a certified athletic trainer, assists labor pool. Athletic trainers assisted by answering phones, helping with door screenings, and more.

Certified Athletic Trainers are Essential to Healthcare

March is National Athletic Training Month, a time dedicated to spreading awareness about the important work of athletic trainers. This year, the slogan is “Essential to Health Care” ... and how right they are!

At the beginning of the COVID-19 pandemic, Trinity Health’s athletic trainers started a new role when they reported to the hospital’s labor pool to see where they needed assistance, explained Robyn Gust, manager of the Sports Medicine department. Athletic events at Minot State University had come to a halt, and slowly, there was a trickle effect on other games in the region, leaving the department with time on their hands. “We were in the labor pool right away, which was helpful to the organization,” Gust added. “Athletic trainers were answering labor pool phones, doing screenings at the doors, or any other tasks that were needed.”

Athletic trainers “jumped in and helped out whenever and wherever they were needed within the facility during those months of labor pool,” explained Sara Abrahamson, recruitment supervisor for Trinity Health’s Human Resources and co-organizer of the labor pool. “Sometimes they worked overnights, weekends, and various other times. They were reliable and without them, it wouldn’t have gone as smoothly. They were more than willing to help out and jump in whenever they were needed.”

Then, when COVID drive through testing was being done and COVID positive were higher, athletic trainers helped nurses, making sure they had what they needed and at the same time, helping with administrative needs – checking IDs, getting information, etc. – so the nurses “could swab the patient and get through the 200 cars in the two hours we were at during high numbers for a bit,” Gust said. “The role that we had to take on was such an unusual, expansive role. It was something you would never imagine in your wildest dreams you would do.”

The role of the certified athletic trainers in an organization like Trinity Health has come full circle. Primarily, sports have been number one of the list of priorities, but at a time when there were no sports, taking part in testing people during a pandemic was a thing “you never ever thought would be a part of your profession” but is now “a part of your daily routine,” Gust said.

This past autumn, when the school year began, and high school sports were back in session, the athletic trainers were ready. They had developed “COVID-safe” versions of their Summer FASTER

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Brenda Hamilton, MSW, LSCW, director of KeyCare Medical, far right, stands with respiratory therapists Camilla Jechort, RT, Lorrie Merkel, LPN, and Debra Beaton, RT.

Stop Sleep Apnea

Obstructive sleep apnea is a potentially serious sleep disorder. It causes breathing to repeatedly stop and start during sleep. There are several types of sleep apnea, but the most common is obstructive sleep apnea. This type of apnea occurs when your throat muscles intermittently relax and block your airway during sleep. A noticeable sign of obstructive sleep apnea is snoring.

Other signs and symptoms of obstructive sleep apnea can include:

- Excessive daytime sleepiness
- Loud snoring
- Observed episodes of stopped breathing during sleep
- Abrupt awakenings accompanied by gasping or choking
- Awakening with a dry mouth or sore throat
- Morning headache
- Difficulty concentrating during the day
- Experiencing mood changes, such as depression or irritability
- High blood pressure
- Nighttime sweating
- Decreased libido

According to the American Sleep Apnea Association, an estimated 22 million Americans suffer from sleep apnea, with 80 percent of the cases of moderate and severe obstructive sleep apnea going undiagnosed. If left untreated, the ASAA said on their website, it can lead to high blood pressure, chronic heart failure, atrial fibrillation (a-fib), stroke, and other cardiovascular problems. While obstructive sleep apnea can happen to anyone, including infants and children, it is more commonly seen in men over 40, especially those who are overweight or obese.

If you have any of the aforementioned signs or symptoms, speak with your primary care provider; they can then give a referral for a sleep study at the Trinity Health Sleep Center, located at Trinity Hospital – St. Joseph’s.

“After having a sleep study and discovering that you have been diagnosed with Obstructive sleep apnea, it certainly is a life adjustment,” said Brenda Hamilton, MSW, LCSW, director of KeyCare Medical.

Thankfully, treatments for obstructive sleep apnea are available. One treatment involves using a device that uses positive pressure to keep your airway open while you sleep. A Continuous Positive Airway Pressure (CPAP) machine, also known as a sleep apnea machine, provides a gentle and constant flow of prescribed pressurized air through a CPAP mask and hose to help keep your airway open while you sleep.

“Your machine will be dependent on your individual sleep therapy plan,” Hamilton said. “Your provider will prescribe the appropriate type of treatment for your condition.”

Once you have completed a sleep study, and it has been determined that you need a PAP device for a sleep disorder, KeyCare Medical will assist you from start to finish in this process of finding the right treatment. “Upon receiving a prescription from your provider, KeyCare Medical staff will make an appointment with you to come in and have instruction with our RT/Nursing staff,” she added.

KeyCare Medical’s team of Registered Respiratory Therapists and a Licensed Nurse can assist you in your treatment journey.

“It is our goal to help you be successful, leading to a positive outcome,” Hamilton said.

After providing a PAP device and determining a good mask for you, the therapy data is monitored through a computer application, post fitting. This aids in the staff assisting you through your transition so you can be successful in treating your sleep apnea.

“KeyCare Medical believes the success of treating different sleep disorders is fundamental to good patient care,” Hamilton said. “The staff is available to help with your needs. We carry a large selection of sleep apnea products; if they are not available in our store, often we are able to order what you require.”

The facility is located at 530 20th Ave SW, Minot. KeyCare Medical is open 8:30 a.m. to 5:00 p.m., Monday through Friday. For appointments for your OSA/CPAP needs, call 701-857-7370 to schedule a visit.

Restrictions continued from page 2

siblings are permitted once during the stay of the mother and baby or the pediatric patient, and will be limited to one sibling group at a time.

No one will be allowed to visit patients who have tested positive for COVID-19, with the following exceptions:

- COVID-positive pediatric patients – limit to one parent or legal guardian
- COVID-positive maternity patients with newborn – limit one support person
- COVID-positive end-of-life – pre-approval required for all visits

Hospital cafeterias, lobbies, and waiting rooms are open, with social distancing required.

Visitor restrictions are determined using a scoring-based, formal risk assessment that monitors trends in hospital census and case status in the community and region. For more information about visitor restrictions, please visit trinityhealth.org/coronavirus.

Personalize Your Plate

By Bailee Kolden, Student Dietitian

Every March, The Academy of Nutrition and Dietetics highlights nutrition within the country by constructing a creative theme along with tips and tricks to encourage healthy eating. This year, the academy came up with the theme “Personalize Your Plate.” Each of us has individualized bodies, tastes, and backgrounds, and “Personalize Your Plate” makes sure that our nutrition goals are also individualized. No matter where you begin your health journey, The Academy of Nutrition and Dietetics has tips to get you started or take you to the next level with your nutrition goals.

Eating Nutritious Foods

Make a small change to start and eat as many nutritious foods as possible each day! Make it a mission to include at least one food from each food group with every meal. Just a reminder that the five food groups are dairy, protein, grains, vegetables, and fruits. This is a good goal to start with when trying to make a step in the right direction with your nutrition.

Hydrating healthfully is another way to up your nutrition. There may be a few unhealthful ingredients hiding in your beverages that you drink every day. Next time you grab a drink, make sure to look closely at the food label to know exactly what you are drinking. Taking the time to look at any food label can also be healthful. You may be surprised at the nutrient content – whether it's good or bad – and you may even realize that you have never heard of some of the ingredients added to your food or beverage options.

Another key reminder is to be mindful when eating. That is, avoid distractions and try to focus on what is right in front of you. Try to remember to take the time you need to fully enjoy your food.

Take the Time to Plan Ahead

Take the time out of your busy schedule to sit down and create a grocery list. Base this grocery list off some new recipes that you’ve always wanted to try. If you are feeling adventurous, try including more healthful options that you wouldn’t have included the week before. By sticking to this list, you will tend to not buy as much of the less nutritious temptations that call your name. Try to stick to healthful recipes and bring the leftovers to work or school. Just because you are away from your home doesn’t mean you have to stop being healthy. Keep it up so it becomes a routine and not a chore!

Learn the Skills to Cook Tastefully

It can be a challenge to cook tasty meals that are also nutritious. Always keep healthful ingredients on hand so you have that option. By having a stockpile of nutritious ingredients in the house, you will tend to want to use them up and find recipes to incorporate those ingredients. If you are stuck on not having good recipes to try, offer to exchange a few recipes with your friends or co-workers. Odds are you aren’t the only one looking for new recipes you and your family will enjoy!

Consult a Registered Dietitian

Dietitians cover a very wide range of topics. By meeting with one face-to-face, you can set personalized nutrition goals and receive advice to help you get on the right track. There is a wide variety of dietitians in the area so no matter what you want to accomplish, someone will be able to help you. Dietitians will assist you at getting started or continuing your journey by providing recommendations that will help you thrive through the changes being made with your nutrition and food choices.

Trinity Health Speaker’s Bureau

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

Athletic Trainers

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program, an injury prevention program for high school student athletes. “We came up with a plan to get our athletes ready for activity but maintain a safeness that was necessary for them to do what they needed to do,” Gust said. “We had to come up with creative ways to train athletes in a safe, socially distanced, hygienic way. We had to think outside the box to challenge them and get them ready for sports but keep them safe and protected from COVID-19.”

Gust said that while working with student athletes at Our Redeemer’s, “In the past, I would have 18 or more kids in a session. We ran it with eight, with their own 10-foot square space.” While working with schools, the athletic trainers helped them get protocols in place before school even started.

“We did what needed to be done to make sure everyone was taken care of,” Gust said. “We always wear many hats; we just never thought our hat collection would be this extensive.”

In the athletic training rooms, the atmosphere was different. “Normally, we would see eight people at the same time and not bat an eyelash,” Gust said. However, the number of people – athletes and staff – had to be limited to ensure that social distance was maintained. “We really had to streamline that to make it efficient and to make sure we were following guidelines to keep people safe.”

The year 2020, as well as the beginning of 2021, has “been a year like no other in sports, as well as athletic training,” Gust said. “It has shown people outside of the sports world that certified athletic Trainers are definitely ‘Essential to Healthcare.’”



3D mammogram today. Enjoy more tomorrows.

Schedule yours. Call 701-857-2640.

One woman in eight will be diagnosed with breast cancer in her lifetime. At Trinity Health, we’re making more possible to ensure more women are survivors. Our 3D mammography screenings are the very latest in detecting cancer earlier while delivering a more comfortable experience. Whether you have a family history or not, having a mammogram can save your life.

To schedule your 3D mammogram, call 701-857-2640. Learn more at trinityhealth.org/screenings.

C O M M U N I T Y

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.

Events

February 11 through March 18 – Hope and Healing, a bereavement support group held by Trinity Health Hospice, will be held every Thursday from 6:30 to 8:00 p.m. in the Trinity Health Hospice office conference room, located at Town & Country Center, 831 S Broadway, Minot. To pre-register, please call the Hospice office at 701-857-5039.

March 3-5 – Trinity Health will have an informational booth at the KMOT Ag Expo 2021 at the North Dakota State Fair Center. At the Trinity booth, learn the steps to effectively STOP THE BLEED®. We will also have free blood pressure checks, as well as blood glucose and cholesterol screenings for \$15.

March 9 – Join a Trinity Health clinical dietitian as they host a diabetes-themed grocery store tour, starting at 6:00 p.m., at the original MarketPlace Foods. Shopping for the right foods is critical to managing diabetes. During this tour, you’ll learn what foods to look for and how to read and understand the components of a food label, including total carbohydrates, sugar, fiber, and sugar alcohols. The tour is free, but capacity is limited. Please call 701-857-5268 to RSVP.

March 10 – Learn how to STOP THE BLEED® from 6:00 to 7:00 p.m. at Health Center – Riverside Auditorium, located at 1900 8th Ave SE, Minot. Rhonda Gunderson, RN, and Amber Emerson, RN, with Trinity Health Trauma Services will train you in the life-saving steps to stop severe bleeding. The class is free; a STOP THE BLEED® kit is available to purchase for \$20. Call 701-857-5700 by March 8 to register.

March 16 – 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.

Mobile Mammography

March 2CHI – Devils Lake, 662-8662

March 3Trinity Community Clinic – Velva, 338-2066
Northland Community Health Center – Turtle Lake, 448-9225

March 4Tioga Clinic, 664-3368

March 24St. Luke’s Hospital – Crosby, 965-6349

March 25.....Trinity Community Clinic – New Town, 627-2990

Prepared Childbirth Classes

March 13, April 10, May 8, June 12, July 10, and August 14

Learn about signs of labor, what to expect in labor, comfort measures, postpartum cares, newborn care and routines, and much more! Enrollment is limited. Registration is required. Meets from 9:00 a.m. to 4:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

Breastfeeding Basics

March 11, April 8, May 13, June 10, July 8, and August 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. Meets from 6:00 to 8:00 p.m., Health Center – Riverside Education Center, 1900 8th Ave SE, Minot.

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.