

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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3T Breast MRI

Trinity Health Adds Another Weapon to Detect and Fight Against Breast Cancer

Trinity Health has upgraded its breast MRI program to provide better service to our patients and community by using 3T technology. Now, with the new 3T breast MRI coil, breast cancer that is difficult to see on dense breast tissue can be much better evaluated by our radiologists.

Magnetic resonance imaging, or MRI, uses a magnet and radio waves to produce images of the breasts, to look for tumors and determine whether they're noncancerous or cancerous, as well as to determine the size and location of a lesion. Trinity Health's updated technology uses a 3-tesla magnetic field, tesla being a unit of measurement that measures the strength of a magnetic field. (Trinity Health was the first hospital in the state of North Dakota to invest in a 3T MRI.)

MRI is used in addition to mammography, a screening process used to check for breast cancer or other abnormalities in breast tissue. When a patient gets a mammogram, there may be a suspicious lesion that isn't examined well enough, despite 2D or 3D mammograms and ultrasound guidance, explained Jim Coffin, RT(R), CT, ARRT, Director of Imaging Services at Trinity Health.

"Occasionally, our radiologists are not able to completely rule out a lesion on 2D or even 3D tomosynthesis mammography," he said. "As great as 3D mammography is, there are still times when a radiologist needs better information to be confident in their diagnosis and interpretation."

Most often, a good screening mammogram with 3D is all that is required, however, if the radiologist still has concern, they may order an ultrasound study of a suspicious looking anomaly. Again, most often that will allow the radiologist to be most confident. But for that percentage of patients that have very dense breast

tissue, the radiologist can now suggest breast MRI with 3T strength.

A breast MRI is very much like a standard MRI: a patient lies on the MRI couch and enters the gantry. In this case, the patient would be on their stomach and depending on if they are able, their arms would be over the head. The patient is positioned so the breasts are surrounded by the breast coil. The study lasts about 15 to 20 minutes, during which time contrast and non-contrast images are taken. These images allow the radiologist to search for any "architectural distortion" or a "mass." Breast MRI is

Patients who wish to have a mammogram should schedule an appointment by calling Trinity Health's Mammography Scheduling line at 701-857-2640 or in Williston at Trinity Community Clinic - Western Dakota at 701-774-0810.

the most sensitive way of detecting cancers in patients with very dense breast tissue; this is why Trinity Health continues to invest in newer technology.

Additionally, through the 3T technology, needle biopsies can be performed with MRI guidance, Coffin said. The biopsy material is reviewed by a pathologist, who would report the results back to the referring radiologist and ordering provider.

Technically speaking:

- Higher magnetic field strength (3T) improves quality of breast MRI imaging
- Higher resolution imaging assists in characterizing breast lesions
- Breast MRI detects small cancers earlier with greater detail
- MRI imaging provides the ability to use contrast enhancement to highlight tumor activity



On February 20, Annette Ladendorf of Minot was one of one thousand people who received the first dose of the Pfizer vaccine as part of Trinity Health's invitation-based mass vaccination program.

Vaccination Clinics Part of Biggest Vaccine Drive in History

Despite her nursing background, Annette Ladendorf had always been a little cool toward shots.

"It's something that goes way back," she conceded. "I've always had a little anxiety about shots - something about having a chemical injected in your arm."

Luckily, she's also a strong believer in science, so when the call came from Trinity Health inviting her to get the COVID-19 vaccine, she jumped on it without hesitation.

"I was tickled to get the call," Annette said. "I had been looking forward to having it done."

Annette was among a thousand people who received their first dose of the Pfizer vaccine February 20 as part of Trinity Health's invitation-based mass vaccination program. On any given Saturday - when vaccine is

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Treatment Options are Available for Alcohol Abuse

The incidence of alcoholism during the pandemic has risen as many have used alcohol to cope with the stress, anxiety, and isolation that COVID-19 has placed on the world.

A study supported by the National Institute of Alcohol Abuse and Alcoholism (NIAAA), which compared adult drinking habits from 2019 to the present, showed an increase in alcohol consumption between spring 2019 and spring 2020. More specifically, men and women reported increasing the frequency of their binge drinking – five or more drinks for men and four or more drinks for women within a couple of hours. The Blue Cross Blue Shield COVID-19 National Pulse Survey also noted that overall alcohol consumption has risen 23 percent since the pandemic began.



Jason Andersen, LAC

Jason Andersen, LAC, a licensed addiction counselor with Trinity Health's Addiction Services, believes that the isolation caused by the pandemic may have magnified the issue of alcoholism. "We started to see more people come in and we noticed a trend: they were not aware their drinking was an issue until they were at home and doing nothing but drinking," he said.

Additionally, an addicted person who was forced into isolation couldn't maintain their existing support structure, such as face-to-face meetings, and they may have relapsed, Andersen said. "A number of people with some long periods of sobriety and recovery" may have also relapsed due to pandemic concerns, such as health cares, being stuck at home, or unemployment.

While the addiction cases seen were "primarily alcohol issues," they also saw a number of patients seeking help with methamphetamine, opioids, and sedative-related issues during this time.

Typically, the summer is a slow time in the Chemical Dependency Unit at Trinity Hospital – St. Joseph's. However, this past year, it maintained a consistent flow of patients into the summer and fall months, Andersen said. He noted that while there are usually waiting lists in the wintertime, there was a similar list in the summer and that overall, the unit has "maintained above average numbers, particularly last spring through summer."

Treatment for alcoholism is available through Trinity Health Addiction Services, which offers a full range of assessment and treatment programs to help people achieve their personal and professional goals related to recovery from chemical dependence or substance abuse. This includes community education, consultations, evaluations and screening, assessments, medically monitored inpatient programming, aftercare programming, and residential programming.

The goal of Trinity Health Addiction Services is to facilitate this change process to provide individuals the tools they need to develop and maintain a lifestyle of recovery. Addiction Services follows a traditional 12-step model, an effective, long-term approach to recovery. Treatment is holistic, integrating practices from a variety of disciplines to treat the whole person – mind, body, and spirit.

The first step in the healing process is an evaluation. A licensed addiction counselor will screen potential patients to determine appropriate program placement. Those in treatment will be assisted in developing a comprehensive treatment plan that meets their individual needs.

Due to COVID-19, Addiction Services did need to make a few changes, including the restriction of outside engagement with patients. Through the screening process, only one patient had tested positive. "We adjusted the program and followed the State Health Department's guidelines on how to manage a positive patient," Andersen said. "Within two weeks, we were back to normal again."

Trinity Health Addiction Services is staffed by qualified and experienced professionals from the fields of Psychiatry, Psychology, Addiction Counseling, and Social Work. They work closely with the medical director to provide multi-disciplinary, individualized care.

Patients (who must be 18 years of age or older) may be referred for treatment by family members, employers, friends, physicians, mental health professionals, and the judicial system. Many patients also refer themselves. Trinity Health Addiction Services is located at Trinity Hospital – St. Joseph's, 407 3rd St SE, Minot. For more information, or to self-refer, call 701-857-2480 or 1-800-862-0005.

Trinity Homes Names Nursing Director

Jessica Edgell, RN, MSN, MHA, has been promoted to the position of Director of Nursing at Trinity Homes. She oversees all nursing care provided to residents at the long-term care center.



Jessica Edgell, RN, MSN, MHA

A Minot native, Edgell joined Trinity Health in 2001 as a certified nursing assistant at Trinity Homes. She received her bachelor's degree in nursing from Minot State University in 2004 and earned master's degrees in nursing and healthcare administration from the University of Phoenix.

For the past 12 years, Edgell has worked as a registered nurse in several care units throughout Trinity Health, including hospital nursing and case management. She has served as assistant nursing director at Trinity Homes for the past four years.

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[trinityhealth.org](https://www.trinityhealth.org)

Vaccine continued from page 1

available – Trinity Health staff issue invitations for vaccine appointments to individual patients based on North Dakota's published breakdown of Priority Groups, which is being used as a guide for distributing the coronavirus vaccines across the state.

"Trinity Health has been moving through the Priority Groups with our vaccine supply as quickly as possible. We're excited to be identifying and contacting our patients with two or more high-risk medical conditions, regardless of their age," said Marketing Director Karim Tripodina. "Anyone who receives an invitation via text, email, or voicemail is encouraged to respond immediately. Vaccine supply is limited so we are only able to schedule appointments for confirmed responses from the invitations we send out."

A total of 11,142 total doses have been administered by Trinity Health so far to 6,534 unique individuals. At the February 20 event, according to Annette, everyone seemed excited and grateful to be there.

"It was terrific," she said. "Whoever set up the plan did a great job. It went very smoothly. I was there a very short time."

As is recommended, Annette lingered a bit after getting her shot to make sure no major side effects emerged. In her case, there were none. "I felt great," she said. "The next day it seemed like there was a little soreness in my upper arm, but it was my day to take care of my two great-grandsons, and soon the pain went away."

Annette takes care of those two great-grandsons twice a week. She credits that care giving with keeping her busy and avoiding any doldrums during the pandemic. "I've never been one to let myself sit and think 'woe is me'," she said. "I knit, I walk four to five miles a week, and I did finally get Netflix so I could sit down and watch a movie."

As she looks forward to achieving full vaccine efficacy, Annette also awaits the day when she can get back to an active and venturesome lifestyle. She missed out on a family reunion this past year, not to mention a trip to Thailand. She's also had to cancel an excursion to Spain this spring. "I do have a pending round-trip ticket to Minneapolis, but I think it will be awhile yet before we can plan a big trip. If my sister is still in the traveling mode we'll probably go someplace in a year."

For now, she'll have to settle for simply being a part of history and the biggest vaccination effort the world has ever known.

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HealthTalk

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Minot, ND 58701
Toll free in ND: 800-247-1316

Visit our website:
[trinityhealth.org](https://www.trinityhealth.org)
Join us on Facebook:
[facebook.com/TrinityHealth.ND](https://www.facebook.com/TrinityHealth.ND)

Trinity Health Welcomes Certified Pediatric Nurse Practitioner

Trinity Health is pleased to announce that Joseph Stonehocker, CPNP-PC, has joined our team of providers at Trinity Community Clinic – Western Dakota.

A board certified pediatric nurse practitioner, Joseph has spent the last three years serving the healthcare needs of Williston-area young people. He provides primary care to children ages 0 to 18, with an emphasis on general and acute pediatric care, annual well-child visits, and mental health support, including ADHD diagnosis and treatment. He is also trained in various surgical procedures such as circumcision and tongue-tie correction.

Originally from Canada, Joseph was reared in Edmonton, AB, and moved to the United States with his family at an early age. He graduated from Utah State University and earned both his Master of Science in Pediatric Nurse Practice and his Bachelor of Science in Nursing from UT Health San Antonio, part of the University of Texas system.

A devoted husband and father, he and his wife have five children who range in age from 2 to 14. They enjoy family time and attending youth sporting events.

His office is based at Trinity Community Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston. To schedule an appointment or consultation, please call 701-572-7711.



Joseph Stonehocker,
CPNP-PC



Nutrition Spotlight on Seeds

By Kayla Benson, RDN, LRD, Clinical Dietitian, Trinity Health

CHIA

Chia seeds have gained popularity over recent years. They come from the plant *Salvia hispanica* which is native to Mexico and Guatemala. The seeds are very small, and can be white, grey, or black in color.

Chia seeds are rich in omega-3 fatty acids, fiber, protein, and calcium. Two tablespoons of dry seeds contain 140 calories, 5 grams of protein, 10 grams of fiber, and 180 milligrams of calcium. Research has shown that omega-3 fatty acids can have a positive effect on cardiovascular, bone, skin, and mental health. The 10 grams of soluble fiber in chia seeds help slow digestion which aids in lowering cholesterol, stabilizing blood sugars, and promotes satiety. Chia seeds contain all nine essential amino acids making them a complete protein.

These tiny seeds are versatile as they can be added to various recipes and have long shelf life of four to five years. Unlike flax seeds, chia seeds are digested well in their whole form or ground.

FLAX

Flax has been around since 3000 B.C. and originated in southern Europe and Asia. The seeds of the flax plant are flat, with a golden to reddish brown hue. Flax is also known as linseed and can be found whole or ground, roasted, or processed into flaxseed oil. Flaxseed is best absorbed when ground.

Two tablespoons of whole flaxseed contain 110 calories, 4 grams of protein, and 5.5 grams of fiber. They are considered a good source of thiamine, copper, magnesium and phosphorus. Lignans are found in almost every plant; however, flaxseeds are especially rich in them. Lignans are classified as phytoestrogens and research indicates that the high amount found in flaxseed may reduce the risk of certain cancers.

Shelf life of flax depends on the quality of the seed and whether it's stored whole or ground. If stored properly, flax can last up to two years. It is best to store according to brand-specific recommendations.

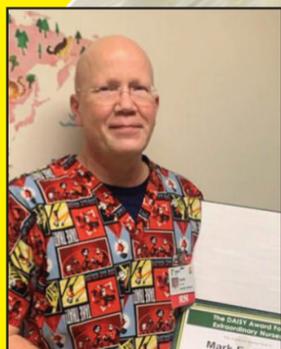
DAISY Awards



Mia A. Alexander, RN
Surgery



Samantha N. Martinez, RN
Pediatrics



Mark E. Olson, RN
Pediatrics



Sidney Spokely, RN
5E Medical



Check Out Our Progress

Every day, great progress is being made at the site of our new medical campus.

Check it out for yourself with our live cameras at trinityhealth.org



INGREDIENTS:

- 2 ripe bananas
- 1 cup gluten free rolled oats
- 1/2 cup ground flaxseed
- 1/4 cup shredded coconut
- 1/4 cup sliced almonds
- 1/2 cup chocolate chips



DIRECTIONS:

1. Preheat your oven to 350 degrees. Grease cookie sheet pan.
2. In a large mixing bowl, mash the ripe bananas with a fork. Add the rest of the ingredients and mix together with a spoon.
3. Scoop onto sheet pan using a cookie scoop. Press tops down gently with your hands. Bake for about 18 to 20 minutes, or until edges are lightly golden brown. Let cool and enjoy.

Recipe: Banana Flaxseed Cookies (Gluten Free)



INGREDIENTS:

- 1/2 cup milk (can use any preferred animal or plant milk)
 - 2 tbsp. chia seeds
- OPTIONAL
- 1 tsp. maple syrup or honey
 - 1/2 tsp. vanilla or almond extract
 - Fruit, nuts, seeds, or spices



DIRECTIONS:

1. Combine chia seeds and milk, along with optional sweeteners or extracts, in a bowl or jar and stir together. Let sit for a few minutes, then stir again once the seeds have started to gel.
2. Cover and place in the refrigerator for at least one hour.
3. Stir the chia pudding before serving and add your favorite fruit, nuts, seeds, and spices.

Recipe: Chia Seed Pudding

Prescription Refills

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701-838-2213

KeyCare Pharmacy
701-857-7900

Download the App keycarepharmacy.com
or bbnwpharmacy.com



The Importance of a Mammogram

A mammogram is a very important part of a woman's yearly health routine. The earlier breast cancer is found and diagnosed, the better chance for successful treatment. Consistency with yearly screening mammography exams, in conjunction with monthly self-breast exams, can save your life. All it takes is 15 to 30 minutes one day a year. You're worth it!

Who should have a mammogram?

- Women should have a baseline mammogram between 35 to 40 years of age.
- Women should be having yearly mammograms at 40 years and older, according to the American College of Radiology (ACR).
- Women with a first degree relative—mother, sister, father, or brother. They should begin their mammogram 10 years younger than when their relative was diagnosed.

According to the American College of Radiology, one in eight women will develop breast cancer over their lifespan. Breast cancer can be found at any age and any stage of life. Typically, in younger, pre-menopausal women, breast cancers are more aggressive due to the presence of hormones (estrogen). Many cancers are hormone receptive, meaning they will grow faster in the presence of those hormones.

Mammography has changed over the course of several years, while the main building blocks of what make it so effective have remained the same. 3D mammogram technology, which Trinity Health implemented in 2016, is proven more effective in detecting breast cancer. Breast cancer has been found at very early stages, and cancers also have been found that were previously not visible on the standard 2D imaging.

If you have been waiting for the "right time" or find yourself saying "I'm too busy right now," please make the time. Take the moment for yourself and make it an annual priority. Getting a mammogram can set an example for your family, friends, and community. Also, patients who put their mammograms on hold due to COVID-19 should take the time to make that appointment. Staff at Trinity Health are ready to see you, safely and quickly.

Make the time to prioritize YOU now so you can have more tomorrows. Call today to schedule a mammogram. Remember: You're worth it!

How can you get scheduled?

- Call Trinity Health's Mammography Scheduling line in Minot at 701-857-2640.
- Call Williston's Trinity Community Clinic – Western Dakota at 701-774-0810.
- Trinity Health also offers a mobile route, in contract with DMS Health Technologies, for many outlying areas that can be scheduled through your local clinic.

Eagle Awards



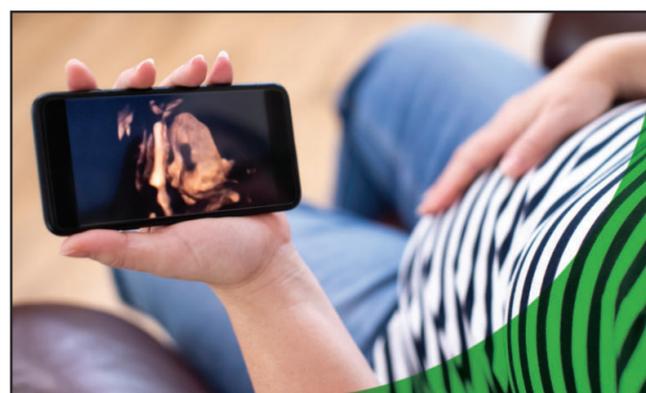
Amy Braaten, RN
Case Management



Jerel Brandt, DO
Surgery



Lauren Young
Office Assistant
Radiation Therapy



Say hello to your baby!

See your baby's face, fingers, and toes for the first time with Hello Baby, Trinity Health's new prenatal imaging service. Hello Baby offers elective 2D and 3D/4D ultrasounds and keepsake pictures and video to expectant parents eager to get an early glimpse of their little one.

- 2D ultrasound: \$65**
10 – 20 minutes, minimum 12 images
- 3D/4D ultrasound: \$100**
20 – 30 minutes, minimum 20 images and one video

This service is done on a non-medical basis and is not a replacement for, or in lieu of, standard prenatal medical care.



TRINITY
HEALTH

Hello Baby
To schedule a session, call
701-857-3220

trinityhealth.org/hellobaby
Trinity Health Advanced Imaging Center
Health Center – Town & Country, 831 S Broadway, Minot

3T MRI continued from page 1

- MRI allows excellent discrimination between malignant vs non-malignant masses (cancer or non-cancer)

Practically speaking:

- 3T breast imaging allows the radiologist to better examine dense breast tissue

This new 3T program was a request by Brian Johnson, DO, Trinity Health's breast fellow trained radiologist. Dr. Johnson earned a Master of Science in Physician Assistant Studies from Philadelphia College of Osteopathic Medicine. He received his Doctor of Osteopathic Medicine from Lake Erie College of Osteopathic Medicine in Pennsylvania. Following a transitional internship at Sanford Health – University of North Dakota School of Medicine, Fargo, he completed a four-year residency in Diagnostic Radiology at Strong Memorial Hospital – University of Rochester School of Medicine, Rochester, NY. He went on to complete his breast imaging fellowship at New York University Langone Health Center in New York, NY. Dr. Johnson is a member of the Radiological Society of North America, American College of Radiology, American Roentgen Ray Society, and Society of Breast Imaging.



Brian Johnson, DO



Learn Life-Saving Steps: STOP THE BLEED® Training

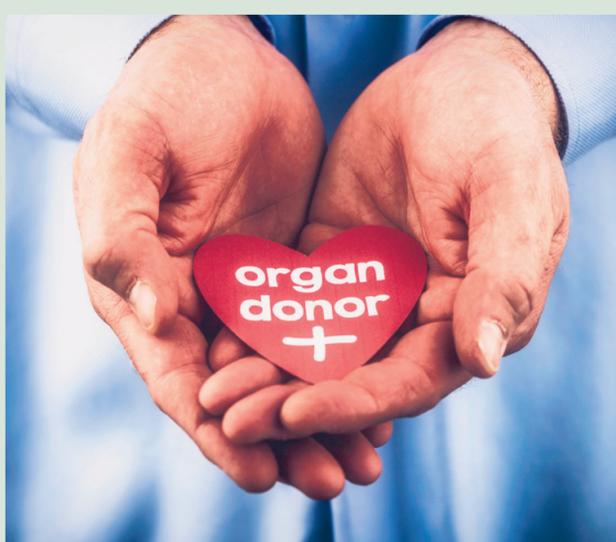
Someone who is severely bleeding can bleed to death in as little as five minutes. In fact, bleeding is the number one cause of preventable death after an injury. That's why bleeding control — keeping the blood inside the body — is the purpose of STOP THE BLEED® training. This course empowers trained bystanders to take life-saving action if quickly needed — regardless of the situation or cause of severe bleeding.

We continue to witness or experience unexpected violence and injuries in our daily lives — on the highway, in the workplace, on the farm, at schools, at sporting events, and in other public places where we gather with an expectation of safety. **Let Trinity Health Trauma Services train you in the life-saving steps to stop severe bleeding. STOP THE BLEED® and save a life.**

This free one-hour course is available for your business, your school, your coaches, your family, and your community.

Please call Trauma Services at 701-857-5700 for more information and to schedule a class.

Source: stopthebleed.org



Giving the Gift of ...

Organ Donation Can Help Many

In North Dakota, there are 148 people on the waiting list for an organ transplant. On a larger scale, there are 3,318 people in the tri-state area (North Dakota, South Dakota, and Minnesota) and overall, 107,938 people nationally in need of a lifesaving organ.

While 2019 was a record-breaking year, last year ended up being the second highest year for this area, explained Mark Ellingson, MDiv, BCC, a Clinical Hospital Coordinator with LifeSource, an organ procurement organization that serves more than seven million people in the Upper Midwest.

While 2020 started off slow, especially with concerns about non-essential staff being within the hospital walls, “the rebound into the summer and on, the year got to be the second highest,” Ellingson said.

In addition to a heightened awareness of going into hospitals, Ellingson noted that a number of potential organ donors who died in the past year died from COVID-19 or COVID-related illnesses, which made them exempt from organ donation.

“We certainly lost people that were designated donors,” Ellingson said, noting that if the deceased donor had COVID within the last 28 days of their life or were currently COVID-19-positive at the time of their death, they could not be an organ and/or tissue donor. (Ellingson stressed the importance of getting vaccinated for COVID-19.)

In 2020, the most likely to be recovered organ – and the most needed organ to be donated – was the kidneys, Ellingson said. “A donor can offer two of them. Also, living donors can offer one of their two. That’s not uncommon anymore, where someone donates to someone they know, or if the need is there.”

Additionally, other organs frequently donated are the liver, heart, lungs, pancreas, and even the intestines, although “that’s fairly rare,” Ellingson said.

Organ donation, in general, is very rare. Only one percent of people who pass away have that opportunity to donate their organs. A variety of factors must align, including dying at a hospital on a ventilator, passing a variety of medical tests, and being free of active cancer.

At Trinity Health, guidelines are followed to try and recover as many life-saving organs as possible. When a patient meets the criteria to be an organ or tissue donor, Trinity Health calls LifeSource, whose personnel determines if the patient may or may not be a potential donor. If the patient does meet criteria for donation, LifeSource will reach out to the family to discuss the donation process.

This process has remained the same during the pandemic, Ellingson said, although he noted that there has been “more monitoring from a distance” during the pandemic.

“When COVID was very active, we were very careful about sending people on site, for our sake and the hospital staff’s,” he added. “We moved to do much more virtual work,” which included speaking to hospitals “from a distance and coming on site when needed.” That has since changed, and LifeSource staff are able to enter hospitals again.

If the patient has requested to be a donor or the family wishes to offer donation, LifeSource will then come into the hospital and start the donation process.

Making your intentions known is as easy as a notation on your driver’s license – the commonly accepted legal expression of your wish to donate. However, it is wise to share your decision with family members to ensure that they will support and honor your choice.

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Men’s and Women’s Hearts Golf Scramble

Monday, May 24, 2021

Vardon Golf Club, Minot

Registration: 12:00 p.m.

Tee-Time: 1:00 p.m.

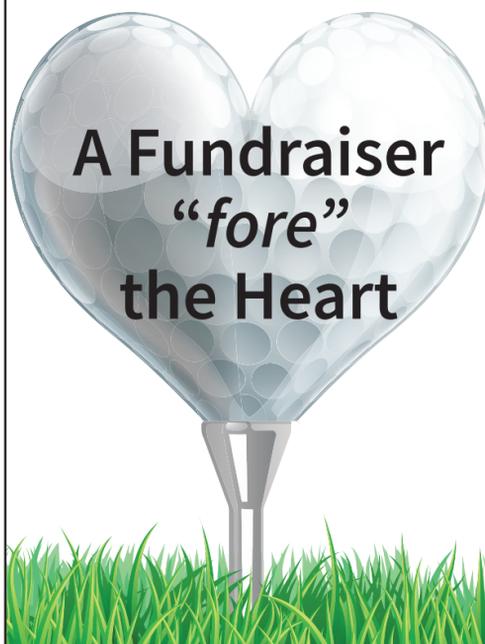
• \$500/team of 4

• 2 golf carts

• Lunch Provided

Team Registration: call Sherry Maragos 701-857-5221
or register online at trinityhealth.org/heartgolf

Shoot a Hole-in-One for
\$10,000 or other fabulous prizes!



Trinity Health Auxiliary
Hearts Club

Thank you to the following sponsors:

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Sertoma Club of Minot

A fundraiser for the new Trinity Health
Regional Healthcare Campus and
Medical District



Poison Prevention

Let’s face it. Sometimes, kids get into things that they probably shouldn’t.

Everyday household items, such as cleaning products, personal care products, and unsecured medications, can be harmful to kids. “Poisoning is the third leading cause of unintentional injury death among children ages one to 19 years,” said Amber Emerson, RN, Trinity Health Trauma Services and coordinator of Safe Kids Minot.

According to the Centers for Disease Control and Prevention, over 300 children – those age 19 years and under – in the United States are treated in an emergency department and two children die because of being poisoned. “It’s not just chemicals in your home marked with clear warning labels that can be dangerous to children,” the CDC warned on their website.

One such danger is liquid nicotine, Emerson noted. Disposable and prefilled cartridge e-cigarettes are the least dangerous because the liquid nicotine ordinarily can’t leak out unless the cartridge is somehow broken, Emerson explained. However, the refillable devices need to be refilled from larger containers, which are not fitted with child-resistant caps. The liquid nicotine easily flows out and can be swallowed or spilled onto the child’s skin or clothing.

“The nicotine is so concentrated that even a small amount can be toxic,” Emerson said. Symptoms occur within minutes and include a stinging bitter taste, drooling, gagging, vomiting, and dizziness. “In severe cases, seizures and a fatal drop in blood pressure can occur,” Emerson said, noting that the child should be brought to their medical provider and the poison control hotline notified immediately.

The CDC recommends the following poison prevention tips:

- **Lock them up and away.** Medicines and toxic products, such as cleaning solutions and detergent pods, should be kept in their original packaging and in a spot where children can’t see or get them. “Remember that bright labels are attractive to children and that child-resistant does not mean childproof,” Emerson added.
- **Know the number.** Put the nationwide poison control center phone number (1-800-222-1222) on or near every telephone in your home and program it into your cell phone. “You never know when you may need it,” Emerson said. “When in doubt, call poison control.”
- **Read the label.** Follow the label directions carefully and read all warnings when giving medicines to children.
- **Don’t keep it if you don’t need it.** This includes unused, unneeded, or expired prescription drugs and over-the-counter drugs, vitamins, and supplements. Medicines can be mixed with coffee grounds or kitty litter and thrown away or they can be turned in at a local take-back program.



Amber Emerson, RN
Trauma Services and
Coordinator of
Safe Kids Minot



VISION Galleria

Affiliated with Trinity Health

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2815 16th St SW, Minot, ND
701-857-7440

Trinity Health – Western Dakota
1321 W Dakota Pkwy, Williston, ND
701-774-8785



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Satellite Showroom
Health Center – Medical Arts
Monday-Friday 9:00 a.m.-8:00 p.m.

Donate continued from page 5

It is important that if a person wishes to be an organ donor that they register officially as one.

Having “Organ Donor” on your driver’s license is the most recognized form, nationally, of being on the organ donor registry. This makes it easier for family to make the decision when it comes to it. “That’s the first thing that gets checked,” Ellingson said. (North Dakota residents can also register online at www.life-source.org/register.)

If you are considering organ donation, perhaps you’ve wondered about ethical or religious viewpoints. Most major religions support organ donation as a noble and compassionate act. Other religions view donations as a matter of personal choice. (The viewpoints of many religious organizations are available at www.organdonation.org.)

Every person waiting for an organ transplant is registered with the United Network for Organ Sharing (UNOS). When a family gives its permission for organ donation, UNOS runs a computerized list of potential recipients in order to find a match. Organs are distributed based on factors such as medical urgency, compatible blood and tissue type, body size, and the length of time on the waiting list. All of the expenses related to organ donation are covered by LifeSource and passed on to the recipient and their insurer. Organ donation is a gift that saves and enhances the lives of many. Make a commitment to be a donor and share those wishes with your family.

If you are interested in learning more about organ donation, call the LifeSource central office at 1-888-5DONATE, or go online: www.life-source.org.



LSVT BIG program available for patients with Parkinson's Disease

Each year, approximately 60,000 Americans are diagnosed with Parkinson’s Disease and, according to the Parkinson’s Foundation, nearly one million people were living with the neurodegenerative disease in 2020. This is more than the combined number of people diagnosed with Multiple Sclerosis, muscular dystrophy, and Lou Gehrig’s disease.

With Parkinson’s Disease comes well known symptoms including tremors, limb rigidity, and balance problems. While Parkinson’s cannot be cured, there are steps to take to help control these symptoms – including LSVT BIG®, a research-based exercise approach for individuals not only with Parkinson’s Disease, but other neurological disorders, such as Multiple Sclerosis, stroke, and cerebral palsy.

The average age of diagnosis for Parkinson’s Disease is age 50, although there are times where people have been diagnosed at an earlier age, said Kayla Bosse, MSOT, OTR-L, an occupational therapist with Trinity Home Health. (Most notably, actor Michael J. Fox was diagnosed with Parkinson’s at the age of 29.)

“We can take anyone from any diagnosis – whether they were just diagnosed or have had Parkinson’s for the past 20 years. We work with people of all different ages,” Bosse said. “Research does show the earlier in your diagnosis, the more successful the program is. It doesn’t necessarily matter. If you were diagnosed yesterday or 20 years ago, there will be significant benefits.”

LSVT BIG® treatment consists of 16 one-on-one one-hour sessions for four weeks (sessions are held four consecutive days a week). It includes intensive and complex treatment to optimize learning and carryover to improve movement and function in everyday life tasks, daily homework practice, and daily carryover exercises.

LSVT BIG® can help impair limb function, gait, balance, and activities of daily living. It is a restorative approach aiming to restore normal movement by recalibrating mobility and movement through task-driven exercise. Patients learn to do things big and loud by exaggerating movements or talking a little louder. “People with neurological conditions tend to have slower, smaller

movements,” Bosse said. “These movements are teaching people to reconnect the nerves and have bigger movements, so you can be safer in your daily life.”

Research on LSVT BIG® has documented improved motor functioning including:

- Ease of movement
- Turning and walking at a more normal speed and step length—better speed with bigger steps
- Improved balance
- Increased trunk rotation
- Improved performance with tasks of daily living
- Improvement in quality of life

As Home Health does not have an outpatient clinic, the sessions are conducted in the patient’s home, Bosse explained. Despite COVID-19, the program has persevered. “We have had to take all the COVID precautions, but luckily, we’ve been allowed to go into the homes for these treatment sessions, which has been a blessing for them,” she said. “It has been really good we’ve had the opportunity to provide this as a Home Health service over the last eight months or so.”

If you are interested in participating in the LSVT BIG® program, speak with your primary care provider to see if you qualify. Patients who qualify will be offered this as a Home Health service. Qualifications include if it is “considered a taxing effort to leave the home,” Bosse said. This can include whether you require the assistance of another person or if you require a wheelchair or walker, or ambulatory device, where you aren’t walking independently.

Three staff members – Bosse; Kerry Muir, PT; and Janelle Leonard, OTA – with Trinity Home Health completed the LSVT BIG certification program in 2020, thanks to funding sponsored by the Trinity Health Foundation. Bosse noted that they were honored to be sponsored by the Foundation as it “allows us to help people in the community who have these diagnoses who don’t know these services exist.”



Doing more to treat hand and wrist pain.

The hand and wrist surgeons at Trinity Health specialize in treating most hand and wrist issues and injuries. We offer the latest therapies and minimally invasive techniques to eliminate pain and speed healing – helping you regain function and strength. Together, we put more possibilities at your fingertips.

- Carpal tunnel syndrome
- Joint replacement evaluation for chronic arthritis
- Hand/wrist tendonitis
- Dupuytren's contracture
- Ganglion cysts
- Trigger finger
- Sports injuries

For a physician referral, call **701-857-7301**. Or visit trinityhealth.org/handandwrist.



MAKING MORE POSSIBLE



Delay the Disease

Trinity Health offers a life-changing fitness and mobility program expressly designed for people with Parkinson's Disease.

OhioHealth *Delay the Disease*, the #1 Parkinson's exercise program, is led by a certified OhioHealth *Delay the Disease* instructor and is designed to improve the physical, mental, and emotional realities of Parkinson's Disease patients.

This effective wellness program empowers people with Parkinson's Disease to live better and experience new levels of hope in their daily lives. OhioHealth *Delay the Disease* delivers symptom-specific exercises that optimize function and restore independence. Participants will see improvement in mobility, posture, balance, handwriting, speech volume, and a reduction in daily functional challenges.

The classes are full of fun, social camaraderie, and hope. In partnership with the Minot Family YMCA, Trinity Health provides this 12-week class several times throughout the year. There are beginner and intermediate classes; all classes are held in the group fitness room at the Minot Family YMCA.

Classes are held on Tuesdays and Thursdays; beginner classes are from 1:00 to 1:45 p.m., and intermediate classes are 2:00 to 3:00 p.m. Thanks to the gifts from the Roger and Delores Odell Private Trust to Trinity Health Foundation, the *Delay the Disease* classes are offered free of charge.

For more information or to register for an upcoming class, call Tanya Gillen, Trinity Health exercise physiologist, at 701-857-2950.



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

Make the choice to protect your health.

MyChoice Health Checks are low-cost screenings that make earlier detection and timelier care possible. You can choose which screenings you want and schedule quickly and easily with our imaging experts.

MyChoice Health Checks help to identify risk factors that can lead to serious problems:

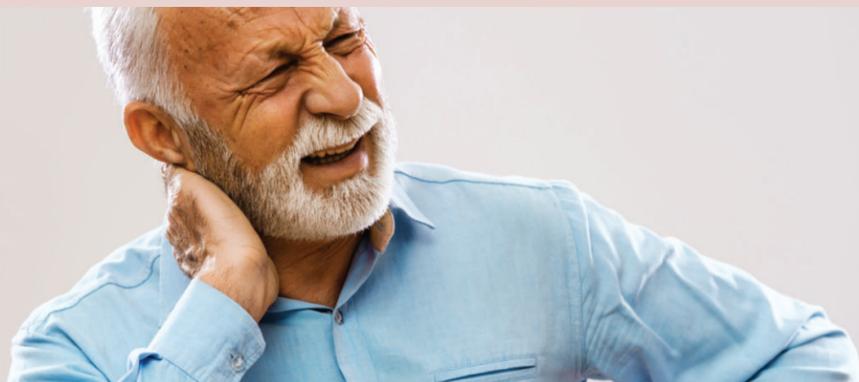
- **Heart attack**
Calcium Score Screening \$60
- **Stroke**
Carotid Artery Disease Screening \$35
- **Abdominal aneurysm**
Abdominal Aortic Aneurysm (AAA) Screening \$35
- **Painful legs and feet**
Peripheral Artery Disease (PAD) Screening \$35
- **Heart disease**
EKG \$20

All screenings are read by board-certified radiologists and cardiologists.

For appointments/questions, call **701-857-3220**.



trinityhealth.org/screenings



Head and Neck Cancer

Head and neck cancer is an umbrella term that includes cancers of the tongue, tonsil, throat, and voice box. While cigarette smoking and/or excessive drinking are often attributed to causing these, there is another factor that has become a leading cause: the human papillomavirus, otherwise known as HPV.

Rob Thomas, MD, an ear, nose, and throat doctor with Trinity Health, said that he – as well as other ENT providers globally – have seen a significant increase in HPV-related head and neck cancer. “In the 1990s, 50 percent of oropharyngeal head and neck cancers were attributed to HPV,” he said. “Now, it accounts for 70 to 80 percent.”

Additionally, he noted, patients are being diagnosed at a younger age.

“As a lot of people are aware, the HPV vaccine will prevent this kind of head and neck cancer in anyone that gets it,” Dr. Thomas said. “We’re very optimistic that because of the vaccination efforts against HPV, we will eventually see a decline in these new, HPV-related head and neck cancers.”

However, Dr. Thomas attributes the rise in HPV-related head and neck cancers to the fact that “a majority of patients have not had the vaccine.” He explained that the HPV vaccination is recommended at age 11-12, but it is also approved for adolescents and adults ages 13 to 26.

“Anyone older than that should speak with their primary care provider to see if this is something to consider,” he said, noting that vaccines are available through primary care providers.

In 2021, an estimated 54,010 people will get oral cavity or oropharyngeal cancer, and about 10,850 people will die from it, the American Cancer Society said. Men are twice as likely to develop these types of cancers over women. The death rate for these cancers have decreased over the last 30 years.

In addition to HPV, people who smoke daily or are heavy drinkers – those who have four to five drinks a day – also are at risk for developing head and neck cancers. Dr. Thomas noted that smokers are five to 25 times more likely to develop head and neck cancer as opposed to non-smokers and people who abuse alcohol are five to six times more likely than non-drinkers or those who drink less to develop head and neck cancer. Additionally, he said, those who smoke and drink have “multiplicative effects.”

Things to watch for:

- Mouth sores or bleeding in the mouth
- Persistent sore throat
- Trouble swallowing
- Hoarse voice
- Long lasting cough
- Lump in the neck
- Ear pain (Dr. Thomas noted that one of the frequent symptoms of tonsil cancer is ear pain. “In my opinion, a heavy smoker/drinker that has ear pain needs to come in for a cancer evaluation immediately,” he said.)

If you experience any of these, speak to primary care provider, who can then make a referral to ENT. At the ENT's office, a scope exam – using a thin tube with a camera and light – is performed to look for possible cancer. If there any concerning findings, a biopsy and further imaging, either through CT, MRI, or PET, is done. “If we do find cancer, the next step is to discuss the various treatment options offered here at Trinity Health including surgery, chemotherapy, and radiation.”



Rob Thomas, MD



Alycia Coutts, FNP-C

A tumor conference, a meeting of doctors that treat cancer and “everyone who is involved in the care,” is held to decide the best methods of treatment “to get them treated as quickly as possible,” Dr. Thomas said.

To better avoid head and neck cancer, Dr. Thomas advised that quitting smoking, minimizing alcohol intake, and making healthy lifestyle decisions are the best ways. “Unfortunately, with HPV-related head and neck cancer, the vast majority of adults have already been exposed to HPV (though not necessarily the cancer-causing kind) and there isn't anything to do but monitor for symptoms.”

With HPV-related head and neck cancer, Dr. Thomas noted that the risk of HPV infection is lower, based on the number of long-term sexual partners.

The Centers for Disease Control and Prevention advise the following to help reduce the chances of developing head and neck cancer:

- Don't smoke. If you smoke, quit. Quitting smoking lowers the risk of cancer.
- Don't use smokeless tobacco products.
- Limit the amount of alcohol you drink.
- Talk to your doctor about HPV vaccination. The HPV vaccine can prevent new infections with the types of HPV that most often cause oropharyngeal and other cancers. Vaccination is recommended only for people at certain ages.
- Use condoms and dental dams consistently and correctly, which may help lower the chances of giving or getting HPV.
- Use lip balm that contains sunscreen, wear a wide-brimmed hat when outdoors, and avoid indoor tanning.
- Visit the dentist regularly. Checkups often can find head and neck cancers early when they are easier to treat.

Trinity Health Ear, Nose, and Throat includes Alycia Coutts, FNP-C, and Rob Thomas, MD. Their offices are based at Health Center – West, 101 3rd Ave SW, Ste 203, Minot. For more information, call 701-857-5986.



Annual Golf Tournaments Benefit CancerCare Center Patients

The Trinity Health Foundation will host its 23rd annual Building Hope Women’s Golf Tournament on Monday, June 14, 2021. Along with the 9th annual Golf for Life Men’s Golf Tournament, which will be held Monday, August 16, 2021, the Building Hope Women’s Golf Tournament helps to generate funds to improve the lives of Trinity CancerCare Center patients. Both golf tournaments will be held at Souris Valley Golf Course, Minot.

The Building Hope Women’s Golf Tournament was not held last year, due to concerns about COVID-19, but the tournament the year before raised a little over \$40,000. Golf for Life was held last year and raised about \$30,000.

This money went to the CancerCare Patient Assistance Fund. In addition to providing direct financial support to those battling cancer, fund provides patients with in-kind gifts, such as gas cards, wigs, fuel vouchers, and compression garments.

Whether participating as a golfer, becoming a sponsor, making a donation to the CancerCare Patient Assistance Fund, or providing a prize that can be used at the event, we invite you to be a part of this annual tradition to help provide assistance for local cancer patients.

However way you choose to help, you make a definite and immediate impact! Trinity Health Foundation greatly appreciates your support.

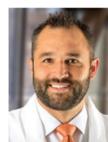
The following sponsorship opportunities are still available for both the Building Hope Women’s Golf Tournament and the Golf for Life Men’s Tournament: the hat, golf tee, green & tee, fairway, and birdie. In addition, the bag tag sponsorship is still available for the Golf for Life Men’s Tournament.

For more information, or if you have any questions, feel free to contact the Foundation Office at 701-852-5432 or 701-857-2430, or e-mail albert.evon@trinityhealth.org or cody.mcmanigal@trinityhealth.org.

Description	Both Events	Building Hope Only	Golf for Life Only
T-Shirt	\$7,000	\$3,750	\$3,750
Hat	\$6,000	\$3,250	\$3,250
Water Bottle	\$5,000	\$2,750	\$2,750
Towel	SOLD	SOLD	SOLD
Range Ball	SOLD	SOLD	SOLD
Bag Tag	UNAVAILABLE	SOLD	\$1,750
Golf Tee	\$3,000	\$1,750	\$1,750
Hole-in-One	\$2,500	\$1,500	\$1,500
Green & Tee	\$2,500	\$1,500	\$1,500
Fairway	\$1,500	\$1,000	\$1,000
Sand Trap	\$1,000	\$750	\$750



Brent Knudson, DO



Cody Pehrson, MD

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Orthopedic surgeons Brent Knudson, DO, and Cody Pehrson, MD, offer total knee replacement using the Zimmer Biomet ROSA® Knee System. With this Robotic Surgical Assistant, our specialists can tailor your knee replacement just for you. Greater precision means less discomfort and recovery time, so you can get back to living life to its fullest.

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Trinity Hospital Gift Shop

Flowers and Gifts
701-857-5205

Trinity Health Speaker's Bureau

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

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.

Events

April 13
Learn how to make your own stir fry sauce that is healthier than – and just as tasty as – traditional store-bought stir fry sauce. The class will be held in the Trinity Health Community Conference Room, Town & Country Mall, from 5:30 to 6:30 p.m. The cost is \$10. To register for the class, call 701-857-5268.

April 20
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.

April 24
Trinity Health is partnering with AIM at Melanoma and the North Dakota Cancer Coalition to present the Melanoma Virtual Symposium. The symposium will be held begin on 10:00 a.m. For more information or to register, please visit: www.aimatmelanoma.org/melanoma-learning-center/symposiums/northdakota/

Mobile Mammography

- April 7CHI Clinic – Devils Lake, 662-8662
- April 27Kenmare Community Hospital, 385-4296
- April 28St. Luke’s Hospital – Crosby, 965-6349
- April 29Tioga Clinic, 664-3368

Prepared Childbirth Classes

April 10, May 8, June 12, July 10, August 14, and September 11
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

April 8, May 13, June 10, July 8, August 12, and September 9
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.

