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 as part of Trinity Health’s invitation-based mass vaccination program. On any given Saturday — when vaccine is working to keep our staff, patients, families, and community safe. Please visit trinityhealth.org/coronavirus for vaccine updates.

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 continued on page 1

continued on page 2

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INSIDE THIS ISSUE

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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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, 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 care, 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 wait lists in the wintertime, there was a similar list in the summer and that overall, the unit has “maintained above average numbers, particularly last summer, through the pandemic.”

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 dependency or substance abuse. Treatment is holistic, integrating practices from a variety of disciplines to treat the whole person – mind, body, and spirit.

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 treatment. 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.

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 voiceicemail 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 a spokesperson, “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. “I thought it would be 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 my guard down. I am active and I am dedicated,” 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 is excited 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 going 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 before we can plan a big trip. If my sister is still in the traveling mode we’ll think it will be awhile yet before we can plan a big trip. If my sister is still in the traveling mode we’ll think it will be awhile yet before we can plan a big trip. If my sister is still in the traveling mode we’ll think it will be awhile yet before we can plan a big trip.

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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 110 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.

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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 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.

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 school, in 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.

Eagle Awards

Amy Braaten, RII
Case Management

Jerel Brandt, DO
Surgery

Lauren Young
Office Assistant
Radiation Therapy

Say hello to your baby!
See your baby’s eyes, fingers, and toes for the first time with Hello Baby, Trinity Health’s new prenatal imaging service. Hello Baby offers elective 20 to 30 minute 3D/4D ultrasound and keepsake pictures and video to expectant parents eager to get an early glimpse of their little ones.

2D ultrasound: $65
20 – 30 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.

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

trinityhealth.org/hellobaby
Trinity Health Advanced Imaging Center
Health Center – Town & Country, 801 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.
Family members to ensure that they will support
However, it is wise to share your decision with
accepted legal expression of your wish to donate.
notation on your driver's license – the commonly
process.
then come into the hospital and start the donation
family wishes to offer donation, LifeSource will
be a potential donor. If the patient does meet
criteria for donation, LifeSource will reach out to
be a donor. If the patient has requested to be a donor or the
organ personnel determines if the patient may or may not
factors must align, including dying at a hospital on
opportunity to donate their organs. A variety of
the most needed organ to be donated – was the
In 2020, the most likely to be recovered organ – and
giving vaccination for COVID-19.)
the deceased donor had COVID within the last 28 days of their life or were currently positive at the time of their death, they could not be an organ and/or
tissue donor. (Ellingson stressed the importance of
giving 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
hospital staff’s,” he added. “We moved to do much
more virtual work,” which included speaking to
the nurse in 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 giving into
hospitals, Ellingson noted that a number of
hyper-awareness of going into
definitional overturn.

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
LifeSource.

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
cigarette 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 e-cigarettes 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 include flushing 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.

continued on page 6

Team Registration: call Sherry Maragos 701-857-5221 or register online at trinityhealth.org/heartgolf
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 combat 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, MST, OT/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 shows 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 you are “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, whether you are walking independently.

Three staff members — Bosse; Kenny 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.”

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Do more to treat hand and wrist pain.

The hand and wrist injuries at Trinity Health specialist provides effective, tried-and-true therapy for the following problems and conditions — and now a new program helps you get the most out of your therapy:
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- Osteoarthritis
- Arthritis
- Tendonitis
- Plantar fasciitis
- Dupuytren’s contracture
- Burns and scarring
- Tendon ruptures
- Surgery

For appointments or more information, call 701-857-7301 or visit trinityhealth.org/handwrist.

TRINITY HEALTH
1-888-5DONATE, or go online: www.life-source.org.
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 can 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 Charge.

Discounted classes are offered free of charge. For more information or to register for an upcoming class, call Tanya Gillen, Trinity Health exercise physiologist, at 701-857-2850.

Head and Neck Cancer

Head and neck cancer is an umbrella term that includes cancers of the tongue, mouth, esophagus, and voice box. While cigarette smoking and/or excessive drinking are often attributed to causing these, there is another factor that has been seen as 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—has 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 are 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 a broader spectrum; as 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 has decreased over the last 30 years.

In addition to HPV, people who smoke daily or are heavy drinkers—who 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 added, those who use smoke and drink have “multiplicative effects.”

Things to watch for:

• Mouth sores or bleeding in the mouth

• Persistent sore throat

• Persistent nosebleed

• Changes in voice

• Difficulty swallowing

• Sore tongue

• Changes in taste

• Difficulty breathing

• Persistent hoarseness

• New or unusual cough

• Unexplained ear pain

• Headache

• Neck pain

To better avoid head and neck cancer, Dr. Thomas advised quitting smoking, minimizing alcohol intake, and making healthy lifestyle decisions such as the health benefits of exercise. 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.

• Quit 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 HealthCenter West, 101 3rd Ave SW, Ste 203, Minot. For more information, call 701-857-5986.

Delay the Disease

Rob Thomas, MD
Alycia Coutts, FNP-C

Delay the Disease

Let our staff help you select a physician referral center 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:

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• Painful legs and feet

• Head and neck cancer

Calcium Score Screening $60

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Abdominal Aortic Aneurysm (AAA) Screening $35

Peripheral Artery Disease (PAD) Screening $35

30% off

Heavy smoker/drinker that has ear or nose issues? Your ENT doctor can help lower the chance of giving or getting HPV.

Vaccination is recommended only for people at certain ages.

• Don’t smoke. If you smoke, quit.

• Quit smoking lowers the risk of cancer.

• Don’t use smokeless tobacco products.

• Limit the amount of alcohol you drink.

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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 TrinityCare Cancer 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.

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.

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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.

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