

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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Men’s Health –
Return to Annual Screenings

Annual health screenings aren’t limited to women and children.

Men, too, should take part in annual screenings for a variety of specific health issues and for their general health.

A survey of the American Academy of Family Physicians found that 55 percent of men responding had not seen their doctor for a physical exam in the previous year, even though 40 percent of them had at least one chronic condition.

During these annual screenings “we can pick up abnormalities,” said Steve Mattson, MD, an internal medicine provider with Trinity Health, who noted that healthcare providers may be able to notice things patients might not see. “Prostate cancer is fairly asymptomatic until it has spread to other areas, so it’s good to pick that up early. Cholesterol problems are also asymptomatic.”



Steve Mattson, MD

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Catheter Guided Treatment
Used for Strokes

Through a catheter-guided procedure, Trinity Health’s Interventional Radiology department can help lessen the damage made by strokes.

Barry Amos, DO, an interventional radiologist with Trinity Health, explained that a minority of strokes—about 15 percent—are caused by bleeding in the brain. The majority—about 85 percent—are ischemic, during which time blood clots cut off blood flow to the brain, causing brain cells to die and leading to stroke.

“About 50 percent are small blood clots,” Dr. Amos said. “They can cause significant symptoms, but they are so small the only treatment is to give a clot busting medication, TPA, through an IV if within four hours of when the symptoms started. However, about 50 percent are large blood clots,” he said. “These can cause very severe symptoms, and these are the strokes we can now treat with our interventions. With our catheter-based minimally invasive interventions, like those used to treat heart attacks, we can now effectively treat these severe strokes.”

In the past, these large blood clots, like small blood clots, were only treated with TPA, but they could only be used within four hours of when the symptoms started. Additionally, only about 10 percent of patients improve with this treatment.

With Trinity Health’s catheter-based minimally invasive intervention, also called thrombectomy, these large blood clots in the brain can be removed very quickly. Thrombectomy is effective more than 80 percent of the



Barry Amos, DO

time at removing these large blood clots and restoring vital blood flow to the brain. Also, patients can be treated up to 24 hours after when symptoms started if there is brain tissue left to save as is with some patients.

“That’s why thrombectomy is now the standard of stroke care among many other reasons,” Dr. Amos explained. With thrombectomy, a catheter is placed in the blood vessel next to the clot and hooked to a pump which pulls the blood clot out of the vessel, restoring blood flow.

“This is the new technology,” Dr. Amos said, citing clinical trials from 2015. “It saves people’s lives. It prevents them

from having severe deficits (from strokes).”

Dr. Amos explained the procedure begins with an aspiration catheter,

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F.A.S.T.

- The American Stroke Association follows F.A.S.T. to help determine if a person has had a stroke:
- Face drooping. Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven or lopsided?
 - Arm weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
 - Speech. Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence.
 - Time to call 9-1-1. If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

SAFESITTER

Nationally approved, medically accurate training program designed for 11 years old and older.

Safe Sitter® teaches adolescent babysitters how to handle crises, how to keep their charges secure, and how to nurture and guide a young child. Safe Sitter® babysitters help children stay safe and sound while their parents are away. In the process, these students 11 years old and older emerge as more confident, responsible, and compassionate teens and adults.

During this one-day course, students listen, practice, role-play — and learn an array of topics including:

- Choking and rescue breathing
 - Safety for the sitter
 - The business of babysitting
- Accident management
 - Child development
 - Hands-only CPR

2021 Summer Class Schedule

June 17, 23, 24

July 8, 9, 15, 16, 22, 23

August 5, 6

All classes are 8:30 a.m.-2:30 p.m.

Health Center – Riverside, Education Center

1900 8th Ave SE, Minot

Due to the high demand for this class, the course fee of \$50 must be paid in advance. Registration is required; please call the Trinity Health Community Education Department at 701-857-5099. Students must have a mask or face covering.



Celebrating EMS

NorthStar Criticair crew received special mealtime fare on April 14 thanks to community support from Miranda Heisler. After dropping off doughnuts in the morning, she followed up with suppertime fare of Five Guys burgers and fries. The chow was intended to show appreciation for all that the NorthStar teams do to save lives and for their heroic efforts battling the ongoing COVID-19 pandemic. Miranda has provided similar recognition to other first responders in the area, including law enforcement, fire, ambulance, and EMS education. The project was commemorated in a video, which can be found at: <https://www.youtube.com/watch?v=2evLEvvXbWU>

Strokes

continued from page 1

which is inserted through an artery in the groin and navigated up to the vessels in the brain under X-ray guidance. The catheter is attached to a pump, and attempts are made to pull the clot out. After two attempts, Dr. Amos said he uses a stent retriever. “They take a little more time to use and are a little more complicated to set up,” he said. “A lot of times, you don’t need to use it (first). If we can’t suck out the clot, then we’ll use the stent retriever which is effective when suction initially fails.”

Dr. Amos noted the aspiration catheter is very fast and works really well. “For me, it’s the first line of treatment.”

Additionally, to guide doctors, RAPID Artificial Intelligent software uses stroke imaging, which is then sent to a doctor’s mobile device. The doctor can immediately look at the images and determine if thrombectomy is necessary; if so, the doctor can then go to the hospital (if they are at home, for example) and take the clot out as soon as possible to save as much brain tissue as possible. This has led to significant improvements in quicker treatment times.

Stroke can also be fought by being vigilant of early signs. “I’ve treated patients 12 hours since their strokes started,” he said. “Many don’t do well because it was already too late.”

When it comes to stroke, time is brain. The longer a patient is treated for stroke, the more damage there is to brain tissue. “Every minute that goes by, you’re losing two million neurons,” he said. “Within seven or eight hours, most people will have lost so much brain tissue, you might not make a difference with treatment.”

Men’s Health

continued from page 1

According to the Centers for Disease Control and Prevention (CDC), the top causes of death among adult men in the United States are heart disease, cancer (prostate, lung, colorectal, bladder, and melanoma are the five most common cancers in American men, the CDC said), unintentional injuries, chronic lower respiratory disease, and stroke.

Lifestyle changes, Mayo Clinic pointed out, can help reduce the risk of these diseases significantly. Dr. Mattson recommends lifestyle changes that include weight loss and exercise and a healthy diet with more fruits and vegetables, less red meat, and more fish and chicken. Mayo Clinic adds to that, advising the following:

- **Don't smoke.** If you do smoke or use other tobacco products, ask your doctor to help you quit. Avoid exposure to secondhand smoke, air pollution, and chemicals, such as those in the workplace.
- **Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated and trans fats, and foods with added sugar and sodium.
- **Maintain a healthy weight.** Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer.
- **Get moving.** Exercise can help you control your weight, lower your risk of heart disease and stroke, and possibly lower your risk of certain types of cancer. Choose activities you enjoy, such as tennis, basketball, or brisk walking. All physical activity benefits your health.
- **Limit alcohol.** If you choose to drink alcohol, do so only in moderation. That means up to two drinks a day if you are age 65 or younger and one drink a day if you are older than age 65. Examples of one drink include 12 fluid ounces of beer, 5 fluid ounces of wine, or 1.5 fluid ounces of standard 80-proof liquor. The risk of various types of cancer, such as liver cancer, appears to increase with the amount of alcohol you drink and the length of time you've been drinking regularly. Too much alcohol can also raise your blood pressure and increase your risk of heart attack and stroke.
- **Manage stress.** If you feel constantly on edge or under pressure, your lifestyle habits may suffer — and so might your immune system. Take steps to reduce stress — or learn to deal with stress in healthy ways.

It also pays to visit your primary care provider for annual examinations. “Women come in annually for pap smears; men should come in annually for prostate exams,” Dr. Mattson said.

The annual exam also includes lab work, a physical examination, checking vital signs, and reviewing systems, he explained.

“When they make an appointment for an annual exam, we have a list of things we like to do during the exam. It’s a standardized thing we do automatically,” Dr. Mattson said, noting that some men come in with a list of concerns, while others put themselves in the doctor’s hands to figure out if anything is wrong. If a patient presents with a particular symptom, that is also checked out.

In addition to the typical annual examination, screenings for diseases with recommendations of when they should begin based on age are also taken into account. For example, the American Cancer Society advises that men should be screened for prostate cancer at age 50 if they are at average risk; age 45 if they are at a high risk, and age 40 if they are at an even higher risk. The ACS also recommends that people at average risk for colorectal cancer should be screened at age 45 – and then continually up to age 75.

To schedule your annual examination, call your primary care provider today.

If you do not have a primary care provider, Trinity Health’s DR4U can help you find one. The DR4U line is staffed Monday through Friday from 8:00 a.m. to 4:30 p.m. and is answered by a registered nurse who can assist you in selecting a healthcare provider right for you. Call 701-857-DR4U (3748) or e-mail DR4U@trinityhealth.org.



HealthTalk

Trinity Health Welcomes Counselor

A member of Trinity Health’s Behavioral Health Services team, Virginia Dohms, LPC, LPCC, is a licensed professional clinical counselor dedicated to helping youth and adults manage the broad scope of mental health conditions using evidence-based approaches to care. Areas of expertise include severe and chronic mental illness, post-traumatic stress, depression, anxiety, and youth, relationship, and family mental health. She is also skilled in a variety of best practices such as EMDR and Cognitive Behavioral Therapy.



Virginia Dohms, LPC, LPCC

A North Dakota native, she received her Master of Arts in Professional Counseling from Liberty University, Lynchburg, VA. She has worked the past nearly five years with clients at North Central Human Service Center and previously with youth in residential treatment.

Prior to becoming a counselor, she was a well-known music educator in Minot and has been both a performer and music director for various musical productions. She enjoys outdoor adventures with her family and taking care of her dog, cat, and chickens.

Eagle Awards



Marisa Albertson, MD
FirstCare



Aimee Clemens
Physical Therapy



Melita Dalby, LPN
Gastroenterology



Kayla Otto
Business Office



Marie Rogers
Pharmacy

The Eagle Award is given by the Minot Area Chamber of Commerce to members of the community who exemplify excellent customer service. For more information or to make a nomination, visit: www.minotchamber.org/about/chamberawards/



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



A Helping Hand for Hospice

Hospice care provides comprehensive and compassionate care for someone with a life-limiting illness. Trinity Health Hospice involves a team-oriented approach – including doctors, nurses, social workers, aides, and chaplains—to provide medical care, pain management, and emotional and spiritual support tailored to the patient's needs and wishes.

Volunteers also play a valuable role with hospice patients by providing essential non-medical care and companionship to help hospice patients and their families. The assistance hospice volunteers provide depends on the needs of the family, explained Brenda Boehler, BSW, volunteer coordinator for Trinity Health Hospice. They can offer emotional and spiritual support or respite, so the caregiver can have a rest time or run errands away from the home. “They can play cards, read, sing, walk the dog, shovel snow, or help with yard work,” Brenda said.

As a volunteer, Linda Jung goes into the patients’ homes where she sits with patients, giving the caregiver time to do whatever they need to. While the requests are for Jung to sit with the patient for two hours, she is usually only needed for a shorter time, such as 15 or 30 minutes, “depending on the situation.”

Linda has been a volunteer with Trinity Health Hospice for about six years. Her husband, Gary, had been on Hospice for a brief time before he died. After his death, Linda attended the support group that Hospice held. Then, one day, Linda was going to Trinity Health’s CancerCare Center to volunteer. However, she made a wrong turn in the building and found herself at the hospice office. The hospice coordinator at the time had recognized Linda from her attendance at the support group; she assured Linda that she didn’t take the wrong turn—she was meant to be in the hospice office to be a volunteer.

"Volunteering does mean so much to the patients and the families we serve," Brenda said, adding there is "always a need" for hospice volunteers.

Volunteers can also help within the hospice office. Lolly Rostad, who has volunteered with hospice for almost 30 years ("I've been here forever," she said with a laugh), helps to mail out bereavement cards to families. Every two weeks, Lolly comes to the office and mails them out. Before, the cards were sent out periodically, but now they are sent out every month and phone calls are made to bereaved families to check on them. When Trinity Health Hospice takes on a patient, they also incorporate the family, Brenda said.

Many people ask Linda what she does with her time now that she is retired. When she tells them about her duties as a hospice volunteer, almost always, their response is “I could never do that,” she said.

“My comment is, ‘You’re selling yourself short,’” she said. “It’s a great honor and privilege to be able to do this. No matter how difficult it is, it is an honor.”

Linda said that she had “the gift” of being with her husband, as well as her mother, mother-in-law, and sister, when they made their “journey to death.”

“It’s not a scary frightening thing by any means,” she added. “It’s actually quite beautiful no matter how much sorrow is involved. It is an honor and a gift.”

If you are interested in becoming a volunteer with Trinity Health Hospice, or for more information, please call 701-857-5082 or e-mail brenda.boehler@trinityhealth.org.

Employee Picnics



On May 12 and 13, employee picnics were held at Trinity Hospital, Trinity Hospital – St. Joseph’s, and Trinity Homes to show appreciation to the many staff.



In Recognition and Thanks from the Foundation

Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received from January 1 to March 31, 2021. These contributions illustrate a generous and caring community, striving to bring the highest quality care to those we serve. We want to thank those 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 Trinity Health Foundation at 701-857-5432.

BUILDING HOPE GOLF TOURNAMENT Amanda Hussey Bonnie Schepp Boppre Law Firm, PLLC DeAnna Johnson First Western Bank & Trust Fredrikson & Byron Jade Teske Kim Bloms Laurie Brown Linda Schaefer Lori Hanson Marie's Minot Hockey Boosters Minot Town & Country Investors North Dakota Envelope Company Pat Buresh Sammy Herslip Sidelines Bar & Grill Town & Country Credit Union Vaaler Insurance, Inc.	IN MEMORY OF JAN HOILAND Lynn & Judy Stevens IN MEMORY OF LEONA ULRICH Mary & Lyle Lavachek IN MEMORY OF LUELLA GROSSMAN Lynn & Judy Stevens IN MEMORY OF MARILYN GARTNER Greg Simonson IN MEMORY OF ROGER BACKES John & Cheryl Wallen Lynn & Judy Stevens Mary & Lyle Lavachek Marlene Tossett IN MEMORY OF WESLEY TOSSETT Blake & Shelly Carlson Linda & Stan Savelkoul Mary & Lyle Lavachek CANCERCARE PATIENT ASSISTANCE FUND Bill & Linda Sand Carol Henricks Cole Strandemo Darren Dyke Debra & Thomas Hunter Grace Fisher Greg & Cindy Wiest Jacqueline Lausch Jared Foley Judy Gullickson Justin & Jessica Sundheim Kevin & Valerie Heisler Margaret Haugan Minot Police Department Rhoda Hagen Roggie Reason, MD Shannon Lackey-Lien IN MEMORY OF ALAN NORDELL Margaret Nordell, MD IN MEMORY OF DORRAINE WITZEL Lloyd & Jacqueline Freeman IN MEMORY OF JANINE GEMAR Gary Gemar IN MEMORY OF ROGER LUNDE Alyce Ann Lunde IN MEMORY OF SHANE GRONDAHL Lacey Coleman IN MEMORY OF SUSAN RITTER Stephanie Ritter, DDS CAPITAL IMPROVEMENT ENDOWMENT Brent & Tami Mattson Hess Corporation Michelle Phillips CARDIOPULMONARY Enbridge Pipelines LLC CHILDREN’S FUND Allie's Friends Foundation David Markle Kay Jewelers Starlight Children’s Foundation COMMUNITY AMBULANCE SERVICE Tatman Township Ward County FUEL THE FIGHT Minot Country Club GOLF FOR LIFE GOLF TOURNAMENT Blue Cross Blue Shield of North Dakota Boppre Law Firm, PLLC First Western Bank & Trust Fredrikson & Byron Keeler & Associates, Inc. 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MENTAL/BEHAVIORAL HEALTH Our Lady of Grace Catholic Church MICHELLE KELLER RAD TECH ENDOWMENT IN MEMORY OF BRYAN KRUMWIEDE Lila & Chet Reich ND QUILTS North Dakota Department of Health NURSING SCHOLARSHIP ENDOWMENT Arthur & Judith Lautt	Eldora Bentz James Maragos John Treshansky Kevin & Valerie Heisler Lucille Buelow Mindy Raulston Ronald Brossart Rose Poitra Ruth Gould Veteran's Club, Inc. Wendlin Striefel IN MEMORY OF ARDETH STEVENS, LPN Lloyd & Jacqueline Freeman IN MEMORY OF CLARA HARVEY Brenda Lokken IN MEMORY OF DEBORAH STEWART Linda & Al Vosberg IN MEMORY OF DON SANDVOLD Karen Krebsbach IN MEMORY OF JUNE IVERSON Bendewald Planutis Corrine & Dale Semmen IN MEMORY OF MARY SMITH Brenda Lokken IN MEMORY OF PATRICIA HAZEL Lila & Chet Reich IN MEMORY OF TERRY HOFF Judith & Jerome Spitzer IN MEMORY OF WILMA ADAM Geraldine Larson IN MEMORY OF YVONNE ABEL Paul Engeldinger PASTORAL CARE IN MEMORY OF DORIS PEDERSON Wanda Bjordahl STOP THE BLEED Carolyn & Jerel Schweitzer Doyle & Diana Roe Eugene & Margaret Zaderaka Tyler & Leesha Woolwine TRINITY HEALTH FOUNDATION FUND Bill & Mandy Spillar Cole Papers Inc. Jeffrey Verhey, MD & Janelle Verhey John & Nicole Kutch Roggie Reason, MD Todd & Tesha Telin Verendrye Electric Cooperative, Inc. 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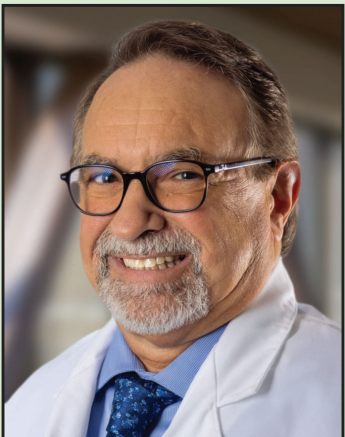
Trinity Welcomes Perfusionist to Cardiothoracic Team

Trinity Health is pleased to announce the addition of Paul DiGregorio, CCP, to the cardiothoracic team.

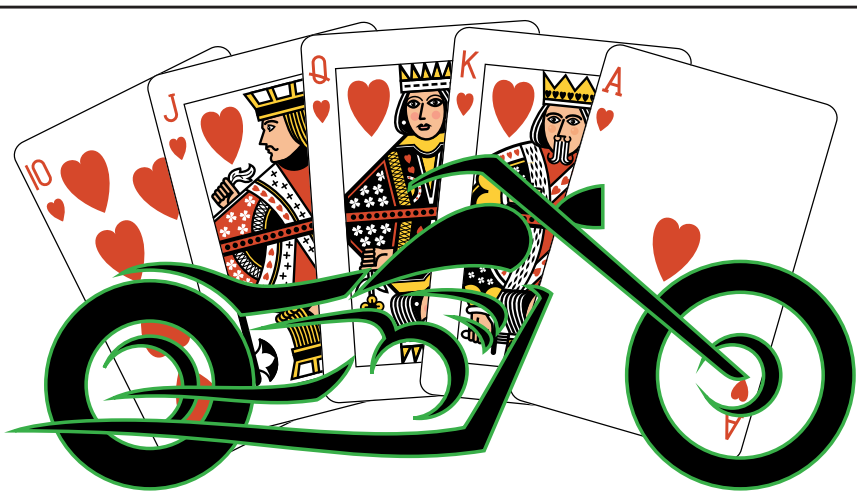
A key member of Trinity Health’s heart team, Paul is a certified cardiovascular perfusionist with 40 years of experience providing clinical perfusion and other services to patients. His role during heart surgery is operating the heart-lung machine that assumes the functions of a patient’s heart and lungs while the surgeon performs surgery on the heart.

A Long Island native, Paul completed his perfusion training in 1980 at State University of New York (SUNY) in Syracuse. He was chief perfusionist at Mt. Sinai Medical Center in Cleveland for many years. He has practiced in various clinical settings in Ohio, Indiana, and Florida. Most recently he was senior staff perfusionist at IU Health Ball Memorial Hospital in Muncie, IN. His experience also includes serving as a clinical instructor and faculty member for the American Board of Cardiovascular Perfusion (ABCP). Paul is married with two children. He enjoys golf, dining out, and movies.

Paul is based at Health Center-West, 101 3rd Ave SW, Ste 202, Minot.



Paul DiGregorio, CCP



Run for the Heart

P O K E R R U N
All Motor Vehicles Welcome

June 19, 2021

Registration 10:00 a.m.
Dakota Lounge

Helmets/Belts on 12:00 noon

\$20 for driver
\$10 per passenger
includes registration & lunch at the end of run

For more information call Sherry at 701-857-5221.

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



Sponsors:
First International Bank & Trust
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Doc Walk

Dawn Mattern, MD, and Jeffrey Verhey, MD, lead the way during the annual Doc Walk at Oak Park on May 5.



Wellness Visits Recommended for Children

Summer may have just begun, but parents should take note to not wait until school is almost in session for their children to get wellness visits.

Parents are advised to call their pediatrician and make an appointment soon, preferably in June or July, said Diana Peterson, MD, a pediatrician with Trinity Health.

Wellness visits, which should be performed annually, examine the overall health of a child, Dr. Peterson said. “We’re trying to rule out the bad stuff that can be a problem.”

According to Centers for Disease Control and Prevention, well-child visits serve several purposes, including:

- Tracking growth and developmental milestones
- Discussing any concerns about a child’s health
- Getting scheduled vaccinations to prevent illnesses like measles and whooping cough (pertussis) and other serious diseases

Students entering kindergarten need to get vaccinations for diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, and varicella. Students entering the sixth grade need to get vaccinated for tetanus, diphtheria, pertussis, and a menactra shot for meningococcal meningitis. When they turn 16, there is the MenB vaccination, a two-dose series of shots geared for meningococcal B, a different strain of meningococcal meningitis.

There is also Gardasil, an optional vaccination for human papillomavirus (HPV), which is recommended for children age 11 and up. The HPV vaccine protects against infections that can cause certain cancers, as well as genital warts.

The COVID-19 vaccine is also approved for ages 12 and up.

“If they’re behind on something, we’ll catch them up,” Dr. Peterson said.

Trinity Health has a team of pediatricians who provide medical care to infants, children, and adolescents from birth to age 18. They can complete sports physical forms and address immunizations, medications, acne, BMI, and all aspects of health. Trinity Health also has the COVID-19 vaccine available during wellness physicals or any other appointment.

Pediatricians Katharyn Burgardt, FNP-C, Ann Cadwalader, MD, Michael Holland, MD, Frederick Jones, MD, Allison Lesmann, FNP-C, Friday Osuala, MD, Diana Peterson, MD, William Sisa, MD, Anthony Udekwe, MD, and Ndu David Ugobi, MD, are based at Health Center-Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-5413.

Steve Mattson, MD is based at Trinity Health South Ridge, 1500 24th Ave SW, Ste 103, Minot. For appointments or consultations, please call 701-857-5343.

Joseph Stonehocker, CPNP-PC, is based at Trinity Community Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston. For appointments or consultations, please call 701-572-7711.



Diana Peterson, MD



Jamie Swenson, development officer with Trinity Health Foundation, received a check from the Minot Curling Club on April 23. The Minot Curling Club are, left to right (in pink): Sarah Thorson, Brittany Taciuk, Lisa Loeffler, Norma Boles, Chanda DeCent, Kae Watson, and Rosanne Schaefer. The funds raised will go toward the Cancer Patient Assistance Fund.

Curling for a Cure

A group of women took to the ice to help raise funds to help those who are fighting cancer. In March, the Minot Curling Club hosted a fun-filled day that incorporated curling and fundraising. Rosanne Schaefer, a nurse manager with Trinity Health and a part of the Minot Curling Club, explained that a fellow curler, a breast cancer survivor, had wanted to set up a fundraiser.

“It was kind of amazing,” Rosanne said of the fundraiser, which kicked off with a bagpiper who “bagpiped” the ladies onto the ice that morning, and included door prizes, luminarias (“We lit up the whole curling rink”), and a school to help teach women – the event was women only – how to curl. “We had instructors come out and teach women how to curl.”

A check for \$1,500 was donated to Trinity Health Foundation on April 23. Jamie Swenson, development officer with the Foundation, said that funds would go toward the Cancer Patient Assistance Fund, which helps with travel expenses, compression garments, wigs, and offers financial assistance to patients.



Happy with her new wrist, Gloria Everson is the first patient to undergo wrist replacement surgery at Trinity Health.

Dr. Williams Performs Trinity Health’s First Wrist Replacement Surgery

People hampered by painful wrists can take heart in a new form of relief. Trinity Health’s hand and wrist surgeons have introduced wrist replacement surgery as one more option to relieve pain from arthritis or other degenerative condition.

Hand and wrist surgeon Daniel Williams, MD, performed the area’s first total wrist replacement on December 21, 2020. He and his colleague, Blendi Cumani, MD, also offer partial wrist replacement, finger and thumb replacement, and a variety of hand/wrist repair procedures and non-surgical therapies.



Daniel Williams, MD

“It’s important to let people know that we perform wrist replacement here,” Dr. Williams said. “It’s not an option for everyone, but it is one of several alternatives for people to consider. They don’t have to put up with the pain.”

Dr. Williams’ patient was rural Granville resident Gloria Everson, who had suffered from painful arthritis and carpal tunnel in both wrists – especially her right one. “I couldn’t do very many activities of any kind; it was bone on bone,” she said.

The goal of any wrist replacement procedure is to relieve pain and provide a functional range of motion. Gloria’s surgery has been a success in that regard. “It healed up nicely,” she said. “The pain was gone right away – just a little surgical pain. I did eight weeks of therapy, which went well; and I’ve done exercises at home.”

Gloria received the Integra Freedom Wrist system, an industry standard which is indicated for pain resulting from rheumatoid arthritis, osteoarthritis, or post-traumatic arthritis. “It is a motion-preserving approach that provides excellent pain relief as well as sufficient motion; and strength is retained for activities of daily living,” Dr. Williams noted.

The wrist is highly complex, made up of more than a dozen individual joints formed by eight small bones. The implant that Gloria received is an assembly consisting of a titanium carpal plate, which is fixed into the carpal bones of the hand with a cemented central peg and two titanium screws. Plus, there is a convex Ultra-High-Molecular-Weight Polyethylene (UHMWPE) bearing, which is locked onto the carpal plate to articulate with the radial component. The wrist system also includes a mobile bearing that is attached to the carpal component to improve motion.

“Gloria was a good candidate for a total wrist replacement,” Dr. Williams explained. “The stress that she places on her wrist is from normal activities of daily living – in other words low demand. She’s not doing heavy lifting or using her hand in a way that puts a lot of stress on her wrist. In our region, we have a lot of people who work in the agriculture or energy fields, which is high demand. They often aren’t good candidates for total wrist replacement but might be better suited for a partial wrist or fusion procedure.”

According to Dr. Williams, people with hand and wrist pain often don’t realize the importance of early intervention. “Once you lose motion, it’s hard to get it back,” he said. Even an ultimate intervention like joint replacement has better success if done earlier rather than later. “You might think ‘I can live with (the pain),’ but if you find that you’re losing function – you’ve had to stop gardening or woodworking – then you need to investigate your options.”

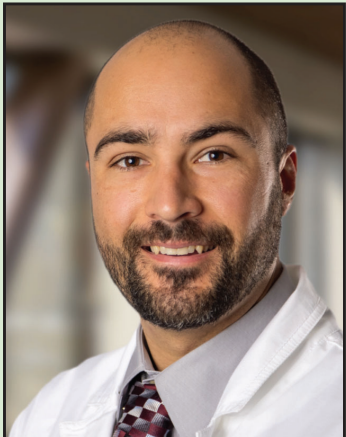
As for Gloria, she has no regrets. In fact, she is strongly considering having replacement surgery on her left wrist.

“I would recommend Dr. Williams to anyone,” she added. “He’s very good at what he does. He called to check on me. I would give him five stars.”

Trinity’s Hand & Wrist Surgery, which is led by Daniel Williams, MD, and Blendi Cumani, MD, is located at Health Center – Medical Arts, 400 Burdick Expy E, Minot. For appointments or consultations, please call 701-857-7301.

Trinity Health Welcomes Hospitalist

Trinity Health is pleased to announce the addition of Jeremy Shuck, PA-C. A member of the hospitalist team, Jeremy is a physician assistant board certified by the National Commission on Certification of Physician Assistants. He works in collaboration with doctors and other members of the care team to help patients through the healing process during their hospital stay.



Jeremy Shuck, PA-C

Originally from Alexandria, MN, Jeremy earned both his undergraduate degree and Master of Science in Physician Assistant Studies from the College of St. Scholastica in Duluth. His physician assistant training was completed at Essentia Health and St. Luke’s Hospital, both in Duluth, and Grand Itasca Clinic and Hospital in Grand Rapids, MN. He and his family enjoy hiking and other outdoor activities.



Cataracts can be Corrected

The lens of the eye is a very important part of vision.

Through the lens, light rays are refracted, helping a person see clearly. While clear at birth, over time this lens loses its clarity.

A cataract is the clouding of the eye’s natural lens. People who suffer from cataracts often feel as though they are looking through a foggy or clouded window.

According to the American Academy of Ophthalmology, symptoms of cataracts include:

- Having blurry vision
 - Seeing double
 - Being extra sensitive to light
 - Having trouble seeing well at night or needing more light when you read
 - Seeing bright colors as faded or yellow instead
- “They simply can’t see what they used to see,” said Darren Hill, MD, an ophthalmologist with Trinity Health. “Their vision is blurry, they have more difficulty reading even with their glasses on, and they need more and more light for reading and activities.”

Cataracts are “very common,” Dr. Hill said, adding that most common forms develop in people who are older. They also develop “faster in people who smoke or have underlying health conditions like diabetes.”

However, there are types that can develop in younger patients, sometimes even without underlying health conditions. “Most people would benefit from cataract surgery by the end of their lives,” Dr. Hill said, adding that by age 50, “almost everyone has some degree of cataract in their eyes.”

According to the National Eye Institute, more than half of all Americans age 80 years and older either have cataracts or have had surgery to get rid of cataracts.

There are other causes of cataracts, including:

- Having parents, siblings, or other family members who have cataracts

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- Fractures, orthopedic trauma
- Pediatric orthopedics
- Osteoarthritis
- Conditions involving ligaments, tendons, and muscles




Infection Prevention Coordinator Appointed

Trinity Health is pleased to announce Kayla Hodges, RN, MSN, coordinator of Infection Prevention and Control for Trinity Hospitals.

Kayla oversees Trinity’s comprehensive infection prevention and control program, which includes surveillance of healthcare associated infections, setting and recommending policies and procedures, intervening directly to interrupt transmission of infectious disease, and educating and training healthcare workers and providers.

A Bismarck native, she earned both her practical and associate nursing degrees from Bismarck State College in 2015 and 2017 respectively. In 2018 she received her Bachelor of Science in Nursing through Mayville State University, and this past year obtained her Master of Science in Nursing with a focus in leadership and management from the University of Mary in Bismarck.

Kayla has a broad nursing background, having worked in long-term care, medical-surgical, women’s and children’s, behavioral health, and forensic nursing. She has been associated with Trinity Health for the past four years.



Kayla Hodges, RN, MSN

Cataracts

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- Having certain medical problems, such as diabetes
- Smoking
- Having had an eye injury, eye surgery, or radiation treatments on your upper body
- Having spent a lot of time in the sun, especially without sunglasses that protect eyes from damaging ultraviolet rays
- Using certain medications such as corticosteroids, which may cause early formation of cataracts

In its early stage, the cloudiness in vision caused by cataracts may affect only a small part of the eye’s lens; the minuteness may not even present as a visual problem. As the cataract worsens, it may lead to signs and symptoms that affect daily activities.


Some early symptoms of cataracts can be controlled with new glasses, lighting, magnification, and other visual aids. However, surgery is the only definitive treatment. Surgery is recommended when the cataract has progressed to the point where it is disrupting your everyday activities such as driving and reading.

Surgery involves moderate sedation in the operating room, with the administration of a series of eye drops to make the eye “numb and comfortable,” Dr. Hill explained. Once the patient is relaxed, “we essentially make tiny incisions in the eye and physically remove the cloudy lens and replace it with a permanent artificial lens.” There are several different lens options to choose from, and the newest technology lenses offer the potential to be completely glasses-free after cataract surgery. “We now have the lens technology to offer the cure for glasses, and the technology just keeps getting better,” says Dr. Hill.

The surgery takes about 15 minutes. Following the surgery, the wounds heal quickly. The patient then wears an eyepatch overnight. “People usually feel great the next day and are returning to full activity in less than one week,” he noted. “Vision often has settled by that time.”

If you see any visible symptoms of cataracts, Dr. Hill suggests making an appointment with your optometrist “to see if this can be corrected with glasses. If glasses can’t help, the optometrist would refer the patient to an ophthalmologist.”

Trinity Health’s optometrists include Jill Martinson-Redekopp, OD, and Brad Schimke, OD, who are based at Health Center – Plaza 16, 2815 16th St SW, Minot; for appointments, call 701-852-3937. For appointments at Trinity Community Clinic – Western Dakota, 1321 W Dakota Pkwy, Williston, call 701-572-7641.



High Blood Pressure Can Damage Your Kidneys

By Kathy Larson, RDN, LRD, Clinical Dietitian, Trinity Health

High blood pressure usually causes no symptoms. That is why it has been called a “silent killer.” High blood pressure is the second leading cause of chronic kidney disease in the United States after diabetes. Over time, uncontrolled high blood pressure can cause arteries around the kidneys to narrow, weaken, or harden. These damaged arteries are not able to deliver enough blood to the kidney tissue. As a result, the kidneys may stop removing wastes and extra fluid from your blood. Extra fluid in the blood vessels can raise your blood pressure even more, creating a dangerous cycle, and cause more damage leading to kidney failure.

Everyone who has high blood pressure has an increased chance of developing chronic kidney disease. The kidneys’ job is to remove wastes and extra fluid from your body and release hormones that help to control blood pressure, promote strong bones, and prevent anemia by increasing the number of red blood cells in your body. Kidney disease also makes you more likely to develop heart and blood vessel disease. Over time it can lead to kidney failure requiring dialysis or a kidney transplant to maintain life.

With chronic kidney disease, there is gradual loss of kidney function over a period of months to years. Initially there are generally no symptoms; later, symptoms may include leg swelling, feeling tired, vomiting, loss of appetite, and confusion. When your kidneys are not working well, wastes can build to high levels in your blood and make you feel sick.

Key points to remember:

- High blood pressure and kidney disease are closely related. Having high blood pressure increases the chance that kidney disease will get worse and that heart problems will develop.
- High blood pressure usually causes no symptoms.

What kinds of changes should you make to your diet?

If you have high blood pressure and have been diagnosed with chronic kidney disease here are some recommended dietary changes:

- In the early stages of Chronic kidney disease (1-2) follow a diet that is high in fruits, vegetables, and dairy foods, such as the DASH (Diet Approaches to Stop Hypertension). This diet is low in sugar and sodium. People with chronic kidney disease in stages 1-4 may also be asked to make the following changes: Cut back on sodium, found in large amounts in table salt and foods with added salt. You should not have more than 2,400 milligrams of sodium each day. Cut down on foods that are high in saturated fats and cholesterol. These can clog up your arteries and increase your risk for heart and blood vessel disease. Control the amount of carbohydrates in your diet. Carbohydrates should only account for 50 to 60 percent of your daily calories. Carbohydrates are foods that turn to sugar when you digest them. They are found in many foods such as bread, rolls, cereals, rice, pasta, starchy vegetables like potatoes and corn, dried beans, fruits and fruit juices, and milk and yogurt.
- If you have chronic kidney disease in stages 3–4, you may be asked to make some additional changes to keep chronic kidney disease from getting worse and to prevent complications such as bone disease. You may need to control the amount of protein you eat. A dietitian can help you plan your meals to get the right amount of protein to meet your needs. High levels of phosphorus in your blood may lead to bone disease. Phosphorus is found in large amounts in dairy products like milk, cheese, pudding, yogurt, and ice cream; in nuts and peanut butter; and in beverages like cocoa, beer, and dark cola drinks. Reduce the amount of potassium in your diet if your doctor tells you it is high. You will need to reduce your intake of potassium-rich foods. Foods high in potassium include potatoes, oranges, prunes, bananas, and tomatoes.

Controlling your blood sugar and blood pressure are the most important things you can do to keep kidney disease from getting worse and to prevent other complications.

<https://www.heart.org> and <https://www.niddk.nih.gov>

The DASH Diet focuses on fruits, vegetables, whole grains, and lean meats. It limits high-fat foods and sweets. It recommends limiting sodium in your diet and avoiding processed foods. If you are overweight, lose weight gradually until you reach your goal range.

- **6-8 servings a day of whole grains:** These include whole-wheat or whole-grain breads, whole-grain breakfast cereals, brown rice, bulgur, quinoa, and oatmeal. Examples of a serving include one slice of whole-grain bread, one ounce (28 grams) of dry, whole-grain cereal or 1/2 cup (95 grams) of cooked rice, pasta or cereal.
- **4-5 servings a day of vegetables:** All vegetables are allowed on the DASH diet. Examples of a serving include one cup (about 30 grams) of raw, leafy green vegetables like spinach or kale, or 1/2 cup (about 45 grams) of sliced vegetables — raw or cooked — like broccoli, carrots, squash, or tomatoes.
- **4-5 servings a day of fruits:** Examples of fruits you can eat include apples, pears, peaches, berries, and tropical fruits like pineapple and mango. Examples of a serving include one medium apple, 1/4 cup (50 grams) of dried apricots or 1/2 cup (30 grams) of fresh, frozen, or canned peaches.
- **2-3 servings a day of dairy products:** Examples include low-fat items like skim milk and low-fat cheese and yogurt. Examples of a serving include one cup

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Kidneys

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(240 ml) of low-fat milk, one cup (285 grams) of low-fat yogurt, or 1.5 ounces (45 grams) of low-fat cheese.

- **Less than 6 ounces a day of lean meat:** These include chicken, meat, and fish: Choose lean cuts of meat and try to eat a serving of red meat only occasionally — no more than once or twice a week. Examples of a serving include one ounce (28 grams) of cooked meat, chicken, or fish, or one egg.
- **4-5 servings per week of nuts, seeds, and legumes:** These include almonds, peanuts, hazelnuts, walnuts, sunflower seeds, flaxseeds, kidney beans, lentils, and split peas. Examples of a serving include: 1/3 cup (50 grams) of nuts, two tablespoons (40 grams) of nut butter, two tablespoons (16 grams) of seeds or 1/2 cup (40 grams) of cooked legumes.
- **2-3 servings a day of fats and oils:** The DASH diet recommends vegetable oils over other oils. These include margarines and oils like canola, corn, olive, or safflower. It also recommends low-fat mayonnaise and light salad dressing. Examples of a serving include one teaspoon (4.5 grams) of soft margarine, one teaspoon (5 ml) of vegetable oil, one tablespoon (15 grams) of mayonnaise, or two tablespoons (30 ml) of salad dressing.
- **5 or fewer servings per week candy and added sugars:** Added sugars are kept to a minimum on the DASH diet, so limit your intake of candy, soda, and table sugar. The DASH diet also restricts unrefined sugars and alternative sugar sources, like agave nectar. Examples of a serving include one tablespoon (12.5 grams) of sugar, one tablespoon (20 grams) of jelly or jam, or one cup (240 ml) of lemonade.

Sample meal plan for the regular DASH diet:

Breakfast: 1 cup (90 grams) of oatmeal with 1 cup (240 ml) of skim milk, 1/2 cup (75 grams) of blueberries and 1/2 cup (120 ml) of fresh orange juice.

Snack: one medium apple and 1 cup (285 grams) of low-fat yogurt.

Lunch: Tuna and mayonnaise sandwich made with two slices of whole-grain bread, 1 tablespoon (15 grams) of mayonnaise, 1.5 cups (113 grams) of green salad and 3 ounces (80 grams) of canned tuna.

Snack: one medium banana.

Dinner: 3 ounces (85 grams) of lean chicken breast cooked in 1 teaspoon (5 ml) of vegetable oil with 1/2 cup (75 grams) each of broccoli and carrots. Served with 1 cup (190 grams) of brown rice.

<https://www.healthline.com/nutrition/dash-diet>

Apple Cinnamon Muffins

2 (15.5-oz.) cans Great Northern beans	1 c. low-fat milk
1 c. sugar	¼ c. margarine or butter
3 eggs	2 tsp. vanilla extract
1 c. all-purpose flour	½ c. whole-wheat flour
1 tsp. baking soda	½ tsp. salt
4 tsp. cinnamon	1 large apple, peeled, finely chopped

Process beans and milk in a food processor or blender until smooth. Mix sugar and margarine or butter in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in flours, baking soda, salt, and cinnamon. Gently mix in apples. Spoon mixture into 16 greased or paper-lined muffin tins. Bake at 375 F for 20 to 25 minutes. Cool on wire racks. Makes 16 servings. Per serving: 180 calories, 4 g fat, 5 g protein, 32 g carbohydrate, 4 g fiber and 190 mg sodium

NDSU Extension • www.ag.ndsu.edu/food Spillin The Beans! FN1646 January 2019



Minot City Cleanup

Trinity Health associates participated in city-wide cleanup efforts in Minot on May 7.

Trinity Health Speaker's Bureau

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

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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 COVID-19.

Please watch our calendar at trinityhealth.org/events for up-to-date calendar changes.

Events

June 10-July 15

Trinity Health will provide a bereavement support group, “Hope and Healing After a Death,” starting on June 10. The six-week sessions will be held every Thursday from 6:30 to 8:00 p.m., for people who have experienced the death of a friend or loved one. The meetings will be held in the Trinity Health Community Conference Room, located at Health Center – Town & Country, 1015 S Broadway, Minot. For more information, or to pre-register, please call 701-857-5039.

June 14

The Trinity Health Foundation will host their 23rd annual Building Hope Women’s Golf Tournament at Souris Valley Golf Course. The golf tournament helps generate funds to improve the lives of Trinity CancerCare Center patients. For more information, please call the Foundation office at 701-857-5432 or 701-857-2430.

June 19

The Trinity Health Auxiliary Hearts Club will host their annual Run for the Heart Poker Run. Registration begins at 10:00 a.m. at Dakota Lounge. The cost to participate is \$20 for driver and \$10 per passenger; this includes registration and lunch at the end of the run. Proceeds from this event go to the new Trinity Health Regional Healthcare Campus and Medical District. For more information, call Sherry at 701-857-5221.

June 30

NorthStar Criticair and Community Ambulance will participate at Touch-a-Truck from 5:00 to 8:00 p.m. at Maysa Arena. Hosted by Magic City Discovery Center, the event will include a quiet hour from 5:00 to 6:00 p.m. which will include no lights, noises, or motion for families with children with special needs.

Mobile Mammography

June 1	Trinity Community Clinic – Velva, 338-2066
June 2	Northland Community Health Center – Turtle Lake, 448-9225
June 3	CHI – Devils Lake, 662-8662
June 7	Trinity Community Clinic – New Town, 627-2990
June 10	Northland Community Health Center – Rolette, 246-3391
June 11	Tioga Clinic, 664-3368
June 15	Kenmare Community Hospital, 385-4296
June 16	St. Luke’s Hospital – Crosby, 965-6349
June 17	Trinity Community Clinic – Mohall, 756-6841

Prepared Childbirth Classes

June 12, July 10, August 14, September 11, and October 9

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

June 10, July 8, August 12, September 9, and October 14

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.