

**COVID-19: Trinity Health continues to keep our staff, patients, families, and community safe. Please visit [trinityhealth.org/coronavirus](https://trinityhealth.org/coronavirus) for vaccine, testing, treatment, and other current information.**

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## Get a Jump on the 'COVID-15'

If you've found yourself tipping the scale more heavily these days, you are not alone.

The notorious "COVID-15" refers to the average number of pounds Americans supposedly added to their waists during the pandemic. Now, the National Institutes of Health has added scientific credence to the term, publishing a study that says 22 percent of Americans gained between 5 and 10 pounds due to quarantines and lockdowns. (Given that the weights were self-reported, it's likely the weight gains were even higher.)

Factors contributing to the extra poundage, according to survey respondents, were inadequate sleep, snacking after dinner, lack of dietary restraint, eating in response to stress, and reduced physical activity.

"Generally speaking, people have reported some weight gain," said Trinity Health Exercise Physiologist Russell Gust, MS, CSCS. "Most of us



Russell Gust, MS, CSCS

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## Know the Facts About COVID-19 Vaccines

Ever since the U.S. Food and Drug Administration (FDA) issued the first emergency use authorization (EUA) for COVID-19 vaccine last December, shots have been making their way across the country and into people's arms.

According to the Centers for Disease Control and Prevention (CDC), more than 338 million doses of COVID-19 vaccine have been given in the United States, with 161.5 million people (or 48.6 percent of the nation's population) fully vaccinated. In North Dakota, 39.7 percent of the state's population is fully vaccinated.

While early progress was encouraging, the pace of vaccination has slowed as variants of the virus are on the rise. This spells trouble for people who are not vaccinated, even those who are younger and healthier.

### Variants vs. Vaccination Rates

The CDC labeled the Delta coronavirus variant a "variant of concern." CDC Director Rochelle Walensky called it "the most contagious yet and more likely to cause severe illness in those who have not been vaccinated."

Casmiar Nwaigwe, MD, Infectious Disease Specialist with Trinity Health, echoed the concern about the Delta variant's spread. Evidence suggests it could cause an increased risk of hospitalization. It also appears to be more of a risk to young people. "People are getting sicker and cases are averaging at a younger age compared to the original outbreak," Dr. Nwaigwe said. The Delta variant has spread to all 50 states, though Dr. Nwaigwe suggested it may have been in North Dakota longer than we realize "because people move around, people travel."

The North Dakota Department of Health reports that in 2021, 92.6 percent of all COVID-19 hospitalizations in the state have occurred among people who were not vaccinated



Terry Altringer, PharmD and Casmiar Nwaigwe, MD

against COVID-19. In Minot, "The average age of hospitalized COVID-19 patients is skewing younger; everyone under 60 years old who has been hospitalized here recently has not been vaccinated," Dr. Nwaigwe added.

While vaccines offer the most effective way forward from the pandemic, many people are hesitant to get vaccinated or do not consider it a priority. Younger adults are particularly reluctant to get vaccinated. A CDC study published on June 21, 2021, found that nearly a quarter of survey participants aged 18-39 years reported they "probably or definitely would not get vaccinated." The study concludes: "Achieving high vaccination coverage among adults aged 18-39 years is critical to protect this population from COVID-19 and to reduce community incidence."

When weighing the option of getting a COVID-19 vaccine, it helps to start with discerning fact from fiction. Terry Altringer, PharmD, Pharmacy Clinical Supervisor at Trinity Health, also recommended "talking with your doctor or care provider about vaccine risks and benefits, and obtaining information from credible sources as you do your own research about what's right for you."

### Risks vs. Benefits

Since the beginning, Dr. Nwaigwe has followed the development of the vaccines closely in the interest of understanding its safety and risks.

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## Vaccines continued from page 1

“I knew that as an infectious disease doctor,” he said, “I would be asked questions about the vaccine and I wanted to be comfortable answering.”

He noted that every medication or biological agent has a degree of risk, as indicated on any product’s label or fact sheet. Still, the COVID-19 vaccine is safer than many of the medications we routinely take for other conditions.

Dr. Nwaigwe recommended weighing risks and benefits of getting the vaccine compared to getting the virus. “If I get the vaccine, maybe I’ll get a sore arm, maybe I’ll have a fever for a day or two. After that, I’m protected from the virus. The other option is that I risk getting COVID-19 and see what happens. If I’m lucky, I’ll only feel sick for a week and then recover. Or I might get sicker and end up in the hospital. Or maybe I’ll pass it to others before I realize I have COVID-19, and others might become very sick, get hospitalized, or possibly die.”

Putting it in perspective, he noted that “choosing not to get vaccinated not only puts yourself at risk, but puts others at risk as well. The vaccines are highly effective, but not 100%. If everybody is vaccinated, if the virus is not circulating in the community, then we benefit from herd immunity. But if there are pockets of people who are not immunized, causing the virus to spread, that increases the risk within the community.”

Dr. Nwaigwe concluded, “When considering the risk of vaccine vs. the risk of COVID-19, you are better off getting the vaccine than not getting it, no matter what your circumstance is.”

Anyone age 12 and up can get a vaccine. People who are fully vaccinated can resume the lifestyle and activities they enjoyed prior to the pandemic. Call Trinity Health at 701-857-2515 for an appointment in Minot. If you live outside of Minot, call your local Trinity Health clinic. Appointments take 15 minutes.

## Facts About COVID-19 Vaccines

### COVID-19 vaccines are held to the same safety standards as all vaccines.

Two types of COVID-19 vaccines have been authorized and recommended for use in the United States: messenger RNA (mRNA) vaccines and a viral vector vaccine. Both types deliver genetic material to cells to begin building protection against the virus, working with the body’s natural defenses to safely develop immunity.

The CDC reports that these vaccines have undergone the most intensive safety monitoring in U.S. history, including studies in children 12 years and older. Evaluated in tens of thousands of participants in clinical trials, the vaccines met the FDA’s rigorous scientific standards for safety, effectiveness, and manufacturing quality needed to support EUA.

The FDA and CDC continue to monitor vaccine safety and side effects. Results show that some people have no side effects. Others have reported common side effects after COVID-19 vaccination, such as swelling, redness, and pain at injection site; fever; headache; tiredness; muscle pain; chills; or nausea. So far, safety monitoring has found only two serious types of health problems after vaccination, both of which are rare.

### COVID-19 vaccines will not alter your DNA.

The mRNA and viral vector COVID-19 vaccines deliver genetic material to cells, but the material never enters the nucleus of the cell where DNA is located. This means the genetic material in the vaccines cannot affect or interact with DNA in any way.

### COVID-19 vaccines will not give you COVID-19.

COVID-19 vaccines do not contain live virus and cannot give anyone COVID-19. The vaccines teach the immune system how to recognize and fight the virus. Sometimes this process can cause symptoms, such as fever, which are normal signs that the body is building protection against the virus. Because it takes a few weeks for the body to build immunity after vaccination, it’s possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination. At that point the vaccine would not have had enough time to provide protection.

### If you already had COVID-19, you should still get vaccinated.

Although antibodies are produced after a person has been infected with COVID-19, experts do not yet know how long protection from the previous infection lasts. Studies have shown that vaccination provides a strong boost in protection in people who have recovered from COVID-19. The CDC notes the importance of adding vaccine-induced immunity to lower the chance of reinfection as much as possible.

Dr. Nwaigwe explained, “Whether you have been infected or think you may have been infected, we recommend getting the vaccine. If you look at second and third waves of infection in other parts of the world, the thought process was that because infection went through the population, herd immunity was achieved. But second and third waves came and more people were sick and dying, which means that previous infection levels did not provide protection. If previous infection offered herd immunity, the next wave would not have happened. I would not rely on protection from previous infection.”

### You can receive the COVID-19 vaccine if you are pregnant or plan to have children.

Terry Altringer stated, “Although we have more data with non-pregnant adults than we do in pregnant individuals, so far there isn’t any signal to suggest greater risk of adverse outcomes with the vaccines that have been tested in pregnant women.” The CDC coronavirus web page reports there is

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were more sedentary. Some invested in home exercise equipment, but for others it wasn’t the same.”

Shedding extra pounds involves a familiar formula – moving more and eating less, or at least fewer foods high in sugar, fat, and calories. “People need to get in the habit of working out again,” Gust added.

Gust, whose department is located at the Minot Family YMCA, says he’s encouraged by the number of people returning to the Y. “A lot are coming back. They’re seeing friends and working out with familiar faces. We’ve seen a big jump in the senior population.”

His advice for people who’ve fallen off the exercise wagon? Start slowly.

“It doesn’t take long to become deconditioned. Jumping back in too quickly will only result in aches and pains. My advice is to start off easy. Find a group exercise program if that’s what motivates you. Or do your own thing.”

Trinity Health’s exercise physiologists are experts in developing fitness programs specifically tailored to meet the needs of people of all ages and abilities. Services include:

Free Consultation – A free, one-on-one consultation with a member of the Trinity Health Exercise Physiology staff to review your health and fitness goals, physical activity, and medical history.

Individual Fitness Assessment (IFA) – Establishes your baseline fitness level and assists in the design of your individual exercise prescription (IEP). Follow-up assessments are recommended after 12 weeks to assess progress and modify your exercise program to assure continued success. Various components available within the IFA include:

- Resting heart rate
- Resting blood pressure
- Blood cholesterol and glucose
- Body composition and anthropometric measurements
- Cardiorespiratory fitness
- Muscular fitness
- Flexibility

The Individual Exercise Prescription (IEP) – Your 12-week program to success, each IEP is tailored to reflect individual fitness goals, current fitness level, and lifestyle; and it addresses the components of cardiorespiratory fitness, muscular fitness, and flexibility.

Personal Training Sessions – Gives clients a measure of expertise not available in self-directed programs. Trinity Health’s staff are experts who can educate you on the components of a proper fitness program, with the goal of teaching safe and effective exercise techniques to reduce the risk of injury while providing optimal results.

These professional, highly trained staff help people achieve their personal health and fitness goals using the latest methods and research available in exercise science. To schedule a consultation or for more information about Trinity Health’s Exercise Physiology programs, call 701-857-5000.

## FirstCare Walk-In Clinic

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

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

No Appointments Necessary  
400 Burdick Expy E  
Minot

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



HealthTalk

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

Visit our website:  
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Join us on Facebook:  
facebook.com/TrinityHealth.ND

## Nurse Practitioner Joins Kenmare Clinic

Trinity Health is pleased to announce that Faith Hope Horpestad, DNP, APRN, FNP-C, has joined the care team at Trinity Health's Kenmare Clinic. A board-certified nurse practitioner, Faith offers primary care to patients of all ages, with an emphasis on diagnosis and treatment of illness, chronic disease management, and disease prevention.



Faith Horpestad  
DNP, APRN, FNP-C

Born in Montana and reared in rural Idaho, she received her associate's degree in nursing at Miles City Community College in Montana. She later advanced her nursing education at the University of Mary in Bismarck, earning a Bachelor of Science and more recently achieving a Doctorate in Nursing Practice (DNP) in family practice.

Faith's experience includes 18 years working as an emergency and trauma nurse in rural and urban healthcare settings for large and small hospitals in Montana, Florida, and California. She enjoys photography, quilting, gardening, cooking, and outdoor activities.

Appointments are available by calling the Kenmare clinic at 701-385-4283. Faith says her hope is to become a valuable asset to the residents of the Kenmare community.

## 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, and learn an array of topics including:

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

### 2021 Summer Class Schedule 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.



### 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.



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

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



**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.

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currently no evidence that COVID-19 vaccination causes any problems with pregnancy, including the development of the placenta. There is also no evidence that fertility problems are a side effect of COVID-19 vaccines.

The American College of Obstetricians and Gynecologists recommends that COVID-19 vaccines be available and administered to pregnant individuals, particularly due to the increased risk in this group for more severe illness compared with nonpregnant peers.

**It is safe for children age 12 and older to get the COVID-19 vaccine.**

COVID-19 vaccination can help protect children from getting COVID-19. Although fewer children have been sick with COVID-19 compared to adults, they can become infected, get sick, and spread the virus to others.

Currently, only the Pfizer vaccine is approved for children 12 years and older. Studies so far show the COVID-19 vaccines to be safe and effective in this age group. Side effects are similar to those that adults experience. Reactions tend to be more common with the second dose, but are generally not severe and resolve relatively quickly with general supportive care. Children cannot get COVID-19 from any COVID-19 vaccine.

Myocarditis and pericarditis – inflammation of the heart muscle and lining outside the heart – have recently been associated with the two mRNA vaccines. Reported more often in adolescents and young children, the number of events so far has been low.

“As with all individual circumstances, it is entirely reasonable for each person and family to come to a decision that works for them in conjunction with their pediatrician or healthcare provider,” Terry Altringer said. “However, the evidence so far shows that the vaccine is safe and effective in most children who have been vaccinated. Certainly, more data from clinical studies will continue to become available in the future.”

Patients should talk with their doctor about COVID-19 treatments they've received, medical conditions they have, or other questions about getting the vaccine. More information about safety and side effects is available at [www.cdc.gov/vaccines/covid-19/](http://www.cdc.gov/vaccines/covid-19/)



## 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](http://trinityhealth.org)



## Physical Activity in the Heat

By Robyn Gust, MS/ATC

It is widely known that physical activity is good for your health, but it can be dangerous in the hot, humid North Dakota summer. To keep up the fun in the sun, there are many precautions you can take to protect yourself from potential dangers, such as heat exhaustion or heat stroke.

If you have a regular outdoor exercise, or activity such as gardening or mowing the lawn, try to schedule it in the cooler morning or evening hours. When choosing your attire for your workout, choose light colored, breathable clothing that will allow the passage of sweat so your body can cool itself. During and after your activity, be sure to consume plenty of cool water to replace your lost fluids and help cool the body down. While you are active, it is recommended that at least 10 ounces of fluids are consumed every 15 minutes. For physical activity that is an hour or longer, a sports drink is suggested to help replace electrolytes lost through sweating.

When playing an all-day softball/baseball tournament or golfing 18 holes on a hot sunny afternoon, be sure to take proper precautions and listen to your body. Drink plenty of fluids and take as many shaded rests as you can so your body can recover. Be sure to keep drinking water and eat a healthy, well balanced diet. If you feel like you are overheating, a cool, wet towel placed over the head or on the back of the neck may help cool you down quickly; and get to a cool environment.

It is very important that if you, or a person with you, starts to feel “not well,” you are able to recognize that a heat illness may be occurring. Signs and symptoms of heat illnesses may begin with excessive sweating, dizziness, blurry vision, and muscle cramps in the legs. If this begins, stop activity, get to a cool, shaded area, and drink plenty of water. If these symptoms do not go away or get worse, or you stop sweating altogether, you may be suffering from a serious heat illness. Seek emergency medical attention immediately. Please contact your physician or a certified athletic trainer if you have any questions regarding heat and exercise.



Robyn Gust, MS/ATC

## Inpatient Unit Welcomes New Psychiatrist

Trinity Health welcomes Lauren Wake, DO, to the inpatient psychiatry team. Dr. Wake is specially trained to help adults of all ages manage a broad range of behavioral health problems, including serious mental health conditions. Working with each patient, she uses medications, psychotherapy, and other interventions to promote recovery and enhance patients' physical and emotional well-being.



Lauren Wake, DO

Born and raised in Michigan, Dr. Wake earned her doctorate at Michigan State University College of Osteopathic Medicine. She completed a four-year residency in Adult Psychiatry at Detroit Medical Center/Wayne State University, where she acquired extensive experience treating a variety of mental health disorders. During the final year of her residency, she completed a year-long fellowship in psychoanalytic psychotherapy at Michigan Psychoanalytic Institute in Farmington Hills.

Throughout her medical training, Dr. Wake has been recognized for leadership, earning the Graduate Medical Education Leadership Award and Resident Teaching Awards. She was appointed to serve as junior chief resident and chief resident. She graduated with the Outstanding Graduate Award and Professionalism Award. A member of the American Psychiatric Association, Dr. Wake and her husband – a ship captain – enjoy sailing, traveling, and spending time with their dog.

## Eagle Awards



Vanna Binning, MD



Roxanne Brown, FNP-C



Katharyn Burgardt, FNP-C



Morgan Raap, RN



Ramona Sorenson,  
PharmD, CDE

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/](http://www.minotchamber.org/about/chamberawards/)

Trinity Health Auxiliary  
Hearts Club

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



**TWO SHOWS: September 24 & September 25**

6:30 p.m. Dinner • 7:30 p.m. Show  
Clarion Hotel, Minot

**Reserved Table of 8 - \$600**

Walt Wise will be performing a tribute to Elton John and Billy Joel. Walt will be performing the Piano Man and the Rocketman's greatest hits LIVE onstage. Sing and dance along with favorites like Crocodile Rock, Big Shot, You May Be Right, and many more. Our goal is to bring you the most authentic impersonators; Walt Wise has performed all over the United States including Las Vegas and Disney World. This tribute show is not to be missed! The tribute show will be held on two nights, that will not only include a fantastic show, but a wonderful dinner prepared by Homesteaders Restaurant.

- **Raffle for Fantastic Prizes** including a heart diamond bracelet!
- **Silent Auction**

Tables are limited – get yours today!  
Trinity Hospital Gift Shop or  
<http://trinityhealth.org/TributeShow>

For more information  
call Sherry 701-857-5221

 **857-DR4U**  
Physician Referral Service

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

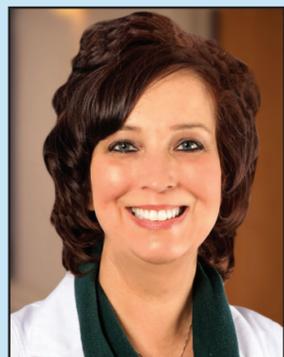
Please feel free to leave a message after hours and your call will be returned the next regular business day, or email us anytime at [DR4U@trinityhealth.org](mailto:DR4U@trinityhealth.org)

## Is it Time to Renew your CDL?

If you need to obtain or renew your CDL, Trinity Health Occupational Medicine is your medical resource. For your convenience, we have five providers across north central and northwest North Dakota certified to perform DOT physicals, allowing you to get on the road and back on the job as quickly as possible.



**Howard Reeve, MD**  
Health Center-Medical Arts  
400 Burdick Expressway E, Minot, ND  
**701-857-7840**



**Lori Wolff, PA-C**  
Health Center-Medical Arts  
400 Burdick Expressway E, Minot, ND  
**701-857-7383**



**Evonne Hickok, FNP-C**  
Trinity Community Clinic-Western Dakota  
1321 West Dakota Parkway, Williston, ND  
**701- 774-0820**



**Kendra Larsen, FNP-C**  
Trinity Community Clinic-Velva  
111 West 1st St, Velva, ND  
**701-338-2066**



**Hedi Rime, FNP-C**  
Trinity Community Clinic-Garrison  
131 N Main, Garrison, ND  
**701- 463-2626**

Visit our website at  
[trinityhealth.org](http://trinityhealth.org)



**3D mammogram today.  
Enjoy more tomorrows.**

Schedule yours. Call 701-857-2640.

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

To schedule your 3D mammogram, call 701-857-2640.  
Learn more at [trinityhealth.org/screenings](http://trinityhealth.org/screenings).



## Keeping Concussions Top of Mind

Soon school will be back in session and fall sports in full swing. As we send our student athletes back into action, coaches, parents, and athletes themselves need to keep the signs and symptoms of concussions top of mind.

“Simply put, a concussion is a short-lived change in brain function due to trauma,” said Dawn Mattern, MD, FAMSSM, a Sports Medicine specialist at Trinity Health.

Concussions can occur in any sport or recreational activity, but the potential for the injury is greatest in athletic environments where collisions are common, such as football, hockey, and soccer.



**Dawn Mattern  
MD, FAMSSM**

### Recognizing a Concussion

Contrary to popular belief, not all concussions are the result of a direct hit to the head. A forceful blow to another part of the body that shakes the head and brain also can lead to a concussion. It's often caused from contact with another player, hitting a hard surface such as the ground, ice, or floor, or being hit by a piece of equipment.

Recognition and proper response to concussions when they first occur are key to preventing further injury.

Unlike other injuries, you can't see a concussion but you will notice its symptoms. Some symptoms present right away, while others can take hours or even days to appear.

Symptoms of a concussion include:

- Amnesia
- Confusion
- Headache
- Loss of consciousness, although most occur without loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitive to light or noise
- Nausea
- Feeling sluggish, foggy, or groggy
- Feel unusually irritable
- Concentration or memory problems
- Slowed reaction time

Athletes who experience any of these symptoms following a bump, blow, or jolt to the head or body, should be removed from play immediately. “If there is any question [of a concussion], pull them out,” said Dr. Mattern.

Following a suspected concussion, the athlete needs to be evaluated by a medical provider to confirm a concussion and to rule out other injuries, such as a skull fracture or brain bleed. “If someone thinks, ‘Oh, I just got a concussion,’ and doesn't get checked out, we may be missing a diagnosis of something more serious,” Dr. Mattern said.

### Recovery

The key to healing from a concussion is decreasing the demand on the brain to decrease the symptoms, explained Dr. Mattern. “The goal is to do what you can without making the symptoms worse. If resting and watching TV is okay without an increase in symptoms, then that's okay. After a day or two, we may even try and do a bit of exercise to help the symptoms.”

Dr. Mattern warns about the dangers of returning to play too soon, before the brain is ready. “Those who return to physical activity while still experiencing symptoms have a greater risk of having those symptoms for a longer period of time,” she explained, adding that repeat concussions increase the likelihood for having long-term problems. In rare cases, they can result in brain swelling, permanent brain damage, and even death.

An athlete should only return to sports with the approval and under the supervision of their healthcare provider. When available, they should work closely with their team's certified athletic trainer.

Dr. Mattern's office is located at 101 3rd Ave SW, Minot. For an appointment, please call 701-857-5500.

## Prescription Refills

**B&B Northwest Pharmacy**  
**701-838-2213**

**KeyCare Pharmacy**  
**701-857-7900**

Download the App [keycarepharmacy.com](http://keycarepharmacy.com)  
or [bbnwpharmacy.com](http://bbnwpharmacy.com)



## 20 Years Her Elder, Sally's Liver is Aging Gracefully

Sally Jacobson likes to celebrate two birthdays each year – one for herself and one for her liver. She is alive due to the miracle of organ donation. Marking the birthday of her donated liver is one way of paying tribute to her donor. “I am somebody, but part of me belongs to someone else,” she said.

A Donate Life Ambassador for LifeSource – the region’s organ procurement provider – Sally is the ultimate advocate for organ donation and one of LifeSource’s best ambassadors. “Organ donation is such an important message,” she said.

Speaking to a group of over 40 Trinity Health employees, Sally relayed to a rapt audience the details surrounding her own experience with organ donation.

It was 2006. Sally was 61 years old and enjoying her life and job working at an insurance agency. She wasn’t too concerned about the fatigue she was experiencing, but months passed, and eventually her symptoms required a trip to the emergency department. Doctors drained a large amount of fluid from her chest, diagnosing her with chronic autoimmune hepatitis disease and cirrhosis of the liver. Sally was referred to Mayo Clinic and placed on a liver transplant waiting list. “I went downhill so fast,” she said. “I had a very short time to live.”

Doctors asked if she was willing to accept an older liver. Given what little time she had left, Sally was happy to accept any liver that matched. She and her family were advised to remain in Rochester in case a liver became available. It wasn’t long before Sally got a call. An 82-year-old New Yorker had died of an aneurysm and doctors said a liver was hers if she could get to the hospital within two hours. Extremely weak, she had a moment of panic. Her family had stepped out and she wasn’t able to reach them. Given her weakened state she wondered how she would ever get to the hospital in time. Thankfully, they returned. “They got me there in 20 minutes,” she said.

The transplant surgery went well, and Sally’s body accepted the new liver. Before long, she was able to return home (had her liver disease been due to alcoholism, she would have had to stay longer, she said).

That was 15 years ago. Since then, Sally has been a one-woman cheering squad for LifeSource. She is a frequent speaker on behalf of organ donation, urging people to become organ donors and to share that information with their families. She has testified at legislative hearings on bills, one that encourages driver education classes to spend time talking about organ donation. She has also been the leading light for the Christmas tree at the North Dakota Capitol Building that honors donors, recipients, and living donors.

Wherever she goes she delivers a message that is cheerful, solemn, and inspiring. Her liver is at least 20 years older than she is, she likes to joke. In the meantime, Sally Jacobson is hopeful that the birthdays, both for herself and her liver, keep coming.



## Hearts Fun Run a Success!

The 2021 Hearts Fun Run, hosted by the Trinity Health Auxiliary, was held on Saturday, June 19. Thank you to all participants for making the fundraiser a success!

This event was sponsored by: First International Bank & Trust; JE Dunn Construction Company; Mowbray & Son, Inc. and M & S Sheet Metal Inc.; Pringle & Herigstad, P.C.; Ryan Family Dealerships; and Sertoma Club of Minot.

## Nurse Practitioner Joins Cardiothoracic Team

Kevin Clemans, MSN, RN, FNP-BC, a board-certified nurse practitioner, has joined Trinity Health’s cardiothoracic surgery team. He works with surgeons and other clinicians to provide expert care to patients before, during, and after surgery.



Kevin Clemans  
MSN, RN, FNP-BC

With some four decades of nursing experience, Kevin is well qualified to address the complex needs of cardiovascular and thoracic patients. Originally from Indiana, Kevin received his early RN training at South Western Michigan College and earned a Bachelor of Science in Nursing from Bethel College, both in Indiana. He practiced in civilian and military hospitals, including 10 years with medical units at Wright Patterson and Elmendorf Air Force Bases in Ohio and Alaska respectively, achieving the rank of captain.

In 2013, he earned a Master of Science in Family Nurse Practice from Goshen College in Indiana. He has since worked as an intensivist nurse practitioner in the fields of cardiovascular surgery, hospital medicine, and primary care.

Kevin has participated in numerous activities supportive of nursing and emergency preparedness, including serving as a flight nurse, Red Cross nurse, and Disaster Medical Assistance Team member. His many honors include receiving the Distinguished Duty Medal and Silver Star.



## Sonography Graduation

Trinity Health and Dakota College at Bottineau celebrated the graduation of the Diagnostic Medical Sonography class of 2021 on Wednesday, July 14.

Congratulations to the graduates (from left to right): Mayce Brodehl, Tara Hancock, Gregory Davis, and Gabrielle Bohl.



## Non-Emergency Transport Vehicle Purchased

Trinity Health Foundation recently purchased this non-emergency transport vehicle for Community Ambulance. This vehicle is used for the non-emergency transport of patients, freeing up ambulances for emergencies.

Visit us at  
[trinityhealth.org](http://trinityhealth.org)



## Pedestrian Safety

According to Safe Kids Worldwide, unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19.

With summer activities well underway, and the beginning of the school year right around the corner, now is a great time to review these pedestrian safety tips with your children:



Amber Emerson  
Safe Kids Minot  
Coordinator

1. Teach kids at an early age to look left, right, and left again before crossing the street. Then remind them to continue looking until safely across.
2. Teach kids to put phones, headphones, and devices down when crossing the street. It is particularly important to reinforce this message with teenagers.
3. It's always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks. If there are no sidewalks, walk facing traffic as far to the left as possible.
4. Children under 10 need to cross the street with an adult. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.
5. Teach kids to make eye contact with drivers before crossing the street.
6. Encourage kids to be especially alert for cars that are turning or backing up.
7. Teach kids not to run or dart out into the street or cross between parked cars.

Trinity Health is proud to serve as the lead agency for Safe Kids Minot. To learn more, donate, or volunteer, call Amber Emerson, Safe Kids Minot Coordinator, at 701-857-7300.

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## Golf for Life

Following the sold out Building Hope women's golf tournament, Trinity Health Foundation will host the Golf for Life men's golf tournament on Monday, August 16, 2021, at the Souris Valley Golf Course. For more information on this tournament, sponsorship opportunities, or to sign up your team, contact Al Evon at 701-857-5432 or Cody McManigal at 701-857-2430.

The Golf for Life and Building Hope tournaments help generate funds to improve the lives of Trinity CancerCare Center patients. Proceeds raised from the tournaments benefit the CancerCare Patient Assistance Fund. In addition to providing direct financial support to those battling cancer, the fund provides patients with in-kind gifts, such as gas cards, wigs, fuel vouchers, and compression garments.



## Hemorrhoid Treatment Minimizes Pain, Discomfort

They're often the butt of jokes or cheesy TV ads, but hemorrhoids are no laughing matter for people who endure their unpleasant symptoms.

Hemorrhoids, or piles, is a condition that occurs when the veins around the anus become swollen and inflamed, usually due to frequent constipation or straining while moving bowels. Other risk factors include pregnancy, age, and frequent diarrhea.

"As many as half of Americans experience hemorrhoidal problems to some degree," notes Trinity Health General Surgeon Gary L. Wease, MD, FACS. "About 60 percent of those cases involve symptoms that range from mild to severe. The most common symptoms are bleeding, persistent pain, and a problem with cleanliness."



Gary L. Wease, MD, FACS

Dr. Wease was the first surgeon in the region to introduce a hemorrhoid treatment called Transanal Hemorrhoidal Dearterialization. THD is a minimally invasive, relatively painless procedure for people with hemorrhoids severe enough to warrant surgical intervention.

"To determine if someone is a candidate for THD we use a standard four-point classification system that grades hemorrhoids according to their stage of development," Dr. Wease added.

Grade 1: Internal hemorrhoids that bleed

Grade 2: Hemorrhoids that bleed and at times prolapse (protrude outside the anus), but retract spontaneously

Grade 3: Hemorrhoids that are prolapsed and have to be retracted manually

Grade 4: Prolapsed hemorrhoids in which no manual retraction is possible

"Grades 1 and 2 can be treated with topical creams or suppositories that contain hydrocortisone or other ingredients that constrict the blood vessels and decrease the swelling to some degree," Dr. Wease explained, citing Preparation H as one such ointment. "Dietary counseling to add more fiber can be effective with early-stage hemorrhoids, along with urging people not to strain. People with grades 3 and 4 hemorrhoids are generally candidates for surgical intervention."

Historically, surgery has consisted of excising the inflamed tissue – a painful procedure that involves three or more weeks of recovery. Alternative approaches have included tying off the swollen hemorrhoidal tissue with a rubber band, or burning it with an electrical charge. "Neither of these approaches provides a permanent solution because they preserve the arterial blood flow which feeds the hemorrhoid," Dr. Wease noted. "THD, on the other hand, does provide a permanent fix in most cases."

THD uses a specially patented anoscope with several innovative features. One is a Doppler guidance system that uses ultrasound tones to locate each of the six rectal arteries that feed the hemorrhoid. Another feature lets the surgeon ligate or tie off each individual vessel to stop the blood flow to the hemorrhoid, causing it to shrink. Finally, the system has the ability to grab the entire hemorrhoidal structure and lift it back into the rectum. The outpatient procedure is performed in the OR under general anesthesia and takes only about 30 minutes. Dr. Wease says the ingenuity of the system and that fact that it's easy to master has made it his "go-to" method for hemorrhoid treatment.

"I was most interested in its benefits for patients," Dr. Wease stated. "There is minimal pain, shorter recovery time, and the patient is able to return to work more quickly. Also, it's a permanent solution because it eliminates the blood flow to the hemorrhoid. Based on my experience, there are no major complications, and patients have been very happy with the results."

For additional information about THD, call 701-857-5764. Dr. Wease is located in Minot at Health Center – West, 101 3rd Avenue SW.

### About Dr. Wease:

A board-certified general surgeon, Dr. Wease provides innovative approaches to the full range of surgical remedies, including minimally invasive procedures for chronic acid reflux and robotic surgery with the da Vinci system. A graduate of Indiana University School of Medicine, he completed his General Surgery residency at William Beaumont Hospital, Michigan, and following residency began a long-term association with McLaren Regional Medical Center in Flint, MI, where he served as Director of Bariatric Surgery and Medical Director of Trauma Services. He's a Fellow of the American College of Surgeons.



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## Fuel the Fight Night

Trinity Health Foundation partnered with Dakota Square ARCO and the Souris Valley Sabre Dogs to host the second Fuel the Fight Night with the Sabre Dogs on Saturday, July 10.

The event raised money to assist patients with a diagnosis of cancer lower their cost of transportation to and from Trinity Health's CancerCare Center in Minot. Patients from 17 counties currently receive treatment at the CancerCare Center with nearly 20% commuting more than 150 miles to receive the care they need. The Fuel the Fight initiative raises funds to provide fuel vouchers that patients can use during their treatment. To date, more than 1,725 vouchers have been provided to assist patients.



## Nurse Residency Graduation

Trinity Health's Nurse Residency Program celebrated the graduation of Cohort 7 on Tuesday, June 29.

Congratulations to the following graduates:  
ETC: Tristen Johnson

ICU/PCU: Cierra Armstrong, Sydney Boyce, Leslie Montague, Austin Nagel, Karli Weidler, and Alexis Williams

Medical: Sheyanna Ashes, Cherryl Nickens, Katie Poore, Jessa Rafferty, Sidney Boyce, and Kate Zimmerman

Surgical: Jordan Eul, Matthew Fiskum, Heather Garcia, Felix Petrar, Jackie Richmond, and Alexis Webb Keel

Mother/Baby: Brittany Fornal, Kellie Kraft, and Danielle Malizia



## 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 701-857-5099 for more information and to schedule a class.**

Source: stopthebleed.org

# C O M M U N I T Y

# CALENDAR

For the latest updates, check online at [trinityhealth.org](http://trinityhealth.org)

**Events may be postponed or canceled due to COVID-19.**

**Please watch our calendar at [trinityhealth.org/events](http://trinityhealth.org/events) for up-to-date calendar changes.**

### Events

**August 3**  
National Night Out will be held from 5:30-8:00 p.m. at Roosevelt Park. Trinity Health will provide educational booths on Safe Kids Minot, STOP THE BLEED, and hands-only CPR. NorthStar Criticair, Trinity Health's air ambulance, and Community Ambulance will be there for visitors to "tour" the vehicles and meet the crews.

**August 6**  
There will be a free car seat check by Amber Emerson, RN, Safe Kids Coordinator, from 10:00 a.m. to 12:15 p.m. at Minot Fire Station 1. Trinity Health has partnered with the ND National Child Passenger Safety Technician Certification Training for the August car seat check session. In order to get certified, the techs performing the car seat checks each need to check a seat to complete their training. If you have any children in a car seat or booster, and could come help out these techs, we would love to see you. Appointments are required. Please call Amber at 701-857-7300 to make an appointment. Allow 45 minutes per seat.

**August 10**  
Brent Knudson, DO, Orthopedics, and Renae Fransen, Joint Replacement Center Coordinator, will give a presentation on ROSA, the surgical robot, and joint replacement during Healthy Hour at The View and Wellness Hour at The Wellington.

**Free Assessments for Sports Injuries**  
Stop by Trinity Health's Sports Medicine Clinic in Maysa Arena for a free injury assessment (2:30 p.m. to 5:30 p.m., Monday – Friday, beginning August 9) The clinic - located in the lower level of Pepsi Rink - is open to sport and recreation athletes of all ages. No appointment necessary. Call 701-857-3491 for more information.

### Mobile Mammography

August 12 .....Northland CHC – Bismarck, 255-4242  
August 17 .....Johnson Clinic – Maddock, 438-2555  
August 18.....St. Luke's Hospital – Crosby, 965-6349  
August 19 .....Tioga Clinic, 664-3368  
August 25 .....TCC – Velva, 338-2066  
August 26 .....Kenmare Community Hospital, 385-4296  
August 27 .....CHI Clinic – Devils Lake, 662-8662

### Prepared Childbirth Classes

**August 14, September 11, October 9, and November 13**  
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., Trinity Health Riverside Education Center, 1900 8th Ave SE, Minot.

### Breastfeeding Basics

**August 12, September 9, October 14, and November 18**  
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., Trinity Health Riverside Education Center, 1900 8th Ave SE, Minot.

These classes are offered free-of-charge as part of Trinity Health's community benefit mission. If you have questions, please call 701-857-2352. Sign up for classes at: [trinityhealth.org/familybirth\\_registration](http://trinityhealth.org/familybirth_registration).