

**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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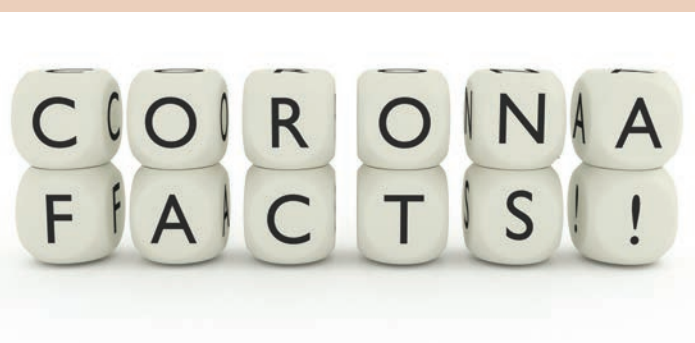
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## COVID-19 Myths Debunked

Vaccines are perhaps the best hope for ending the COVID-19 pandemic. In the U.S., one COVID-19 vaccine has received full Food and Drug Administration (FDA) approval, and two more have emergency use authorization. Health care facilities and pharmacies have plenty of COVID-19 vaccine supply for everyone interested in this important protection.

It's likely you've heard false claims about these COVID-19 vaccines on social media or from the people in your life.

Let's set the record straight on some of the myths circulating about COVID-19 vaccines.

**MYTH: The COVID-19 vaccine is not safe because it was rapidly developed and tested.**

**FACT:** Many pharmaceutical companies invested significant resources into quickly developing a vaccine for COVID-19 because of the world-wide impact of the pandemic. The emergency situation warranted an emergency response but that does not mean that companies bypassed safety protocols or didn't perform adequate testing.

Currently, several COVID-19 vaccines are in clinical trials. The FDA continues to review the results of these trials before approving or authorizing COVID-19 vaccines for use. But because there is an urgent need for COVID-19 vaccines and the FDA's vaccine approval process can take months to years, the FDA first gave emergency use authorization to COVID-19 vaccines based on less data than is normally required. The data must show that the

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## Trinity Health Offers Infusion Clinic for COVID-19 Antibody Treatment

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

Trinity Health has an outpatient infusion clinic for administering REGEN-COV™ (casirivimab and imdevimab), a monoclonal antibody treatment for COVID-19. REGEN-COV™ was authorized by the United States Food and Drug Administration (FDA) under an Emergency Use Authorization (EUA) declaration for the treatment of mild-to-moderate COVID-19 in adult and pediatric patients who qualify for treatment. The goal of this medication is to keep patients from worsening to the point of requiring hospitalization due to COVID-19.

REGEN-COV™ can be used by people with mild to moderate COVID-19 who:

- Are adults and pediatric patients (12 years of age and older weighing at least 40 kg, or 88 pounds)
- Have positive results of direct SARS-CoV-2 viral testing
- Are at high risk for progression to severe COVID-19, including hospitalization or death

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

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

REGEN-COV™ IS NOT authorized for use in patients:

- Who are hospitalized due to COVID-19, OR
- Who require oxygen therapy due to COVID-19, OR
- Who require an increase in baseline oxygen flow rate due to COVID-19 in those on chronic oxygen therapy due to underlying non-COVID-19 related comorbidity

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

For more information about monoclonal antibody therapy available at Trinity Health, visit [www.trinityhealth.org/coronavirus](https://www.trinityhealth.org/coronavirus)



Casmir Nwaigwe, MD



## Say goodbye to joint pain.

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- Pediatric orthopedics
- Osteoarthritis
- Conditions involving ligaments, tendons, and muscles



MAKING MORE POSSIBLE





# Halloween Safety

Haunted houses, spooky stories, costumes, and candy...

Halloween is one of the most fun nights of the year for adults and children alike, but it also can be one of the most dangerous. According to Safe Kids Worldwide, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

Fortunately, there are things parents and kids can do to stay safe while trick-or-treating. Safe Kids offers the following safety tips:

## Costumes for a Safe Halloween

- When selecting a costume, make sure it is the right size to prevent trips and falls.
- For greater visibility, decorate costumes and bags with reflective tape or stickers.
- Choose non-toxic face paint and make-up whenever possible to ensure kids can see because full-face Halloween masks can obstruct a child’s vision.

## Safe Walking

- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- Cross the street at corners, using traffic signals and crosswalks.
- Put electronic devices down, keep head up, and walk, don’t run, across the street.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars and be especially careful around driveways and alleys.
- Join kids under age 12 for trick-or-treating. If kids are mature enough to be out without supervision, tell them to stick to familiar areas that are well lit, stay on sidewalks if available, and trick-or-treat in small groups.

## Safe Driving

- Be especially alert and take extra time to look for kids at intersections, on medians and on curbs. Children are excited on Halloween and may move in unpredictable ways.
- Slow down in residential neighborhoods. Remember that popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m.
- Enter and exit driveways and alleys slowly and carefully.
- Reduce any distractions inside your car, such as talking on the phone or eating, so you can concentrate on the road and your surroundings.
- Turn your headlights on earlier in the day to spot children from greater distances.

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

Safe Kids Minot has lighted reflectors, high visibility zipper pulls, and slap bracelets for giveaway to keep your trick-or-treaters extra safe this Halloween. Please contact Amber if you are interested.



Amber Emerson, RN  
Safe Kids Minot  
Coordinator

# Myths Debunked

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vaccines are safe and effective before the FDA can give emergency use authorization or approval.

**MYTH:** I already had COVID-19 and I have recovered, so I don't need to get a COVID-19 vaccine when it's available.

**FACT:** Getting COVID-19 might offer some natural protection or immunity from reinfection with the virus that causes COVID-19. But it's not clear how long this protection lasts. Because reinfection is possible and COVID-19 can cause severe medical complications, it’s recommended that people who have already had COVID-19 get a COVID-19 vaccine. If you were treated for COVID-19 with monoclonal antibodies or convalescent plasma, wait 90 days before getting a COVID-19 vaccine.

**MYTH:** There are severe side effects of the COVID-19 vaccines.

**FACT:** Reports of serious side effects are exceedingly rare. According to the Centers for Disease Control and Prevention, more than 363 million doses of COVID-19 vaccines were administered in the U.S. from December 14, 2020, through August 23, 2021. During this time, the Vaccine Adverse Event Reporting System (VAERS) received 6,968 reports of death (0.0019%) among people who received a COVID-19 vaccine. FDA requires health care providers to report any death after COVID-19 vaccination to VAERS, even if it’s unclear whether the vaccine was the cause. Reports of adverse events to VAERS following vaccination, including deaths, do not necessarily mean that a vaccine caused a health problem.

For the Pfizer-BioNTech and Moderna vaccines, you may experience some mild side effects, primarily injection site pain, fatigue and chills. These symptoms get better without medical care, and usually within 24 to 48 hours. Second doses of the Pfizer/BioNTech and Moderna vaccines should still be given, even if you had one of these reactions after the first dose. While many people do not have reactions after vaccination, it is normal if you do. It does not mean you have the COVID-19 infection. It is an indicator that your immune system is responding to the vaccine. If you have a reaction, take some time to rest and allow your body to recover.

**MYTH:** The COVID-19 vaccines don't work because you can still get COVID after vaccination.

**FACT:** COVID-19 vaccination will protect most people from getting sick with COVID-19, ranging from 66% to 100% effective.

A very small percentage of fully vaccinated people will still get COVID-19 if they are exposed to the COVID-19 virus. These are called vaccine breakthrough cases. Some people might not experience any symptoms and some people could become sick due to COVID-19.

However, vaccination might make illness less severe. If you are fully vaccinated, the overall risk of hospitalization and death due to COVID-19 is much lower than among unvaccinated people with similar risk factors.

**MYTH:** The current COVID-19 vaccines don't protect against the COVID-19 variants.

**FACT:** In the U.S., the delta (B.1.617.2) variant is now the most common COVID-19 variant. It is nearly twice as contagious as earlier variants and might cause more severe illness. While research suggests that COVID-19 vaccines are slightly less effective against the variants, the vaccines still appear to provide protection against severe COVID-19.

**MYTH:** Children can't get severely sick with COVID-19, so they don't need a COVID-19 vaccine.

**FACT:** While all children can get the virus that causes COVID-19, most have mild symptoms or no symptoms. However, there has been an increased number of cases amongst children because of the delta variant. Recently, the American Academy of Pediatrics has reported a significant increase in COVID-19 cases amongst people under 18 years of age. The delta variant is nearly twice as contagious as earlier variants and might cause more severe illness.

While not as likely as adults, children can become severely ill with COVID-19. They might need to be hospitalized, treated in the intensive care unit or

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# Flu Shots Appointments Required

- **Minot Vaccine Line: 701-857-2515**
- **Your Primary Care Provider’s Office**
- **Trinity Health Rural Clinics**

Provided as a community service by Trinity Health

Children under 3 years of age should see their pediatrician or primary care provider.

We bill all verified insurances. Please bring a copy of your insurance card.

\$65.00 for regular dosage  
\$105.00 for high-dose vaccine  
\$80.00 for FluMist (nasal inhalation)

Marketing Department  
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# IM Specialist Joins Hospitalist Team

Joan Agwai, MD, provides timely, coordinated care to hospital patients based on changes in their medical status. She is board certified in internal medicine. A graduate with high honors from City College of New York (CUNY), Dr. Agwai earned her medical doctorate from Meharry Medical College in Nashville and completed her internal medicine residency at NYU-Winthrop University Hospital in New York State. Following residency, she practiced internal medicine and hospital medicine at hospitals in Texas. While in Texas, she earned a master’s degree in Business Administration and Healthcare Management from West Texas A&M University. Dr. Agwai is a member of the American College of Physicians and the American Medical Association.



Joan Agwai, MD



# Community Ambulance Earns Highest Award for Cardiac Care

Community Ambulance Service of Minot has earned the American Heart Association’s highest recognition for providing first-rate care to people with severe heart attack.

CAS, a service of Trinity Health, received the Mission: Lifeline Gold Plus Award, an advanced level of recognition that acknowledges compliance with AHA’s “Get With The Guidelines” Quality Measures. Community Ambulance was able to demonstrate at least 75% compliance for 12 consecutive months for the required number of quality measures to earn the Gold Plus honor.

“We are grateful to be recognized by the American Heart Association and very proud of our team’s efforts to provide optimal care to cardiac patients,” said Amy Thomas, director of Trinity Health’s Transport Services. “The Mission: Lifeline program puts proven knowledge and guidelines to work on a daily basis, so patients have the best possible chance of survival.”

Each year, more than 250,000 people experience a STEMI, or ST Elevation Myocardial Infarction, a type of heart attack caused by blockage of blood flow to the heart, requiring timely treatment. To prevent death or severe heart damage, blood flow must be restored as quickly as possible through interventional cardiology or clot-busting medication.

“Since ambulance crew members are often the first medical point of contact, they can shave precious minutes of lifesaving treatment time by activating the emergency response system that alerts cardiac centers like Trinity Hospital,” Thomas said.

CAS was an early proponent of equipping paramedics with 12-lead EKG, a move that has given them the ability to transmit a patient’s cardiac data from the field to a hospital with a cardiac catheterization lab, which enables doctors and heart teams to identify STEMI and activate protocols without delay.



# Myths Debunked continued from page 2

placed on a ventilator to help them breathe, according to the Centers for Disease Control and Prevention (CDC).

In addition, children with underlying conditions, such as obesity, diabetes and asthma, might be at higher risk of serious illness with COVID-19. Children who have congenital heart disease, genetic conditions or conditions affecting the nervous system or metabolism also might be at higher risk of serious illness with COVID-19.

Research also suggests disproportionately higher rates of COVID-19 in Hispanic and non-Hispanic Black children than in non-Hispanic white children.

A COVID-19 vaccine can prevent your child from getting and spreading the COVID-19 virus. If your child gets COVID-19, a COVID-19 vaccine could prevent him or her from becoming severely ill.

**MYTH: The COVID-19 vaccine was developed to control the general population either through microchip tracking or "nanotransducers" in our brains.**

**FACT:** There is no vaccine microchip, and the vaccine will not track people or gather personal information into a database.

This myth likely started after comments made by Bill Gates from The Gates Foundation about a digital certificate of vaccine records. The technology he was referencing is not a microchip, has not been implemented in any manner and is not tied to the development, testing or distribution of COVID-19 vaccines.

**MYTH: COVID-19 vaccines will alter my DNA.**

**FACT:** The first COVID-19 vaccines to reach the market were messenger RNA (mRNA) vaccines. According to the CDC, mRNA vaccines work by instructing cells in the body how to make a protein that triggers an immune response. Injecting mRNA into your body will not interact or do anything to the DNA of your cells. Human cells break down and get rid of the mRNA soon after they have finished using the instructions.

**MYTH: COVID-19 vaccines cause infertility or miscarriage.**

**FACT:** It's recommended that you get a COVID-19 vaccine if you are trying to get pregnant or might become pregnant in the future. There is currently no evidence that any COVID-19 vaccines cause fertility problems.

A small number of women have reported experiencing temporary menstrual changes after getting a COVID-19 vaccine. A small study has also shown that some women experienced temporary menstrual changes after getting COVID-19. It’s not clear if getting COVID-19 or a COVID-19 vaccine causes these changes. Further research is needed.

Keep in mind that many things can affect menstrual cycles, including infections, stress, sleep problems and changes in diet or exercise.

**MYTH: Pregnant and breastfeeding women should not get the COVID-19 vaccine.**

**FACT:** If you are pregnant or breastfeeding, it's recommended that you get a COVID-19 vaccine. Getting a COVID-19 vaccine can protect you from severe illness due to COVID-19. Vaccination can also help pregnant women build antibodies that might protect their babies.

COVID-19 vaccines don't cause infection with the COVID-19 virus, including in pregnant women or their babies. None of the COVID-19 vaccines contain the live virus that causes COVID-19.

While further research is needed, early findings suggests that getting an mRNA COVID-19 vaccine during pregnancy poses no serious risks for pregnant women who were vaccinated or their babies. The findings are based on data from the CDC's coronavirus vaccine safety monitoring system. Also, keep in mind that mRNA COVID-19 vaccines don't alter your DNA or cause genetic changes.

If you have concerns, talk to your health care provider about the risks and benefits of getting a COVID-19 vaccine.

*Information in this post was accurate at the time of its posting. Due to the fluid nature of the COVID-19 pandemic, scientific understanding, along with guidelines and recommendations, may have changed since the original publication date.*

**To schedule your COVID-19 vaccine, call 701-857-2515 in Minot, or your local Trinity Health clinic outside of Minot.**

This article was originally published by Mayo Clinic on September 2, 2021; portions have been removed to reduce length. The full article can be found at: [www.mayoclinichealthsystem.org/hometown-health/featured-topic/covid-19-vaccine-myths-debunked](http://www.mayoclinichealthsystem.org/hometown-health/featured-topic/covid-19-vaccine-myths-debunked)

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## Trinity Health Speaker’s Bureau

Call Community Education at

**701-857-5099**

for available dates and topics.



## Trinity Hospital Gift Shop

Support friends and family with flowers or gifts

**701-857-5205**

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





# Trinity Health Elevates Visitor Restrictions Amid Delta Surge

Trinity Health has transitioned to tighter visitor restrictions at its hospital and clinic facilities due to a rise in the number of COVID-19 infections and hospitalizations amid the highly transmissible Delta variant.

“Cases are surging throughout our state and region, and Trinity Health has seen a steep increase in hospitalizations for COVID-19. It is imperative that we take this disturbing trend seriously to mitigate its effect on patients and staff,” Vice President Randy Schwan said.

Since August 23, only one adult visitor is allowed per day at a patient’s bedside or to accompany a patient to a clinic appointment. No visitor under age 18 is permitted in either case. Anyone with respiratory symptoms or who is COVID-positive is not eligible to access these medical facilities as a non-patient. Face coverings/masks are required of all persons entering the facility; compliance with the mask mandate is required to both enter and remain within the building.

Exceptions to the one-visitor policy include the following:

- Pediatrics/Neonatal Intensive Care (NICU) patients may have two parents or legal guardians with a patient.
- Family Birth Center patients may have one support person - the same person the entire time
- End of life patients may have up to three visitors; one may stay overnight. Visits by minor children must be pre-approved.
- Patients with disabilities may have one designated support person. Two support persons are permitted for stays longer than a day, with only one in the room at a time.
- One home caregiver is permitted at time of discharge for education/training assistance.
- Same Day Surgery patients may have one visitor in attendance, who then must stay in the patient’s room during/after surgery.
- Patients having outpatient procedures at the hospital can have one person with them, the visitor must stay in the patient’s room during the procedure.
- Emergency Trauma Center patients may have one adult person accompany them; for pediatric ETC patients, two parents or legal guardians are permitted.
- Addiction Services and Inpatient Mental Health: Adult family members designated as integral to patient’s treatment are permitted as directed by behavioral health team.

Patients who are COVID-positive are generally not allowed visitors - prior authorization must be granted for those rare and unique circumstances where a visit might be approved. Hospital cafeterias will remain open for staff and approved authorized visitors, with social distancing required.

**These visitor restrictions are up-to-date as of September 17, 2021 and subject to change. Always check our website, [www.trinityhealth.org](http://www.trinityhealth.org), for current restrictions.**

# Trinity Health Welcomes General Surgeon

Nancy Longfors, MD, is a board-certified general surgeon, dedicated to providing advanced, high-quality surgical care to patients of all ages. Her experience covers a broad range of minimally invasive and traditional surgical techniques, including laparoscopic procedures and Trinity Health’s da Vinci Xi



Nancy Longfors, MD

robotic surgery system. Areas of specialty include surgeries of the breast, colon, gallbladder, appendix, hernia, and gastrointestinal system. Born and reared in Minnesota, Dr. Longfors graduated with high honors from Concordia College in Moorhead, MN. She earned her Doctor of Medicine from the University of North Dakota School of Medicine and Health Sciences and completed her general surgery residency at Eastern Virginia Medical School in Norfolk. She practiced general surgery at hospitals in Arizona, Minnesota, and Wisconsin. Prior to joining Trinity Health, Dr. Longfors provided general surgery services at CentraCare Health in St. Cloud, MN. In addition to being recognized for academic achievement, Dr. Longfors has been an advocate for improving patient access to surgical care, serving international medical missions in Kenya and other short-term trips in Africa. A member of the American College of Surgeons, Dr. Longfors enjoys travel, hiking, biking, and spending time with family and friends. For information and appointments, please call 701-857-5764.



# Playground of Power Check Presentation

Trinity Health Foundation thanks everyone involved with the Playground of Power for their support of Trinity Health Foundation and the Trinity CancerCare Center through Turn Nodak Pink.

On behalf of the NODAK Speedway Board, drivers, and fans, a check for \$5,000 was presented to assist CancerCare patients. As part of the Fuel the Fight Initiative, these funds will provide patients undergoing oncology treatments with financial assistance to offset the cost of transportation to and from cancer treatments. We truly appreciate this partnership.



# Understanding Mammogram Guidelines

When is a good time to get a mammogram?

When you are 40? Or is it 50? And what if you have a family history?

“It seems like when you just get it figured out how often you need to return for a mammogram or a pap smear, they go ahead and change the rules,” said Heidi Grondahl, WHNP, a member of the Family Medicine team at Trinity Community Clinic – Western Dakota, in Williston. “Nowhere is this more prevalent than in screening guidelines; and there are many – one for each body part, it seems.”

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# 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)




# A Passion for Fighting Cancer

After helping members of her own family fight cancer, Dawn Romfo, MSN, FNP-C, vowed to make cancer care her professional goal as a nurse practitioner. She's now fulfilled that passion, joining Trinity's CancerCare Center as a board-certified practitioner and member of our Oncology/Hematology care team. A Burlington native and Des Lacs-Burlington graduate, Dawn earned her Bachelor of Science in Nursing from Minot State University. She practiced clinic and hospital nursing in various community settings in the region, including Trinity Hospital's ICU and Post-Anesthesia Care units. In 2012 she began a long association with Dakota College at Bottineau, serving initially as a nurse faculty member and for six years as Nursing Program Director. She completed her Master of Science in Nursing Education through Walden University in Minneapolis in 2014 and more recently earned a post-master's certificate in Family Nurse Practice through Maryville University in St. Louis. She's a member of the Oncology Nursing Society, American Association of Nurse Practitioners, North Dakota Nurse Practitioner Association, and Sigma Theta Tau International Honor Society of Nursing.



Dawn Romfo, MSN, FNP-C




## You're worth it!

### 3D Mammography Screenings

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 use state-of-the-art technology that gives every woman her best chance for an early and accurate diagnosis.

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Call **857-2640** to schedule your mammogram.



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- **Abdominal aneurysm**  
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- **Painful legs and feet**  
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- **Heart disease**  
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All screenings are read by board-certified radiologists and cardiologists.

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



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



## Breaking Down Midwifery Myths

Despite growing in popularity in recent years, midwifery is still a largely misunderstood profession. Thanks in part to centuries-old misunderstandings, midwifery often falls victim to these common myths.

**MYTH: Midwives focus only on pregnancy and birth.**

According to the American College of Nurse-Midwives (ACNM), midwifery encompasses a full range of primary health care services for women from adolescence to menopause and beyond.

"We provide care to women of all ages," explained Jayme Burman, CNM, ARNP, a certified nurse midwife at Trinity Health.

Midwives can provide family planning and preconception care; do prenatal exams and order tests; watch a patient's physical and psychological health; help the patient make a birth plan; advise the patient on diet, exercise, medications, and staying healthy; educate and counsel the patient during pregnancy, childbirth, and newborn care; provide emotional and practical support during labor; admit and discharge the patient from the hospital; deliver the child or make referrals to specialists when needed.

**MYTH: Midwives have no formal education.**

There are different types of midwives, each holding different certifications based on their education and experience.

**Certified Nurse Midwives (CNM):** Educated in both midwifery and nursing, CNMs earn graduate degrees, complete a midwifery education program accredited by the Accreditation Commission for Midwifery Education (ACME), and pass a national certification exam administered by the American Midwifery Certification Board.

**Certified Midwives (CM):** CMs are educated in midwifery. They earn graduate degrees, meet health and science education requirements, complete a midwifery education program accredited by ACME, and pass the same national certification examinations as CNMs.

**Certified Professional Midwives (CPM):** CPMs work exclusively in settings outside of hospitals, such as homes and birth centers. These midwives have completed coursework, an apprenticeship, and a national certifying exam.

**Direct Entry Midwife (DEM):** DEMs are individuals independently trained in midwifery through various sources that may include apprenticeship, self-study, a midwifery school, or a college/university program.

**Lay midwife:** A lay midwife is an individual who is not certified or licensed as a midwife but has received informal training through self-study or apprenticeship.

**MYTH: Midwives cannot care for women with high-risk pregnancies.**

"CNMs work in various roles. Some are employed by high-risk centers and focus only on that, while many work in collaboration with OBGYNs or family practice doctors to either co-manage or refer as appropriate," Jayme explained, adding, "Our midwifery practice collaborates with an amazing, supportive group of OBGYNs."

In a high-risk pregnancy, midwives offer resources to support the patient's goals for childbirth, offer emotional support, and work alongside specialists to ensure a safe, healthy outcome for all.

**MYTH: Midwives cannot prescribe medications or provide pain relief during labor.**

As experts in labor pain relief, midwives work with their patients to develop a labor plan that is tailored to each patient's needs and desires. Pain relief options range from relaxation techniques and movement, to epidurals and other medications.

"We love natural childbirth, but more than that, we love providing each individual patient with the experience that they desire, safely," said Jayme. "That picture is different for each woman. We [midwives] can order medications, write prescriptions, and order epidurals as any obstetrics provider can."

If a patient's birth plan needs to be changed— out of necessity or if a patient changes their mind—midwives will provide education on other options and assist in adjusting the plan.

**MYTH: Midwives only attend home births.**

While it is true that some midwives attend home births, most practice in settings like hospitals, medical offices, free-standing birth centers, and clinics.

"There are midwives who do attend home births – usually CPMs and lay midwives," explained Jayme. "CNMs [like those at Trinity] are more commonly found in hospital and office settings."

According to the ACNM, in 2019, 89% of CNM/CMs attended births in hospitals, while 9% occurred in freestanding birth centers, and 8% occurred in homes.

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Kidney Dialysis staff build strong bonds with patients like Richard Lavik, seated center. Pictured with him, from left, are Cel Cornel, RN, Frey Lazaro, RN, Nurse Manager Rochelle Hudson, RN, Medical Director Nasser Saffarian, MD, Liza Hernandez, RN, and Ingrid Rosal, RN.

# New Machines Improve Kidney Dialysis Care, Experience

Life on dialysis is a little like having a full-time job. When you’re not receiving treatment, usually at a dialysis center, you’re working to maintain a healthy lifestyle consistent with your treatment plan. Fortunately, a long-awaited upgrade of Trinity Health’s dialysis services is giving patients an extra measure of therapeutic support in their struggle with kidney disease.

Trinity Health recently replaced its dialysis machines with the B. Braun Dialog+ Hemodialysis system designed with numerous features that prioritize safety and improve the dialysis experience. The conversion has benefitted both the Kidney Dialysis Unit at Trinity Hospital – St. Joseph’s and satellite dialysis program in Belcourt – a total of 29 units.



“With these machines we are getting better quality clearance (removal of urea and other waste products from the blood) and better monitoring compared to the old machines,” said Nassar Saffarian, MD, a board-certified nephrology (kidney) specialist. “Plus, they are pretty quiet machines, so patients are able to relax more.”

Hemodialysis is a treatment for kidney failure that occurs at end-stage renal disease. It involves removing blood from an access point in a vein, then cleaning the blood of toxins and excess fluids before returning it to the body – basically replicating the function of the kidneys. Patients typically receive the treatment at a kidney dialysis center three times per week for about four hours each visit.

Rochelle Hudson, manager of both the Minot and Belcourt dialysis centers, says Trinity’s new machines are highly sophisticated, providing additional feedback during treatment and making it possible to avoid common side effects of dialysis.

“We have numerous profiles to choose from that can be patient-specific, which decreases chance and/or severity of blood pressure dropping, dizziness, or cramping,” Rochelle explained. “We have already noticed an improvement in patient labs at both units. The formulas we use to monitor how well we are ‘cleaning’ the blood has significantly improved, which plays an important role in the patients’ quality of life. Seeing patients leave the unit looking alert with no drop in blood pressure or cramping is very rewarding and heart-warming.”

Another improvement of the new system is a patient therapy card reader that stores the patient’s machine settings to allow for quick and accurate setup. “Every patient has a treatment card that saves their personal dialysis prescription ordered by the physician. The card holds the data of their last 25 treatments for physician review. The patient card is the size of a credit card and is as simple as using an ATM,” Rochelle said.

The new dialysis units are part of Trinity Health’s commitment to “Make More Possible” for patients with kidney-related ailments. Of course, the best treatment is always prevention. Engaging in a healthy lifestyle may enable you to avoid the need for dialysis. “That means regular visits with your primary care physician to monitor your health and manage risk factors such as diabetes and hypertension,” Dr. Saffarian emphasized.

Kidney disease is a serious matter, but thanks to dialysis treatments and other forms of support, patients can live their lives, and that’s the goal of Trinity Health’s dialysis team. “We develop a strong bond with patients and their families and become like a second family,” Rochelle says. “We’re always rooting for our patients, which can cause a roller coaster of emotions. Overall it’s very rewarding.”

For more information about Trinity’s kidney dialysis services, contact Trinity’s Kidney Dialysis Unit in Minot at 701-857-5404 or Dr. Nassar Saffarian’s office at 701-857-5979.



# Golf For Life

On Monday, August 16, 2021, Trinity Health Foundation held its 9th Annual Golf for Life Men’s Golf Tournament to support CancerCare Center patients. The tournament, which was held at the Souris Valley Golf Course, was very competitive. First place was the team representing Vaaler Insurance/HCIS & Covery’s with a score of 54. There was a three-way tie for second place with a score of 57. A tie-breaker utilizing scorecards determined second and third place. Second place was the team representing First International Bank & Trust and third place went to Morelli’s Distributing, Inc.

Individual awards were presented to Michael Kaylor for Longest Putt on Hole 14 (29’ 4.5”), David Buen for Closest to the Pin on Hole 4 (7’ 10”) and Jim Olson for Straightest Drive on Hole 10.

This year’s event raised more than \$35,000 in cash and in-kind donations. Many patients will benefit from the funds that were raised as lives will be saved, people will be healed, and families will have hope.

Event participants were treated to lunch provided by First International Bank & Trust grilled on course, and dinner provided by LBJ Texas BBQ & Catering.

Trinity Health Foundation is grateful to the many sponsors and participants that made our Golf for Life Tournament a great success. We would like to recognize the following for their assistance with the event:

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JE Dunn Construction

## WATER BOTTLE SPONSOR

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First International Bank & Trust

## RANGE BALL SPONSOR

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UND School of Medicine & Health Sciences

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North Star Community Credit Union  
The UPS Store  
Verendyre Electric Cooperative

# Mammograms continued from page 4

The decision on when to get a mammogram should be made following a discussion between the patient and their healthcare provider, she said, adding that the need for a mammogram is somewhat individualized. “While we have guidelines, there are personal factors that we must consider as well in deciding when to start, finish, and how often we are doing screening.”

At the same time, she understands the concern about getting a mammogram too early because “you can over-intervene, and that can be harmful.” Mammograms may be harder to read if you are pre-menopausal, as



Heidi Grondahl, WHNP

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# Physician Assistant Returns in New Role

Donna Verhasselt, PA-C, a physician assistant and former member of our orthopedic team, has returned to Trinity Health as a member of our Pre-Admission Testing staff. She works with patients to provide pre-admission testing and education to ensure the health and safety of patients as they prepare for a surgical procedure. Donna is board-certified with nearly 20 years of experience caring for patients in clinic and hospital settings. A graduate of the University of Nebraska at Omaha with a bachelor’s degree in business management, Donna received her Master of Health Sciences in Physician Assistant Studies from the University of South Alabama in Mobile. She served patients in Ohio and Arizona, and from 2007 to 2019 was associated with Trinity’s orthopedics team, where she served as first assist in the OR and managed the care of new and post-operative patients. Prior to returning to Trinity Health, she worked at Altru Health System in Grand Forks in the areas of orthopedics and neurosurgery. Donna is originally from Williston.



Donna Verhasselt, PA-C

# Midwifery Myths

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## Midwifery at Trinity Health

Should you decide a midwife is the right medical provider for you and your needs, Trinity Health has a team of midwifery professionals eager to work with you.

“There is no better joy than being present for women when they have a baby, need to share, or simply have concerns,” said Jayme. “Caring for women and providing them access to comprehensive, compassionate care is simply one of the best ways I can contribute to our community and be a resource.”

Trinity Health’s Midwifery team includes: Jayme Burmann, CNM, ARNP; and Erica Riordan, MSN, CNM, located at Health Center - Medical Arts, 400 Burdick Expressway E, Minot. For appointments, call 701-857-7385. Gloria Berg, MSN, CNM, is located at Health Center – Town & Country, Ste 102, 831 S Broadway, Minot. For appointments, call 701-857-5703.

## Midwifery Week

Midwifery Week is celebrated October 3-9. This week was created by the American College of Nurse-Midwives (ACNM) to celebrate and recognize midwives and midwife-led care. This year's theme is "Midwives for Every Community." Midwives believe every person has a right to equitable, ethical, accessible, quality health care. Individuals and communities are empowered by the midwifery model of care, which fosters compassionate collaborations and personalizes care based on each person's life experiences and expertise. Learn more at [www.midwife.org](http://www.midwife.org)

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## DOOR PRIZES

- Acme Tools
- Dakota Square ARCO
- LongHorn Steakhouse
- Minnesota Twins
- Minot Family YMCA
- Minot State University
- Napa Auto Parts
- North Hill Grill & Chill DQ/DQ South Broadway
- Oak Park Theater
- Papa John’s Pizza
- Scheels
- Uncle Maddio’s Pizza
- Verendrye Electric Cooperative
- Wildwood Country Club



# Cooking with Mushrooms

by Michelle Gleason, RDN, LRD

Mushrooms are an edible fungus that add flavor, texture, and many nutrients to meals. They come in a variety of shapes and sizes and can be purchased fresh, canned, or dried. Mushrooms are known for their pleasant, savory taste, which is referred to as umami. The distinct texture of mushrooms can even act as a meat substitute and help cut down on meat consumption. Popular varieties of mushrooms include white button mushrooms, Crimini (brown) mushrooms, portobello, and shiitake. In general, darker mushrooms will have a more intense umami flavor. It may come as a surprise, but white button, Crimini, and portobello mushrooms all come from the same species—*Agaricus bisporus*. The difference is when they are harvested. White button mushrooms are harvested the soonest, followed by Crimini, and then portobellos. Crimini mushrooms are also called “baby bellas.”

In general, mushrooms are low in calories and rich in vitamin D, zinc, and potassium. Vitamin D helps promote bone and immune health. Zinc also helps promote immune health along with growth in children. Potassium can help lower blood pressure. Mushrooms also contain protein, fiber, selenium, copper, thiamin, magnesium, and phosphorus. A serving size is one cup of chopped mushrooms. Per serving, mushrooms have 15-35 calories, less than 1 gram of fat, 2-7 grams of carbohydrate, 0.5-2.5 grams of fiber, and 2 grams of protein.

Mushrooms can be prepared in many ways. If fresh, make sure to wash them thoroughly with water to remove any dirt. Only eat mushrooms purchased from the store as wild mushrooms can be poisonous and hard to distinguish from edible varieties. Avoid eating those that have dark brown, slimy spots or smell bad. After washing, raw mushrooms can be sliced and eaten by themselves, or added to salads, pizzas, pasta, your favorite stir-fry, omelets, and spaghetti sauces. To develop a more intense flavor, consider sautéing, grilling, or roasting in the oven before adding to dishes.

To sauté, add a small amount of canola oil to a pan. Add a single layer of sliced mushrooms to the pan and cook undisturbed for a few minutes. Season with salt, pepper, or other herbs such as rosemary or thyme. Flip mushrooms to the other side and continue cooking for a few minutes. They should have a nice reddish-brown color when done.

Grilling is best done with larger capped mushrooms, such as portobellos. Lightly brush caps and stems with canola oil and season as desired. Grill 4-6 inches from the heat source for 4-6 minutes on each side, brushing with additional oil once or twice.

To roast, preheat the oven to 400°F. Slice mushrooms and toss with canola oil, salt, pepper, and other seasonings as desired. Place mushrooms on a shallow baking pan in a single layer and roast for 20 minutes. Throw some garlic cloves in the pan for extra flavor.

Check out these mushroom recipes to inspire your next meal!

## Beef and Mushroom Taco Meat (Serves 8):

Mushrooms can be used to substitute a portion of ground beef recipes such as tacos, burgers, chilis, and casseroles. This works well due to the umami flavor, texture, and color of the mushrooms.

Ground 8-10 oz of Crimini (brown) mushrooms in a food processor or blender until it reaches the consistency of ground meat. Add the mushrooms and 1 pound of ground meat to a large skillet and cook over medium-high heat until no longer pink. Add taco seasonings as desired. The texture and color of the mushrooms won’t be very noticeable once blended with the meat and cooked.

[www.sizzlingeats.com/ground-mushroom-beef-taco-meat](http://www.sizzlingeats.com/ground-mushroom-beef-taco-meat)

## Mushroom Barley Soup (Serves 6):

Ingredients:

- |                          |                                |
|--------------------------|--------------------------------|
| ¼ cup olive oil          | 1 pound sliced fresh mushrooms |
| 1 cup chopped onion      | 6 cups chicken broth           |
| ¾ cup diced carrots      | ¾ cup barley                   |
| ½ cup chopped celery     | Salt and pepper to taste       |
| 1 teaspoon minced garlic |                                |

Instructions:

Heat the oil in a large soup pot over medium heat. Add the onion, carrots, celery, and garlic; cook and stir until onions are tender and transparent. Stir in mushrooms and continue to cook for a few minutes. Pour in the chicken broth and add barley. Bring to a boil, then reduce heat to low. Cover and simmer until barley is tender, about 50 minutes. Season with salt and pepper before serving.

[www.allrecipes.com/recipe/149118/very-easy-mushroom-barley-soup/](http://www.allrecipes.com/recipe/149118/very-easy-mushroom-barley-soup/)

## Portobello Mushroom Burger (Serves 4):

Ingredients:

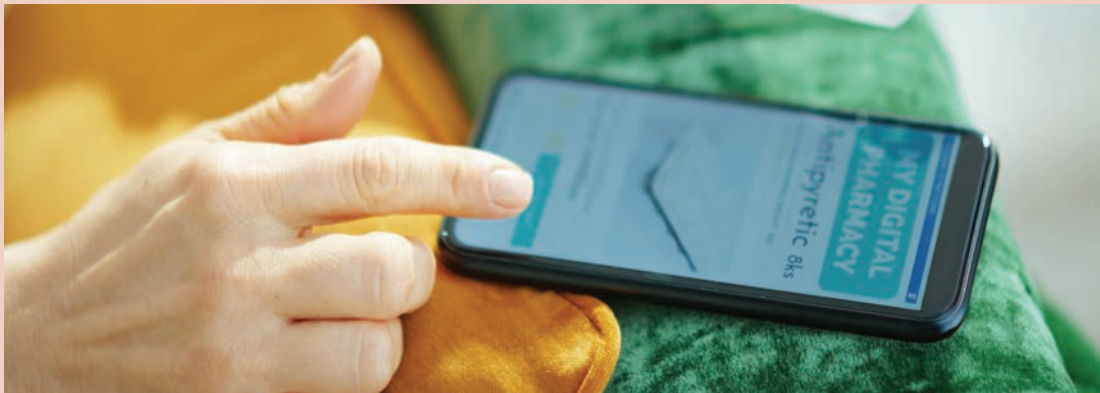
- |                            |                                     |
|----------------------------|-------------------------------------|
| 4 portobello mushroom caps | 1 teaspoon dried oregano            |
| ¼ cup balsamic vinegar     | 1 tablespoon minced garlic          |
| 2 tablespoons olive oil    | Salt and pepper to taste            |
| 1 teaspoon dried basil     | 4 (1 ounce) slices provolone cheese |

Instructions:

- Place the mushroom caps, smooth side up, in a shallow dish. In a small bowl, whisk together vinegar, oil, basil, oregano, garlic, salt, and pepper. Pour over the mushrooms. Let stand at room temperature for 15 minutes or so, turning twice.
- Preheat grill for medium-high heat.
- Brush grate with oil. Place mushrooms on the grill, reserving marinade for basting. Grill for 5 to 8 minutes on each side, or until tender. Brush with marinade frequently. Top with cheese during the last 2 minutes of grilling.
- Serve on a toasted bun with lettuce, tomato, and an aioli sauce.

<https://www.allrecipes.com/recipe/14497/portobello-mushroom-burgers/>





# Pharmacy App Assists with Refills

Ordering a refill of your prescription doesn’t have to be a hard task – and now, it is even easier, as easy as pushing a button.

Through the My Community Pharmacy app, KeyCare Pharmacy and B&B Northwest Pharmacy patients can easily request refills for their prescriptions or a prescription transfer from another pharmacy, explained Lorelee Feininger, Pharm.D., RPH, director of retail pharmacies at Trinity Health. “It is a way for patients to ask us to fill a medication electronically, rather than waiting on hold via a phone call.”

The app is available for patients who utilize KeyCare Pharmacy, located on the second floor at Health Center – Medical Arts, 400 Burdick Expy E, Minot, and B&B Northwest Pharmacy, located on the first floor at Health Center – East, 20 Burdick Expy E, Minot.

Instructions on how to download the app can be found at [www.keycarepharmacy.com](http://www.keycarepharmacy.com) and [www.bbnwpharmacy.com](http://www.bbnwpharmacy.com). Once the app is downloaded, patients add their medications to their log. When a patient needs a refill, they select the appropriate medications and push a button to send a message to the pharmacy. These refill requests go into a queue for pharmacy staff, Feininger explained. “We can tell where the refill request is coming from, and the pharmacy takes appropriate action from there.” (Feininger not only speaks as director of retail pharmacies, but also as a patient. “I use the app myself to know how it works.”

Additionally, patients for the two pharmacies may also sign up at the pharmacy for notification that a prescription is ready, via text messaging, e-mail, and/or an automated phone call.

Often, patients are unaware when exactly providers send prescriptions to the pharmacy, so “sending out a message alerts the patient that their medication is ready for pick-up,” Feininger said. “It’s better communication all around, especially when they learn their medication is available.”

The messages are non-descript, with a general “your prescription is ready” message, to avoid HIPAA violations, Feininger said.

Signing up for the messaging feature also allows the pharmacy to message the patient that certain maintenance medications are due to refill. “This can be a great reminder to keep on track and not run short of medication,” she said.

Patients can also opt out of using the app and/or messaging feature if they do not like it. “I encourage people to try, both the app and the messaging,” Feininger said. “I think both are actually really great. We’ve had positive feedback. Many people like the option of electronic communication to save time. Please talk with staff from our pharmacies for details.”

# Mammograms

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breast tissue tends to be far denser, “and the tests aren’t as accurate,” she added.

The American College of Physicians (ACP) issued new breast cancer screening guidelines a couple of years ago for average-risk women under the age of 50 with no symptoms of breast cancer. The recommendations state that at the age of 40, women should speak with their primary healthcare provider about the benefits, harms, and personal preferences of screenings. Mammogram screenings should otherwise start at the age of 50 and annually up to the age of 74.

The ACP noted that women at a higher risk of breast cancer or anyone with prior abnormal screening results should get screened before the age of 50.

However, the American College of Radiology (ACR) and Society of Breast Imaging (SBI) disagree, saying that these recommendations “may result in up to 10,000 additional, and unnecessary, breast cancer deaths in the United States each year.” The recommendations could also likely result in “thousands more women enduring extensive surgery, mastectomies, and chemotherapy for advanced cancers.”

According to the Centers for Disease Control and Prevention (CDC), screenings carry the risk of false positive tests, which can lead to more tests, thus more of an expense, not to mention the invasiveness, time, and/or anxiety. With the balance of the harm versus the help of frequent mammograms, the topic “becomes more an of emotional argument,” Grondahl said.

However, certain risk factors – having a significant family history of certain cancers (breast and ovarian) – would understandably lead to a person getting screened earlier. Overall, Grondahl suggested seeing your provider for a yearly health maintenance exam. “This is the best time to talk about the screenings you are due for and it is one exam that most insurances pay in full, without additional cost to you.”

To schedule a mammogram, please call Trinity Health’s Breast Imaging Center scheduling line at 701-857-2640; for mammogram services at Trinity Community Clinic – Western Dakota, in Williston, call 701-774-0810. Referrals are not needed for mammograms.

# COMMUNITY CALENDAR

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

**Events may be postponed or canceled due to reasons outside our control. Please watch our calendar at [trinityhealth.org/events](http://trinityhealth.org/events) for up-to-date calendar changes.**

- October 1-2**—Trinity Health is a proud sponsor of the Minot Y’s Men’s PBR rodeo. Sales of the Tough Enough to Wear Pink merchandise, sold throughout the community and at the rodeo, benefit patients that participate Trinity’s Cancer Exercise Rehabilitation Program. The rodeo will be held at the Minot Municipal Auditorium.

**October 9**—Community Ambulance Service will participate in the MSU Homecoming Parade at 11:00 a.m. The parade begins in downtown Minot; follow the route back to 11th Ave. and finish in front of the MSU Dome.

**October 20**—The Stroke Support Group will be held at 7:00 p.m. in Health Center—Riverside. The group is open to all stroke survivors and caregivers. For more information, call Jerilyn at 857-2449.

**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). 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.

**Masks Required at Trinity Health**  
Trinity Health complies with all federal laws and health care standards applicable to health care organizations. These include CDC guidelines and Emergency Temporary Standards (ETS) from the Occupational Safety and Health Administration (OSHA).  
  
Face masks are required at all of our facilities until further notice. Masks must be worn correctly, covering the nose and mouth. Thank you for your cooperation as we protect the health of our patients and visitors.

- Mobile Mammography**

October 5 .....Trinity Community Clinic – Velva, 338-2066

October 7 .....Trinity Community Clinic – Garrison, 463-2626

October 12 .....Kenmare Community Hospital, 385-4296 (Sheryl)

October 13 .....Tioga Clinic, 664-3368

October 19 .....CHI – Devils Lake, 662-8662

October 27.....Trinity Community Clinic – New Town, 627-2990

October 28 .....St. Luke’s – Crosby, 965-6349

**Prepared Childbirth Classes**  
**October 9, November 13, and December 11**  
Learn about signs of labor, what to expect in labor, comfort measures, postpartum cares, newborn care and routines, and much more! Enrollment is limited. Registration is required. Meets from 9:00 a.m. to 4:00 p.m., Trinity Health Riverside Education Center, 1900 8th Ave SE, Minot.

**Breastfeeding Basics**  
**October 14, November 18, December 9**  
Learn about all things breastfeeding: positions, latch, skin-to-skin contact, how to know baby is getting enough, and more. Enrollment is limited. Registration is required. Meets from 6:00 to 8:00 p.m., 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).