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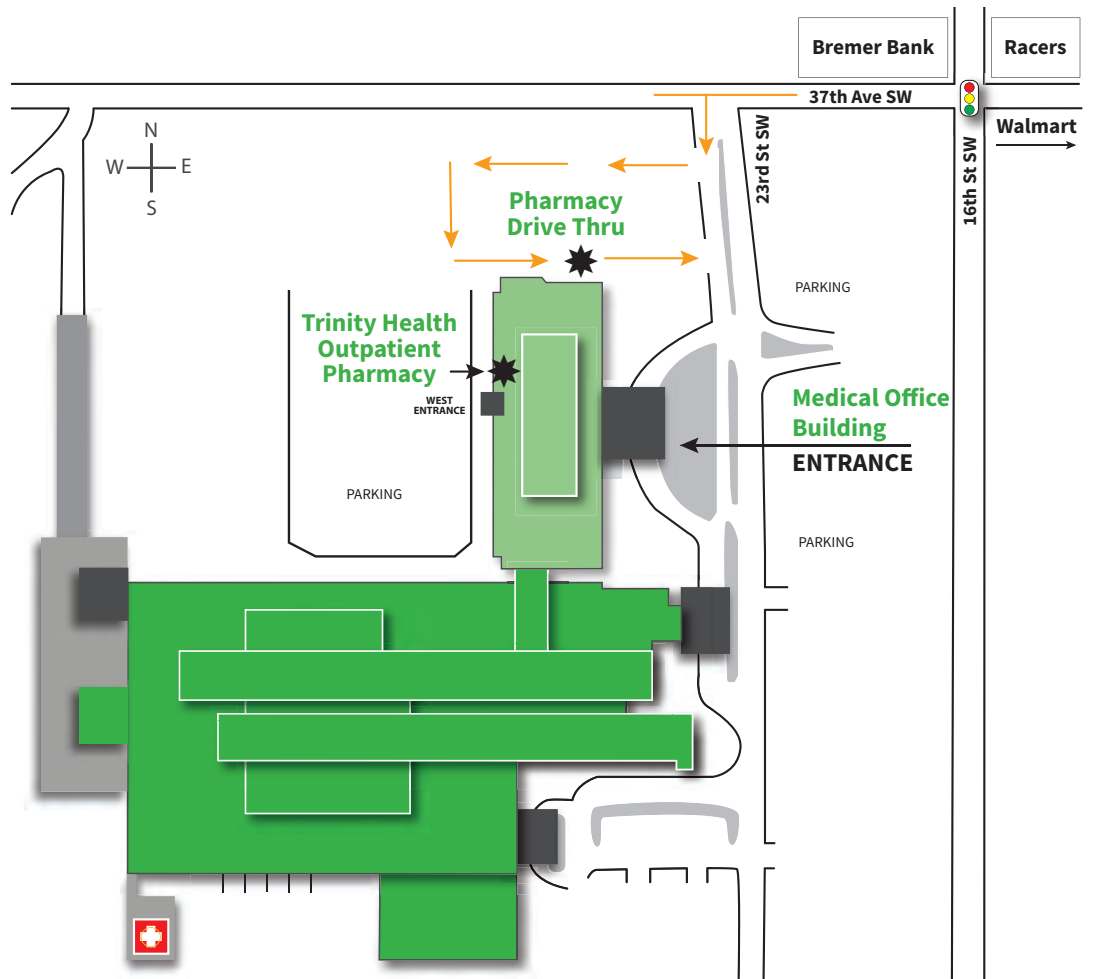
Trinity Health Offers Flu Shots for Adults & Children

Trinity Health is providing opportunities for adults and children to receive a seasonal flu shot, including two Saturday clinics for children under 18 years of age.

Pediatric flu shot clinics will be held October 28 and November 11 at Trinity Health Medical Arts, with appointments available at 701-857-5413. Families are also welcome to schedule an appointment with their regular pediatrician or primary care provider to get their children vaccinated.

For adults, influenza vaccines are available by appointment by calling Trinity Health's vaccination line at 701-857-2515. In addition, patients may contact their primary care provider for a vaccination appointment. Flu vaccines are also available throughout Trinity's system of rural health clinics.

The Centers for Disease Control and Prevention recommends that everyone six months of age and older get a flu shot as the most important step to protect oneself against the flu.



Retail Pharmacy Open at New Campus

Trinity Health's retail pharmacy located at the Healthcare Campus and Medical District (HCMD) has been approved to accept a range of prescription drug plans, including North Dakota Medicaid, Blue Cross Blue Shield of North Dakota and many other plans. Customers may consult pharmacy staff for details.

The Trinity Health Outpatient Pharmacy, launched in May, is located on the first floor of the Medical Office Building (MOB), with access available inside the clinic or by using the pharmacy's drive-through service. There's also an entrance on the west side of the MOB with adjacent parking available.

"The Trinity Health Outpatient Pharmacy is a full-service pharmacy, offering prescription services and over-the-counter products, along with expert counseling by our trusted pharmacists," said Retail Pharmacy Director Lorealee Feininger, PharmD. "We're excited to open this new outlet at the HCMD and hope our patients, colleagues and community members will find it a convenient location for all their pharmacy needs."

Although the new Outpatient Pharmacy is especially handy for patients at the HCMD campus, anyone can utilize its services. The Trinity Health Outpatient Pharmacy is open Monday through Friday from 9 a.m. to 5:30 p.m. For information, call 701-857-7935.



Meet Your Clinic: Women’s Health (OB/GYN)



Trinity Health is committed to helping women of all ages meet their total healthcare needs, from physical and psychological health to wellness and prevention. Our services help you be your healthiest at every stage of life: routine physical exams; mammography screening to detect and prevent breast cancer; birth control options; planning and preparing for your baby's birth; prenatal and postnatal care, including high-risk pregnancies; menopause and other hormonal treatments; and bone density screening to diagnose and treat osteoporosis.

Why Choose Trinity Health?

Our women’s health specialists diagnose and treat disorders of the female reproductive system as well as conditions related to pregnancy, childbirth and the post-partum period.

Each woman has a unique story with varying needs across her lifespan. The Trinity team of OB/GYN physicians and advanced practice providers understand this and focus on building a strong relationship with each and every patient.

When you choose an OB/GYN provider, you’re really selecting a partner to help you navigate the many phases of womanhood. From the onset of puberty to menopause, you can trust that the women’s services experts at Trinity Health will be with you every step of the way.

Conditions we treat:

These are some of the most common **gynecological** conditions we treat:

Cancer of the female reproductive system	Pelvic floor prolapse	Thyroid/hormonal conditions
Cervical dysplasia (HPV infection)	Pelvic inflammatory disease	Uterine fibroids
Endometriosis	Pelvic pain	Urinary incontinence
Menopause and perimenopause	Polycystic ovarian syndrome	Urinary tract or vaginal infections
Menstrual disorders	Sexual dysfunction	
Ovarian cysts	Sexually transmitted infections	

These are some of the most common **obstetrical** conditions we treat:

Abnormal bleeding/cramping	Multiples (twins, triplets)	Pregnancy
Gestational diabetes	Post-partum anxiety/depression	Pregnancy loss
High blood pressure	Pre-conception/prenatal care	Preterm labor
Infertility		Severe morning sickness
Iron deficiency	Preeclampsia	

Gynecologic Surgery

Some conditions require more complex care including surgical intervention. Our OB/GYN physicians provide open, laparoscopic, minimally invasive and robotic surgery using the da Vinci® Si™ HD Surgical System.

The most common surgeries include hysterectomy, pelvic organ prolapse and myomectomy (uterine fibroid removal).

da Vinci Surgical System

Trinity Health uses the da Vinci® Si™ HD Surgical System for some hysterectomies and endometriosis procedures. The system gives your surgeon a highly-magnified, 3D view of the body, and the tiny, wristed instruments allow them to operate through one or just a few small incisions.

Potential benefits include:

Less pain	Less scarring
Lower risk of infection	Reduced blood loss
Faster recovery time	

Upcoming Events & Classes:

October 4 | 6-8 p.m. | Breastfeeding Basics Class

Learn about all things breastfeeding: positions, latch, skin-to-skin contact, how to know the baby is getting enough and more.

October 7 | 9 a.m.-4 p.m. | Prepared Childbirth Class

Learn about signs of labor, what to expect in labor, comfort measures, postpartum cares, newborn care and routines and much more!

October 11 | 6-8 p.m. | Basics of Baby Care

Welcoming a new baby is a special and exciting time! This class covers the basics of newborn care such as feeding, bathing, diapering, soothing and sleep. This class does NOT include infant CPR. Available to expectant or parents of newborns.

Enrollment is limited for classes. Registration is required. Trinity Health Riverside Education Center, 1900 8th Ave SE, Minot. For questions about classes, call 418-8806.



October 17 | 6 p.m. | BIB’s Breastfeeding Support Group

The BIB’s Breast Feeding Support Group will meet at 6 p.m. in the Lewis and Clark room, located in the Conference Center in Trinity Health Hospital, 2305 37th Ave. SW. This interactive and supportive group is guided by moms and facilitated by Trinity Health’s International Board-Certified Lactation Consultant and Certified Lactation Counselors. All mothers welcome—expecting, new and experienced. For more information, call 418-8806.

Meet Our Specialists

Our team of providers brings a diverse offering of talents and abilities to Trinity patients. From certified nurse midwives to nurse practitioners and physicians highly skilled in robotic-assisted surgery, we’re ready to meet any challenge.

 <p>John David Amsbury, DO Trinity Health Medical Office Building, Minot</p>	 <p>Heather Bedell, MD Trinity Health Medical Office Building, Minot</p>	 <p>Tim Bedell, MD Trinity Health Medical Office Building, Minot</p>	 <p>David Billings, MD Trinity Health Medical Office Building, Minot</p>	 <p>Lori Dockter, PA-C Trinity Health Medical Office Building, Minot</p>	 <p>Jessie Fauntleroy, MD Trinity Health Medical Office Building, Minot</p>
 <p>Jennifer Johnson, MD Trinity Health Medical Office Building, Minot</p>	 <p>Margaret Nordell, MD Trinity Health Medical Office Building, Minot</p>	 <p>Carol Schaffner, MD Trinity Health Medical Office Building, Minot</p>	 <p>Jayme Burman, CNM Trinity Health Medical Office Building, Minot</p>	 <p>Erica Riordan, CNM Trinity Health Medical Office Building, Minot</p>	

Trinity Health Medical Office Building 2305 37th Ave SW, Minot 701-418-7300	Trinity Health Hospital 2305 37th Ave SW, Minot 701-418-7300	Trinity Health Western Dakota 1321 West Dakota Pkwy, Williston 701-572-7711
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What is a Family Birth Center and What Makes it Different?

At our new campus, the Healthcare Campus and Medical District (HCMD), our entire third floor is dedicated to women’s and children’s health; a shining jewel on that floor is the Family Birth Center. The Family Birth Center is an area devoted to addressing the unique medical needs of women and children during the delivery, ante- and post-partum times of birth.

The Family Birth Center was created with patient feedback and input from our obstetric and gynecology specialists to enhance the patient experience, care and efficiency of our providers. The Family Birth Center boasts larger and private patient rooms, two operating room suites for C-section deliveries and dedicated post- and ante-partum rooms.



Labor and Delivery

Your birth experience begins in the labor and delivery unit of Trinity Health’s Family Birth Center. Patient rooms here are more spacious than regular hospital rooms and include private bathrooms, large windows with scenic views, comfortable accommodations for those supporting you, wireless monitors and state-of-the-art technology.



Our team of nurses, doctors, midwives and support personnel have special training in women’s health, making them uniquely qualified to help fulfill your ideal birth plan or address any issues that may arise. They also understand the positive impact of a quiet and calming environment for the laboring patient and work hard to minimize exterior noise.

NICU

Just like moms, some infants require extra support after the birth process. Trinity Health operates a Neonatal Intensive Care Unit (NICU) dedicated to the care of babies born prematurely or those requiring more complex care. The NICU consists of 22 state-of-the-art bassinets, including 11 private single rooms, three rooms for twins and one for triplets.

Parents of NICU babies often spend more time in the hospital than parents with babies not born prematurely or needing more complex care; because of that, there is often more care needed after the inpatient stay. To aid the parents, an overnight room for parents and baby to stay the night before they leave the NICU is colocated with the NICU to ensure that parents or caregivers are equipped to handle their newborn’s care at home. The room is setup with a large bed and amenities to simulate an at-home feel but with the advanced care of our specialist providers present should an issue arise.

Post-Partum

Following your initial recovery period, our team will take you to one of our private and comfortable Mother/Baby Suites. These rooms feature plenty of space for visitors, a sofa bed, private bathroom with complimentary toiletries and streaming internet/tv. You will stay in this suite until discharged.

Inpatient Pediatrics

When kids need a hospital stay, you can count on Trinity Health’s pediatric experts to deliver high-quality medical care in a child-friendly environment. Our team uses a family-centered approach that encourages participation from the patient and parent/guardian. When everyone works together, children feel calmer, more in control and experience better clinical outcomes.



An exciting feature of our in-patient pediatrics department is the therapy playroom, a dedicated playroom with developmentally enriching toys and activities to reduce the anxiety that comes with a hospital stay.

Midwifery

Recognizing pregnancy and birth as a natural process, our midwifery team believes each birth is unique and offers a wide range of choices for each mother. These choices include a continuum from minimal intervention up to alternative options including an epidural. Our midwives encourage parents to participate in the labor decision process and are happy to discuss your ideal birth with you.

Certified Nurse Midwives (CNM) are educated in two disciplines: midwifery and nursing. They work in consultation, collaboration, and referral with Trinity Health OB/GYNS. Trinity Health’s midwives attend births in the hospital setting and do not have a home birth practice.

CNMs earn graduate degrees, complete a midwifery education program accredited by the Accreditation Commission for Midwifery Education (ACME), and pass a national certification examination administered by the American Midwifery Certification Board (AMCB) to receive their professional designation.

Prenatal and Newborn Classes

Care for a newborn can start months before delivery in the form of preparation. Trinity Health offers information and classes to help you prepare for labor and delivery and practice important skills before baby arrives. Check out page 2 or 8 for a list of upcoming classes and their descriptions!



Do you have questions?

Many future parents do! Below are some of our most asked questions and their answers!

How many people can be present at my delivery?

Two people (your support person plus one other person) are welcome to be present at your delivery.

Will my baby stay with me after birth for the entire hospitalization?

Our goal is to keep families together, so healthy babies are usually with their parent/s during the Golden Hour following delivery to encourage skin-to-skin contact and they will room-in with you for most of your stay. There may be a time of separation should you or your baby need medical attention.

Is there a place in my patient room for my support person to stay with me after I deliver my baby?

Yes. Sleeper sofas are available in each postpartum room.

How many visitors are allowed in my room at one time?

After delivery, two visitors (besides your support person) are allowed in each patient room at one time. We have comfortable waiting rooms available for those who may wish to take turns visiting your room.

Do I need a lactation consultation if I’m formula feeding?

Yes. A lactation consultant helps new moms understand how their body will change and what to expect if they choose to formula feed.



Say hello to your baby!

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

2D ultrasound: \$65
10-20 minutes, minimum 12 images

3D/4D ultrasound: \$100
20-30 minutes, minimum 20 images and one video

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



**TRINITY
HEALTH**

To schedule a session, call
701-418-8130

trinityhealth.org/hellobaby
Trinity Health Medical Office Building
2305 37th Ave SW
Minot, ND



Autumn Cache \$25




Thanksgiving Bunchkin \$30



Pumpkin Patch \$35



Fall Traditions \$40



Autumn Roly Poly Vase \$45

Pre-Book Deadline:
October 24, 2023

Flowers can be picked up
November 17-22, 2023

Thanksgiving Pre-Book Flower Fundraiser

Questions or to order, call **701-418-7070**

All proceeds support Trinity Health Auxiliary



Trinity Health Hospital Gift Shop
2305 37th Ave SW, Minot
trinityhealthgiftshop.com
701-418-7070



Trinity Health Gift Shop

Find the perfect gift for a hospitalized loved one, Trinity Health employee or yourself at the Trinity Health Gift Shop. With online ordering and hospital delivery, brightening someone’s day has never been easier.

Gift Cards – Now available!

Cards
Balloons
Flowers & Plants
Stuffed Animals
Puzzles & Games

Toys & Books
Baby Items
Candy & Snacks
Toiletries


Stop in to browse our selection, give us a call, or shop online!

Trinity Health Hospital, 1st Floor
2305 37th Ave SW

701-418-7070

www.trinityhealthgiftshop.com





What do You do with Expired Meds?

Imagine you are digging through your medicine cabinet looking for a Band-Aid and you stumble across some medication from the last time you were sick, two years ago.

You are no longer sick and have no need for the medication. Besides, it’s expired. So, you take it and pitch it into the garbage, right?

Wrong.

Carolyn Seehafer, PharmD, Director of Pharmacy at Trinity Health, suggests while you should dispose of these expired medications, there is a protocol to follow.

Instead of throwing them away or down the sewer system, these medications can be deposited at designated drop box containers at participating pharmacies; at Trinity Health, these boxes are located at KeyCare Pharmacy, in Trinity Health Medical Arts and Trinity Health Outpatient Pharmacy in the Medical Office Building.

There are two programs in North Dakota that offer assistance.

The first is the Take Back Program, which was launched by former North Dakota Attorney General Wayne Stenehjem in December 2009. According to the Attorney General’s website, the program “provides North Dakota citizens with a safe and simple method to dispose of unused and unwanted over-the-counter and prescription medicines, thereby helping to protect our state’s environment and keeping these drugs off the streets.”

More than 24,665 pounds of unwanted and unused medication had been collected from the Take Back containers at local law enforcement agencies.

The second program, the TakeAway Environmental Return System, is endorsed by the North Dakota Pharmacy Board and the North Dakota Pharmacy Association.

Both programs have drop boxes at the aforementioned locations.

These drop boxes are designed for the following medications:


- Pills, tablets, and caplets
- Inhalers and nebulizer solutions

- Liquid medicines, any amount
- Ointments, creams, lotions, and powders


Controlled substances (such as Vicodin, Hydrocodone, Valium, and others), sharps (syringes and lancets), thermometers, glass home-based care (HBC) and durable medical equipment supplies should not be deposited in these boxes. These substances should be taken to local law enforcement agencies.

If you have any questions, please check with your pharmacist, your local law enforcement agency or contact the Attorney General’s office at 701-328-2210 or www.ag.nd.gov.

Use Refill Rx for your refill needs! Anywhere, Anytime




1 Download Our Free Mobile App



Search for **Refill Rx** in the App Store or on Google Play


2 Select Our Pharmacy




Simply enter the pharmacy’s phone number to find us.

KeyCare Pharmacy 701-857-7900

3 Refill Anytime



Submit a refill quickly and easily by scanning the barcode or entering the Rx number.



Eagle Awards



Robert Thomas, MD
ENT

The Eagle Award from the Minot Area Chamber/EDC is presented for excellence in customer service.

If you would like to nominate someone for an Eagle Award, visit minotchamberedc.com



Donnoven Linner
Trinity Homes



Jill Martinson-Redekopp, OD
Trinity Regional Eye Care

Occupational Medicine Services Healthcare that Works!

701-857-7840



Foundation Seeks Funds for New Ambulance

Trinity Health First Response Ground Ambulance is the area's only fully staffed Advanced Life Support (ALS) team of health professionals. This team is dedicated to providing advanced ALS ambulance service 24 hours a day, seven days a week, to residents in Minot and nearly 2,000 square miles of the surrounding service area. In addition, First Response Ground provides direct support to the Minot Fire and Police Departments, Ward County Sheriff's Department and first responder groups.

Trinity Health First Response Ground Ambulance completes approximately 11,000 responses per year, which equates to 30 every single day. The current fleet size of service vehicles is inadequate, making it extremely difficult to meet the region's growing demands on emergency services.

As the demand for services and the region's population grow, an additional ambulance is necessary to provide essential care. A fully equipped 2024 Crestline Type I 4x4 Ambulance will cost \$259,077.44.

Thanks to a donor's generous gift, \$130,000 in matching funds are available for this new ambulance. This gift will enable Trinity Health Foundation to support First Response Ground Ambulance to meet its need to increase its ambulance fleet with an updated four-wheel drive ambulance. It also means every donation to the Ambulance Match Fund will go twice as far since all gifts will be doubled until we reach the \$130,000 match amount.

Donate online at www.trinityhealth.org/foundation/fund-an-ambulance/ or by calling the Foundation at 701-857-2430.



2023 Nursing Scholarship Program

Trinity Health Foundation recently launched the 2023 Nursing Scholarship Program.

The annual nursing scholarship application period is open until November and is supported through the nursing scholarship fund that has been generously supported since its inception in 1995. As the country continues to experience a shortage of nurses, the scholarship has served as an excellent recruiting tool for potential students in the field.

A record number of applicants applied for the 2022 Trinity Health Foundation Nursing Scholarship. Of the 68 applicants, 17 scholarships were awarded to nursing students throughout the region. Recipients each received \$3,000 in scholarships, totaling \$51,000 in awards.

This year's Scholarship application can be found at www.trinityhealth.org/foundation/programs-initiatives/investment-in-the-future/. Contact Cody McManigal at 701-857-2430 or cody.mcmanigal@trinityhealth.org with any questions.

trinityhealth.org/foundation/



6th Annual Fuel the Fight Raffle Winners

Trinity Health Foundation held its sixth annual Fuel the Fight fundraiser on Saturday, September 9 at the Dakota Square ARCO.

2023 Fuel the Fight Winners:

- Free Gas for a Year** donated by First International Bank & Trust (a \$75 gas certificate per week for 52 weeks)
Stuart Hammer

Scheels – Gift Card (\$2,500)
Carson Miller

Stereo Shop – 75-inch TV (\$1,900)
Jennifer Johnson

Homesteaders Restaurant – Dinner for a Year – \$100/month
Rodney Gruenberg

Morelli's Red Bull Cooler (\$850)
Kari Schalesky

Dakota Square Mall – Shopping Spree (\$800)
Emily Dissette

Minot Country Club – Two Rounds of Golf for Four (\$800)
Jodi Benge

MMD Rentals & Detailing – Two Details (\$800)
Matthew Miller

Acme Tools – Makita Electric Mower & Acme Tools Swag (\$799)
Austin Westman

Lor Spa – Four Rest & Relaxation Packages (\$640)
Leslie Scofield

MSU – Summer Theatre and Athletic Passes (\$630+)
Rhoda McLain
- Flower Central – Flowers for One Year (\$600)**
Patti Bengson

SOS – One Year Gym Membership (\$600)
Brent Mattson

North Hill Grill and Chill DQ – Original Single Cheeseburger Combo and One Blizzard per week for a year (\$591.76)
Jan Laudenschlager

Swenson RV – Portable Pressure Washer (\$350)
Brandon Hauser

Superior Nutrition – One meal/week for One Year (\$475)
Kim Kraft

Coca Cola – Vikings Tickets (\$750)
Richi Fonder

LBJ BBQ Catering – BBQ Party for 20 People (\$400)
Melita Dalby

Up Your Axe – Party for Eight – Two Rounds (\$400)
Vonda Schmidt

Too Dark Motor Sports – Remote Start (\$350)
Rhoda McLain

Verendrye Electric – \$200 Cash
Mary Locken

Thank you to everyone for helping us Fuel the Fight!

Funds raised from the event will be used to provide prepaid gas vouchers to assist patients with transportation costs to and from their oncology treatments.



Annual Golf for Life Men's Golf Tournament a Success

Trinity Health Foundation held its annual Golf for Life Men's Golf Tournament on Monday, August 14 at Souris Valley Golf Course.

A shotgun start kicked off the tournament, which featured 33 teams. Golfers also participated in a contest for longest putt, drive and hole-in-one.

This year, a new element was introduced to the tournament called the Chopper Drop—a 50-50 raffle where golf balls were purchased for a chance to win up to \$5,000. Trinity Health First Response Air flew over the golf course during the awards ceremony, pouring the bucket of numbered balls out the window. The ball closest to the target won the cash prize, totaling \$1,960.

Proceeds from the event totaled \$33,623, benefiting the Trinity Health Cancer Exercise Rehab program, that provides clinical exercise and conditioning for cancer patients and survivors to help them gain strength and resilience. "The primary goals consist of helping individuals build muscle mass, muscle strength and endurance, cardio-respiratory capacity, flexibility, and improve functional ability," said Wade McDowell, Director of Trinity Health's Exercise Physiology Department.

Welcome New Provider

Traci Specht, FNP-C
A member of our primary care team at Trinity Health Medical Arts, Traci Specht, FNP-C, is a board-certified nurse practitioner who provides compassionate, evidence-based care to patients of all ages. She addresses acute and chronic health conditions, performs annual wellness checks and educates patients in self-care skills to prevent disease. A Minot native, she acquired her Bachelor of Science in Nursing from Minnesota State University Moorhead and later earned a Master of Science in Family Nurse Practice from the University of North Dakota. Traci began her nursing career in 2005 at Sanford Health in Fargo and gained critical care experience working as an RN at BSA Hospital in Amarillo, TX. In 2011, she moved back to her hometown and joined Trinity Health, working eight more years as an ICU nurse before transferring to clinic nursing, where she worked with other members of the healthcare team caring mostly for Dermatology and Urology patients. Traci is married with two children. She’s a member of the American Association of Nurse Practitioners.



Traci Specht, FNP-C



Hospice Symposium Open to Public

Trinity Health is inviting professionals and the public to attend its 6th Annual Hospice and Palliative Medicine Symposium October 5 from 5 to 8 p.m. at the Sleep Inn & Suites. Presentations by national and local health experts will be featured, along with a complementary meal.

The symposium, which this year focuses on hospice care, is free and open to community members, healthcare professionals and anyone interested in hospice. Continuing medical education credits and social work contact hours are available to participants.

Kurt Kazanowski, a hospice consultant, speaker and author, will present “Giving the Gift of Hospice,” a talk aimed at providing a new perspective on hospice as a form of care that emphasizes living with quality and dignity. He’ll incorporate his personal experience discovering the value of hospice care through his work as a hospice professional and the experience caring for his own parents as they aged and died.

Jeffrey Verhey, MD, medical director of Trinity’s hospice program, will introduce the hospice team. Other topics that will be discussed include advanced care planning documents and how to implement them, societal issues surrounding death and dying and misconceptions about hospice. The event will conclude with a panel discussion by several family members who have benefited from Trinity Health’s hospice services.

The event is sponsored by Trinity Health and Trinity Health Foundation and is underwritten by the Willie and Ruth Bodien Endowment. Registration is required by logging on to www.trinityhealth.org/foundation/Hospice-Symposium. For more information, call Kathleen at 701-857-5099.



Diabetes Prevention Program Weigh 2 Change

Diabetes can be prevented but not cured. Take control of your health and start making positive lifestyle changes with the help of a trained lifestyle coach and fun, engaging support groups.

Session Zero
October 10, 2023
4-5 p.m.
Trinity Health Community Conference Room
Town & Country Center

You will learn about the yearlong program and its goals, complete a “Readiness to Change Questionnaire,” and you can ask questions to see if this program is right for you.

Eligibility for Participation:
☐ At risk for or have prediabetes ☐ Overweight
☐ At least 18 years of age ☐ Not pregnant
☐ Do not currently have diabetes

Cost: People who decide to commit to the program and are not covered by Medicare will be charged a fee of \$220, which covers educational sessions and materials for the entire year.

RSVP to 701-857-5268
If unable to attend the Session Zero please call for more information 701-857-2850.



STOP THE BLEED® Community Class

October 10, 2023, 6-7 p.m.
Trinity Health Riverside
Education Center

Let Trinity Health Trauma Services train you in the life-saving steps to stop severe bleeding.

Someone who is severely bleeding can bleed to death in as little as 5 minutes. In fact, bleeding is the #1 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. Attendees will be able to purchase a STOP THE BLEED® Kit for \$20.

STOP THE BLEED® and save a life.

Class is free. RSVP, space is limited! Call 701-418-8527 to reserve your spot today!

If a class quota of 5 is not met, the class will be cancelled.

New!
Trinity Health
Outpatient
Pharmacy

Medical Office Building, 1st Floor
2305 37th Ave SW, Minot, ND
701-857-7935



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.

Trinity Health Speaker’s Bureau
Call Community Education at **701-857-5099**
for available dates and topics



Breast Cancer: It’s more than a month, it’s a movement

After lung cancer, breast cancer is the most common cancer diagnosed in women in the United States.

According to the American Cancer Society, the average risk of a woman in the United States developing breast cancer sometime in her life is about 13 percent – or a 1 in 8 chance. In 2023, an estimated 297,790 new cases of invasive breast cancer and about 55,720 new cases of carcinoma in situ (non-invasive and the earliest form of breast cancer) will be diagnosed in women.



Brian Johnson, DO

Breast Cancer is the second leading cause of death in women. However, breast cancer death rates have decreased steadily since 1989, for an overall 43%. It is believed that this is “the result of finding breast cancer earlier through screening and increased awareness, as well as better treatments,” the American Cancer Society said on their website.

According to the Centers for Disease Control and Prevention, some warning signs of breast cancer include:

- A new lump in the breast or underarm (armpit)
- Thickening or swelling of part of breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

However, these symptoms do not exactly equate breast cancer, said Brian Johnson, DO, a diagnostic radiologist with Trinity Health who is fellowship-trained in breast imaging. As a breast specialist, Dr. Johnson provides expertise and support for the full range of Trinity’s breast imaging services, including digital mammography, MRI, ultrasound and minimally-invasive breast biopsy.

“Different people have different symptoms. Not all those signs and symptoms are always suggestive of breast cancer,” Dr. Johnson said, adding that mammography and ultrasound are paramount to further evaluate the symptoms to see if it is indeed breast cancer, as well as identifying breast cancer in the asymptomatic woman.

The American Cancer Society’s recommendations for women at average risk suggest that women between the ages of 40 and 44 should have the option of starting screening with a mammogram every year; then from age 45 to 54, women should get mammograms every year until they are 55, at which time they can switch to getting mammograms every other year or choose to continue annual mammograms. “Screening should continue as long as a woman is in good health and is expected to live at least 10 more years,” the ACS said on their website.

The ACS defines a woman at average risk as meaning that she doesn’t have a personal history of breast cancer; a strong family history of breast cancer; or a genetic mutation known to increase risk of breast cancer, such as the BRCA gene; and has not had chest radiation therapy before the age of 30.

Dr. Johnson advises that people undergo routine screenings – mammograms – and get them yearly.

Making More Possible in People's Lives

Your career starts here.

We offer a competitive compensation package and the opportunity to work with cutting-edge technology in a growing healthcare system. Trinity Health has locations throughout the northwest region of North Dakota. Check out some of our openings below!

Logistics Technician

The Logistics Technician position is responsible for receiving, monitoring and delivering supplies throughout Trinity Health. The ideal candidate will have the ability to work independently, adapt to changing work situations, be able to multitask and have basic computer skills. Knowledge of medical supplies is a plus. Offsite driving may be required. For full details please visit: www.trinityhealth.org/trinity-health-careers/ or scan the QR code.



Certified Nursing Aides (CNAs)

Under the direction of the Nurse Manager, Assistant Nurse Manager and under the supervision of the RN-LPN, the Nursing Assistant provides direct, quality nursing care to patients. Full-time and part-time positions are open. Paid CNA Training Classes hosted monthly. Up to a \$1,000 sign-on bonus. For full details please visit: www.trinityhealth.org/trinity-health-careers/ or scan the QR code.



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.

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Advanced Care Planning: Living Will, POLST or Both?

Making decisions about future healthcare preferences and sharing those thoughts with family members is a step that many people avoid – until it’s too late.



James Schmidt, MD

But if you’re someone who would like to opt out of ICU stays, feeding tubes or artificial ventilation in favor of treatment that simply strives to make you as comfortable as possible, now is the time to consider your preferences for end-of-life care and put them in writing. Most importantly, it’s a good time to communicate those preferences with your loved ones.

James Schmidt, MD, knows the value of advanced care planning. A hospital physician, Dr. Schmidt leans on family members to make healthcare decisions for a dying parent or spouse. Often, they have a clear sense of what their loved one would want. But in cases in which family members are in doubt or disagree, advanced care planning is the answer.

There are various forms and instruments for expressing one’s wishes for end-of-life care.

Two that Dr. Schmidt recommends are advance directives and POLST documents.

Advance directives, often called living wills, are written statements that provide a general sense of the types of life-prolonging treatment a person would welcome or reject. They give instructions about any aspect of healthcare and allow people to choose a person to make healthcare decisions for them if they are incapacitated.

A POLST (physician order for life-sustaining treatment) form provides specific medical orders for patients. For example, a POLST might instruct an attending physician to limit interventions and treat reversible conditions only, or provide comfort measures only, or to give full treatment based on a patient’s wishes.

While advance directives are recommended for people of any age, POLST forms are intended for people who may be in their last year of life or have an irreversible life-limiting condition.

“I like both,” Dr. Schmidt said. “Advance directives give a general sense of what treatments an individual prefers, but because they deal with broad issues, there are some gray areas. A POLST provides specific physician orders that address the treatments a patient would like to have in

end-of-life circumstances in a document that is assessible to providers.”

In many instances, first responders must quickly assess what kind of treatment someone wants. While an advance directive conveys that information, finding it at a moment’s notice can be difficult. A common instruction for someone facing a life-limiting illness is to complete a POLST form with their provider and attach it to their refrigerator. Then, paramedics responding to a medical emergency will have a quick reference on the care the patient would like to receive.

Too often, people nearing the end of their lives receive unwanted medical treatment, not because medical personnel are eager to provide it, but because – absent a medical directive, caregivers must provide full treatment.

“I tell people to have a discussion with their family members and fill out an advance directive. Then as you get older, have a discussion with your provider about completing a POLST form. That way, if you can’t speak or communicate, your provider, family and friends will have a good idea about what medical treatments you want,” Dr. Schmidt said.

ClearBalance Program Offered through Business Office

As a benefit to our patients, the ClearBalance HealthCare® program is a patient-friendly payment option to help you pay your cost of service with Trinity Health. The program is a zero-interest revolving credit account with flexible payment terms. Use the ClearBalance HealthCare program to manage your out-of-pocket expenses, including deductibles and insurance copayments, for care at any of the Trinity Health facilities. Call us for more information: 857-5105.

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C O M M U N I T Y

CALENDAR

For the latest updates,
check online at trinityhealth.org

Prepared Childbirth Classes

October 7, November 4, December 2

Breastfeeding Basics

October 12, November 9, December 14

Basics of Baby Care

October 11, November 8, December 6

These classes are offered free-of-charge as part of Trinity Health’s community benefit mission. If you have questions, please call 418-8806. To schedule a tour call 418-8820. Sign up for classes at: trinityhealth.org/familybirth_registration.

Upcoming October Events

October 3-5

State Trauma Conference will be hosted in Grand Forks. First Response will be presenting information at an educational booth.

October 3

Free Car Seat Checks will be provided from 2 to 5 p.m at Minot Fire Station 1, 2111 10th St. SW. Appointments are required; register at eventbrite.com.

October 5

The 6th Annual Hospice and Palliative Medicine Symposium will be held at the Sleep Inn & Suites from 5 to 8 p.m. This event is free and open to the public. Early education is vital and knowledge is power when it comes to maintaining or improving quality of life, especially for someone who is at the end of life. Having the conversation about your loved one’s wishes can be difficult. This year’s symposium will focus on hospice, the medical care toward that goal that is available to the patient and family when life prognosis is six months or less. Presentations will by national and local health experts will be featured, along with a complementary meal. Register at trinityhealth.org/foundation or by calling 857-5099.

October 7

The Walk to End Alzheimer’s event will be held at Oak Park at Noon; registration begins at 10 a.m. Trinity remains a proud sponsor of the event.

October 7

A Low Salt/No Salt Cooking Class will be held at the Trinity Health Community Conference Room from 5:30 to 6:30 p.m. In this class, we’ll show you how to add more flavor to your meals without adding extra sodium. The class cost is \$10, register by calling 857-5268.

October 17

BIB’s Breast is Best Support Group will be held at 6 p.m. in the Lewis and Clark Room in the Conference Center located in Trinity Hospital, 2305 37th Ave SW. An interactive and supportive group guided by moms and facilitated by Trinity Health’s International Board Certified Lactation Consultant and Certified Lactation Counselors. All mothers welcome—expecting, new and experience. For more information, call 418-8843.

October 18

The Stroke Support Group will be held at 7 p.m. in Trinity Health Riverside. The group is open to anyone who has suffered a stroke or caring for someone who has. For more information, call 418-8518.

October 27

Free Car Seat Checks will be provided from 2 to 5 p.m at Minot Fire Station 1, 2111 10th St. SW. Appointments are required; register at eventbrite.com