



## Dying to End the Pain

Many years ago, in high school, a classmate died by suicide. He was a quiet kid, who largely kept to himself and came from a solid home. By outward appearances, he was no different from most teens in our small, midwestern community. I did not know him well, but we belonged to the same church, so I would see him with his family on Sundays. His dad was our pastor.

Suicide is a critical public health problem in the United States. It transcends race, socioeconomic status, gender and age. Despite national, state and local efforts to reduce suicide, rates continue to increase. According to the Centers for Disease Control and Prevention, suicide rates in 2020 were 30% higher than in 2000. It is the leading cause of death in the United States, responsible for nearly 46,000 deaths in 2020. In North Dakota, suicide is the second leading cause of death in children and adults ages 10-44.

“Suicide is an extreme action people take sometimes when feeling alone and hopeless,” said Elizabeth Ohiku, MD, child and adolescent psychiatrist at Trinity Health Riverside. “For adults, socioeconomic problems, health problems, addiction, employment problems and mood disorders contribute to feelings of hopelessness. Without access to mental healthcare or a strong support system, they want to sleep, to end the pain.”

Ohiku says with children and adolescents, there is an added factor. She finds there is a delay in seeking mental healthcare. “Sometimes a child will say they have been depressed for more than two years, but the guardian has been aware of this for about a year and they have been trying to help the child at home.”

Ohiku says that young people often seek advice from peers or social media, so activities like cutting oneself or death by suicide are viewed as an “out” from problems. “When the child feels that the adults do not understand, and if their friends cannot help them, they might isolate and start feeling hopeless and feel like dying. Unfortunately, some do not understand the finality of death. They think of it as a respite from pain and sadness.”

### What are the risk factors for teen suicide?

A teen might feel suicidal due to certain life circumstances such as:

- Family history of mood disorder or suicide
- Parents divorce or conflicts in the family
- Rejection by peers or relationship failure
- History of abuse or exposure to violence or bullying
- Gender identity conflicts
- A substance abuse disorder
- Physical or medical issues
- Exposure to suicide of a family member or friend
- Access to means, such as firearms or medications

### What can I do to prevent teen suicide?

**Talk about mental health and suicide.** Don’t wait for your teen to come to you. “Please listen actively and don’t try to change their minds or give them reasons why they should be happy. Listen actively because nobody can tell exactly how someone else feels. Feelings are subjective. Do ask teens if they are cutting or if they are feeling hopeless or suicidal,” Ohiku said.

**Pay attention.** “Children, even when they are depressed, still try to function normally especially around their peers. At home, they can hide their feelings to avoid making other members of the family unhappy,” Ohiku added. “They may manifest their depression as anger, irritability, lack of interest in school or friends, cling more, or display other behavior problems. Observe them, listen actively and seek help as soon as possible because a stitch in time saves nine. Maybe all they need is therapy.”

**Safely store firearms, alcohol and medications.** Access to means can play a role if a teen is suicidal.

**Find and support a treatment plan.** Ohiku says the first line in treatment is usually therapy, and the sooner someone seeks help, the better the outcomes. Help your teen follow the



Elizabeth Ohiku, MD

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To register: visit [afsp.org/minot](https://afsp.org/minot) or use the QR code, left.

## Walk to Fight Suicide

Suicide is the 11th leading cause of death in North Dakota. According to the Centers for Disease Control and Prevention, over three times as many North Dakotans died by suicide in 2019 than in alcohol related motor vehicle accidents. Nationally, North Dakota ranks 16 out of 50.

Investing more in suicide prevention, education and research will prevent the untimely deaths of thousands of Americans each year. Volunteers from Minot and surrounding areas will join 250,000 people who are walking in towns across the United States to bring attention to the fight for suicide prevention. **Minot’s annual Out of Darkness Community Walk, will be held at noon, Sunday, September 18, at Oak Park.**

Hosted by the American Foundation for Suicide Prevention ND Chapter ([www.afsp.org/minot](https://www.afsp.org/minot)), this walk supports the AFSP’s education and support programs and the bold goal to reduce the annual rate of suicide by 20% by 2025.

“Suicide touches one in five American families. We hope that by walking we will draw attention to this issue and help other families who have experienced a suicide loss. Our ultimate goal is to save lives and bring hope to those affected by suicide,” said Twyla Hofer, Minot Out of the Darkness Community Walk co-chair.

The Minot Out of the Darkness Community Walk is one of more than 550 Out of the Darkness Overnight, Community and Campus Walks being held nationwide. In 2021, these walks raised over \$21 million for suicide prevention. Minot’s walk raised over \$30,000 and hosted more than 600 participants.

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Trinity Health Auxiliary  
**Hearts Club**

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



**TWO SHOWS: September 16 & September 17**

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

**Reserved Table of 6 – \$500 • Individual Tickets – \$75**

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

**Get your tickets today!**  
**Trinity Hospital Gift Shop or**  
**<http://trinityhealth.org/TributeShow>**

**For more information call Sherry 701-857-5221**



**Thank you to our Sponsors**  
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- Tailgate Grill Party
- Vinyl Record Player with Album
- Kid's Play Piano
- Crocodile Rock-ing Chair
- Framed Limited Edition Lithograph of Farewell Yellow Brick Road Final Tour

**Tickets are \$5.00 each or 5 for \$20.00**

Purchase your tickets at the Trinity Hospital Gift Shop

Need not be present to win.  
Drawing September 17, 2022  
Office of Attorney General License No. M-4063

6th Annual  
**Hospice and Palliative  
Medicine Symposium**

**Thursday, October 6**  
**Sleep Inn, Minot**

Join Kurt Kazanowski, hospice consultant, speaker, author and coach and Trinity Health staff as they discuss the important role hospice plays when your loved one is at the end of life. You will hear a completely new and different perspective on how hospice is all about living with quality and dignity and how you can give the gift of hospice to your loved one.

Continuing education will be available for providers, nurses and social workers.

For more information, call Kathleen at 701-857-5099



**Pain** continued from page 1

doctor's recommendations and encourage him or her to participate in activities that will help rebuild confidence.

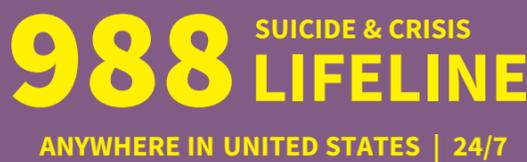
"Child Psychiatry evaluates the child and the system of care; so treatment often includes the school and the family. Sometimes, the parents might be struggling with mood disorder or trauma and doing their best, but they might also need help so that they can be more available to the child," Ohiku said.

At the funeral of my classmate, his dad gave the eulogy and spoke about God's love, pain and

forgiveness. Before leading the closing prayer, with heavy grief in his voice, he proclaimed, "This boy is in Heaven!" disputing the belief that suicide is an unforgivable sin and that people who kill themselves won't go to Heaven. Despite the family's struggle with overwhelming grief, anger, pain, guilt and confusion, agonizing questions about the fate of his soul had been put to rest.

Trinity Health's two Behavioral Health campuses offer outpatient and inpatient services for children, adults and seniors. The interdisciplinary team of health professionals shares a commitment to provide compassionate, individualized care. Suicide intervention includes acute patient care for mental health crisis intervention and stabilization, and suicide education and intervention techniques.

Call 701-857-5000 for more information. To call the National Suicide Prevention Lifeline dial 988 or visit: <https://988lifeline.org>



**Fleming Named  
Program Director  
of RehabCare**

Trinity Health is pleased to announce that Melanie Fleming, MSN, RN, was recently named program director of Trinity Health's RehabCare, an accredited, inpatient rehabilitation center dedicated to meet the functional, vocational, and psychological needs of patients transitioning from the hospital to home.



Melanie Fleming, MSN, RN

Fleming will lead dedicated teams of nursing staff, physical, occupational and speech-language therapists, pastoral care, nutritionists and social workers who collaborate to create therapeutic plans designed to help patients regain independence.

"I am excited to work in an area of healthcare that is patient-focused from head to toe," Fleming said. "The communication and teamwork involved drive our clinicians to create individualized plans and goals that fit the needs of our patients. The level of care provided at RehabCare is unique to the region and I am proud to be a part of that."

Fleming obtained her degree as a licensed practical nurse in 2005 and worked in the Med/Surgical unit at Sanford Hospital in Fargo for seven years. In 2010, she completed a Bachelor of Science in Nursing from North Dakota State University and later became the supervisor of a family practice clinic in Fargo. In 2014, Fleming moved to Minot and started working with Trinity Health as a clinic nurse. She became a clinic nurse manager later that year for several outpatient clinical areas and continued in that capacity until joining RehabCare. Fleming completed her Master of Science in Nursing Leadership and Management in 2020.

Fleming is a member of American Nurses Association and the North Dakota Nurses Association. She and her husband, Zack, have two kids and two dogs. Fleming enjoys attending her kids' sports activities, camping, and traveling to Minnesota for family visits.

For more information about Trinity Health RehabCare visit: [www.trinityhealth.org/services](http://www.trinityhealth.org/services)

[facebook.com/TrinityHealth.ND](https://facebook.com/TrinityHealth.ND)

**Make the choice to  
protect  
your health.**

MyChoice Health Checks are low-cost screenings that make earlier detection possible. You can choose which screenings you want and schedule quickly and easily with our imaging experts.

**MyChoice Health Checks help to identify risk factors that can lead to serious problems:**

- **Heart attack**  
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Abdominal Aortic Aneurysm (AAA) Screening \$35
- **Painful legs and feet**  
Peripheral Artery Disease (PAD) Screening \$35
- **Heart disease**  
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All screenings are read by board-certified radiologists and cardiologists.

For appointments/questions, call **701-857-3220**  
Williston appointments, call **701-774-0810**



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



**HealthTalk**

Marketing Department  
Trinity Health St. Joseph's Hospital  
407 3rd St SE  
Minot, ND 58701  
Toll free in ND: 800-247-1316

Visit our website:  
[trinityhealth.org](http://trinityhealth.org)  
Join us on Facebook:  
[facebook.com/TrinityHealth.ND](https://facebook.com/TrinityHealth.ND)

## Eagle Awards



Aaron Albers, DPM  
Podiatry  
Trinity Health Medical Arts

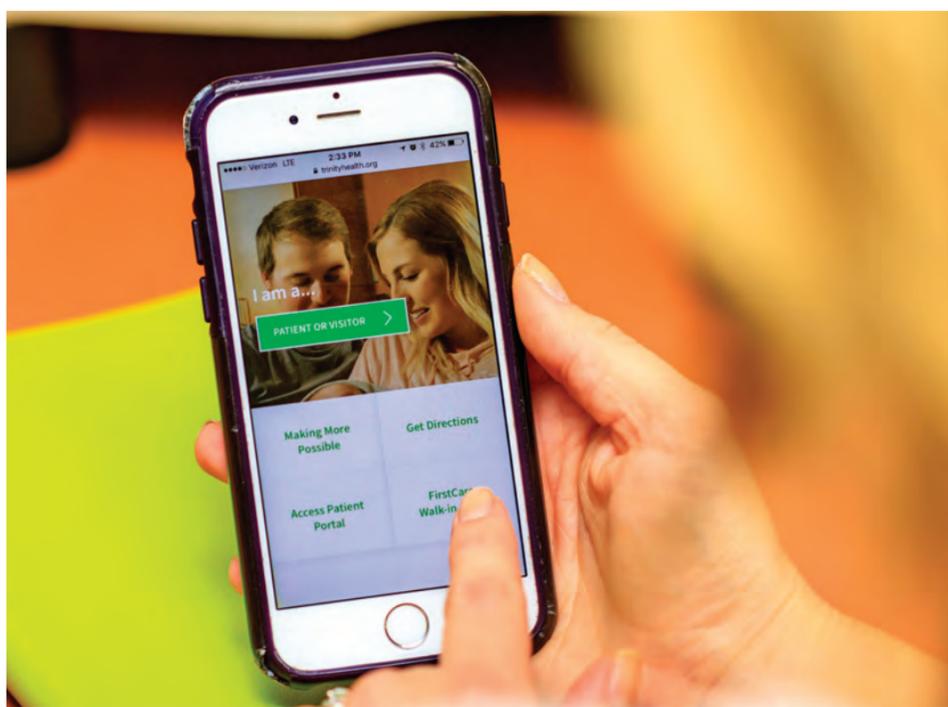


Jessie Fautleroy, MD  
Obstetrics and Gynecology  
Trinity Health Town & Country



Casmir Nwaigwe, MD  
Infectious Disease  
Trinity Health Medical Arts

The Eagle Award is presented by the Minot Area Chamber/EDC, based on nominations from within the community. To nominate someone for an Eagle Award, visit [minotchamberedc.com](http://minotchamberedc.com)



## New App Feature Puts My Patient Portal in Your Hands

My Patient Portal is a secure internet gateway that lets you view your medical record, check test results, and request to schedule appointments with your provider. Managing your health has never been easier or more convenient and now, you can enroll online! Self-enrollment is available for Trinity Health, Minot, North Dakota, patients, age 14 or older, who do not currently have access to My Patient Portal.

### My Patient Portal features include:

- **Lab and Radiology Results** – Viewable as soon as they are verified.
- **COVID Center** – View and print your COVID-19 immunizations and display the results of any COVID-19 test performed at Trinity Health.
- **Appointments** – View upcoming appointments or request to schedule a new one.
- **Release of Information** – Find information and necessary documents to request a copy of your medical record.
- **Online Bill Pay** – Pay your bill online using our secure bill pay site.
- **Messaging** – Securely send and receive messages to/from your Trinity Health provider.

“I have found patients can have enhanced communication with their healthcare team from using the patient portal direct messaging. Response times are usually faster than calling,” said Rogge Reason, MD, Trinity internist. “They can also refer to provider notes if they have a question regarding a treatment plan, keep track of upcoming appointments, and request appointments or rescheduling.”

To create a profile, go to [trinityhealth.org](http://trinityhealth.org) and search: My Patient Portal - Trinity Health. Click on the green bar that indicates “Self-Enrollment for My Patient Portal.”

### Share health data with your doctor from your iPhone



The Apple Health app enables you to access your health records on your iPhone. Under Health Records, you will be able to view information from My Patient Portal as well as from other healthcare organizations.

Once you’ve established your profile in the Health app, you can select the health data you would like to share (such as heart rate, exercise minutes, hours of sleep, lab results, and heart health notifications). During your office visit, the doctor can view the health information you elected to share through the electronic health record.

The information is not downloaded and stored unless the doctor chooses to add it to the medical record. He or she is not notified as new information is available unless you inform them.

“Through the portal, patients have immediate access to test results which they can also share with other providers who may be at a different healthcare system. This can help improve coordination of care,” Reason added.

### How to Share

1. Tap Sharing at the bottom of the Health app screen.
  2. Do one of the following:
    - Set up sharing for the first time: Tap “Share with your doctor.”
    - Share with an additional provider: Tap “Share with another doctor.”
  3. Tap Next, then Search to find Trinity Health - ND.
  4. If “Connect to Account” appears, tap it, enter the user name and password you use for your My Patient Portal account, then follow the onscreen instructions.
- In addition to sharing your health data, connecting to your account also causes your health records for that account to download to the Health app.
5. Choose topics to share with your doctor.
  6. Scroll down to see all topics on a screen, then tap Next to see the next screen.
  7. Tap Share, then tap Done.

You can stop sharing your Health app data at any time. If you stop sharing with a healthcare organization, they will no longer have access to your data through this feature. Any information shared prior to withdrawing access may have been stored by the healthcare provider in your electronic health record.

The QR code, right, takes you to My Patient Portal and helps you put healthcare management in the palm of your hands.



## Infant Bereavement and Remembrance Ceremony

Trinity Health is holding a remembrance ceremony September 15, 2022, for anyone who has suffered pregnancy loss or infant loss. The ceremony will take place at Rosehill Cemetery, 1 p.m. All are welcome to attend.



Thursday,  
September 15  
Time: 1 p.m.  
Rosehill  
Cemetery  
Minot, ND

Music provided by:  
Julianne Boren

Made possible through the generosity and collaboration of Thomas Family Funeral Home, Thompson-Larson Funeral Home, Rosehill Cemetery, Jack Monument, Flower Central, and City of Minot, this is a community gathering where families who have experienced loss can come for comfort and support. It is a safe occasion to allow grief, reflection and healing.

The ceremony will include a non-denominational blessing and words of encouragement from local clergy, time to share stories, and a moment of silence.

Please join us for this meaningful remembrance. Together we will honor families who were lost their babies far too soon.

## 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

Sept. 6 or Sept. 13, 2022

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.



## AgCountry Farm Credit Services Donates to Capital Campaign

Trinity Health Foundation announced a \$50,000 donation for the new Trinity Health healthcare campus and medical district Capital Campaign from AgCountry Farm Credit Services. The check was presented to Trinity Health Foundation Director, Dusty Zimmerman, and Development Officer, Jamie Swenson, by AgCountry Farm Credit Services representatives Curt Van Dyke, regional president, Todd Erickson, SVP producer marketing, Tom Henry, AgCountry Board of Directors, Bryan Ankenbauer, AgCountry Board of Directors, and Teresa Kjellberg, Marketing PR specialist.

“Access to quality healthcare is a critical need for rural residents,” said AgCountry President and CEO Marc Knisely. “This project will provide first-class service to farmers, ranchers, rural residents, and others in the region for years to come. We are proud to work with Trinity Health for the betterment of health throughout western North Dakota.”

“AgCountry Farm Credit Services has been a tremendous supporter of the financial needs of our rural residents throughout North Dakota for many years. We are excited to partner with this generous organization to help them also support the healthcare needs of those residents through their financial assistance of the new Trinity Health healthcare campus and medical district,” stated Zimmerman. “Trinity Health patients, staff and board members thank you for your generosity in helping us develop a brand new, state-of-the-art facility so that we can continue to fulfill our mission.”

Headquartered in Fargo, N.D., AgCountry has managed assets in excess of \$11 billion and over 700 employees. They are a member-owned, locally-governed lending institution that provides credit and financial services to more than 25,000 farmers and ranchers in portions of Minnesota, North Dakota and Wisconsin. They also provide agribusiness loans and leases nationwide. AgCountry is a part of the Farm Credit System, a nationwide network of cooperative financial services institutions that serve rural America. For more information, visit, [www.agcountry.com](http://www.agcountry.com).

Trinity Health Foundation was established in 1922 to assist in the establishment of the Trinity Hospital. Over the last 100 years, the foundation has been supported through the financial stewardship of individuals, families, foundations, corporations, civic clubs, and other organizations, with the purpose of significantly impacting healthcare and the quality of life in the region. Through generous donations, we fulfill our mission of creating a system of care that provides the most significant impact on health and wellness throughout northwest North Dakota.

### 5th Annual



September 9, 2022

ARCO Dakota Square, Minot

Help Patients Offset Transportation Costs During Cancer Treatments

**WIN FREE GAS FOR A YEAR:** purchase eight or more gallons at Dakota Square ARCO and receive an entry for the prize drawing: \$75 gas certificate for 52 weeks. Courtesy of First International Bank & Trust

**PERCENTAGE OF SALES:** on all purchases at Dakota Square ARCO will be donated to Fuel the Fight.

**SPECIALS ON COCA COLA PRODUCTS**

**RAFFLE:** Purchase a ticket to win one of 23 great prizes

**DUNK TANK 1-4 PM:** Sponsored by Heritage Insurance Services

Local participants include: Perry Olson, First International Bank & Trust; Jeffrey Verhey, MD, Trinity Health Foundation Board; Pastor Dan Dangerfield, Journey Church; Dallas Rice, Scheels Minot.

**FOOD TRUCKS:** The Hitchin Kitchen, Magic Bean Brewing Co.

- |   |                                       |
|---|---------------------------------------|
| ARCO Dakota Square, Minot               | Nodak Speedway                        |
| Trinity Health Foundation               | Minot State University                |
| First International Bank & Trust        | Homesteaders Restaurant               |
| Heritage Insurance Services             | Too Dark Motorsports                  |
| Coca-Cola Bottling Company High Country | Bountiful REI's                       |
| Scheels                                 | Minot Country Club                    |
| KHRT Radio                              | Marco's Pizza                         |
| KMOT-TV                                 | Superior Nutrition                    |
| Swenson RV & Marine                     | Signs Today                           |
| Dakota Square mall                      | Morelli's Distributing                |
| SOS Image                               | Minot State University Summer Theatre |
| Flower Central                          | LOR Spa                               |
| Verendrye Electric Cooperative          | DQ Grill & Chill                      |
| Up Your Axe                             | Cashwise                              |
| Magic City Home Leisure                 | LBJ Texas BBQ                         |
|   | Stereo Shop                           |



## Golf Tournaments Recap

Each summer the Trinity Health Foundation puts the fun in fundraising by hosting two golf tournaments. The Building Hope Women's Golf Tournament teed off in June, with proceeds earmarked for the CancerCare patient assistance fund. The Golf for Life Men's Tournament, held in August, benefits the foundation's Capital Campaign for the new hospital. Here's a quick recap of each tournament.

### Building Hope Women's Golf Tournament

The 24th annual Building Hope Women's Golf Tournament was held Monday, June 13, at Souris Valley Golf Course in Minot. Beautiful weather contributed to a sold-out tournament consisting of 36 teams of 144 golfers. This year, Magic Bean Brewing brought their coffee truck to help keep volunteers and golfers caffeinated and full of energy! A special thank you to Town & Country Credit Union's Mortgage team for sponsoring the coffee sleeves and muffins.

Building Hope Golfers enjoyed a variety of fundraising contests: the chipping contest,

longest drive, closest to the pin and longest putt were huge hits (pardon the pun). This year's celebrity golfers did a great job with the foundation's fundraising efforts: thank you, Elliot Leinen, Steve Fundingsland, and Kyle Knutson. Later in the day, golfers enjoyed lunch from First International Bank and Trust who provided their tailgating grill stocked with burgers and brats.

Dinner was catered by LBJ Texas BBQ, where guest speaker, Melissa Regalado-Smith, shared the inspirational story of her cancer journey.

Congratulations to the 2022 Building Hope Golf team winners:

1st Place – Teske, Lee, Spelchen, Price

2nd Place – Palczewski, Herslip, Herslip, Gaddie (Sammy Herslip, Realtor)

3rd Place – Kragh, Kraft, Allex, Bachmeier (Bremer Bank)

Tournament sponsors, also play an important role in the success of the

24th annual Building Hope Women's Golf Tournament. Thank you for your support.

Towel: Vizient

Water Bottle: First International Bank & Trust

Golf Ball: Dakota Square ARCO

Bag Tag: Town & Country Center

Hole in One: Vaaler Insurance

Green & Tee: Midco

Fairway: Ackerman-Estvold, Boppre Law Firm, Bravera Bank, Edward Jones - Mark Kohlman, First Western Bank & Trust, Fredrikson & Byron, Jerry's Repair & Alignment, North Dakota Envelope Company, Team Rockstars

Sand Trap: Pinkerton Animal Hospital, PROCollect Services, Vaaler Insurance

This year's tournament raised a total of \$32,728 for the CancerCare patient assistance fund.



## Trinity Health Foundation Announces 2022 Nursing Scholarship

Trinity Health Foundation recently launched the 2022 Nursing Scholarship Program.

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

A record number of applicants applied for the 2021 Trinity Health Foundation Nursing Scholarship. Of the 68 applicants, 17 scholarships were awarded to nursing students throughout the region. Recipients each received \$3,000 scholarships totaling \$51,000 in awards.

Use the QR code to access the scholarship application.

Contact Cody McManigal at 701-857-2430 or [cody.mcmanigal@trinityhealth.org](mailto:cody.mcmanigal@trinityhealth.org) with any questions.



## TCCU Donates to Trinity Health Foundation Capital Campaign

Trinity Health Foundation was recently presented a \$50,000 donation for the healthcare campus and medical district Capital Campaign from Town & Country Credit Union. Representatives from the credit union including Kalli Schell, interim president/CEO, Shannon Webster, SVP marketing, Fred Beuchler, SVP business lending, and Jay Landsiedel, SVP chief financial officer, presented the check to Trinity Health Foundation Director Dusty Zimmerman.

"At Town & Country Credit Union, we're on a mission to positively impact our communities and improve the quality of life for our fellow residents. Access to high quality healthcare is one of our area's most basic and absolutely vital needs," said Schell. "We're proud to support the Trinity Health Foundation with this donation to their new healthcare campus and medical district building project which will positively impact the quality of life in the Minot area for years to come."

"We are proud to have an organization like Town & Country Credit Union in our community. This organization continually steps up when community needs arise," Zimmerman said. "We appreciate the staff and board members of Town & Country Credit Union who continue to support community efforts such as the new healthcare campus, knowing the significant impact it will have on our region. On behalf of our Trinity Health patients, staff and board members, we thank you for your generosity in helping us fulfill our mission."

Trinity Health Foundation is pivotal in the efforts to raise \$15,000,000 to support the new campus, which is estimated to cost \$520,500,000. To date, Trinity Health Foundation has raised \$5,000,000. Donations are being sought from regional and national foundations, corporate donors, private donors, and Trinity Health staff through fundraisers.

Construction on Trinity Health's healthcare campus is expected to be completed in January 2023. Prior to move-in, equipment installation and acclimation in the new environment is required for several months to verify accuracy. Full occupancy and opening is anticipated for Spring 2023.

## Make More Possible for 100 More Years.

Visit Trinity Health Foundation website at: <https://www.trinityhealth.org/foundation/>



## Recap continued from page 4

### Golf for Life Men's Tournament

The 10th annual Golf for Life Men's Tournament was held Monday, August 16, at Souris Valley Golf Course. This tournament was also a sellout, consisting of 36 teams and 144 golfers.

The Golf for Life contests included the longest drive, closest to the pin and longest putt. First International Bank & Trust generously donated their fully stocked tailgating grill for lunch; LBJ Texas BBQ catered dinner. Special thanks to Jamie Price for an outstanding job making wonderful dinners for the golfers and volunteers at the foundation's golf tournaments.

Congratulations to the 2022 Golf for Life's Men's Tournament winning teams

1st Place – Zaun, Phillips, Brien, Anderson (Fredrikson & Byron)

2nd Place – Verhey, Larson, Vennes, Laudenschlager (Dakota Square ARCO)

3rd Place – Bosch, Yale, Bosch, Degenstein (First International Bank & Trust)

Tournament sponsors play an important role in the success of the 10th annual Golf for Life Men's Tournament. Thank you to all our sponsors for your support.

Sponsors:  
Towel: Vizient

Water Bottle: First International Bank & Trust

Golf Ball: Dakota Square ARCO

Bag Tag: Mowbray & Son, Inc.

Hole in One: Vaaler Insurance

Green & Tee: Morelli's Distributing

Fairway: Boppre Law Firm, Braun Intertec, Bravera Bank, Edward Jones - Mark Kohlman, Executive Air, First Western Bank & Trust, Fredrikson & Byron, Jerry's Repair & Alignment, Team Rockstars

Sand Trap: Bremer Bank, Digital Technology, Inc., KXMC, Vaaler Insurance

This year's tournament raised a total of \$29,870 for the Capital Campaign for the new hospital.

Both tournaments would not have been possible without the golfers, sponsors, and businesses that donated door prizes, the foundation staff and volunteers. Thank you to all who participated in or supported the tournaments.

If you are interested in learning more about the foundation, the CancerCare fund, Capital Campaign, or would like to golf or sponsor the 2023 Golf Tournaments, please check the foundation's website at <https://www.trinityhealth.org/foundation/> or contact Jamie Swenson, at 701-857-2870 or email [info@trinityhealth.org](mailto:info@trinityhealth.org). Please follow the Foundation's social media pages on Facebook and Instagram for updates, events, and next year's tournament dates and announcements.

# Hard Hat Insider

Healthcare Campus and Medical District Update



## Surgery Units to Consolidate at New Campus

In a move designed to improve efficiency and workflow, Trinity Health will consolidate its surgical service units as it relocates to the new healthcare campus.

Surgery Director Denise Dahl says plans are in the works to unite surgical centers that currently exist at three locations – the inpatient and same-day surgery units at Trinity Hospital, the same-day center at Trinity Health St. Joseph’s Hospital and the GI/same day unit at Trinity Health Medical Arts.

“From an efficiency standpoint, it’ll be a blessing,” Dahl said. “It will be much easier to staff and equip.”

The new campus will house one of the finest surgical facilities in the region with some of the most technologically advanced components available. As moving day nears to under a year away, she’s beginning to hear the buzz.

“People are getting excited and looking forward to working in the new facility,” Dahl said. “Anything we can feed them about the new campus they absorb.”

Located in the new main hospital adjacent to other acute care services, the surgery center will encompass pre-operative and recovery areas, 12 operating rooms, including a heart suite and one set for da Vinci robotic-assisted procedures; and a central core area for storing and staging sterile supplies. The OR suites will eventually expand to 14 and serve patients across a broad range of specialties.



A key design feature will allow improved interaction between the central core and central processing – the unit where supplies are cleaned, prepared, processed and re-issued for patient care. “We’ll have a better workflow between the central core and CPU,” Dahl explained, “and it will help us streamline and improve our processes. We’ll also have the ability to use what we call case carts, where we pick our supplies and have everything we need for a case on one cart.”

“Hard Hat Insider” has delved into numerous highpoints within Trinity’s new campus. The themes of privacy, safety and comfort have emerged as touchstones, and the surgery center will reflect those themes as well. “Families will find their experience enhanced in several ways,” Dahl says. “The family waiting area will have added privacy, and we’ll have three consult rooms where surgeons can meet with families and update them in an area that maximizes confidentiality.”

Another aspect of the design that Dahl says will benefit every department is the front of house, back of house feature. “For us, having same-day surgery on the same level as surgery will make a huge difference. There won’t be the need to transport patients between floors. That alone will make us more efficient. Plus, moving to a system where all our materials and central supply are onsite will benefit the whole care system.”



## Gynecologic Cancers: A Review

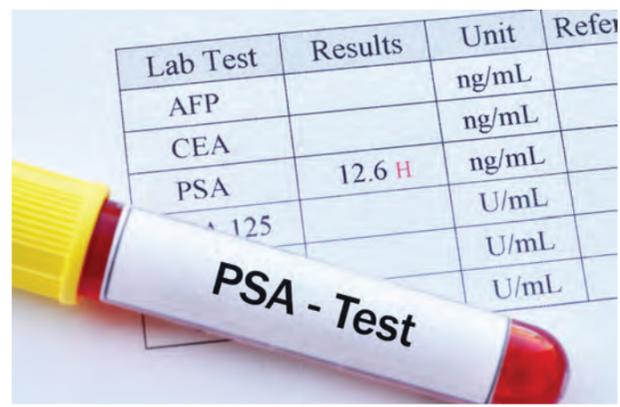
Going to the gynecologist is a trip most women never look forward to. The dreaded pelvic exam can be uncomfortable and embarrassing. It can also save your life.

Pelvic exams are a physical examination of the pelvic organs and include external genitals and internal organs such as the vagina, cervix and uterus. According to the American College of Obstetrics and Gynecology, a routine pelvic exam may uncover early detection of treatable conditions, such as infections or cancer.

### Types of Gynecologic Cancer:

Each gynecologic cancer is unique, with different signs and symptoms, different risk factors and different prevention strategies. All women are at risk for gynecologic cancers, and risk increases with age. When gynecologic cancers are found early, treatment is most effective.

continued on page 7



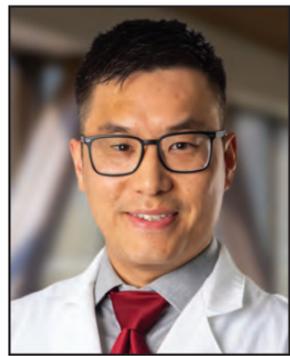
## PSA Test for Prostate Cancer: Beleaguered but Still Useful

If you’re an over-40 male and unsure about when to begin routine prostate cancer screening, you are not alone. Confusion about the efficacy of prostate specific antigen (PSA) blood tests for the early detection of prostate cancer has been widespread ever since a federal panel recommended against them, at least for healthy men. That was 10 years ago.

Today, the PSA controversy has mostly subsided. The same federal panel that disparaged PSA screening has softened its stance. Trusted sources like the American Cancer Society (ACS) have continued to recommend PSA tests as a screening tool, albeit with the addition of cautionary language that adds nuance to the endorsement. (See ACS guidelines at the end of this article.)

But while the question of whether healthy men should be screened for prostate cancer has become an individual choice arrived at in consultation with a healthcare provider, one thing hasn’t changed: screening can save lives.

“Screening helps us detect cancer earlier, which enhances the prospect of being able to recommend treatment plans that include lower-risk options,” said Joon Lee, MD, a radiation oncologist at the Trinity Health CancerCare Center. “Depending on a man’s age and the extent of cancer, treatment might not even be necessary; we can do what is called ‘active surveillance,’ which involves monitoring the cancer and only treating it if there are signs that it’s progressing.”



Joon Lee, MD

The most common type of cancer in American men other than skin cancer, prostate cancer strikes one in eight American males. Although men of any age can get prostate cancer, it is found most often in men over 50. The American Cancer Society estimates that 268,490 new cases of prostate cancer will be diagnosed in the United States this year, and about 34,500 men will die of the disease.

According to Lee, the prognosis for prostate cancer has improved over the years thanks to more precise imaging, staging and targeted therapies. “Multiparametric MRI is one of the latest and most effective tools for detecting prostate cancer,” Lee said. “It supplements ordinary MRI scans with additional imaging to provide us with detailed anatomical information about the patient’s prostate gland.”

Doctors assess prostate cancer with something called the Gleason Score, a system named for pathologist Donald Gleason, MD, who recognized that cancerous cells fall into distinct patterns as they change from normal cells to tumor cells. “The Gleason score helps us determine the aggressiveness of the cancer, which is useful when it comes to choosing the appropriate treatment,” Lee said.

Men with a diagnosis of prostate cancer can expect wrap-around care from Trinity’s cancer physicians and staff, including a thorough discussion about treatment options. Doctors may recommend one treatment or a combination of treatments. Men with lower-risk prostate cancer generally are candidates for surgery, hormone therapy, or external beam radiation therapy (EBRT), Dr. Lee’s specialty. In EBRT, beams of

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## Managing Stress During the Cancer Journey

We all know stress is harmful to our health. A survey of 100 years of research indicates the impact of stress and negative thinking is far more direct, and more preventable, than previously documented.

Stress management techniques can fall into two categories: problem-focused coping and emotion-focused coping. Basically speaking, problem-focused (or solution-focused) coping strategies aim to eliminate sources of stress or work with the stressors themselves.

Emotion-focused coping techniques aid you in becoming less emotionally reactive to the stressors you face. They alter the way you experience these situations, so they impact you differently.

Trinity Health CancerCare offers several programs for patients that tap into emotion-focused coping techniques and provide healthy outlets to manage the trauma of cancer. Taught by local instructors, sessions are offered throughout the year and are free of charge.

**Writing Through Cancer:** is an opportunity for self-expression, emotional healing and connecting with others. Journals are provided and there is no writing experience required.

**Painting with Hope:** provides a blank canvas open to one's individual expression of cancer through therapeutic art.

**Gentle Yoga:** through intentional, gentle stretching, this program helps reduce stress and improve strength, flexibility and balance.

**Look Good Feel Better:** provides instruction, tips and tricks for dealing with visible side effects of cancer treatment. This is a virtual workshop that can be done from the comfort of home.

To register or gather more information on class content and schedules, call: 701-857-2829.

## PSA continued from page 6

radiation are focused on the prostate gland using one of Trinity's advanced linear accelerators.

"It is the same system that Johns Hopkins has with all the bells and whistles," Lee says. The state-of-the-art technology targets tumors and positions patients precisely so a higher dose of radiation can be delivered to the tumor while sparing nearby tissue. "We have a great team, great technology, and we have the expertise and human resources to provide world-class care."

And, as a member of the Mayo Clinic Care Network, Trinity Health has access to the expertise that Mayo Clinic has to offer. "If we have a question about a patient or a course of treatment, we can arrange a consultation without the patient having to travel," Lee adds.

### Prostate Cancer Screening Guidelines

The American Cancer Society recommends that men make an informed decision with their healthcare provider about whether to be screened for prostate cancer. The decision should be made after getting information about the uncertainties, risks, and potential benefits. PSA screening is recommended at the following ages:

- Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.
- Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
- Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).

## Gynecologic continued from page 6

**Cervical cancer** begins in the *cervix*, which is the lower, narrow end of the uterus (also called the womb). It occurs most often in women over 40. The Centers for Disease Control and Prevention suggest that to lower one's risk for cervical cancer women should use condoms during sex, limit the number of sexual partners and not smoke.

Early on, cervical cancer may not cause signs and symptoms. Advanced cervical cancer may cause bleeding or discharge from the vagina that is not normal, such as bleeding after sex.

In order to prevent cervical cancer, it is important to get vaccinated early and have regular screening tests. The (HPV) vaccination is recommended for preteens 11 to 12 years and everyone through age 26, if they are not vaccinated.

**Ovarian Cancer** begins in the *ovaries*, which are located on each side of the uterus. Ovarian cancer causes more deaths each year than any other gynecologic cancer in the United States. In 2019, the most recent year for which data is available, for every 100,000 women, 10 new ovarian cancer cases were reported, and six women died of this cancer.

Be aware of possible symptoms that are not normal such as vaginal bleeding, pain/pressure in the pelvic area, abdominal or back pain, bloating, feeling full too quickly or difficulty eating, or a change in bathroom habits.

### Gynecologic Cancer Symptoms

Cervical	Ovarian	Uterine	Vaginal	Vulvar
<ul style="list-style-type: none"> <li>• Pelvic pain or pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Pelvic pain or pressure</li> <li>• Bloating</li> <li>• Abdominal or back pain</li> <li>• Abnormal vaginal bleeding or discharge</li> <li>• Changes in bathroom</li> </ul>	<ul style="list-style-type: none"> <li>• Pelvic pain or pressure</li> <li>• Abnormal vaginal bleeding or discharge</li> </ul>	<ul style="list-style-type: none"> <li>• Pelvic pain or pressure</li> <li>• Changes in bathroom habits</li> </ul>	<ul style="list-style-type: none"> <li>• Pelvic pain or pressure</li> <li>• Itching or burning of the vulva</li> <li>• Changes in vulva color or skin such as a rash, sores, or warts</li> </ul>

There is no known way to prevent ovarian cancer, but there are things associated with a lower chance of getting it. These include having used birth control pills for five or more years; having had a tubal ligation, both ovaries removed or a hysterectomy; having given birth; breastfeeding.

**Uterine Cancer** begins in the *uterus*, the pear-shaped organ in a woman's pelvis where the baby grows when she is pregnant. It is the most common gynecologic cancer in the United States. The CDC indicates that for every 100,000 women, 28 new uterine cases were reported, and five women died. The most common type of uterine cancer is called endometrial cancer, because it forms on the uterine lining, called the endometrium.

Uterine cancer may cause abnormal vaginal discharge or bleeding and other symptoms, such as pain or pressure in your pelvis.

Just like ovarian cancer, there is no known way to prevent uterine cancer, but using birth control pills and maintaining a healthy weight and being physically active may reduce the chances of getting it.

**Vaginal and Vulvar Cancers** are rare in the U.S. The vagina is the hollow, tube-like channel between the bottom of the uterus and outside of the body. The vulva is the outer portion of the female genital organs.

Most vaginal cancers do not cause signs or symptoms, but if there are symptoms, they may include abnormal bleeding or vaginal discharge, a change in bathroom habits, or pain in the pelvis. Vulvar cancer symptoms may also include itching, burning, bleeding in the vulva, sores, lumps, rashes or warts on the vulva, and pelvic pain, especially during sex or urination.

The HPV vaccine protects against the type of HPV that most often cause cervical, vaginal and vulvar cancers.

It is important to pay attention to your body and know what is normal for you. If you have abnormal vaginal bleeding, see a doctor right away. Also see a doctor if you experience other symptoms two weeks or longer that are not normal for you.

Trinity's 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. The Trinity team of OB/GYN physicians and advanced practice providers focus on building a strong relationship with each patient. 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.

Call Women's Health or your doctor to schedule an appointment at: 701-857-5000.

Content source: Division of Cancer Prevention and Control, Centers for Disease Control and Prevention.



## Trinity Hospital Gift Shop

Support friends and family with flowers or gifts

**701-857-5205**



# Know Where to Go

Picture this: it's a cold, windy Saturday afternoon in late November and you've decided today is the perfect day to hang Christmas lights on the roof of your house. As you ascend the ladder, you lose your balance and fall to the ground, hurting your ankle. After a self-assessment, you decide to go in for treatment. Do you need to go the emergency room? Should you wait and call your doctor when their office opens? Should you head to the walk-in clinic?

Whether it's a hurt ankle, migraine or fever, we've all wondered where the most appropriate place is to go for treatment. No one likes to be in the emergency room, and no one wants to wait for an appointment. So, how do you know where to go?

To better understand where you should seek treatment, you need to consider if your symptoms require emergent or urgent attention. If your symptoms are severe or life-threatening (emergent), head straight to the Emergency Room.

"The Emergency Room is for true emergencies with the most critical patients being seen first," said Jeffrey Sather, MD, a physician in Trinity Health's Emergency/Trauma Center. "People with conditions such as chest pain, stroke symptoms, unconsciousness, difficulty breathing or low oxygen saturations, or heavy, uncontrollable bleeding should come to the ER immediately."

In addition to the critical symptoms listed above, the emergency room is appropriate for patients who have been in a major trauma incident such as an auto accident, who are experiencing severe abdominal pain, or who have an injury needing repair such as a major laceration or broken bone.

If your symptoms are not severe or life-threatening, your best option is to call your doctor's office first. Most providers save space each day to enable them to see their own patients who have simple, acute issues such as cold or flu symptoms, and other minor issues. Acute issues are those that have started recently and lasted less than 5 days.

If you are unable to see your primary care provider, then FirstCare Walk-In Clinic is the next option. "You'll be freeing up the emergency room for patients in need of life saving care," Sather said. "We have a tremendous team at FirstCare; you'll be in excellent hands."

## Primary Care: Simple acute illnesses and chronic condition management

If your injury or illness is not urgent or life-threatening, is a simple acute issue, or is the result of a chronic condition, make an appointment with your primary care provider. Your provider knows your health history, including what medications you are taking and what chronic conditions might need to be considered in your treatment.

## Know Where to Go

### Primary Care Provider

- Simple, acute illness or injuries
- Coughs, colds, flu-like illnesses
- Urinary tract infections
- Diagnosis and ongoing management of chronic conditions
- Illnesses and injuries that can wait for more than 24 hours for an appointment
- Management of prescription medications
- Specialist referrals

### FirstCare Walk-In Clinic

- Minor falls without head or back injury
- Lacerations that may need stitches
- Dental pain
- Minor fractures
- Sprains and strains
- Eye irritation
- Fever, chills, flu-like symptoms
- Cold symptoms (sore throat, sinus pressure/congestion/cough)
- Rashes
- Urinary tract infections/kidney stones
- Non-severe abdominal pain (nausea, vomiting, diarrhea)
- Headaches/migraines
- Skin infections/cellulitis
- Non-severe allergic reactions

### Emergency Room

- Major fractures
- Seizures
- Loss of consciousness
- Deep wounds
- Heavy, uncontrollable bleeding
- Moderate to severe burns
- Poisoning
- Serious head, neck or back injury
- Severe abdominal pain
- Severe chest pain
- Difficulty breathing
- Heart attack symptoms
- Stroke symptoms
- Suicidal or homicidal feelings
- Trauma



## FirstCare Walk-In Clinic

For acute health conditions that don't require an ER visit, and when your primary care provider can't see you within your expectations, FirstCare Walk-In Clinic is available.

"FirstCare is designed for patients to seek care when they have new symptoms that require an appointment sooner than is available by their primary care provider," said Angie Heintz, FNP-C. "If a patient does not have a primary care provider, FirstCare is available for their acute concerns with the expectation that they establish care with a primary care provider for follow up and management of current and future health concerns."

A Minot native, Heintz joined FirstCare right out of graduate school and has been practicing there for three years. "I consider it to be one of the most rewarding and fulfilling jobs in the medical field that I have had to date." Prior to joining FirstCare, Heintz was a critical care/trauma and flight nurse at Trinity Health.

At FirstCare, Heintz and her colleagues treat adults and children of all ages, with all types of conditions. "Acute care is unpredictable," said Heintz. "We never know what the day will bring or how high our patient volume will be."

Conditions that require the care of the walk-in clinic include: fevers, chills, cold symptoms, minor head injuries (without loss of consciousness), simple fractures and sprains, mild wounds and lacerations, and rashes. (See **Know Where to Go** for a more detailed listing.) The providers at FirstCare do not provide chronic pain management or refill prescriptions for opiates or controlled substances; nor do they treat acute panic attacks or alcohol/substance abuse withdrawal.

In 2017, when FirstCare opened, the clinic was staffed with two full-time providers, which has grown to six. "We have an incredibly dynamic group of providers, nurses and CNAs that I am proud to work beside every single day," said Heintz. "The teamwork and camaraderie combined with positive energy, enthusiastic personalities, and years of healthcare experience make FirstCare a positive and desirable place to work and serve patients."

FirstCare is open 8 a.m. to 8 p.m. weekdays and 9 a.m. to 5 p.m. weekends and holidays with no appointment necessary. The clinic is located on the second floor of Trinity Health Medical Arts, 400 Burdick Expy E, in Minot. While the clinic does not take appointments, it helps manage expectations by posting current wait-times on Trinity's website: [www.trinityhealth.org](http://www.trinityhealth.org).

C O M M U N I T Y

# CALENDAR

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

## Prepared Childbirth Classes

September 10, October 8  
November 12, December 3

## Breastfeeding Basics

September 8, October 13  
November 10, December 8

## Basics of Baby Care

September 12, October 3  
November 7, December 5

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).

## Events

### September 6

Free Car Seat Checks will be held 1-5 p.m. at Minot Fire Station 1. Appointments are required; call 701-857-7300 or by Facebook message Safe Kids Minot.

### September 13

A grocery store tour, Shopping on a Budget, will start at 6 p.m. at the original Marketplace Foods. Learn tricks and tips for sticking within your budget but still providing your family with healthy and satisfying food.

### September 15

Free Car Seat Checks will be held from 10 a.m.-2 p.m. at Minot Fire Station 1. Appointments are required; call 701-857-7300 or by Facebook message Safe Kids Minot.

### September 18

Behavioral Health will have an educational booth at the Minot Out of Darkness Community Walk in Oak Park.