Breast reconstruction may improve self-image

Few women can prepare themselves for the significant emotional challenges that occur after losing one or both breasts due to breast cancer. Fortunately, studies show that breast reconstruction after cancer surgery can go a long way toward improving self-image.

Dr. Jeffrey Pitcher recently joined Trinity Health as a plastic and reconstructive surgeon. Although he provides the full range of cosmetic and reconstructive procedures, many of his patients were originally referred to him after their mastectomies. "It used to be that patients would have a mastectomy, and then return for breast reconstruction at a later date. Now we can do an immediate reconstruction while the patient is still asleep."

Approaches generally fall into the following categories: Autologous (the patient's own tissue), implant-based, or a combination of the two.

"With autologous reconstruction we take a section of a woman's own tissue from her abdomen, back or other surgical program area and move it to the chest area. Or we can do an implant-based procedure where we replace the breast tissue with a saline or silicone implant," Dr. Pitcher explained.

He notes that while implants fell out of favor several years ago, they were re-approved by the FDA in 2006 and have since had an excellent track record.

"We emphasize that a reconstructed breast can never be the same as a natural breast, but our goal is to achieve a result that feels similar to the way it did before and enables a woman to look like she wants to in clothes," he said.

Dr. Pitcher describes breast reconstruction as an important decision that should be made by a woman with accurate information about her procedure. "Too often women aren't aware of their options or possibilities in consultation with her surgeon, oncologist and plastic surgeon."

Dr. Pitcher described breast reconstruction as an important addition to breast cancer treatment. "We've found that breast reconstruction can play an important role in restoring emotional well-being," he added.

About Dr. Pitcher

A graduate of MCP Hahnemann University School of Medicine in Philadelphia, Dr. Pitcher completed his General Surgery residency at the University of Pennsylvania School of Medicine, where he served as chief resident from 2007-2008. His residency in Plastic Surgery was conducted at Washington University School of Medicine, where he also served as chief resident. His clinical interests, in addition to breast reconstruction, also include body contouring surgery and nerve repair.

His office is located at Health Center-South Ridge, 1500 24th Avenue SW. For more information or appointments, call 857-5662.

Report to the community: Why the Foundation raises philanthropic funds

The Trinity Health Foundation received nearly $700,000 in gifts during fiscal year 2010, which ended June 30. This was achieved through the generosity of individuals giving memorial, contributions, grant funding, and awards from other organizations.

"There are no words that can say how appreciative Trinity Health is of the giving people in the region. Every dollar received makes a difference in the healthcare programs and services at Trinity Health," stated Amy Moen, Director of Trinity Health Foundation.

This money is wisely invested through disbursements to the many healthcare programs and services at Trinity Hospitals, Trinity Homes and other Trinity facilities.

These disbursements include the following:

• Nuclear Education Scholarships – 63 scholarships awarded to university students enrolled as juniors or seniors in the nursing program
• Hospice & Home Health Fund – informational patient brochures & staff education development
• Trinity Homes – new audio and video system for residents through a gift from the Trinity Health Auxiliary
• Trauma Center – equipment to help treat victims of sexual assault
• Kidney Dialysis Unit – comfortable recliners for patients in treatment
• Lobby Furniture Fund – remodeled lobby at Trinity Hospital – St. Joseph’s a generous gift of Trinity Health Auxiliary
• Staff Development – nursing leadership education event
• Kenmare Community Hospital – exercise equipment for patients
• Kenmare Community Hospital – telephony equipment to better serve the community

continued on page 2
South Ridge: Old facility gets facelift

By mid-year he was joined by the Pain Center’s Manual Colon, MD, and Jerene Forsberg, PA-C.

“With our strategy to strengthen our provider network, we needed to expand our clinic space and determine a remodeled South Ridge would be a great facility,” Vice President Thomas Warsocki said.

Facilities Management Director Dave Kohlman said the west side of the building’s interior was remodeled to accommodate Plastic Surgery and the Pain Center. “We’re now in the process of renovating the east side for several primary care providers,” he said. “We’ll redesign the two surgery suites in the center section for more providers.”

Centennial Medical Center is designed as a part of the 1980s by a group of Minnesota physicians as a clinic and outpatient surgery center. It was renamed Health Center-Centennial after Trinity acquired the facility in the 1990s. For several years the building’s interior was remodeled and upgraded to a commitment for more surgery suites the facility had in limitations. In 2008, after Trinity completed a four-suite Same Day Surgery Center at Trinity Hospital – St. Joseph’s, procedures held at Centennial were moved. Until now, that is.

“Around 60 providers have joined us in the last two years,” Warsocki noted. “They are excited to share in our vision, they like where we’re headed and want to be partners in that vision.” For help in selecting a physician, patients may call Trinity’s physician referral line at 857-2648, (857-3748).

Foundation

- PRIDE (employee giving program)
  - 36 employee hardship checks
  - Cancer Care Center wall decorations
  - Kenmare Community Hospital and Trinity Homes staff development and training
  - Patient education software at Trinity Regional Eycare
  - Wi-fi console & games for CDU & Mental Health patients
  - Endoscope for Surgery Department
  - Fluid warmer for Surgery Department

- Medication cart for Kenmare Community Hospital
- Two wheelchairs for RehabCare
- Patient dialysis pillows for Kidney Dialysis Unit
- Portable ultrasound machine for the Anesthesia Department
- Enhancement modules for the Patient Communication System – Trinity Hospital
- Cancer Treatment Assistance – 55 patients received grants for travel assistance while undergoing treatment
- Cancer Exercise Rehab – 56 cancer patients participated in exercise rehabilitation program
- Cancer Care Center – chemosensitive patient resources
- Compassionate Friends – support program expenses
- FAST Program – for Families And Schools Together program
- Physical Therapy – mobile PCs for therapists
- Neonatal Intensive Care Unit – neonatal heart probe
- Equipment Management and Housekeeping equipment
- Laboratory Fund – education for lab staff
- Vision of Hope – patient low-vision equipment
- Keller Radiation Fund – student recognition program

If you are interested in contributing to the healthcare programs and services at Trinity Health, please contact the Foundation office at 857-5432.
Breast cancer is the most common cancer among women in the United States, other than skin cancer. It is the second leading cause of cancer death in women, after lung cancer.

The American Cancer Society notes that about 207,900 women in the United States were found to have invasive breast cancer in 2010 and that about 39,840 women will die from their disease this year.

Now there are about 2.5 million breast cancer survivors in the United States.

There isn’t a sure way to prevent breast cancer, but there are things all women can do that might reduce their risk and help increase the odds that if an odds that if does occur, it can be found at an early, more treatable stage.

The following are some questions and answers to help navigate through the aspects of breast cancer.

Q: How do I know if I’m at high risk for developing breast cancer?

A: Anyone with an immediate family member who was diagnosed with breast cancer before the age of menopause or with multiple relatives suffering from the disease is at high risk and should start getting mammograms at age 30, or perhaps even ages younger depending on individual circumstances. However the majority of patients with newly diagnosed breast cancer do not have a strong family history. If you’re not at increased risk, begin at 40.

Q: What are other risk factors for developing breast cancer?

A: Age. The risk of breast cancer increases as a woman ages. About 77 percent of breast cancers occur in older age 50 and older.

Personal History. Women who have had breast cancer may develop it again. Women with a history of breast disease (not a cancer but a condition that can lead to cancer) and women having more dense breast tissue on a previous mammogram (increasing smoking interpretation more difficult), are also at an increased risk.

Other Risk Factors. Women who have given birth including your first child after age 30 or never having breastfed their child with regular alcohol use.

Q: How much do diet and exercise affect my chance of getting breast cancer?

A: A diet low in fat (about 20 percent of total calories, with minimal saturated fat), high in vegetables (especially cruciferous, such as broccoli, cauliflower, brussels sprouts and other leafy green vegetables), and whole grains, with some fruit has been found to help protect against cancer. Regular moderate exercise has also shown to help prevent cancer and reduce the risk of cancer recurrence.

Q: What is the three-step approach for early detection?

A: There is a 97 percent, five-year survival rate when breast cancer is detected in its earliest stage. The one-stop approach—self-examination, yearly physician examination, and regular mammography screening—has proved to be the most effective way to find breast cancer early.

Q: What are some treatments for breast cancer?

A: Treatment is individualized since each patient is unique.

1. Breast Cancer Team develops a customized approach to each patient. Surgical options include a "lumpectomy" (breast conserving surgery), modified or partial mastectomy or complete mastectomy.
2. Frequent radiation therapy is recommended alone or in combination with hormonal therapy or radiation therapy, as offered as well. Almost always, any given treatment plan will be comprised of a combination of any of the above options and will be tailored to each patient’s needs.

Q: What are the American Cancer Society Guidelines for optimal breast health in normal risk women?

A: Yearly mammograms are recommended starting at age 40 and continuing for as long as the woman is in good health.

Clinical breast examination (CBE) should be part of a periodic health exam, about every 3 years for women in their 20s and 30s and every year for women 40 and over.

Women should know how their breasts normal and any changes promptly.

Q: Where can I go for my mammogram?

A: The Breast Imaging Center at Healthcare Medical Arts (857-2640) or our companion Digital Mobile Mammography Service (surrounding communities) offer digital mammography. Toll Free 1-800-862-0005.

We are here to help in your fight against breast cancer.

**Breast Cancer Biopsied at Trinity Health**

Trinity Health continues to combat breast cancer using the latest technologies and equipment.

These various breast imaging services include digital mammography, breast ultrasound, galactography (liquid biopsy) and breast MRI.

**Digital mammography**

From July 1, 2008, to June 30, 2009, more than 8,600 women underwent mammograms through breast imaging services offered by Trinity Health. From July 1, 2009, to June 30, 2010, approximately 10.8 percent were recalled for additional views to clarify questionable abnormalities.

From these 172 patients, some had been diagnosed with 75 cases being positive for newly diagnosed breast cancer.

According to Connie Busch, coordinator of Trinity Health’s breast imaging services, mammography helps prevent breast cancer, but they can save lives by finding the cancer at an early stage as possible.

Studies have shown that mammograms can lower the death rate of breast cancer by as much as 35 percent in women over the age of 50 and in women between ages 40 and 50, by as much as 25-35 percent.

"Digital mammography is a powerful standard in detecting breast cancer, and it’s the way of the future,” Busch said.

“We’ve been using digital mammography here at Trinity Health for more than four years and a half years.”

Digital mammography uses a digital breast computer technology to capture and save images of the breast electronically. This gives the radiologist the ability to look at multiple views in order to look for any abnormalities. Digital mammography is particularly well suited to scattered breasts.

Digital mammography is also good at seeing very small calcifications (calcium deposits within breast tissue). They appear as white spots or flecks on a mammogram image. So small that you can’t feel them,” Busch explained.

Although breast cancers are usually noncancerous (benign), certain patterns of calcifications — such as light clusters with irregular shapes — may indicate breast cancer.

Trinity’s digital system also uses a computer-assisted detection (CAD) or what is called "Second Look” capability: With this feature, the computer detects any large calcifications which misses on the mammogram for the radiologist to look at. This capability is already built into the system, thus eliminating the need to scan the mammogram images into a computer.

Since digital mammography is a computer system and store breast images in a database, these images may be electronically shared with appropriately linked providers.

**Breast ultrasound**

If a patient has a abnormal screening mammogram, then additional imaging evaluation with detailed diagnostic mammograms or ultrasound may be necessary.

"Breast ultrasound is useful to determine if a mass is solid or cystic (filled with fluid).”

Explain to this, "If a solid lesion is present then a biopsy may be offered with the use of a hand-held probe called a transducer. These sound waves bounce off breast tissues creating ‘echoes’ which are then recorded by a computer generating an image of the breast tissue which is then displayed on a computer. No radiation is used. These images are then looked at by a radiologist who is very closely.”

According to Busch, patients usually just can’t have ultrasound as it’s easier to tolerate without compression to the breast of having an ultrasound.

"An ultrasound is as useful at good as seeing very small lesions or microcalcifications, which can only be seen with ultrasound.”

**New breast cancers Biopsied at Trinity Health**

**Breast Cancer is present; if a cystic lesion is present there is usually no therapy required.**

**Ultrasound uses high-frequency sound waves that are transmitted through breast tissue**
Trinity Health currently get you moving again. Physical therapists are a primary resource for promotion of physical activity (human movement), human anatomy, kinesiology (human movement), and education in a variety of areas that specifically deal with increasing mobility.

Whether it is getting mobility back after a shoulder surgery, improving safety of movement at work or improving ease of movement when dealing with arthritis or other conditions, physical therapy is your healthcare professional of choice.

Physical therapists can help patients move forward by providing care to patients of all ages (from newborns to elderly) to help improve mobility, reduce pain, decrease rate of death or your chance of a prevent injury. Because physical therapists provide comprehensive education in a variety of sciences – physics, chemistry, biology, anatomy, kinesiology (human movement), to name a few – they understand how the body works and how to get you moving again.

Trinity Health currently employs 17 physical therapists and seven physical therapy assistants to provide physical therapy services to patients/clients in settings that include the acute care hospital, rehabilitation hospital, outpatient therapy, home health agencies, area schools, work settings, aquatic therapy at the Minot Family Y and nursing homes.

Increased needs of the region

You may see a physical therapist helping a patient learn to walk in the hospital after a major surgery or the physical therapist may be assessing a new employee for the ability to work on a driller rig within the oil field.

We have actually seen a high volume of growth in the last two years in the outpatient department,” stated Mike Rexin, PT, DPT, Coordinator of Trinity’s Physical Therapy Department.

“I think some of the growth can be attributed to the influx of people to the region, but we also continue to see an aging population that tends to more frequently need our services to help them maintain their mobility needs.”

Rexin said that it is not uncommon for their department to see patients 65 and older that are still farming that complain with shoulder mobility, neck or back pain, so they can continue doing what they want to be doing.

“Whatever the patient’s goals are, whether it is running, going fishing or going up to a golf club, it is important to us to help them achieve that goal,” added Rexin.

The oil construction, and other business activity in the region has resulted in a need for physical therapists to not only treat work injuries but also to perform pre-employment physical exams and drug screens for new employees. In fact, Rexin estimates the volume of post-offer exams in the past five years. Many companies have made it a necessity to make sure their new hires are capable and ready to safely perform work duties on the job.

“We attribute a lot of our growth to the growing population and changing demographics and changes in our region.”

“We work to improve through continuing education of our staff, measurement of patient satisfaction, partnering with our physicians and doing everything we can to maintain access and provide optimal customer service.”

Physical Therapy services may be covered by your insurance depending upon your plan.

Breast imaging technologies

Breast MRI is the most recent addition to Trinity’s diagnostic arsenal in the fight against breast cancer, and women at high risk of developing breast cancer and others already diagnosed with the disease particularly benefit from this new service.

Magnetic resonance imaging (MRI) technology is a noninvasive test that uses a powerful magnetic field, radio waves and a computer to produce images of internal body structures. It is similar to a CT (computed tomography) scan but uses no radiation. MRI of the breast provides a detailed depiction of the breast tissue, including evaluation of blood flow changes that may indicate breast cancer.

Breast MRI helps radiologists better identify and characterize breast diseases – particularly cancer – in women with certain risk factors.

“This includes women with a genetic predisposition to developing breast cancer, or those with a strong family history such as multiple primary relatives with breast cancer,” explained Dr. Kenneth Vallieres, radiologist and Medical Co-Director of Trinity’s Radiology Department.

“It also includes women with a newly diagnosed breast cancer when a breast MRI would be used to determine whether there are multiple areas of the same breast or whether there is any sign of cancer in the opposite breast. The presence of either would drastically affect how the patient would be treated.”

Scheduling of breast MRI examinations is done through the patient’s physician office since, unlike screening yearly mammograms, a doctor’s order is required before a breast MRI can be performed.
National pharmacist organizations have adopted the month of October as National Pharmacy Week, which runs October 17-23. Pharmacists at Trinity Health will use National Hospital & Health System Pharmacy Week to underscore the many new and vital roles they now play in patient care.

The evolution of pharmacy has been especially dramatic in recent years as pharmacists have moved beyond dispensing medications to become vital members of multidisciplinary patient-care teams. "National Pharmacy Week is not new," explained Jerry Hansen, RPh. "The American Pharmacists Association first created the observance in 1925 as a way to motivate consumer awareness of pharmacy services." The American Society of Health-System Pharmacists endorses National Pharmacy Week as an opportunity to highlight the vital role pharmacists play in everyday health care noting that more than 50 percent of adults in the United States take two or more medications every day. This fact highlights the importance of having a pharmacist intimately involved in patient care.

Pharmacists are experts on the thousands of medications available today—how each one works in the body and the ways to use each one safely and effectively. "Many consumers are not aware that pharmacists play a critical role in preventing medication errors, advising prescribers on the best drugs, and working directly with patients to ensure they understand how to use their medications safely and effectively," added Carolyn Reynolds, PharmD, Pharmacy Services Director. "Pharmacy Week is a great way to educate the public about how pharmacists can help them get the most benefit from their medicine."

Historically, educational requirements for pharmacists included the choice of two entry-level degrees: a five-year Bachelor of Science in pharmacy (RPh, BS in Pharmacy) or a six-year Doctor of Pharmacy (PharmD). As of 2000, most schools began offering only the PharmD. This extreme achievement places the pharmacist among the most knowledgeable health care professionals when it comes to medicines and their use. Many pharmacists practicing in hospitals and health systems also hold the post-graduate residency program.

Pharmacists advise doctors and nurses on the use of medicines, monitor every patient medication therapy and provide quality checks to detect and prevent harmful drug interactions, reactions, or mistakes. Hospital and health system pharmacists have been able to take on enhanced patient-care roles due to deployment of highly trained, certified technicians and new technologies that allow for safe and efficient dispensing of medications. In return, pharmacy technicians play a vital role in hospital pharmacy services and greatly augment the pharmacist’s ability to focus on direct patient care. Trinity Health has committed to integrate cutting-edge technologies, many of which have been incorporated to enhance the medication management process.

"As technology continues to evolve, patients will continue to have greater opportunities to have a pharmacist involved in their care," stated Laura Olson-Sun, RPh, Informatics Pharmacist.

Pharmacists highlight vital role in improving patient safety

Carolyn Reynolds

Pilots Receive Safety Awards

Trinity Health’s NorthStar Critical, the region’s emergency helicopter service, and Executive Air Taxi Corporation in Bismarck announced a special milestone achieved by long-time NorthStar Critical pilots Jerry Kurtz and Dennis Simonson. Both men were recently cited by the Helicopter Operations International (HAI) with their prestigious Pilot Safety Award for achieving more than 4,500 hours of accident-free helicopter flight time. NorthStar Critical is an extension of Trinity Health’s mission to improve the health of the communities within its service area. Collaborating with Executive Air Taxi Corp., NorthStar Critical provides emergency air response and extends critical care throughout the region 24/7 with a flight crew, paramedics and other specialists depending on the mission requirements. NorthStar Critical boasts a response time of less than 15 minutes from call to flight, and covers an area reaching from Devils Lake to eastern Montana utilizing a Bell 407 aircraft for swift and safe patient transport. Trinity has offered a helicopter ambulance service in the region since 1992.

During the presentation, Mr. John M. Kutch, Trinity Health CEO, announced that the organization has been chosen to participate in “reinventing” Trinity and Pharmacy Services. Mr. Kutch had served as the Interim Director of Pharmacy Services Department. In order to lead in Pharmacy Services Department, Trinity Health announced that Carolyn Reynolds has been chosen to lead in Pharmacy Services Department.

The VHAs consultants were very complimentary about the participation and leadership during that review. According to Reynolds, she is excited to participate in “reinventing” Trinity and Pharmacy Services. "Mr. John M. Kutch, Trinity Health CEO, asserted, “Carolyn Reynolds has added leadership in that department and many of its activities within the organization. We are pleased when we have the ability to promote from within.”

The Trinity Health Inpatient Pharmacy Department is located on the second floor of Trinity Hospital near the cafeteria. The pharmacy is open 24 hours, seven days a week, 365 days per year and provides services primarily to inpatients of Trinity Hospitals but also local and regional clinics, Trinity Dialysis Unit, and outpatients of the Trinity Emergency Department around hour when retail stores are closed. The inpatient pharmacy processes more than one million doses of medication every year.

Pharmacy technicians including Karrie Langley, play a vital role in hospital pharmacy services and greatly augment the pharmacist’s ability to focus on direct patient care.
Serving the community beyond the walls

Trinity Health takes great pride in serving the whole community—not just those who come through our doors.

To be specific, Trinity and its employees are involved in numerous outreach programs in the Minot Public Schools and surrounding area.

We focus on just a few of the school programs employees are involved in below. This is the first in a series of articles in future editions where we highlight significant outreach activities and partnerships in education.

Character Counts

Character Counts is a local, grass roots effort of concerned citizens in Minot and many communities nationwide which emphasizes the “Six Pillars of Character” as the basis for understanding and evaluating all ethical behavior.

Monica Peterson, Employment Specialist, represents Trinity on the Youth Character Counts Coalition.

“I serve as a liaison between Trinity Health and the Character Counts Program — finding ways that we can use our resources to partner with the coalition in furthering their mission,” Peterson explained. “We meet monthly to plan the Character Counts events for the area such as the Youth Character Counts Awards in January, Celebrate Character Day in April and Character Ethics Day in May.

Hands on Health

Hands on Health is one of 10 programs open to 11th and 12th graders at Minot High School.

Open to 11th and 12th grade students at Minot High School Magic City Campus, Medical Careers is a career and technical education program that introduces students to the various health care opportunities.

Health care delivery systems are as patient care as possible, and because Careers is a class specifically designed to help students build a solid foundation for success in the world of work regardless of whether the student plans to work in the field of health and medicine.

The first semester is devoted to health care concepts as well as providing the students with basic and technical rotation experience.

During the second semester, students continue building upon their healthcare knowledge foundation as well as participating in clinical rotations based on their individual career interests.

This year’s students who shadowing around Trinity Health from the OR and NICU have included four medical offices to the daily routine of a social worker.

Some of our students even take jobs at Trinity Health, some of the students have been a part of Community Health Fairs that Trinity co-sponsored. Some of the activities they have helped with include finger casting, basic medical care and first aid.

The ultimate goal of the Medical Assistant Program is to provide each student with the necessary tools in order to choose a career for which they are best suited for, and Trinity Health is proud to be a partner.

The primary mission of Trinity Health’s Sports Medicine Department is to help athletes before, during, and after competition, especially when minor injuries occur or they are asked to evaluate and treat athletes on the field or court.

Both programs help athletes understand the long-term impact of drug abuse and how taking drugs can negatively affect an athlete’s career.

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Midwifery goes beyond the delivery room

National Midwifery Week, October 5, celebrates midwifery and midwives’ commitment to women and their families for a lifetime. In the United States, women’s choices once were limited to being an obstetrician or a knowledgeable family doctor. But in recent years midwives have offered an alternative for women with low-risk, uncomplicated pregnancies.

Midwives attended births have been reported on birth certificate data since 1975 and the American College of Nurse-Midwives (ACNM) and certified midwives (CM) attended 316,811 births in 2008. However, most Americans aren’t sure what midwives do, how they’re trained or if they’re even available in the local healthcare system.

What is a Midwife?
It is popularly, literally, means midwife. Midwives are practitioners who specialize in normal pregnancy, childbirth and the postpartum and strive to help women and their families have a positive birthing experience,” said Gloria Berg, a midwife at Trinity Health.

In the United States, certified nurse-midwives (CNMs) and nurse-midwives (CNMs) are the primary caregivers in the birthing room. They are trained to provide care to women throughout their reproductive care and are not limited to an obstetrician or a knowledgeable family doctor. They are also trained to provide care to women in a hospital setting.

Berg said that the Midwifery team, including Wendy Flansburg, CNM, and Shawna Brooking, CNM, and the CNMs would be happy to assist you in scheduling a mammogram and follow up as needed.

Qualifications of Midwives
According to the American College of Nurse-Midwives (ACNM), a certified nurse-midwife (CNM) is an individual educated in two disciplines of nursing and midwifery that possesses evidence of certification according to the requirement of the ACNM.

“The requirements for certification ensure that nurse-midwifery standard care. We work with the CNMs to provide care to women throughout their reproductive care and are not limited to an obstetrician or a knowledgeable family doctor. They are also trained to provide care to women in a hospital setting.

Berg explained, “All midwives have a certificate in Nurse-Midwifery from Frontier School of Midwifery and Family Nursing located in Hyden, Kentucky. Berg and Flansburg also hold a masters degree in nursing from Case Western Reserve University and belong to many professional organizations within the United States and beyond. In fact, Berg sits on the North Dakota Healthy Pregnancy Taskforce and the March of Dimes Steering Committee, and they both give various presentations and participate in community education efforts.

Midwives are practitioners who specialize in normal pregnancy, childbirth and the postpartum and strive to help women and their families have a positive birthing experience,” said Gloria Berg, a midwife at Trinity Health.

In 1939 the first nurse-midwifery and was education program in the USA that is still educating nurse-midwives today. Furthermore, the Midwifery Program of Philadelphia University established the first Masters in Midwifery degree in the United States beginning with the Class of 1939.

Today, according to the American College of Nurse-Midwives (ACNM) there are approximately 11,546 CNMs/CNs. CNMs are licensed and have prescriptive authority in nearly every state. In North Dakota, there are seven certified nurse-midwives (CNMs). Berg’s, Flansburg’s and Brooking’s offices are located on the 5th Floor of Trinity Health – Medical Arts – Medical Arts – Midwifery Institute of Philadelphia University, nurse-midwives were midwives introduced in the United States in 1925 by Mary Breckinridge for use in Frontier Nursing Service (FNS). Mrs. Breckinridge chose the nurse-midwife model used in England and Scotland because she expected these midwives to be on horseback to serve the health care needs of the families living in the remote hills of eastern Kentucky. This combination of nurse and midwife was very successful. The Metropolitan Life Insurance Company studied the first seven years of the FNS, and reported a substantially reduced infant mortality rate than for the rest of the country. The report concluded that if this type of care was available to other women in the USA thousands of lives would be saved, and suggested nurse-midwife training should be done in the USA.

Mrs. Breckinridge opened the Frontier Graduate School of Midwifery in 1939 and the first nurse-midwifery and was education program in the USA that is still educating nurse-midwives today. Furthermore, the Midwifery Program of Philadelphia University established the first Masters in Midwifery degree in the United States beginning with the Class of 1939.

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Doug Reinertson, RT, joined Trinity’s Therapy Services staff in July as Coordinator for Cardiopulmonary Team. As coordinator he leads a team of around 20 respiratory therapists and other staff within the department’s Respiratory Therapy and EKG divisions.

“Doug brings to Trinity an impressive set of skills and credentials,” said Therapy Services Director Mark Waldera.

He’s the kind of top flight person who can take the department to new heights.”

Doug Reinertson, RT

"I am excited to be at Trinity in this time of change and new leadership," Reinertson said.

“After spending time with Mark and folks in the department I could tell that our ideas are in sync. The staff is very skilled, and I look forward to advancing our capabilities even further to improve patient care.”

Among his goals is the development of thera-}
Healthy Halloween habits

As summer draws to a close and school bells begin to ring again, we prepare for fall and all of its offerings including Halloween celebrations. With Halloween parties and trick-or-treating, comes lots and lots of candy! This candy can either become a point of contention between parents and their children or a good teaching point in healthy nutrition habits formation. Halloween is a day of celebration for children, and much like Thanksgiving when its offerings include giving away candy! This candy can come lots and lots of its offerings including packaged raisins, packaged nuts, packaged sunflower seeds, fruit leather, and whole grain crackers with string cheese.

**Everything in moderation with exercise** is the most concise, accurate nutrition advice that can be given. Practice moderation at Halloween time by truly enjoying the day. Neither must Halloween be about overindulgence or avoiding food. Avoid bringing the “after Halloween sale” candy into the home. If you witness your children struggling to maintain moderation (two to four pieces daily) with their candy, then portion the candy in bags and let them choose a bag each day to enjoy continuing the celebration. If the candy becomes a major issue in the family that causes more arguments than happiness – throw it away in the beginning of November. Just as Thanksgiving leftovers don’t last for weeks, neither must Halloween candy. Halloween should be a joy-filled childhood occasion. Set your family up for success by eating three well-balanced meals daily and instilling good nutrition habits in your children throughout the year, so that Halloween can be about the pumpkins, costumes, trick-or-treating and time with family and friends.

**Quick nutrition tips for Halloween time**

1. Eat a well-balanced supper meal and make sure everyone is fully hydrated with water before heading out for trick-or-treating
2. Consider throwing a fun Halloween dinner party for the neighborhood kids and send everyone out into the Halloween night with tummies full of a balanced meal
3. Do not keep extra Halloween candy from the store in the house in the days prior to and after Halloween
4. If steering clear of over-eating candy after Halloween night becomes difficult for any family member, portion three pieces into bags and have everyone in the family choose one baggie each day
5. Consider giving out different types of treats with more nutrition to offer. Try the following which can be purchased packaged
   - Sweet potatoes, carrots, sun-dried tomatoes, and lean proteins.
   - Vegetables, whole grains
   - Granola bars, whole grain crackers with string cheese.
6. Remember the value of staying hydrated to make better nutrition decisions. Water, milk and unsweetened tea are the best choices
7. Capitalize on physical activity for the calorie burning and health benefits. Be sure to walk the neighborhood for trick-or-treating
8. If your child eats too much candy, ask him or her to describe how it makes them feel. Verbalizing that they don’t feel well after ingesting too much sugar can be a valuable nutrition teaching point

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**Trinity Health Community Flu Shot Clinic**

**Sept. 30 and Oct. 1 & Oct. 7 & 8 11 a.m. to 6 p.m.**

**JC Penney Court in Dakota Square Mall**

H1N1 (Swine Flu) Vaccine is included in this year’s vaccine. Cost per vaccination is $30 payable at the time of service.

Everyone is encouraged to get their flu shot.

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**Prepared Childbirth Classes**

Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited.

- **November 2-23 (Tuesdays)**
  - 7-9 p.m. in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE.
- **November 3-24 (Wednesdays)**
  - 9 a.m.-4 p.m. in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE.
- **November 2-23 (Tuesdays)**
  - 7-9 p.m. in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE.
- **November 9, October 23, November 6 & December 4 (Saturdays)**
  - 9 a.m.-4 p.m. in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE.

**Breastfeeding Basics**

Expectant mothers are invited to attend a formal group tour/education/Q&A session at Trinity Hospital’s Family Birth Center. This opportunity allows every expectant mother to hear and see valuable information in a friendly environment. We will also provide information including on self-care, infant safety and what to expect during your delivery. See www.trinityhealth.org or call 857-5380 for detailed schedule.

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**Trinity Health Community Flu Shot Clinic**

**Sept. 30 and Oct. 1 & Oct. 7 & 8 11 a.m. to 6 p.m.**

**JC Penney Court in Dakota Square Mall**

H1N1 (Swine Flu) Vaccine is included in this year’s vaccine. Cost per vaccination is $30 payable at the time of service.

Everyone is encouraged to get their flu shot.

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