Reinventing Diabetes education and support

Diabetes can lead to serious difficulties with your overall health, such as heart disease, stroke, kidney disease, blindness, nerve disease or even amputation, but by learning to manage your diabetes you can have a healthy, good quality of life.

In Spring 2010, Trinity Health opened the Center for Diabetes Education in the Town & Country Center, located at 1015 South Broadway in Minot, for patients in Minot and surrounding communities.

The Center for Diabetes Education is a one-stop location where the staff can educate patients about managing their diabetes, including meal planning, exercise and use of their medications. The staff includes two diabetes educators, an assistant and a clinical dietitian.

“Our dietitian educates the patients on proper meal planning and can help those with Type II diabetes who may have trouble with reaching weight loss goals,” Westman added.

Westman explained that the location established more of a centralized point went easier access for patients. In addition, the added space also enables the diabetes education team to evaluate its services and expand them in certain areas as needed. In fact, approximately 15 to 30 new referrals are received by center each week since it has opened at its new location.

Westman said that diabetes team also focuses on prevention for those who have pre-diabetes and educating them on how to maintain a healthier lifestyle to prolong or prevent the onset of diabetes.

In addition to opening its doors last year, the Center for Diabetes Education also at the same time achieved full, four-year accreditation from the American continued on page 3

New Geriatric Fracture Center opens

More than one third of adults over age 65 in the U.S. falls each year, resulting in bone fractures. Falls are the leading cause of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma. Timely medical assessment and intervention not only reduce negative fall-related effects, but improve outcomes with a faster, more complete recovery.

Older adults who present at Trinity Health with bone fractures will now benefit from expedited care through a new center designed to foster a more rapid and complete recovery.

The Trinity Health Geriatric Fracture Center is the first of its kind in the region to provide prioritized and specialized care for elderly patients who have experienced a fracture. Its purpose is to focus on improving patient outcomes and detect risk early to help curb the negative effects of geriatric bone fractures.

Approximately 30 patients have been through the center since it opened in October 2010. According to Darren Armstrong, Joint Replacement/Geriatric Fracture Coordinator, treatment begins with a comprehensive assessment by an experienced team.

“Our multi-disciplinary team of board certified orthopedic surgeons, hospitalist physicians, physical therapists, occupational therapists, registered nurses, pharmacists and social workers, work together daily to ensure the best possible outcomes for our patients,” Armstrong said.

Armstrong said that the team worked together to devise new treatment protocols involving the complete continuum of care resulting in:

• Rapid evaluation of suspected fracture cases
• Streamlined admission process to reduce or eliminate time spent waiting in the Emergency Room for treatment
• Expedited fracture surgery for repair of the broken bone, within 24 hours of admission when appropriate
• Improved outcomes as a result of standardized care dedicated exclusively to the management of the geriatric fracture patient

The Center for Diabetes Education team includes (sitting left to right) Antoinette Skolte, office assistant, and Michelle Funderland, RD, LRD, clinical dietitian; (standing left to right) Deanna Westman RN, CDE, Diabetes Education Coordinator, and Rebecca Haman, RN, BSN, CDE, diabetes educator.

continued on page 2
**Heart Smart**

Heart disease is the number one killer for both men and women. Making smart choices about your diet and lifestyle improves your lifestyle are the keys to help reduce or prevent risk factors for heart disease like high blood pressure, smoking, obesity and high cholesterol.

**Tips for a healthy heart:**

1. **Substitute fats:** Replace saturated and trans fats with mono- and polyunsaturated fats (olives, peanuts, olive oil, avocado, corn oil, soybean oil and canola oil) and polyunsaturated fats (safflower oil, soybean oil, sunflower oil, and corn oil).

2. **Omega-3 fats:** Clinical and epidemiological trials have shown a reduction in triglycerides, inflammatory blood pressure, blood clot and growth of atherosclerotic plaque. You can find omega-three fatty acids in certain types of fish such as salmon, mackerel and albacore tuna. Try to consume at least two servings per week. You can also include other omega-three fatty acid enriched foods found in your grocery store. If you cannot eat fish, talk with your doctor about using fish oil (Omega 3). It is an excellent replacement which is in the form of a pill.

3. **Focus on whole grains and fiber:** Research shows that every 10 grams of whole grain fiber may be associated with a 15 percent reduction in heart disease, improved lipid profile and improved glyemic control. The fiber found in oatmeal has been found to have the lowest cholesterol lowering effect on the whole grain listed as the first ingredient on food products such as in hot and cold cereals, crackers, breads and pastas. You can also find fiber in barley bran, legumes, ground flaxseed, vegetables and fruits. Aim for 20-35 grams of fiber daily.

4. **Build a strong foundation with fruits, vegetables and legumes:** Studies have shown that eating at least four to five servings/day serving is associated with a four percent reduction in risk for heart disease. They are naturally low in sodium, rich in potassium and magnesium and overall nutrient dense. Try to eat more fruits and vegetables in with each meal and aim for at least five a day.

5. **Limit sodium:** Much of the sodium in our diet comes from salt. Limiting salt will help lower blood pressure and thus reducing your risk for heart disease.

Try to consume 2400mg each day. As a reference, one teaspoon is equal to 2400mg sodium. Reach for herbs and spices like garlic and onion powder, dill, basil, curry powder, nutmeg or oregano. Use flavorings such as lemon, vinegar and pepper. You could also try salt substitutes such as Mrs. Dash.

Label the recipe especially if you are processing and frozen foods since they can contain hidden sources of sodium. Also watch out for high sodium ingredients such as sea salt, MSG, baking soda and sodium chloride.

Eighty-three million people in the United States have one or more types of heart disease. Creating healthy lifestyle changes can help prevent your risks for heart disease. Beginning a heart healthy lifestyle can be challenging but if you gradually transitioning your diet to create a lifestyle change you will support your long-term. It’s not about what you can’t eat but developing and the continuous habits that allow you to eat foods that you enjoy while maintaining the health and energy you deserve.

For more healthy ideas, contact Trinity Health’s Nutrition Services at 857-5253.

---

**Geriatric Fracture Center**

“Dedicated teams, shorter time to surgery, improved palliative care, specialized occupational therapy and shorter hospital stays are just a few of the benefits of this program that help patients return to their pre-injury levels of function,” Armstrong added.

Armstrong said that actual time in the hospital for the fracture will depend on the location and severity of the fracture.

“The severity of the fracture will depend upon the intensity of the injury causing event and the strength of the bone,” he explained.

“But, to relieve pain from the fracture, we use the best most effective medications and again strive for early surgical treatment when necessary.”

In regard to the surgery of the fracture itself, surgery is performed in the Hospital’s state-of-the-art operating rooms.

“The hospital is fully equipped with cutting edge devices and replacement parts to treat essentially any type of fracture,” Armstrong said. “Surgical time will vary with the complexity of the fracture and the time in the operating room may range one to three hours.”

After surgery, Armstrong explained that there is a recovery time period for the patient of two to three days in the hospital, and then the patient will transition to home or another rehabilitation/acute care setting.

“During recovery time, pain management is an important focus, and the patient’s medical care will be clinically co-managed by the orthopedic surgeon and hospitalist physician. You will be seen by a social worker after surgery to start planning physical and occupational therapy staff will work with the patient on the role of being a coach can help by being involved in the patient’s education to assist the patient in making a full recovery,” he said.

“The role of being a coach can help by being involved in the patient’s confidence by offering him or her the opportunity to patient to participate in the full therapy process, encourage and help patients to follow instructions and be more involved as the aftercare phase. You can find patients who are falling-proofing the patients home with tips in educational materials offered by the Geriatric Fracture Program.”

Fractures can be life-altering events for both the patient and his or her family. We want to educate both the patient and their family about the benefits of the recovery process,” Armstrong said.

Finally, Armstrong said “Our main job as a team is to make sure that the best way to judge a society is by how it treats its elderly and its elderly. Our philosophy in mind the Geriatric Fracture Team will constantly look at ways to improve their outcomes about the Geriatric Fracture patients.”

“Our next steps are to standardize and work to define care for elderly and our outcomes of geriatric fracture patients,” he said.

Long-term recovery programs that offer screenings for osteoporosis treatment and education along with community-based seminars addressing lifestyle changes can help patients and education will be major components of our program and the elderly of what causes falls and how to prevent them is key to this program.”

For more information on the Trinity Health Geriatric Fracture Center, contact Armstrong, Joint Replacement/Geriatric Fracture, at 701-857-5253.
The “heart” of the matter: Heart attacks

Did you know that approximately one million Americans suffer a heart attack each year? As a result, 400,000 of them die as a direct result of heart attack.

Knowing the early warning signs of a heart attack is critical for prompt recognition and treatment. The following is more information from one of Trinity Medical Group’s cardiologists, Emad Dodin, MD.

Q. What is a heart attack?

A. A heart attack occurs when blood flow to a section of the heart muscle becomes blocked. If the flow of blood isn’t restored quickly, the section of heart muscle becomes damaged from lack of oxygen and begins to die.

Q. What are the causes of a heart attack?

A. Heart attacks occur most often as a result of a condition called coronary artery disease (CAD). In CAD, a fatty material called plaque builds up over many years on the inside walls of the coronary arteries (the arteries that supply blood and oxygen to your heart). Eventually, an area of plaque rupture, causing a blood clot to form on the surface of the plaque. If the clot becomes large enough, it can mostly or completely block the flow of oxygen-rich blood to the part of the heart muscle fed by the artery.

Q. Am I having a heart attack—what are the symptoms?

A. The most common heart attack signs and symptoms are:

- Chest discomfort or pain—uncomfortable pressure, squeezing, fullness, or pain in the center of the chest. This discomfort or pain lasts more than a few minutes or goes away and comes back.
- Upper body discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath may occur with or before chest discomfort.
- Other signs include nausea ( feels like being sick to your stomach), vomiting, lightheadedness, or breaking out in a cold sweat.

Q. Treatment?

A. Early treatment can prevent or limit damage to the heart muscle. Taking aspirin right away can help prevent further blood clotting and cutting 9-1-1 immediately is crucial, as time is of the essence. Once the diagnosis of heart attack is confirmed, strongly suspected at the hospital, treatments to restore blood flow to the heart are started as soon as possible. Treatments include medicine and medical procedures such as thrombolytic (blood clot dissolution) and angioplasty.

During angioplasty, a catheter (a thin, flexible tube) with a balloon on the end is threaded through a blood vessel to the blocked coronary artery. Then, the balloon is inflated to push the plaque against the wall of the artery. This widens the inside of the artery, restoring blood flow. Trinity Health has all of the cutting-edge technologies and experts to treat a heart attack.

Q. What treatment do I receive after getting out of the hospital?

A. Most people spend several days in the hospital after a heart attack. Testing is run to make sure that you leave the hospital, treatment doesn’t stop. At home, your treatment may include daily medicines and cardiac rehabilitation (rehab). Your doctor may recommend lifestyle changes, including quitting smoking, losing weight, changing your diet, and increasing your physical activity, to lower your chances of having another heart attack.

Q. How can I prevent a heart attack?

A. What’s even better than treatment is prevention. Knowing your risk factors for coronary artery disease (CAD) can help you prevent a heart attack. Even if you already have CAD, you can still take steps to lower your risk of heart attack.

Reducing the risk of heart attack usually also means making healthy lifestyle choices. In addition, you also may need treatment for medical conditions that raise your risk. Some healthy lifestyle choices can Aggravate an existing smoking, losing weight if you’re overweight or obese, lower your fat diet rich in fruits and vegetables and increasing physical activity to improve your heart fitness. In regard to treating medical conditions, this includes lowering your blood cholesterol and blood pressure and controlling your diabetes (high blood sugar).

Make sure that you have an emergency action plan in case you or someone else in your family has a heart attack. This is especially important if you’re at high risk or have already had a heart attack.

Talk with your doctor about the signs and symptoms of a heart attack, when you should call 9–1–1, and steps you can take while waiting for medical help to arrive.

About Dr. Emad Dodin

Board certified with 15 years of experience, Dr. Dodin is specially trained to perform balloon angioplasty and stent procedures, as well as pacemaker and defibrillator insertion. He was a senior cardiologist at Altru Health Systems in Grand Forks from 1996 to 2004, when he left to establish a new heart center at American Hospital Dubai. Since 2004, he has served as an associate professor of medicine at the University of Jordan. He is board certified in Interventional Cardiology, Cardiovascular Diseases and Internal Medicine. Dr. Dodin’s office is located in Health Center – Medical Arts, 400 Burdick Epi. For appointments, call 857-7388 or 1-800-598-1205.

Education and support for diabetics

Association of Diabetes Educators

Accreditation means the program is in full compliance with national standards designed to improve services for people with diabetes. Westman said the accreditation enhances the center’s ability to stay abreast of current research, trends, and trends in the field of diabetes.

“Patients rely on our knowledge and expertise,” Westman said. “It’s our responsibility to have the assurance that we’re guided by national evidence-based standards.”

As for the Center for Diabetes Education itself, it includes a large medical library, diabetes education and a resource room, which is open to the public for both cancer and diabetes information.

“All our classes are held here as well as our support group meetings,” Westman said. “The center also has a resource room where people can come any time for research hours to research products and different diabetes and cancer related topics.”

Westman said the location also lends itself to co-registration activities, including support groups and a walking club that meets at the Town & Country Center.

“We offer both individual and group classes for our patients,” Westman said. “It’s helpful for the group classes very much. It’s a way for them to learn from each other as well as from us.”

Finally, Westman said in order to receive continuing diabetes education at the Center for Diabetes Education, they must have a referral from their primary care provider.

“You can get your diabetes unless you know about it, and the more you know the better you can manage it.”

For more information, on the Center for Diabetes Education Center, call 857-5268.

On February 14, “Love Letters into Lyrics” Go Red Heart Gala will be held. This benefit, formerly known as “Go Red For Women”, is to raise money for the American Heart Association. All of the money made from this event will be donated to the North Dakota Division of the American Heart Association. The gala will start at 6 p.m. at the Holiday Inn Riverside in the Coliseum Room. The tickets are $50 a piece or $1,000 for a sponsorship table. If you purchase a sponsorship table, you will receive four bottles of wine.

Tickets are available at Ryan Chevrolet and Finance.

Randy Beard will be providing the entertainment for the night. When you purchase your ticket you will receive a slip of paper to enter a contest. Trinity Health is a sponsor of this event. Randy Beard will be providing the entertainment for the night. When you purchase your ticket you will receive a slip of paper to write a “love letter” on, you can keep this confidential or put your name on it. These love letters will be given to Randy Beard and he will turn them into a song and sing them during the benefit. Trinity Health is a sponsor of this event.

For more information or if you have any questions, call Trinity Health Cardiac Rehabilitation at 857-2338.
Are you at risk for heart disease?

Did you know the average human heart will beat 2.5 billion times? Your body exists because of the heart. It is one of the most important organs in your body. However, more than 50 different heart diseases can affect the heart and/or the blood vessel system within.

Nevertheless, heart disease is a problem you can deal with, take action and even prevent.

What is heart disease?
Coronary heart disease is the most common form of heart disease. Usually referred to simply as “heart disease,” it is a disorder of the arteries that carry blood to and from the heart.

It is important to realize that heart disease is a lifelong condition—once you get it, you’ll always have it.

What’s more, the condition of your blood vessels will steadily worsen unless you make changes in your daily habits. As a result, it’s very important to take action now to prevent this disease.

Risk factors
Risk factors are conditions or habits that increase the chances of developing a disease or having it worsen. There are two types of heart disease risk factors—those you can’t change and those you can control.

One risk factor that cannot be changed is a family history of early heart disease. Also, for women, age becomes a risk factor at 55. After menopause, women are more apt to get heart disease. In part, this occurs because a woman’s production of estrogen drops. Also, middle age is a time when women tend to develop other risk factors for heart disease. Other examples of risk factors that can’t be controlled include age, gender and ethnic factors—those you can’t control.

But many heart disease risk factors can be controlled by making changes in your lifestyle and, in some cases, by taking medication. Examples of risk factors that you can control include smoking, cholesterol levels, blood pressure, diabetes, weight, and so forth.

Treatment
Much progress continues to be made in the areas of diagnosis and treatment of heart disease. The heart specialists at Trinity Health offer patients a variety of these modern diagnostic and interventional services. The Trinity “heart” program successfully blends the use of sophisticated technology with the special human touch that can only be acquired through years of experience. Some of these diagnostic/screening tools include an electrocardiogram (EKG) and a stress test. An EKG makes a graph of the heart’s electrical activity. This test can show abnormal heartbeats, heart muscle damage, blood flow problems in arteries and heart enlargement. A stress test records the heart’s electrical activity during exercise. If you are unable to exercise, you can take a medicine instead that shows any problems in the blood flow to the heart.

Prevention
The implementation of screening and risk-modification/management plans early in life can do much better to reduce the number of cases, as well as the number of related deaths. This can include seeing your primary care provider for a thorough checkup in achieving your goal for a healthy heart, leading a healthy lifestyle by following a healthy eating plan, getting regular physical activity, maintaining a healthy weight and quitting smoking.

Most importantly, call 9-1-1 if you think your heart disease is a life-threatening situation or contact your primary care provider if you have additional questions about heart disease.

Valentine Chikwendu, MD
• Board certified, internal medicine and cardiology
• Graduate of the University of Nigeria College of Medicine
• Internal medicine residency and adult cardiology fellowship, Cook County Hospital in Chicago

Emad Dodin, MD
• Board certified, interventional cardiology, cardiovascular diseases and internal medicine
• Specially trained to perform balloon angioplasty and stent procedures, as well as pacemaker defibrillator insertion and peripheral angioplasty and stents
• Since 2006 served as an associate professor of medicine at the University of Jordan
• Established a new heart center at American Hospital Dubai

Robert Perrell, Jr., MD
• Board certified, internal medicine and cardiology
• Graduate, John Hopkins School of Medicine in Baltimore, MD
• Internal Medicine Residency, Duke University Medical Center, Durham, NC
• Received cardiology training from University of Southern Florida in Tampa
• Specialty training in congestive heart failure, Electrophysiology devices and cardiovascular imaging

Samin Turk, MD
• Board certified, internal medicine and cardiology; Board eligible interventional cardiology
• Graduate, Royal College of Physicians and Surgeons, Dublin, Ireland
• Residency, Internal Medicine at Worcester City Hospital and University of Massachusetts Medical Center, Worcester
• Fellowship trained—peripheral vascular medicine and cardiology Cleveland Clinic Foundation and MetroHealth Medical Center in Ohio

Martin Rothberg, MD
• Chief of the Heart Surgery Program
• Board certified in both general and cardiothoracic surgery
• Residencies—general surgery at Creighton University Affiliated Hospitals in Omaha and in cardiothoracic surgery at University of Pittsburgh Affiliated Hospitals
• Served as assistant professor of surgery at Creighton University

Frank Shippley, MD, FACS
• Board certified, general surgery
• Performs thoracic and vascular surgery
• Graduate of the Indiana University School of Medicine
• Performs thoracic and cardiovascular surgery at University Hospitals in Fond du Lac, Wisconsin
• Established a new heart center at American Hospital Dubai

Heidi Bircher, FNP-C
• Family Nurse Practitioner—Certified
• Master’s degree from the University of Washington
• Received training as an FNP at Medical University of South Carolina
• Experienced in preventive teaching and healthcare maintenance

Sharon Wright, NP
• Nurse Practitioner
• Master’s degree from Marian University in Fond du Lac, Wisconsin
• Experienced in cardiac and medical surgery
• Taught undergraduate clinical

For more information about Trinity’s heart team, call 857-7388.
Guardian Angel Program launched with success

The Trinity Health Foundation’s Guardian Angel program kicked-off on November 30, 2010 and since that time has received rave reviews. Fourteen Trinity Health employees have been nominated for this recognition program that acknowledges excellence in patient care.

“One day after the announcement of the Guardian Angel program in the Minot Daily News I had two nominations on my desk,” reported Amy Moen, director of the Trinity Health Foundation. “This program offers patients and family members the opportunity to publicly honor any Trinity Health employee for excellence in care by making a minimal contribution to the Foundation. The money received is used for enhancing patient care and services. The nominee then receives a very nice lapel pin to proudly wear.”

For information on the Guardian Angel program please contact the Foundation Office at 857-5432 or email: foundation@trinityhealth.org.

Recipients of the Angel Award program include:

- Dr. Jeffrey Verhey, Pulmonary Medicine
- Jill Aarseth, Office Manager, Pulmonary Medicine
- Dr. Aslith Dias, Hospitalist
- Wenda Maizner, Occupational Therapy, Trinity Homes
- Sandy Allen, Occupational Therapy, Trinity Homes
- Margaret Ingold, Physical Therapy, Trinity Homes
- Kathy Office, Physical Therapy, Trinity Homes
- Orleen Schroeder, Speech Therapy, Trinity Homes
- Jennifer Nelson, RehabCare Physical Therapy
- Angela Zimbelman, RehabCare Physical Therapy
- Vicky Larson, RehabCare Physical Therapy
- Kelly Wolfe, RehabCare Occupational Therapy
- Bruno Rimatzki, RehabCare Occupational Therapy
- Marla Rose, RehabCare Speech Therapy

2011 Building Hope Event – Life’s Your Legacy...Live It!

Reneé Wall Rongen, international award winning humorist, inspirational speaker and author will be the keynote speaker for the 2011 Building Hope Event scheduled for Monday, June 20, at the Grand International. Reneé delivers hilarious, unforgettable keynote presentations to CEOs of Fortune 500 companies, healthcare organizations, and educators. All are inspired and buckled over with laughter as Reneé delivers the tools for today’s world, propelling her audiences to live more productive, passionate, purposeful and profitable lives.

Reneé delivers stories to energize and knowledge and hilarious tales to the core. Reneé challenges each audience to learn how to communicate, advocate and every-where in between.

Reneé has received from these roles and uses her knowledge and humorous stories to energize and motivate with her signature Legacy Living philosophy – inspiring those she touches to live life from the inside out. She believes that individ-uals and organizations given the proper tools have the ability to not just survive, but thrive! She is the International Key-note Spokesperson for the Pay it Forward Foundation, a member of the National Speakers Association, an author, a Talk Show Radio Host, and has served as Trustee on numerous corporate, healthcare, economic development and foundation boards. Reneé is a family sur-vivor of Cancer! She is known to people across the country as the Cancer Coach. She feels blessed to say that she has not had the “C” word herself, however it has touched everyone corner of her world. She has lost numerous family members, three of her best friends and has a daughter who diagnosed with bone tumors at the age of 10.

2010 Spirit of Year-End Giving Results

Over $24,500 was raised during the 6-week year-end campaign to purchase night vision goggles for Trinity’s NorthStar Criticair helicopter.

Thanks to the generous citizens and businesses for supporting this important healthcare need:

Don & Sherry hammel
Margaret Lofland
Amy Moon
Dr. Rodney Onda
Dr. Kevin & Laura Sue
Ronald Hardman
Dr. John Lee
Brunett & Helen Sklanden
Dr. John & Diane Love
Dr. Donald & Carolyn Anderson
Dr. Linda Nascimento
Allison Overton
Doug & Brenda Mardal
Dr. Ivan Sahiti
Dr. Jason & Sally Schad
Dr. Chad Wicklard
Curt & Sue Thompson
Dr. Ravindra Solhi
Dr. Jeffrey & Sandy Verhey
Dr. Jace Lueck
Harry & Diane Wittmeyer
Dr. Cyle Young
Allan Binegar
William Smith
Gary & Clare Sue Price

BT Communications Inc
Dr. Kevin & Marie Frank
Agnes Bruch
Tim & Loren Michel
Karen Kottbach
Dr. Keith & Laura Kidd
Tony B. & William Wilcox
Dr. Charles & Delke Nelson
Dr. Margaret & D. Daniel Hinkle
Hedy & Karen Carlson
Mary Gregory
Terry Solfje
Mark & Jane Wood
John Conglise
Philip Locke
Ed & Carmen Wheeling
Tom & Steven Hjalf
Bruce & Cindy Carlson
Ron & Barbara Group
Jerry & Rong Boder
Dr. James Brown
James & Karen Ammon
Margaret Heffernan
Lynn & Judy Vriens
Nancy Helfer

JUNE

Mark Your Calendar! 2011 Building Hope Brunch and Golf Scramble Monday, June 20, 2011 "Life’s Your Legacy...Live It!" presented by national cancer speaker Reneé Rongen
People with cochlear implants or BAHA devices who live in northwest North Dakota no longer have to travel across the state to receive follow-up care and programming of cochlear implant and BAHA devices after the implants have been surgically installed. “BAHA devices are for people with hearing loss who can’t benefit from conventional hearing aids,” Klein said. “This is because their hearing loss is so severe the cochlear structures can’t get through the outer and middle ear to deliver a signal to the inner ear. BAHA systems bypass the outer and middle ear and utilize the body’s bone structures to conduct sound vibrations from the outer ear to the inner ear. Once the cochlea receives the sound vibrations, the organ ‘hears’ the signal in the same manner as through air conduction, the sound is converted into neural signals and is transferred "With a 15 to one ratio of athletes to athletic trainers, I’ll get more than one-on-one time with the athletes. Fewer athletes might mean that athletic trainers have more time to tour the host country, and see what it has to offer. More often than not I don’t get to see a lot of the country because we are so busy.”

What enables Gust to be involved in Deaflympics is her knowledge of sign. The certified athletic trainer is fluent in American Sign Language. But while many people assume that sign language is universal, it is not. Each language has its own signing system, which makes communicating a challenge. However, sign languages are universal, but each country has its own lingo and slang.

“What helps me is the trend toward texting,” Gust said. “Texting is easier to send out to multiple people than the phone. You can’t communicate. You can’t do them both at the same time.

She noted that this year’s Winter Deaflympics almost didn’t happen. In May the event was cancelled due to a lack of funding. But financial resources were pulled together and the event was able to continue. The athletes didn’t find out until November that they could “I am very happy that this event is still happening; these athletes train more than I do and deserve to compete,” Gust said. “I am very excited for Dakota’s first Winter Deaflympics. I am very thankful for everyone in the department who is helping me out.”

About Deaflympics
Deaflympics was originally known as World Games for the Deaf. The first Deaflympics was in 1924 in Paris, France. Then over the years it became games for every athlete with a disability. There were 145 athletes from European countries taking part in the inaugural games; since then the number of athletes has increased. Approximately 5,501 athletes and team officials from 87 countries participated in the 21st Summer Deaflympics in 2000 in Taizai, Taiwan. The first Winter Deaflympics was held in Seoul, South Korea, in 1949, and 33 athletes from five countries participated. The 16th Deaflympics was hosted by the United States and was held in Salt Lake City, Utah. There were about 500 athletes from 24 countries competing in this event.

In 2001, the International Committee of Sports for the Deaf was granted permission by the International Olympic Committee to change the name of the games to Deaflympics. The name was first employed in the 1994 Rome Summer Deaflympics.

Audiology launches cochlear program
People with cochlear implants or BAHA devices who live in northwest North Dakota no longer have to travel across the state to receive follow-up care and programming of cochlear implant and BAHA devices after the implants have been surgically installed. "BAHA devices are for people with hearing loss who can’t benefit from conventional hearing aids," Klein said. “This is because their hearing loss is so severe the cochlear structures can’t get through the outer and middle ear to deliver a signal to the inner ear. BAHA systems bypass the outer and middle ear and utilize the body’s bone structures to conduct sound vibrations from the outer ear to the inner ear. Once the cochlea receives the sound vibrations, the organ ‘hears’ the signal in the same manner as through air conduction, the sound is converted into neural signals and is transferred to the brain, allowing the person to perceive sound. Maxson explained that BAHAs consist of an implanted abutment, and an external component, which is worn behind the ear. The sound processor picks up sound vibrations and transmits them to the implant – a small titanium mechanism that is placed in the bone behind the ear where it fuses with the bone. The processor, which is called osseointegration. It’s the external components – a microphone and a processor – that have to be programmed using special software.

Cochlear implants are for individuals with any level of hearing loss, even those who can’t hear. According to Maxson, a "map" for the cochlear implant is created at the time of the surgery. The cochlea is divided into segments, and each segment corresponds to a different frequency. The processor picks up sound and transmits it to the implant, then to the internal device via a transmitting coil. Each person is different in the way they receive sound through the cochlear implant," Maxson said. "We work with the patient every week, and adjust their programming as needed. Sometimes we have to get an audiogram every three months to see if their hearing has changed. We offer annual fine-tuning to help maintain optimal performance." She noted that the programming is performed by connecting the external processor to a computer and creating a "map" for the cochlear implant. Each map is different, and is constantly changing. There are three cochlear implant manufacturers in the U.S., and Maxson at Trinity, who has specific experience in this area, is able to perform mapping for individuals with any of the manufacturer’s devices.

According to Maxson, cochlear implants are becoming more common because they allow the life-changing interventions for people whose hearing loss can’t be corrected through other means. But their abundance has resulted in more travel for long distances for follow-up care.

"The closest adult cochlear implant service is in Fargo and the closest pediatric service is in Minnesota," Klein said. "With Jerrica’s previous experience as part of the St. Louis Children’s Hospital implant team, children with cochlear implants don’t have to travel to Minnesota for care. Cochlear centers across the country are just as geographically diverse as the population, each with unique resources. These were the first Deaflympics. The name was first employed in the 1994 Rome Summer Deaflympics.

About Deaflympics
Deaflympics was originally known as World Games for the Deaf. The first Deaflympics was in 1924 in Paris, France. Then over the years it became games for every athlete with a disability. There were 145 athletes from European countries taking part in the inaugural games; since then the number of athletes has increased. Approximately 5,501 athletes and team officials from 87 countries participated in the 21st Summer Deaflympics in 2000 in Taizai, Taiwan. The first Winter Deaflympics was held in Seoul, South Korea, in 1949, and 33 athletes from five countries participated. The 16th Deaflympics was hosted by the United States and was held in Salt Lake City, Utah. There were about 500 athletes from 24 countries competing in this event.

In 2001, the International Committee of Sports for the Deaf was granted permission by the International Olympic Committee to change the name of the games to Deaflympics. The name was first employed in the 1994 Rome Summer Deaflympics.
Snowmobiling provides exciting opportunities for family recreation and ways to enjoy the great outdoors during the winter months. Many people operating a snowmobile for the first time along with experienced users must develop good attitudes and skills before and while snowmobiling. The purpose of snowmobile safety is to expose users to snowmobile safety, responsibilities, laws and mechanical functions. Snowmobiling is fun for people of all ages and with this comes rules for safety.

The U.S. Consumer Product Safety Commission estimates that each year about 110 people die while riding snowmobiles. The Commission estimates about 13,400 hospital emergency room-treated saving measures. For more information, call 857-5099.

Take care while enjoying snowmobiling

February/March/April/May 2011 Prepared Childbirth Classes
Learn about exercise and breathing techniques, labor/delivery, newborn care, newborn feedings, etc. Enrollment is limited. February 15-March 8 and March 22-April 12 (Tuesdays) 7-9 p.m. in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE. March 25-April 13 and May 4-25 (Wednesdays) 7-9 p.m. in the Airheads and Family Readiness Center, MAFB. Please call 722-3950 to register.

February 5, February 19 and March 5 (Saturdays) 9 a.m.-4 p.m. in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE.

Healthy U—Exciting Innovations for Treatment of Wet and Dry Macular Degeneration
February 10 • 7 pm • Health Center – Riverside
The number one cause of blindness in the United States today is more treatable than ever. Darrell Williams, MD, Trinity Regional EyeCare-Minot Center, will explain new innovations and sight saving measures. For more information, call 857-5380 for detailed schedule.

Healthy U—Recognizing the Signs of Eating Disorders and Getting Help
February 24 • 7 pm • Health Center – Riverside

Nearly 11 million people in the U.S. are battling eating disorders such as anorexia and bulimia, while millions more suffer from binge eating disorder. Joan Della McAllister, Ph.D., as she describes the signs to look for and help that is available. Minot native Sara King will share her story of how she overcame an eating disorder. For more information, call 857-5099.

Healthy U—Prepare for Childbirth

February 8, March 15 and April 19
Offered by Laureen Klein, RN, BSN. Meets from 7-8 p.m. in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE. These classes are offered free of charge as part of Trinity’s community benefit mission, but registration is typically required. For more information or to register for classes, call 857-2310 or 1-800-862-0005.

Family Birth Center Tour
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 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.

Breastfeeding Basics
February 8, March 15 and April 19

Trinity Community Clinic – Garrison, 463-2626
Tioga Clinic, 646-3364
Kenmare Hospital, 385-4296
Mountrail Cty Med Center – Stanley, 628-2505
Northland CHC – Turtle Lake (a.m.), 448-9225
Trinity Community Clinic – Velva (p.m.), 338-2066
Mountrail Cty Med Center – Stanley, 628-2505
February 5, February 19 and March 5 (Saturdays)
9 a.m.-4 p.m. in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE.

February 10 • 7 pm • Health Center – Riverside

The number one cause of blindness in the United States today is more treatable than ever. Darrell Williams, MD, Trinity Regional EyeCare-Minot Center, will explain new innovations and sight saving measures. For more information, call 857-5380 for detailed schedule.

For more information, call 857-5099.