Lung Cancer Screening Program Launches

1. Are you between the ages of 55-77?
2. Do you smoke or previously smoked?
3. Are your years of smoking equal to or greater than a 30-pack year smoking history? (This is calculated by number of years smoked x number of packs per day — pack year smoking history.)
4. If you quit smoking, was it within the past 15 years?

If you answered “yes”, you may be a candidate for lung cancer screening. Announced last year, Trinity Health’s Low-Dose CT Lung Cancer Screening Program is now up and running.

Heidi Bender, FNP-C, Nurse Practitioner in Pulmonology and coordinator of the Lung Cancer Screening Program, explains that the program was launched with the purpose of detecting lung cancer at an early stage, to improve the health of high-risk individuals in our region. Consistent with Trinity Health’s mission, the Low-Dose CT Lung Cancer Screening Program demonstrates Trinity’s commitment to futuristic and proactive continuous performance improvements, Bender notes.

Previous to low-dose CT lung cancer screening, lung cancer often was detected through chest X-rays, but the lung cancer often wasn’t picked up early enough to make a difference in reducing the death rate, explained Scott Lewis, MD, Medical Director of Trinity Health’s Radiology department. “They would find cancers, but it was too late.”

The National Lung Screening Trial (NLST) demonstrated that low-dose CT scans reduce the death rate from lung cancer by 20 percent by detecting lung cancers early. “That was the first study to show they could save lives from lung cancer screening,” Lewis said.

Finding lung cancer early is critical because it does not often present symptoms until the cancer is in its later stages. The main symptoms of lung cancer include cough, shortness of breath, blood in sputum, weight loss, and chest pain. Lewis said that if any of these symptoms are present, it is important to see a provider.

Trinity Health pulmonologist Jeffrey Verhey, MD, explains that lung cancer is the leading cause of cancer deaths in the America. Lung cancer will claim more lives this year than breast, colon, and prostate cancer combined. According to the American Cancer Society, lung cancer is the second most common cancer, in both men and women combined, not counting skin cancer.

To insure that the screening makes a difference, Lewis said that “the right population” should be screened. If an individual meets the criteria mentioned above, they would need to schedule a “shared decision-making” appointment with their primary care provider or the Pulmonology Clinic, Bender explains. During the shared-decision making visit, the patient’s medical history is evaluated and a physical examination is done. The provider will discuss with the patient if they qualify for the

Minot: We will discuss these developments in coming issues — stay tuned!

New Campus Unveiled
Trinity Health announced that in mid-2017, it would begin initial groundwork on a new hospital campus and medical district, which will be located in southwest Minot. The 76-acre site, west of the Minot Family YMCA, will be home to the
Finally, Trinity Health was named as a Community Value Five-Star® Hospital by Cleverley + Associates, a healthcare consulting firm that ranks hospitals based on the value they provide to their communities. “We’re proud of this designation because it reflects our commitment to make the right decisions, both in terms of providing the best care possible and in the best possible use of resources,” Kitch said. “I’m proud to work with a group of individuals who aren’t just passionate about providing high-quality care, but take seriously their responsibility as stewards of our care system.”

Foundation Director Hired

This past year, Al Evon was hired as director of the Trinity Health Foundation. Evon served as Chief Operating Officer for the Dakota Boys and Girls Ranch Foundation, in Minot, from 2005 to 2012, and as Associate Executive Director for International Ministries, in King of Prussia, Pennsylvania, from 2014 to 2016.

TalkSoft

TalkSoft implemented an appointment reminder system to jog people’s memories–electronically. TalkSoft is a multi-modal appointment reminder system that sends strategically-timed reminders to patients via e-mail, text message or telephone. “In the reminder starts with an e-mail that asks you to confirm or reschedule your appointment,” explained Renda Wilson, project services director. “If you click to confirm, we’ll know to expect you. If you click to reschedule, a Trinity Health associate will contact you to schedule an alternative time.”

Wilson says that to improve the effectiveness of the reminder system, Trinity Health has instituted a slight change in the registration process – asking patients to confirm their e-mail address and to provide their home telephone number to reach them.

Zapping Germs

Trinity Health became the first hospital in western North Dakota to add a germ-zapping remote infection control arsenal. The Xener Orthovoltage System sanitizes surfaces using ultraviolet light hours of intense light, much more intense than sunlight.

Verheyen Jeff, MD, chair of the Trinity Health Foundation board (which funded the project), said the new disinfection system is an important part of Trinity Health’s ongoing commitment to patient safety. “The Trinity Health Foundation is proud to assist Trinity Health in its efforts to be proactive in preventing and containing hospital-acquired infections,” he said. “Trinity has very low infection rates due to the diligence of its staff, but many such as this will enhance the robust efforts in place that keep our patients safe.”

Later in the year, Trinity Homes became the first hospital facility in North Dakota to incorporate the devices into its infection control practices. “We take very seriously our mission to maintain a safe environment for our residents,” said Brenda Lokken, director of Infection Control, Infection Prevention and Control Department, at Trinity Homes.

3D Tomosynthesis Expands

Since August 2015, patients seeking mammograms at Trinity Health have benefited from the Wide View True Breast Tomosynthesis, the most advanced technology: a second 3D tomosynthesis machine was added at Trinity Health’s Breast Imaging Center, in Minot, and a new installation at Trinity Health Community Clinic – Western Dakota, in Williston, which helps detect breast cancer in patients with dense breast tissues.

The implementation of 3D mammography at Trinity Health’s Breast Imaging Center, as well as the Trinity Community Clinic – Western Dakota, in Williston, helps detect breast cancer in patients with dense breast tissues.
**Falls Can Be Prevented**

During the first three months in 2016, 56 percent of trauma patients admitted to Trinity Health’s Emergency Room were due to falls that resulted in an injury. Jessica Edgel, RN, Injury Prevention Specialist for the Trauma Center, cites the months from January to March as the most prevalent for winter-related falls. These numbers are up from the same time period in 2015, which saw 51 percent.

“The majority of falls were due to Koreans, elderly adults, and the elderly are more likely to fall and/or experience negative outcomes, such as injury or death from falling.”

Falls result in more than 2.4 million injuries treated in emergency departments annually, including over 722,000 hospitalizations and more than 21,700 deaths across the United States. Falls are the second leading cause of unintentional deaths, and falls are the leading cause of fatal and non-fatal injuries for older Americans.

To prevent falls in the winter months, Edgel suggested these tips:

- **When outdoors,** check to ensure walkways and driveways are free of ice. If there is ice and you need to walk, walk “like a penguin.”
- **Keep your center of gravity over your front leg, bend slightly in the knees, and keep your hands out of your pockets (as you need your arms for balance).**
- **If you are walking somewhere, give yourself extra time to reach your destination.**
- **Wear shoes with good traction.**
- **Use handrails when possible.**
- **Edgel also noted that falls are not “a fact of aging,” for older adults. They are preventable.**
- **Begin a regular exercise program to strengthen muscles and increase balance and coordination.** (Check with your doctor before starting an exercise regimen)
- **Have your healthcare provider review the medications as some alone or in combination can cause people to feel drowsy or dizzy which can lead to a fall.**
- **Have your vision checked regularly as poor vision can lead to increased falls.**
- **Trinity Health has partnered with the Go4Life campaign, which offers helpful tips on falls prevention and overall wellness as we age.** The link can be found at [https://go4life.nia.nih.gov](https://go4life.nia.nih.gov) or by searching “Go4Life” on Google.

**Community Happenings**

Lillian Wilson, a resident at Trinity Home, was a recent “birthday princess,” celebrating her 107th birthday! Happy birthday, Lillian!

Tara Floy, RN, spoke on Cardiopulmonary Rehabilitation during Healthy Hour at The Vue on December 13.

Youth participated in “Take Care of Tank” at the Minor Minoraur game on December 9. The game was sponsored by Trinity Health.

You can also make your home safer by:

- **Keep items you use often in cabinets you can easily reach.**
- **Have grab bars installed next to the toilet and bathtub.**
- **Use non-slip mats in the bathtub.**
- **Improve the lighting in the home to increase visibility within the home.**
- **Wear shoes inside and outside the house to decrease the chance of slipping.**
- **Make sure handrails are installed on all staircases.**

Velos FFA members Kerrienger Kuenge and Bailey Willmore proudly present a $3,000 donation from their Velos FFA Chapter to Trinity Health’s Cancer Exercise Rehab program. The generous gift represents proceeds from the chapter’s 2nd Annual Fall Ball and exceeds last year’s donation by nearly 400 percent! “This year we had a community dance and silent auction, and the community response was amazing,” Kerrienger and Bailey said. The fundraising project was initiated after a classmate’s mom received a cancer diagnosis. Shown with the students are Cody McManus and Al Evon of the Trinity Health Foundation and Russell Guert, Cancer Rehab Manager.
New Year’s Resolutions for Healthy Eating

Kathy Larson, RD, LRD, Clinical Dietitian, Trinity Health

If one of your New Year’s resolutions is to improve your health by eating better, you’re not alone. Many people make a resolution to improve their health with the new year. Try these healthy eating resolutions for a healthier you in the new year:

Here are 5 doable New Year’s resolutions for a healthier you in 2017:

1. Cut your portion sizes
   Simply eat less through portion control. Put away the dinner plates and use a lunch plate. Commit to eating just one serving. If you’re at a restaurant that serves large portions, ask for a to-go container when you order your meal, and before you start eating, put half the meal in a take-home container for tomorrow. Cut your portion sizes of meat in half and, double the portion sizes of vegetables. This way, you eat the same amount of food you normally eat, you’ve just changed the proportions.

2. Eat more fruits and vegetables
   Most Americans eat too much meat. The recommended serving is 3-4 ounces of meat a day. That is about the size of two credit cards. Not only will it help your waistline but you’ll be helping your heart, too.

3. Cut back on alcohol
   While much has been written about the health benefits of a small amount of alcohol, too much is still not a good thing. Drinking alcohol in excess affects the brain’s neurotransmitters and can increase the risk of depression, memory loss, or even seizures. Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast.

4. Spice things up
   Cut back on added sugar and salt
   Americans eat too much sugar and salt. We consume 350 calories—or 22 teaspoons—of added sugars a day. Luckily, you can still make treats that satisfy your sweet tooth and cut back on your sugar intake at the same time. Try naturally sweet foods like fruits, honey, and molasses, or drown fruits for desserts. Replace sugar and salt with spices that can literally ‘spice’ up your food and improve your health.

5. Eat less highly processed foods
   A highly processed food is usually packaged in boxes, cans or bags. The second test is to look at the ingredient list. The longer the ingredient list, the more processed the food is likely to be. The more you can stick to whole foods—vegetables, fruits, lean meats, fish, lentils, beans, lower fat dairy, whole grains and other single ingredient foods the better. You will make a significant change in the amount of saturated fat, trans fat, simple sugars and salt in your diet.

This year, pick one or more of these resolutions and stick with it. Here’s to your health!

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Nuts: A Healthy, Portable Snack

If you are looking for a healthy, portable snack that is good for you – as in you – look no further. While the saying goes that an apple a day will keep the doctor away, a serving size of nuts is also good for you. A serving size is a small handful, or 1.5 ounces (or 2 tablespoons of nut butter). In addition to almonds, hazelnuts, peanuts, pecans, pistachios and walnuts are also good sources of protein, fiber, vitamins, minerals and antioxidants, per the American Heart Association website.

Here is a recipe for Cinnamon Roasted Almonds, which can make a great snack to put out at your holiday parties while your guests wait for the main course. To watch how to make cinnamon roasted almonds, you can visit Trinity Health’s YouTube channel at: https://www.youtube.com/trinityhealth

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Recipe: Cinnamon Roasted Almonds

* 1 egg white
* 1 tsp. vanilla extract
* 4 oz. whole almonds
* 1/4 cup white sugar
* 1/3 tsp salt
* 1 tsp. ground cinnamon

Preheat oven to 250 degrees F (120 degrees C). Lightly grease a 10 x 15-inch jellyroll pan. Lightly beat the egg white, add water, and beat until frothy but not stiff. Add the nuts, and stir until well coated. Mix the sugar, salt, and cinnamon until well mixed. Spread nuts in a single layer on the prepared pan and spread evenly on the prepared pan. Bake for 1 hour in the preheated oven, stirring twice. Store in an airtight container.
Your Skin and the Snow

It is January and winter has already started. The city of Minot was recently buried by more than 15 inches of snow – and no doubt many are on its way. With all of that snow, it led residents to arm themselves with shovels to clear off sidewalks and driveways.

While shoveling snow, and as well during any winter outing in the city, it is important to take your skin into your extraordinary weather.

When you’re outside in the winter, you are “exposed to the cold, the wind and the sun,” said Ann Welch, FNP-C, with Trinity Health’s dermatology department.

Frostbite, dry skin, and sunburn – yes, sunburn – are three skin-related issues that you should be wary of during these winter months.

The Mayo Clinic describes frostbite as an injury caused by freezing of the skin and underlying tissues. This can occur if your skin is not properly protected. First, you should protect your skin with clothing. Welch said, noting that the solution isn’t in the form of heavy layers you wear, but the quality of clothes you are wearing.

“Cotton isn’t going to be as thermal protective as wool,” she said.

While the temperature that frostbite can occur varies, due to the moisture in the skin, Welch says a good rule of thumb to remember is that if the temperature is below freezing (Fahrenheit) – the wind chill factor needs to be taken into consideration as well, as it can allow frostbite to occur sooner – your skin is more prone to frostbite.

Another way to avoid frostbite is to limit your exposure to the weather in extreme frigid conditions, such as if the wind chill is at zero or below, you can get frostbite within two to five minutes, so being timely is important. If you must be outside – to shovel your driveway, for example – check for any weather warnings first, Welch advises. “This will protect you the best. If there are no severe weather warnings, just be sensible about being outside in the cold. Go out in short intervals of 10 and 15 minutes.”

During those intervals when you are inside, you should check your skin and look for signs of frostbite. Signs can include your skin having a white-yellow hue to it. Also, in the early stages of frostbite, you will feel a stinging burning sensation, like pins and needles.

If you feel that you have frostbite, you should remove your clothing and start warming up should report to the Emergency Room. Being exposed to the elements – in this case, the wind – can also cause dry skin.

Ideally, relative humidity should be between 40 and 60 percent. “When it falls below that, such as during the winter, it can draw the moisture out of the skin,” Welch said. “The skin becomes dry because it evaporates the moisture out of the skin.”

While having dry skin isn’t exactly a health hazard – like frostbite – it can be a pain.

“The main compliant people have is that it becomes itchy,” Welch said, noting that if they scratch their itch too much, the skin can break down from the traumatization of the itching.

To keep skin from getting dry, Welch recommends moisturizing the skin with lotions or creams. “Creams are preferable,” Welch said, noting that creams have a higher moisturizing value than lotions, plus lotions are thinner and tend to have a higher alcohol content.

“Try and avoid creams and lotions that have a

lot of perfumes; those can be aggravating to your skin as well.”

Those who are more susceptible to having dry skin in the winter include those who are on diuretics, those who don’t stay hydrated, and the elderly.

“As we get older, we don’t have the same amount of moisture in our skin,” she said. “With the low humidity, the moisture is evaporated. We don’t have that ambient moisture in the air to keep our skin moisturized.”

While most people associate sunburn with the hot weather, it can happen in the wintertime as well.

“You can get it when you’re skiing or snowmobiling, for example, and not wearing protection,” Welch said.

“If you’re out in the winter, you have heavy protective clothing already. The rays won’t penetrate ski pants, but there are still portions of the skin that you can’t cover with clothing and you still need to use sunscreen.”

Yes, sunscreen – the same sunscreen you wear in the summer – with a base of SPF 30 to SPF 45. This should be reapplied every two hours.

“One of the biggest areas that we forget, too, in the winter – and sometimes in the summer – are our lips,” Welch added. “We tend to forget to put sunscreen on our lips.”

Additionally, wearing protective eyewear with a UVB protection, is important.

Ann Welch, FNP-C, is a board-certified family nurse practitioner and a member of Trinity Health’s dermatology team. Her office is located at Health Center – Medical Arts, 400 Burdick Expressway East, in Minot. For appointments and consultations, please call 857-7382.

Foundation and Staff Raise Money for Horn of Plenty

For the fifth year in a row, the Trinity Health Foundation has helped to raise money to purchase 400 turkeys for the Horn of Plenty’s annual food drive campaign, which helps to distribute food and gift baskets to families in need in the community during the holiday season.

The Foundation exceeded its goal by raising $6,490, which was used to purchase turkeys for the food baskets, as well as cover other costs associated with the campaign.

“Thanks to the wonderful generosity that has been displayed by Trinity Health staff members, board members, and other friends of Trinity, we eclipsed the goal that we set for this year,” said Al Evin, executive director of the Trinity Health Foundation. “The donations that were made are greatly appreciated and will positively impact families in the region. Our partnership with KHRT and the Horn of Plenty makes a difference in the health and wellness of the community and gives families hope at a critical time of the year.”

A check for the amount was presented at the Horn of Plenty’s home base on December 8, as items for the food baskets were being hauled off trucks and loaded into storage, Evin and Cody McManigal, an assistant to the Trinity Health Foundation, lent a hand.

On December 12, a group of employees from Trinity Health assisted to hand out the baskets before taking them out to area families.

Cody McManigal and Al Evin, with the Trinity Health Foundation, presented a check for $6,490 to Roy Laussen and Don Laussen, with the KHRT Horn of Plenty, on December 8.
New providers added at Trinity Health

Trinity Health would like to introduce three new providers to our team: Alyssa N. Suess, a licensed psychologist; Mary Sadler, a nurse practitioner; and Louba Bouzou, PA-C, a physician assistant.

A licensed psychologist and licensed certified provider analyst, Alyssa N. Suess, Ph.D., BCBA-D, specializes in the assessment and treatment of challenging behavior in children. She also specializes in parent training and autism diagnostic evaluations and intervention services. She is uniquely qualified to address a full range of emotional and behavioral difficulties affecting children and adolescents. 

Suess received her Doctorate in School Psychology at the University of Iowa, in Iowa City, and her Bachelor of Science from the University of North Dakota, in Grand Forks. She served a pre-doctoral internship at the University of Iowa’s Children’s Hospital.

Suess is a member of the Association for Behavioral Analysis International and American Psychological Association.

Her office is located at Trinity Health Community Hospital – Western Dakota, 1321 West Dakota Parkway in Williston. For appointments and consultations, please call (701) 857-5989 or 1-800-707-1546.

A nurse practitioner in Trinity’s Neurology Department, Mary Sadler, FNP-C, works closely with neurologists and other clinical staff to assess, diagnose and treat patients with neurological illnesses and injuries.

She earned her Bachelor of Science in Nursing in 1998 from Minot State University and practiced 10 years with Trinity Health in the Rehabilitation, Ortho/Neurology and Emergency/ Trauma departments. In 2010, she received her Master of Science/Family Nurse Practitioner degree from the University of Mary in Bismarck. Since then she has served patients in family practice and emergency settings, most recently serving as an Occupational Health/Family Practice nurse practitioner with Sanford Health.

She is a member of the American Academy of Nurse Practitioners, the North Dakota Nurse Practitioners Association, the American Academy of Neurology and the American College of Occupational and Environmental Medicine. Her office is located at Health Center – East, 20th Street, Minot. 

Louba Bouzou, PA-C, a certified physician assistant, has joined our team of providers at Orthopedic Associates. She will be involved in various aspects of patient care, including pre-operative and postoperative care, patient assessment and care planning, and providing nonoperative care to patients. She will work with orthopedic problems such as hip, knee and shoulder.

Originally from Niger in West Africa, she is a graduate of North Park University in Chicago, and earned both her physician assistant certification and Master of Science degree in Health Sciences as part of a dual program through Cuyahoga Community College and Cleveland State University in Ohio.

After her training, she practiced nearly two years as a physician assistant at Eastern Maine Medical Center in Bangor, where she gained valuable experience in orthopedic trauma.

She is a member of the American Academy of Orthopedic Surgeons and is certified by the National Commission on Certification of Physician Assistants. She enjoys reading, studying, hiking, cooking and spending time with her family.

Her office is located at Health Center – West, 101 3rd Avenue Southwest, in Minot. For appointments and consultations, please call 857-5500 or 1-800-433-6330.

Effective Generosity

By Al Evon, director of the Trinity Health Foundation

Individuals may understand how much they can afford to donate, and they may even be knowledgeable about the tax impacts of the gifts they want to make, but for a donor to be effective, rather than merely generous, means one has to do a better planning. The same effort one uses to earn or save money should also be applied one’s efforts to donate money.

When this happens, generosity becomes transformational, rather than just transactional for both the donor and the community.

For example, the successful investor relies on a strategy involving research, analysis, expertise, constant evaluation and appropriate adjustment of their portfolio. Investing for the community requires the same attention as investing in the stock market or a business. By taking the same approach, donors will achieve greater impact through their giving. In addition, they will be far more satisfied with the results for themselves, their families and their communities.

To become effective in giving one should first ask some basic questions about philanthropy strategy:

• What do I hope to achieve — for myself, my family, my community and beyond — through my giving?

• How can I make sure that the organizations in which I invest are in alignment with my mission and my values?

• How well will I evaluate my philanthropic efforts to know if they are succeeding — e.g., the number of lives impacted by the charity, the organization accomplishing a specific goal, like the eradication of polio, or the amount of money raised and spent on a specific issue, program or project?

• How can I ensure that future generations are also interested in and passionate about the charities and causes that are on my heart?

As you may gather from these questions, effective generosity will not only take the investment of dollars, it will also involve an investment of your time and of yourself.

Another practical step one should take to develop a giving plan is to visit with appropriate professionals.

• Tax advisers help clients understand the tax considerations related to giving, investments, and donations. They advise about the tax consequences and can work with you to reduce tax liability.

• Financial advisors can help determine how much can be afforded to give to charities. They manage assets for you, guide investments and help ensure long-term financial security for both you and the organizations you support.

• Estate planners will help you to achieve your goals and provide support for the people and causes you wish to benefit. They can establish foundations, donor-advised funds, charitable trusts and bequests to help you leave a legacy for future generations.

Your donations can have a tremendous impact.

They may help to save and change people’s lives. Effective generosity also helps people rally around shared values and goals. When a donor is in the planning, however, charitable donations will not achieve maximum effectiveness. Just as successful individuals pay close attention to and invest time in the things which are important to them, people who are effective with their generosity are dedicated to their philanthropic plan.

If you would ever like to talk with a representative from the Trinity Health Foundation about your philanthropic plans or making a gift to improve the health and wellness of our region, please call 857-5432 or e-mail alb@trinityhealth.org.
Cervical Cancer

In 2016, there were an estimated 12,990 new cases of invasive cervical cancer diagnosed in the United States, with an estimated 4,420 women dying from it annually, according to the American Cancer Society.

Cervical cancer, the cancer of the cervix, the lower part of the uterus (womb), is the second-most common cause of female-specific cancer—breast cancer is the most common—and it can be prevented through recommended screenings, such as a pap smear exam. These exams should start at age 21, said David Billings, MD, FACOG, an OB/GYN at Trinity Health, citing the American Society for Colposcopy and Cervical Pathology guidelines. “This screening procedure can find changes and tumors before cancer develops,” Bills said. “It can also find cervical cancer early in its most curable stage.”

The test is a vaginal exam, which takes a look at the cervix, explained Jessie Fauntleroy, MD, an OB/GYN at Trinity Health. “Any type of provider can do it, from midwives to your primary care practice,” Fauntleroy said. “It doesn’t have to be a gynecologist.” (Pap smears can be obtained by a host of health providers, including OB/GYN, family medicine, certified nurse midwives, or internal medicine physicians.)

During the exam, a brush is used to obtain cells from the cervix in an exam that takes five to ten minutes at Trinity Health; these cells are then sent to the cytology department to be evaluated; the evaluation can take between two and four days. During the exam, they look for any type of abnormality to cervical cells, Fauntleroy said.

While the providers mention the initial pap smear, Fauntleroy explained that there are no known instances where the patient would be referred to an OB/GYN for further management, such as a colposcopy or an excisional procedure. The colposcopy involves a microscopic inspection of the cervix “so we need to biopsy an area that doesn’t look normal,” Billings explained.

Cervical cancer usually occurs in mid-life, with most cases found in women younger than 50 years of age, Billings said. “It’s very rare for it to happen under the age of 21, that’s why we don’t start checking women until then.”

While every woman should have a well woman exam, which is offered to women to review elements of their reproductive health, Billings said that a pap smear exam is only recommended once every three years if previous tests have not yielded any abnormalities.

Fauntleroy explained the reason why pap smears, if not abnormal, are only needed every three years because cervical cancer is “such a slow growing cancer” and that it develops over a period of three to seven years, which is why we can screen for it less often.

Previous screening practices for cervical cancer included women being instructed to get a smear every single year as they became sexually active, regardless of age. However, by treating them too early— as stated before, cervical cancer is very rare in women under the age of 21—women were exposed to unnecessary procedures.

With the development of pap smears, the number of cases has gone down over the years. Over the last 40 years, the death rate has gone down by 50 percent, Billings said, noting that the main reason for this decrease is “the increase of the use of the pap test.”

“Early detection greatly improves the chances of successful treatment and prevents any early cervical cell changes from becoming cancer cells,” Billings said. However, The National Cervical Cancer Coalition estimates that 11 percent of women in the United States report that they do not have their pap test done.

“The best way to find invasive cervical cancer early is to have regular screenings with a pap smear, which may be combined with a test for the human papillomavirus (HPV),” Billings said. “Right now, we do it for women age 30 and older, with their pap smear.”

Pap smears should generally stop at age 65, “but that’s only if you don’t have a history of having an abnormal pap smear or if you have had three negative pap smears in a row,” with the most recent pap smear occurring within the last five years, Fauntleroy explained.

Additionally, women who have had hysterectomies—removal of the cervix—would not require any type of cervical cancer screening unless their hysterectomy was due to abnormality of the cervix, such as precancerous cells of the cervix (CIN 1), cervical cancer. “If they’ve had cervical cancer or severe cervical changes, they continue to do the same pap smears,” she said. “If the hysterectomy was for fibroid with minimal bleeding, they wouldn’t need further screening after the hysterectomy.”

Warning signs of cervical cancer includes abnormal bleeding, such as bleeding after menstruation or sexual intercourse, and being periods; vaginal pain, and/or an unusual discharge from the vagina, Billings said.

Human papillomavirus (HPV) infection is the most important risk factor for cervical cancer; Billings said, noting that about two-thirds of cervical cancers are caused by HPV types 16 and 18.

“HPV is a group of more than 200 related viruses, some of which cause growths or warts,” he explained. “HPV is transmitted from one person to another from skin-to-skin contact, such as sexual intercourse.

There are different types of viruses. The ones that cause cervical cancer are not the ones that cause cervical cancer,” Billings said. “What we check for are the high-risk HPV viruses.”

Depending on age, or if there is an abnormality in the exam, the provider looks for the presence or absence of HPV.

“Anybody over the age of 30 is automatically tested for HPV with their pap smear test even if the pap smear is negative,” Fauntleroy said. “If both the pap smear and HPV test are negative, we can actually see cervical cancer for years without a pap smear for a pap smear.”

Vaccines are available to produce immunity to HPV types 16 and 18, “so women exposed to these viruses will not develop infections,” Billings said, noting that the vaccines are given in three shots. The vaccines are given with any physician’s office, without the need for a referral, starting at age 11 and up to 26 years of age, Fauntleroy said.

Other risk factors for cervical cancer include:

- Smoking
- Being immuno-suppressed, such as having HIV
- A history of Chlamydia infections
- Diet low in fruits and vegetables
- Being overweight
- Long-term use—longer than 1 year—of birth control pills, but the risk returns to normal after ceasing use
- Use of an intrauterine device has a low risk of cervical cancer
- Women who have had three or more full-term pregnancies—“Women who are 17 years old with full-term pregnancy are two times more likely to get cervical cancer rather than women who wanted until they were 25 years of age, due to the increased risk of exposure
- Women with a low income are also at risk due to not having access to adequate health care and, thus, not getting screened as often as they should, if at all.
- Family history

Having a first degree relative, such as a mother or sister, who had cervical cancer increases your chances.

“Four chances of developing cervical cancer is two to three more times more higher than if no one in your family had it,” Billings said.

David Billings, MD, FACOG, is a professor of OB/GYN and a Fellow of the American College of Obstetricians and Gynecologists. His office is located at Health Center—Twin Cities Campus, Suite 101, at 831 South Broadway. For appointments, they can be reached at 857-7394. Jessie Fauntleroy, MD, is our newest member to our OB/GYN and gynecology team. Her office is also located at Health Center—Twin Cities & Country, in Suite 102. For appointments, she can be reached at 857-5703.
Healthy Hearts Club to Host “Hearts Gala”

The Trinity Health Auxiliary Healthy Hearts Club will host a Hearts Gala on February 10 at the Holiday Inn-Riverside, in Minot. The Gala includes a social, a chicken cordon bleu and chef-carved beef buffet dinner and silent auction, as well as entertainment from Midwest Dueling Pianos.

“At Trinity Health, we believe in providing patients and their families with compassion and care of the highest quality,” said Sherry Maragos, Healthy Hearts Club co-coordinator. “That is why the latest goal of the Trinity Health Auxiliary Healthy Hearts Club is to raise funds to purchase cardiac chairs for Trinity’s heart patients.”

Cardiac chairs are designed to help patients in their recovery from heart surgery. These chairs are similar to hospital beds, except they provide the patient with specialized support, allowing them to sit upright without putting undue stress on their fragile heart.

The Healthy Hearts Club is an extension of the Trinity Health Auxiliary, which dedicates its volunteer time and financial resources to enhancing the overall mission of Trinity Health. The goal of the Healthy Hearts Club is to provide members of our community who have either suffered a heart event or who are simply interested in making heart healthy choices, the support, education and resources they need to ensure they aren’t one of the 610,000 Americans killed by heart disease each year.

Tickets are $75 and can be purchased at the Trinity Hospital Gift Shop, located on the second floor at Trinity Hospital, online at http://trinityhealth.org/auxiliary, or by calling coordinator Sherry Maragos at 857-5221.

In addition to attending the Hearts Gala, sponsorship opportunities for this event and the Healthy Hearts Golf Scramble (which will be held May 22 at the Vardon Golf Club) are also available. If you have any questions or would like more information about the Healthy Hearts Club, please call Sherry Maragos at 857-5221 or Jordan Schmitt at 857-7841.

Sponsorship Opportunities

- Presenting Red Heart Sponsor - $3,000
  - 8 tickets to Hearts Gala on February 10, 2017
  - 4 person team for the Healthy Hearts Golf Scramble on May 22, 2017
  - Company logo listed as Presenting Sponsor in publicity for both events
  - Company logo on signage and programs at both events

- Pink Heart Sponsor - $1,500
  - 4 tickets to Hearts Gala
  - Company name and logo listed in Hearts Gala publicity
  - Logo on signage and programs at Heart Gala

Hearts Gala Tickets Only

- tickets at $75 each

If I cannot attend, please accept my donation of $ and/or a silent auction prize.

Name:
(Assign a phone number to assign if program applicable)
Contact:
Address:
City:
State:
Zip:
Phone:
Email:

Please make checks payable to Trinity Health Auxiliary and mail to PO Box 5020, Minot, ND 58702.

For more information, please call 857-5221.

**Community Education Department at 857-5099 to check for available dates and topics.**

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**December 2016 Mobile Mammogram Schedule**

January 4 10:00 am - 3:00 pm - Premier HealthCare, De Valis Lake, 682-8602

January 5 9:00 am - 4:00 pm - Northland Community Health Center, Turtle Lake, 448-9225

January 10 10:00 am - 3:00 pm - St. Luke’s Hospital, Crosby, 865-6349

January 11 9:00 am - 3:00 pm - Cogistanz, (Joan Bailey), 420-3598

January 23 9:00 am - 3:00 pm - Senior Community Center, Ryder, (Sarah), 720-8421

January 24 9:00 am - 3:00 pm - Trinity Community Clinic – New Town, 627-2980

January 29 9:00 am - 3:00 pm - Powers Lake, (Sarah), 720-8421

January 31 9:00 am - 3:00 pm - Trinity Community Clinic – Rolla, 477-3111

**Prepared Childbirth Classes**

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

March 21-April 4 and May 2-16 (Tuesdays)

7:00 p.m. in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE

January 18-February 1 and March 15-29 (Wednesdays)

7:00 p.m. in the Airmen and Family Readiness Center, Minot Air Force Base. Please call 723-3505 to register.

January 7, January 21, February 18 and March 25 (Saturdays)

9:00 a.m. - 4:00 p.m. in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave SE.

**Breastfeeding Basics**

January 11, February 8, March 8, April 12 and May 10

Offered by Laureen Klein, RN, BSN. Meets from 7-8 p.m., 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 857-3607.

**Family Birth Center Tours**

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