Colorectal Cancer is Preventable

Colonscopes. Just thinking about it – the prep, the procedure itself – could be enough to send a shiver down your spine. It isn’t necessarily pleasant, but in the end, colonoscopes can save your life.

According to the National Cancer Institute, studies suggest that colonoscopies have reduced deaths from colorectal cancer by about 50 to 70 percent.

Colonoscopy, which involves the study of a stool sample, is considerably less invasive. It doesn’t typically require sedation. Patients need to give themselves an enema before the procedure to cleanse the lower colon.

Recommendations

Coloscopies are recommended starting at the age of 50. After the first colonoscopy, someone with an average risk – that is, a person with no family history of cancer or polyps – should get a colonoscopy every 10 years; if there is a family history, it is recommended that they get a colonoscopy every five years.

If there is a family history of colon cancer or polyps, Justino recommends that you not wait until age 50 to get your first colonoscopy.

The Colguard test should be performed every year as an alternative to colonoscopies.

Regardless of the modality, screening for colorectal cancer is important – especially as colorectal cancer is a disease that is preventable, Justino noted.

Colonscopes are the only test that studies have shown to decrease mortality, Justino said. “It decreases the number of people who die of colon cancer. There is no reason why people shouldn’t get a colonoscopy in this day in age.”

A referral is needed for a colonoscopy, with an order from your primary care physician. If you need a colonoscopy, please speak to your primary care physician.

Trinity Health’s team in gastroenterology include Rukshana Cader, MD, Edmundo Justino, MD, and Bonnie Lee, FNP-C. Their offices are located at Health Center – Medical Arts, 400 Burdick, Expreeway, East, Minot. They can be reached at 857-7389.

Justino said that it is heartbreaking to diagnose someone with colorectal cancer – especially because it is preventable.

A colonoscopy, which involves an arduous preparation, is an examination of the colon in which a colonoscope is used, via entry from the anus, to inspect the colon and look for polyps or other abnormal signs. The patient is usually sedated during the procedure.

If polyps are found, they may be removed by passing a wire loop through the colonoscope to cut the polyp from the wall of the colon using an electric cautery device.

Prior to the colonoscopy, the patient would drink 16 ounces of solution – a mixture of six ounces of cleaner and ten ounces of water – the night before the colonoscopy, as well as the day of.

“Drinking this is the only way to clean the colon,” Justino said. This is done with a “clear, liquid diet” the day before the procedure.

A 2016 report from the American Cancer Society states that the number of colonoscopies for people over the age of 50 has increased from 19 percent in 2000 to 55 percent in 2013.

However, in North Dakota, Justino says, the numbers of adults over the age of 50 – the recommended age one should get a colonoscopy – is still low.

“In North Dakota, we still rank poorly when compared to other states,” Justino said. When looking at statistics from other states across the nation, “most states are able to reach close to 50 percent of the population. North Dakota, and a few other states, are in the forties.”

Ideally, Justino adds, “we would like to screen every eligible person – 100 percent.”

Colguard

Those who are adverse to getting a colonoscopy have recently become acquainted with Cologuard, an alternative testing modality which is considerably less invasive. It involves the study of a stool sample.

“Your go to the doctor, obtain a kit, take it home, collect a sample, and send it back,” Justino said.

The test can show abnormalities, but it cannot identify exactly what the abnormality is – is it colon cancer or just a polyp? Occasionally, it means the patient would need a colonoscopy in order to investigate what the abnormality is.

A caveat to this is that the Cologuard test can only apply to those who are low risk, meaning that if a patient has any family history of colorectal cancer or polyps, they are ineligible for the Cologuard test, Justino said. “High risk patients should not be doing Cologuard; they need a colonoscopy.”

Other modalities of screening

Outside of colonoscopies and Cologuard, there are other screening modalities that can be used for colorectal cancer.

High-sensitivity fecal occult blood test – This test checks the stool for blood, which may be a sign of polyps or cancer.

Patients can provide stool samples at home, after they receive a kit from their healthcare provider. Those with a positive test will be referred for a colonoscopy. The US Preventive Services Task Force (USPSTF) recommends these tests be done annually, starting at age 50.

Sigmoidoscopy – A sigmoidoscope, a thin tube with a light on the end, uses a tiny video camera to transmit images of the rectum and lower colon (called the sigmoid colon) to help detect polyps or cancer. Physicians can insert special instruments into the scope to biopsy and remove polyps. Typically, if polyps are found, the patient will require a colonoscopy for a more thorough analysis of the entire colon. The procedure, recommended every five years for individuals between 50 and 75, doesn’t typically require sedation. Patients need to give themselves an enema before the procedure to cleanse the lower colon.

The Skinny on Sodium

For students

Students Donate to CancerCare Center

CancerCare	

The Skinny on Sodium
Trinity Health Employees Honored

Provider joins Cardiothoracic Surgery Team

Trinity Health's Speaker's Bureau

Call our Community Education Department at 857-5099 to check for available dates and topics.
In Recognition and Thanks...

Trinity Health Foundation is proud to list the names of individuals, organizations, and businesses whose gifts were received during the calendar year 2017. For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 857-5432.

"to excel at meeting the needs of the whole person through the provision of quality healthcare and health related services." For more information on honoring the memory of a loved one through philanthropic giving, contact Trinity Health Foundation at 857-5432.
The Trinity Health Foundation has received a grant from the Rural Community Grant Fund to purchase two surgical eye carts for Trinity Health – Western Dakota, in Williston. The addition of these carts has proven to be beneficial as the Ambulatory Surgery Center at Trinity Health – Western Dakota has grown significantly with more eye cases and new surgical services, explained Mark Raymond, MD, an ophthalmologist with Trinity Regional EyeCare – Western Dakota. Eye surgeries performed include cataracts, corneal transplant, LASIK, glaucoma surgeries, and pediatric cases. These surgical carts assist the providers in offering patients the best possible care. A surgical cart differs from a surgical table as the cart includes a specific headrest that helps keep the patient’s head stable – an important component when you consider the small area the surgeon has to work with.

The Ambulatory Surgery Center (ASC) at Trinity Health – Western Dakota, which houses Trinity Regional EyeCare – Western Dakota and Trinity Community Clinic – Western Dakota, had one surgical cart, but two surgery rooms. Through the grant, the ASC was able to replace the existing surgical cart, as well as add another, so now each surgical room is equipped with a cart. “The extra eye cart allows two rooms to run simultaneously, increasing flexibility and efficiency,” Dr. Raymond added. “Operating room staff find they have more time to prepare for incoming cases, wait times for patients have decreased significantly and urgent or emergency cases are better accommodated.” (Trinity Regional EyeCare – Western Dakota will gain a second ophthalmologist, Purnell Brach, MD, in July.)

In memory of Mildred Backes
In honor of Marilyn Selland
In memory of Maynard Smith
In memory of Mildred Braich, MD, in July.)

In no small measure, the contribution from the Trinity Health Foundation has had far reaching affects, for which we, on behalf of our patients, are very thankful,” Dr. Raymond said.

Let our staff assist you in selecting a health care provider right for you. Please feel free to leave a message after hours, and your call will be returned the next regular business day, or email us anytime at DR4U@trinityhealth.org.
Too much sodium in your system causes your body to retain (hold onto) water. This puts an extra burden on your heart and blood vessels. In some people, this may lead to or raise high blood pressure. Having less sodium in your diet may help you lower or avoid high blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.

How much sodium do I need?

Most people eat too much sodium, often without knowing it. The average American eats about 3,400 mg of sodium a day. The American Heart Association recommends no more than 2,300 milligrams (mgs) a day and an ideal limit of no more than 1,500 mg per day for most adults. Your doctor may tell you to cut salt out completely.

What foods should I limit?
The best way to reduce sodium is to avoid prepackaged, processed and prepared foods, which tend to be high in sodium. Watch out for the “Salty 6” — the top six common foods that add the most salt to your diet. Read food labels and choose the lowest level of sodium you can find for these items:

- Breads and rolls
- Cold cuts and cured meats
- Pizza
- Poultry
- Soup
- Sandwiches

These are some other foods can also be sources of “hidden” sodium:

- Cheeses and buttermilk
- Salted snacks, nuts and seeds
- Frozen dinners and snack foods
- Condiments (ketchup, mustard, mayonnaise)
- Pickles and olives
- Seasoned salts, such as onion, garlic and celery salts
- Sauces, such as barbeque, soy, steak, and Worcestershire
- Eat fresh fruits, vegetables, lean meats, skinless poultry, fish, and tuna canned in water.
- Choose unsalted nuts and low-sodium canned foods. Cook dried peas and beans.
- Use products made without added salt; try low-sodium bouillon and soups and unsalted broth.
- Rinse canned vegetables, beans and shellfish to reduce salt.
- Sprinkle vinegar or citrus juice on foods just before eating. Vinegar is great on vegetables like spinach.

How can I cook with less salt and more flavor?

- Avoid adding table salt to foods.
- Use herbs and spices to add flavor to foods.
- Eat fresh fruits, vegetables, lean meats, skinless poultry, fish, and tuna canned in water.
- Choose unsalted nuts and low-sodium canned foods. Cook dried peas and beans.
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What about eating out?

Controlling your sodium intake doesn’t mean spoiling the pleasure of eating out. But order carefully. Consider these tips for meals away from home:

- Select fresh greens and fruits when available. Ask for oil and vinegar to top your salad or dressing on the side.
- Be specific about what you want and how you want your food prepared. Request that your dish be prepared without added salt.
- Remember portion control. You can always bring home a to-go box.

There are alternatives to salt that you can use in cooking. To see how you can use different spices instead of salt, visit trinityhealth.org/nutrition_svs to watch a recipe video on how to make this No-Salt Taco Seasoning.

No-Salt Taco Seasoning

Ingredients
- 2 tbsp chili powder
- 2 tsp paprika
- 2 tsp cumin
- 2 tsp oregano
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp cayenne pepper

Directions
1. Mix all ingredients together
2. Add seasoning and a little water to 1 lb of ground beef or turkey. Mix and enjoy!

Community Happenings

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NARFE Hears About Vertigo

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Trinity Homes Receives Donation from American Legion Auxiliary

The American Legion Auxiliary, Unit 26, made a donation to the Trinity Homes Activities department, with the message “Thank you for all you do for our veterans and their families.” In the past, Trinity Homes has placed the money donated to Activities toward the Resident Council funds, where residents decide how to use the money for special functions, bingo, resident events, and more, explained Wanda Maixner, OTR/L, director of activities and occupational therapy at Trinity Homes.

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High School Students Make a Difference at CancerCare Center

On January 19, two groups from the Minot High School brought donations in different forms, each able to help patients, to the Trinity CancerCare Center.

Becca Boen, Madie Olson, Raquel Egge, Hannah Zaderaka, Lily Bonebrake and Kelsee Hoyt, members of the Minot High School Student Council, presented a check for $1,465 to the Trinity CancerCare Center. The money was raised through fundraising efforts in honor of Boen’s, who was recently diagnosed with multiple myeloma. When approached with the money, Boen said that Stevick suggested the money go to the Trinity CancerCare Center. “It is wonderful to see our youth coming together and raising funds for our patients,” said Shane Jordan, director of the Trinity CancerCare Center. The blankets are very warming and helpful, said Heisler, who is also the organization’s secretary. She added that she hopes donating blankets to the CancerCare Center becomes an annual recurrence.

Bonebrake and Kelsee Hoyt, presented a check for $1,465 to the Trinity CancerCare Center. Accepting the check were Al Evon, director of the Trinity Cancer Health Foundation, Cody McManigal, Foundation assistant, and Shane Jordan, director of the Trinity CancerCare Center.

Michelle Darvis and Hannah Heisler, juniors at Minot High and members of the school’s FBLA club, dropped off 30 blankets to the Trinity CancerCare Center. The girls, members of the Minot High School student council, raised the money for a family friend of Boen, who suggested the money be donated with the CancerCare Center. “Our patients love them,” said Carol Mohagen, a social worker with the CancerCare Center. “We appreciate it a lot, again.”

This is the third time the FBLA group has collected blankets for patients at the CancerCare Center. The blankets are very warming and helpful, said Heisler, who is also the organization’s secretary. She added that she hopes donating blankets to the CancerCare Center becomes an annual recurrence.

Most people do not give much thought to becoming a philanthropist. After all, they don’t believe that they have enough money to give away, let alone make a substantial gift that will make an impact. Yet, in reality, if you have any disposable income, or have assets in items like property, stocks, bonds, mutual funds, IRAs or insurance, you have the potential to make more of a difference then you may imagine.

According to recent studies, about wealth in the United States, trillions of dollars on paper, is not passed from one generation to the next. Yet, how much of those assets will find their way to charitable causes? Without adjustments to one’s lifestyle and proper planning, most of these funds will not go to benefit causes that the person who had accumulated the assets is passionate about.

One step that can be taken is to actively, and thoughtfully include philanthropy as one percent and try to increase the percentage each year until you get to a point where you can still meet your needs, but also begin to share with others improving their situation. When you use the resources at your disposal in a way that reflects your values, you will be surprised at the level of generosity you can achieve. It is well beyond the limits we usually perceive that we have.

Another thing that can be done is to give from any assets you have accumulated rather than out of your current income. These gifts can be made either during your lifetime or through an estate plan. During one’s lifetime, giving from your assets also provides tax advantages. Additionally, there are a variety of estate giving options that may be able to benefit your heirs and charities. Yet, less than 40 percent of people develop an estate plan. In these situations others will decide how your assets are divided. To learn more about how to make gifts from your accumulated assets you can talk to your attorney, financial planner, or accountant. A representative from Trinity Health Foundation would also be willing to talk with you. Please feel free to call the Foundation at 857-5432.

Ultimately, the important thing is to actively, and thoughtfully include generous giving as part of your financial decision-making.
Living with Type 2 Diabetes

According to the most recent figures from the Centers for Disease Control and Prevention, 20.1 million people – or 9.3 percent of the population – in the United States have diabetes. This includes 21 million people who have been diagnosed and 8.1 million who are undiagnosed.

The most common form of diabetes is Type 2 diabetes, according to Susan Burkhart, APRN, CNS, CDE, BC-ADM, a diabetes educator with the Trinity Center for Diabetes Education. Ninety percent of people with diabetes have Type 2.

Type 2 diabetes occurs when the body still makes insulin, “but there may be less insulin made than before,” explained Susan Burkhart. “The body isn’t always using that insulin appropriately.”

Insulin is important to the body as it is a hormone made by the pancreas that allows the body to use sugar (glucose), from carbohydrates in the food eaten, for energy or to store for future use. With Type 1 diabetes, insulin is always used that insulin is either not produced at all or in such a minimal amount that the person often becomes very ill, Burkhart said.

Type 2 diabetes presents symptoms such as fatigue, increased thirst, and frequent nighttime urination, as well as possibly blurry vision and/or numbness and tingling in the hands and feet. “People often think ‘I worked hard today, that’s why I’m so thirsty,’” Burkhart said. “They can brush these symptoms off, and many people have had Type 2 diabetes for five to 10 years without even knowing it.”

If these symptoms are present, Burkhart suggests seeing your provider – especially if you have a family history of Type 2 Diabetes. “Always see the doctor and give them these symptoms,” Burkhart said. “We’d like to pick it up in the pre-diabetes stage, because we can reduce the risk of long-term complications of diabetes.”

While Type 2 diabetes is not preventable, there are ways to reduce the risk. Citing the Diabetes Prevention Program (DPP), a major multicenter clinical research study, Burkhart said it was shown that “participants cut their risk for type 2 diabetes by 58 percent and people older than 60 cut their risk by 71 percent” (1996).

The main purpose of these classes is to provide education regarding management of diabetes, preventing problems or complications associated with diabetes, promoting weight loss, exercise, and healthy lifestyles, Burkhart said. To sign up for the class, or for more information, please call the Trinity Center for Diabetes Education at 857-5268.

Another session will be held in April, with classes on April 6, 13, and 20, from 9 to 1:30 a.m. The classes will be held March 9, 16, and 23, from 9 to 11:30 a.m., at the Trinity Center for Diabetes Education, located at Health Center – Town & Country, 831 South Broadway, in Minot.
**Customer Service Excellence**

Annette Funk, a community resource coordinator with Trinity Health’s Community Resource Department, was nominated to be a recipient of the Minot Area Chamber of Commerce’s Eagle Award. She was given the award on February 14.

Annette was nominated by a person who acts as power of attorney for a disabled cousin. “Unbeknownst to me, his prescription coverage was dropped,” the nomination letter read. “I contacted Annette at 9 a.m. and before noon, she had returned my phone call to tell me exactly how to get the meds my cousin needs for his complex medical needs at a significantly discounted rate. This took an enormous weight off my shoulders, as taking care of his affairs takes a significant amount of time on a daily basis.”

The nomination letter adds: “Annette is the epitome of excellent customer service and went well above what was expected.”

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**Mobile Mammogram Schedule**

- **March 1**: Trinity Community Clinic - Mohall, 756-6841
- **March 2**: St. Luke’s Hospital, Crosby, 965-6349
- **March 7**: Premier HealthCare, Devils Lake, 662-8662
- **March 8**: Northland Community Health Center – Turtle Lake, 448-9225
- **March 9**: Trinity Community Clinic – Velva, 338-2066
- **March 28**: Tioga Clinic, 857-5205
- **March 29**: Mountrail County Medical Center – Stanley, 628-2505
- **March 25**: Trinity Community Clinic – New Town, 627-2990

**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)**
  7-9 p.m., in the Prepared Childbirth Classroom, Trinity Health Center – Riverside Education Center, 1900 8th Ave. SE.
- **March 15-29 and September 20-October 4 (Wednesdays)**
  7-9 p.m. in the Airmen and Family Readiness Center, Minot Air Force Base. Please call 723-3950 to register.
- **March 25, April 22, May 20, June 17, and July 15 (Saturdays)**
  9 a.m.-4 p.m., in the Prepared Childbirth Classroom, Health Center – Riverside Education Center, 1900 8th Ave. SE.

**Breastfeeding Basics**

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. To sign up for classes go online at http://trinityhealth.org/familybirth_registration or call (701) 857-3607.

**Family Birth Center Tours**

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 relaxed environment. We will also provide information on self-care, infant safety and what to expect during your delivery.

For more information, see www.trinityhealth.org/familybirth_SVS or call 857-5380.

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**Save The Date**

**Trinity Health Auxiliary Hearts Club**

- **March 1**: Healthy Hearts Day Golf Tournament, Monday, May 22
- **March 25**: Vardon Golf Club

For more information, check out the April issue of HealthTalk.