

On the *horizon*

CAVALIER COUNTY MEMORIAL HOSPITAL & CLINICS | WINTER 2021

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LETTER FROM OUR CEO

JEFF STANLEY
CHIEF EXECUTIVE OFFICER



Dear Reader,

We are wrapping up the year with an issue filled with exciting news, including a name change for our organization. In early 2022, Cavalier County Memorial Hospital and Clinics (CCMH) will become **Langdon Prairie Health**.

The new name elicits the image of North Dakota's timeless landscape—familiar and recognizable. While not always the focus, the land's quiet permanence provides the stability needed in life—and healthcare. The name change does not mean we are joining a larger system. We remain a strong, independent organization.

Also in this issue, gastroenterologist Dr. Mark Lamet sets the record straight about colonoscopies—the prep, the process and the positive benefits of this life-saving screening.

If you or someone you know needs physical therapy, be sure to read the article about cutting-edge PT options you may not be aware of. These innovative treatments are offered right here at CCMH.

Another article worth a read highlights some excellent nutrition tips and includes a healthy recipe just in time for holiday gatherings. *(Spoiler alert: I love nachos!)*

I'd like to close with this final thought... While our new name will better reflect the solid foundation for health, growth and wellness on which CCMH was founded, we remain committed to providing high-quality, compassionate healthcare to all those we serve. And that commitment will never change.

Sincerely yours,

Jeff Stanley



Colonoscopies

YOUR BEST DEFENSE AGAINST COLON CANCER

Mention the word “colonoscopy,” and many people think of pain, discomfort, and the misery of choking down quarts of foul-tasting fluid to “clean everything out.” But it’s time to lay these misconceptions to rest because colon cancer is the second-deadliest cancer for men and women combined, and the fact is: **Colonoscopies save lives.**

Gastroenterologist **Dr. Mark Lamet** performs these life-saving screenings at Cavalier County Memorial Hospital, and recommends them for three important reasons:

- If a cancerous tumor is found at a very early stage, it can be curable.
- If precancerous polyps are found, they are removed, which eliminates the chance of a polyp becoming cancerous.
- An individual’s risk category will be determined along with the recommended time between screenings.

Other screening tests aren’t the same

While other tests are available to screen for colon cancer, they vary in reliability, such as:

- **Stool test:** A drop of stool is collected on a card and sent to the lab. A positive test (for blood) indicates an abnormality. However, the problem could be anywhere in the intestinal tract, so a colonoscopy would still be needed.
- **Fecal immunoglobulin testing (FIT):** Looks for abnormalities in the cells that are indicative of a colonic polyp or tumor. If blood is found in the stool, a colonoscopy is needed to determine the cause. However, there is also a chance that a precancerous polyp or cancer could be missed if it wasn’t bleeding when the test was done.
- **Home collection kit:** Looks for altered DNA in the specimen, which is indicative of a dysplastic polyp or cancer. If positive, a colonoscopy is needed to verify results. Also, the test is not meant to replace colonoscopies for those at high risk of colon cancer.



Regular colonoscopy screenings provide the best chance of finding colorectal cancer early, when it’s easiest to treat and beat, and precancerous polyps can be removed before they can turn into something more serious.

-Dr. Mark Lamet

PREPPING FOR A COLONOSCOPY IS NO LONGER HARD TO SWALLOW

Gone are the days of bloating and cramping from consuming quarts of fluid before a colonoscopy. Dr. Lamet uses a new “low-volume” prep. Just two small doses of flavored solution makes the prep faster and much easier to tolerate.

The colonoscopy itself is also fairly quick, and patients should not experience any procedure pain. While potential side effects like bloating, cramping or drowsiness are short term, patients will need a ride home after a colonoscopy.

Who should have a colonoscopy?

It’s recommended that regular screenings start at age 45, but if you have a family history of colon cancer, you might benefit from earlier screenings, so talk to your provider.

What Gastrointestinal services are offered at CCMH?

- Colonoscopy
- Gastrointestinal consults
- Upper endoscopy
- Flexible sigmoidoscopy
- Hemorrhoid treatment

Schedule your screening today!

To schedule a colonoscopy or find out more, visit

www.cavaliercountyhospital.com or call 701-256-6100.



Innovative
PT Services
**ALLEVIATING PAIN &
REGAINING MOVEMENT
AT CCMH**





Traditional forms of physical therapy (PT) often include stretching routines, ultrasound, muscle massage and targeted exercises. While highly effective, it's important to know about new alternatives that are being used to treat pain and help patients return to everyday activities.

Now residents of Langdon, Walhalla and the surrounding areas can benefit from the latest advances in physical therapy—close to home. With doctorates in physical therapy and training in the most up-to-date PT techniques, doctors **Sarah Badding** and **Jessica Waslaski** offer cutting-edge services that were once available only in large hospitals.

CCMH OFFERS INNOVATIVE PHYSICAL THERAPY SERVICES INCLUDING:

Graston Technique (GT) therapy

During treatment, the physical therapist uses a metal instrument to massage areas where there is chronic, acute or post-surgical soft-tissue pain. The unique technique accommodates faster rehabilitation and is often very effective in eliminating pain and restoring range of motion and normal function. GT is used to treat ankle, wrist, back, neck, knee and hip pain; Fibromyalgia; hamstring and rotator cuff injuries; post-mastectomy and caesarean pain; and many other conditions.

Dry needling

A trained physical therapist treats painful muscle tissue by inserting thin, stainless-steel needles into trigger points. Trigger points are tight bands of muscles located in larger muscles that can disrupt function, restrict range of motion, refer pain or cause local tenderness.

Dry needling is often used with patients suffering from shoulder, back, neck or knee pain; fibromyalgia; muscle spasms and strains; and other muscle tissue pain.

Note that dry needling is not acupuncture, and it is typically part of a broader treatment plan, such as another type of physical therapy or a non-surgical pain management plan.

CCMH physical therapists and their patients sometimes work with our pain management team to achieve optimal results. However, no referral is needed to take advantage of these services.

LSVT BIG® for Parkinson's Disease

People living with Parkinson's Disease or other neurological conditions often move differently, with gestures and actions that become smaller and slower. LSVT BIG teaches patients to use large, exaggerated movements to ultimately improve the mismatch between what they feel like they are doing and what they are actually doing. This can make everyday activities easier to perform—like buttoning a shirt or maintaining balance while walking—and help individuals improve their quality of life.

Lymphedema treatment

Lymphedema is commonly caused by the removal of, or damage to, the lymph nodes. When lymph fluid can't drain as well as it should, it can build up and cause swelling in a person's arms or legs. CCMH physical therapists customize a treatment plan for each patient. For example, the plan may include manual drainage (massage), exercise, compression bandaging and elevation.

“
A patient recently told me that, because of the PT she received, she is now able to cook meals again. Another patient said he's back to doing everything he wanted to do—and before PT he didn't think those things were possible anymore.
 -Sarah Badding”

Get back to living—and enjoying—your best life

If you have questions about what physical therapy option is right for you, or to schedule an appointment, call **701-256-6183**.

HEALTH SCREENINGS BY AGE

Check out this at-a-glance review, then ask your provider what screenings are right for you.

SCREENING	20s	30s	40s	50s	60+	
 WOMEN	Pelvic Exam	Yearly	Yearly	Yearly	Yearly	
	Pap Smear	Every 3 years	Every 3 years	Every 3 years	Every 3 years	
	Mammogram			Yearly	Yearly	Yearly
	Ovarian Screening			Every 3 years for post-menopausal women	Every 3 years for post-menopausal women	Every 3 years for post-menopausal women
	Coronary Screening					Yearly
 MEN	Testicular Exam	Yearly	Yearly	Yearly	Every 1-3 years	Every 1-3 years
	Prostate Exam			If high risk of prostate cancer	Every 3 years	Every 3 years
 BOTH	Eye Exam	Every 1-2 years	Every 1-2 years	Every 1-2 years	Every 1-2 years	Every 1-2 years
	Hearing Test	Every 10 years	Every 10 years	Every 5 years	Every 3-5 years	Every 1-2 years
	Blood Pressure Screening	Every 2 years	Every 2 years	Every 2 years	Every 2 years	Every 2 years
	Skin Exam	Yearly	Yearly	Yearly	Yearly	Yearly
	Blood Glucose Test		Every 5 years	Every 3 years	Every 3 years	Every 2-3 years
	Cholesterol Screening		Every 5 years	Yearly	Yearly	Yearly
	Bone Density Testing			Every 3 years	Every 3 years	Every 2-3 years
Colonoscopy			Regular screenings starting at age 45	Regular screenings	Regular screenings	

Eating a balanced diet is one way to maintain a healthy weight. But according to **Kaci Sharp**, registered dietician at CCMH, good nutrition is related to much more than a number on the scale. It can help reduce the risk of many diseases such as diabetes, heart disease, and even certain cancers.

While these are important incentives to eat right, the thought of snacking on celery and gnashing on nuts (*but only a handful*) can make it difficult to put good nutrition into practice. So here's a great recommendation from Kaci, "Eat foods you enjoy—but decrease the portion size of the main entrée.

Limit starchy foods like breads, pastas, potatoes, and peas, to one-fourth of your plate, and increase non-starchy vegetables. They're packed with nutrition, low in calories, and a great source of fiber to help you feel full."

More good news from Kaci: Eating right doesn't have to be bland and boring. In fact, Kaci shared a new take on nachos that can be made as an appetizer or an entrée. She also invited anyone struggling with obesity or trying to lose weight to call her office with questions at **701-256-6179**.

Eat Healthy & Actually Enjoy It!

'NACHO' TYPICAL WAY OF PRACTICING GOOD NUTRITION

SWEET POTATO NACHOS

Ingredients:

- 3 medium sweet potatoes
- 1 tbsp olive oil
- ½ tsp garlic powder
- ½ tsp paprika
- ¼ tsp chili powder
- May add salt and pepper to taste
- 1 c. shredded low-fat cheese
- 15-oz. can black beans - drained and rinsed
- 2 bell peppers (yellow, orange, or red), chopped
- 1 jalapeno sliced
- 1 avocado sliced
- Cherry tomatoes diced or sliced
- Spinach or salad mix of choice
- Can also add BBQ pulled pork, chicken or beef, or additional toppings like corn

Instructions:

1. Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper or lightly spray it with cooking spray. Set aside.
2. Peel sweet potatoes and slice them into ¼-inch rounds. (You can also use a food processor.) Place them on the prepared baking sheet, keeping space between them so they don't overlap to cook evenly. Drizzle with olive oil, then sprinkle with garlic powder, paprika, chili powder and salt and pepper to taste.
3. Bake in the pre-heated oven for 20 minutes. Depending on the texture you like the sweet potatoes, you can add more or less time. (I will often flip halfway through.) Remove from oven and add black beans, bell peppers, and cheese and corn, if using.
4. Reduce heat to 350°F and place back in the oven for 7-10 minutes, until cheese is melted and heated through.
5. When the nachos are done, remove from oven and top with spinach, onion, jalapeno, avocado and tomatoes. Top with chopped cilantro. May also add salsa.





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Cavalier County Memorial Hospital recently received a Health Resources and Services Administration (HRSA) grant and purchased a new van. Ambulance director Chris Sanders wrote the grant; CCMH received funding through the Rural Health Clinic Vaccine Confidence Program. The van will be used to support vaccine and healthcare awareness and outreach in the area. For example, the van may soon be available to provide transportation to COVID-19 vaccination appointments to those who qualify such as individuals with disabilities or mobility issues.

IT'S NOT TOO LATE – GET YOUR FLU SHOT!



Cavalier County Public Health: 701-256-2402
Walhalla Clinic: 701-549-2711

CCMH AWARDED GRANT

**NEW VAN PURCHASED TO SUPPORT
VACCINE & HEALTHCARE AWARENESS**