Altru Health System is a community of over 4,000 health professionals and support staff committed to serving the region for more than 100 years. Serving more than 200,000 residents in northeast North Dakota and northwest Minnesota, we provide an array of services to meet the needs of patients of all ages and levels of health.

**Promise**
Every moment of every day, we promise to provide an excellent health care experience. We will be respectful, compassionate and thorough. We know your family and friends are an important part of your care; we will involve them as you wish and extend the same promise of excellence to them.

**Mission**
Improving Health, Enriching Life

**Vision**
Deliver world-class health care to the residents of our region.

**Values**

**Our Patients**
Meeting the needs and expectations of our patients is our highest priority.

**Our Care**
We provide quality care that is demonstrated to achieve the best results for patients.

**Our Team**
We work as a team and treat each other with honesty, loyalty and respect.

**Our Communities**
We are committed to improving the health of our communities.

**By the Numbers**
- 4,091 employees, including 198 physicians and 77 mid-levels (nurse practitioners and physician assistants)
- 309 volunteers completed over 18,832 service hours
- 14,829 inpatient discharges in 2016
- 498,295 total clinic visits at Grand Forks and regional clinics
- 67 physician specialties
- 13 Grand Forks practice locations
- 11 regional practice locations
Patients come first. Without patients, we wouldn’t be here. As choices for health care continue to expand, we are making sure we continue to give our patients the best care possible.

As a member of the Mayo Clinic Care Network, we are helping to bring Mayo Clinic’s knowledge and expertise to the Red River Valley. Together, we share a common philosophy, commitment and mission to improve the delivery of health care through high quality, data driven, evidence-based medical care and treatment.

Through the Network, our patients have access to the highest level of clinical expertise available and benefit from enhanced communication with Mayo physicians. While caring for our patients, Altru physicians can seek advice from Mayo Clinic’s disease management protocols, clinical care guidelines, treatment recommendations and reference materials for complex medical conditions.
Your health and that of your family's is your priority. Altru’s family medicine providers are here to help.

Physicians, nurse practitioners and physician assistants care for you and your family at any stage of life.

Altru’s family physicians build trusting relationships with patients as they treat each as a total person, not just a set of symptoms. Whether you have a cold or chronic illness, you are having your first baby or approaching your golden years, Altru has a provider to help you live a long, healthy life.

In addition to regularly scheduled appointments, Altru’s family medicine providers offer a variety of walk-in clinics as well as extended clinic hours. Get the care you need, when you need it.

Contact Us
For more information about Altru's Family Medicine, visit altru.org/familymedicine.
Altru’s Family Birthing Center is the region’s most technologically advanced birthing center. With highly qualified physicians and nursing staff to follow patients through routine or high-risk pregnancies and deliveries, families can focus on their little miracles.

Comprehensive Care
There may be nothing more important to your child’s future than a safe, healthy entry into this world. At Altru’s Family Birthing Center, your care is directed by highly experienced and board certified OB/GYN physicians who are available 24 hours a day, seven days a week. You’ll have the support of a comprehensive health care facility providing all of the safeguards and assurance you might need.

Altru’s Family Birthing Center Facts
» We care for more than 1,700 mothers and families each year.
» A clinical nurse specialist is available to perform prenatal consults throughout pregnancy.
» All birthing suites and post-delivery rooms are private and provide a home-like atmosphere.
» We support a holistic approach to labor and your delivery, offering birthing planning and integrative therapies.
» Lactation consultants and specialists will see you during your stay and can make appointments to see you after discharge to provide breastfeeding education and support.

Altru is dedicated to keeping you, your baby and your family together throughout your experience. Having immediate proximity to the area’s only NICU and full-time neonatology service, and with a neonatal team consisting of three neonatologists, you can rest assured you and your baby are in good hands.
» A fully staffed Level IIIB, 16-bed Neonatal Intensive Care Unit (NICU) is available to assist with high-risk deliveries and critically ill infants.
» A high-risk maternal and neonatal transport team is available 24 hours a day.

Contact Us
For more information about Altru’s Family Birthing Center, call 701.780.5480 or visit altru.org/familybirthingcenter.
Altru Cancer Center

Radiation Oncology
Altru’s radiation oncologists are cancer specialists with expertise in the application of radiation therapy, as it is used in the management of cancer. Radiation therapy treats cancer with minimal effects to surrounding organs and tissue, thus maintaining the patient’s quality of life.
» TomoTherapy and Tomo Direct – Altru Cancer Center is the only cancer center in the state to offer such an advanced cancer treatment option that delivers the most precise radiation treatment available.
» External beam radiation with intensely modulated radiation therapy
» Accelerated partial breast irradiation
» High-dose rate brachytherapy

Genetic Testing
A BRACAnalysis® test, offered by Altru Cancer Center nurse practitioners at the Sanny and Jerry Ryan Center for Prevention and Genetics, is a preventative measure intended to detect if genetic mutations are in a person’s family. Test results will inform a patient whether or not a genetic mutation is present in their family, and based on results, a qualified health professional can prepare a personalized cancer risk reduction plan for the individual.

Medical Oncology
With a variety of oncological treatments available, Altru’s medical oncology staff reviews and monitors each patient on an individual basis to provide them with a personalized and effective treatment plan.
» Biological therapy
» Chemotherapy medication
» Hormone therapy

Patients at Altru Cancer Center also have access to clinical trials that test the newest cancer treatments available.

Comprehensive Care
At Altru, we understand that cancer affects an individual both physically and emotionally. That’s why the Center approaches cancer treatment in a holistic way and provides social, emotional, spiritual and financial support through a variety of programs and services.
Patients at Altru Cancer Center have access to:
» American Cancer Society's Quality of Life Resource Center
» Financial assistance through Filling the Gap, a program providing financial aid for nutrition, lodging and transportation
» Home care services, including Altru's Hospice
» Spiritual counseling

All new patients meet with an Oncology Patient Navigator, who assists with patient access services that may be needed during treatments.

Facility
In April 2012, Altru Cancer Center completed more than $700,000 in expansions and renovations that added seven new infusion chairs for chemotherapy patients. This expansion allows 24 patients to be treated simultaneously in a comfortable, warm environment. These additional rooms allow oncology patients to receive extra fluids, supportive medications and blood products during their cancer treatments. The Center brings several amenities that allow for more advanced treatment and offers patients a new level of comfort.
» A drive-up archway provides shelter from the elements and lighting to get in and out safely.
» The appointment desk is located in an area that provides privacy.
» A consulting area offers patients access to information and additional services.
» A resource center offers computers and literature.
» Each chemotherapy room has a television and Wi-Fi access.

Contact Us
For more information about Altru Cancer Center, call 701.780.5400 or visit altru.org/cancer.
The goal of Altru’s Orthopedics & Sports Medicine is to help patients overcome injury or disease and return to a pain-free, functional life. Providing 24/7 orthopedic care, Altru’s orthopedics and sports medicine professionals are dedicated to helping patients of all ages.

Orthopedic Surgery
Orthopedic surgery, including elective procedures, cartilage restoration and joint replacement, are offered at Altru Specialty Center, our specialized orthopedic hospital. Care for the musculoskeletal system ranges from foot and ankle treatment, partial joint replacement and arthroscopic joint surgeries, to advanced procedures such as anterior approach hip replacement, superior capsular reconstruction for the rotator cuff, hand surgery and more. Our orthopedic surgeons are continuously elevating treatment options to offer the highest level of care and the most advanced procedures to get you back to an active life.

Joint Replacement Center
As a regional leader in knee and hip replacements, Altru’s Joint Replacement Center aims to get patients back to activity as quickly as possible. Altru’s joint replacement patients experience reduced length of hospital stay due to the advanced procedures, dedicated physical and occupational therapy, comprehensive education and exercise program offered. Our unique group recovery program is designed to jump-start the process, bringing in all aspects of recovery and rehabilitation in a supportive environment.

Medical Orthopedics
Altru’s medical orthopedics team provides non-operative care for sports injuries, chronic injuries and other disorders of the musculoskeletal system. Our medical orthopedists focus on finding the correct care plan for each patient. For some, nagging joint injuries can be solved with weight loss or a proper exercise program. Sports injuries might require extensive physical therapy and a careful reintroduction to training. Those with chronic pain may benefit from ultrasound-guided injections or medication. Our team will provide proper treatments and guidance to not only treat, but help prevent further injuries or damage.
Orthopedic Trauma
Orthopedic hospitalists specialize in taking care of patients while they are in the hospital, including those admitted through the emergency department, in order to provide access to quality care around-the-clock. Altru Advanced Orthopedics offers continued care for trauma patients through their convenient south Grand Forks clinic at Altru Professional Center and throughout the region as needed.

Sports Advantage
Altru Advanced Orthopedics has partnered with EXOS, a world-wide leader in proactive health and performance, to form Sports Advantage. This partnership brings an opportunity for youth athletes, collegiate athletes and fitness-focused adults to train at the highest level, with training and nutrition education from EXOS specialists.

Chiropractic Services
Chiropractic care at Altru focuses on the diagnosis, treatment and prevention of disorders of the musculoskeletal and nervous systems, as well as caring for the general health of an individual. Altru's chiropractors work collaboratively with the orthopedics team to provide the best care and solutions for each individual.

Contact Us
For more information, call 701.732.7700 or visit altru.org/ortho.
Altru’s Heart and Vascular Services offer state-of-the-art cardiovascular care. We provide all core and ancillary services needed to diagnose and treat cardiovascular diseases.

**Services Available**
- Anticoagulation Clinic
- Cardiology, including echocardiology, electrophysiology, transesophageal echocardiography (TEE), stress echo, nuclear cardiology and invasive cardiology, pacemakers, implantable cardioversion-defibrillator and biventricular pacing
- Cardiothoracic surgery, including heart and valve procedures
- Endovascular peripheral interventions, including laser procedures
- Heart Failure Success Clinic
- Interventional radiology
- Vascular medicine and Chronic Wound Clinic
- Vascular surgery

**Recognized Heart Care**
For several years, Altru has been in the nation’s 100 Top Hospitals for cardiovascular care by Thomson Reuters Healthcare. This award objectively measures performance on key criteria at the nation’s top performing acute-care hospitals. Additionally, our cardiology program has been recognized by HealthGrades for excellent care

**Contact Us**
For cardiovascular and thoracic services, call 701.780.6236 or visit altru.org/heart. For more information about Altru’s vascular services, call 701.780.6400.
Altru’s Radiology Services consist of professionals specializing in the prevention, diagnosis and treatment of disease through radiant energy.

Radiology Services
Altru’s Radiology Services consist of professionals specializing in the prevention, diagnosis and treatment of disease using a variety of imaging techniques such as radiography (X-ray), ultrasound, computed tomography (CT), nuclear medicine, including positron emission tomography (PET), and magnetic resonance imaging (MRI). We offer diagnostic, interventional and neuroradiology services.

Diagnostic radiology services are available at multiple locations in the Grand Forks area. These convenient sites allow patients improved access to care.

Technology Available
» Altru’s CT scanners provide physicians with high-resolution cross-sectional images of the patient’s anatomy, with three-dimensional imaging capability.
» Positron emission tomography and computed tomography (PET/CT) is a diagnostic tool combining Nuclear Medicine and CT to detect cancer, stage its progression and monitor the success of therapy.
» Interventional radiology provides minimally invasive procedures for the treatment and management of a variety of acute and chronic disease conditions.
» Nuclear medicine evaluates the blood flow and function of the body’s organs. It also provides radioactive therapies for some cancer types.
» Magnetic Resonance Imaging (MRI) provides images of the patient’s anatomy for specific conditions using magnetic and radio-frequency energy.
» Ultrasound, use of high frequency sound waves to create real time and cross sectional images of anatomy, including noninvasive vascular imaging.
» Digital mammography (screening as well as diagnostic mammograms) and 3D mammography
» Stereotactic, ultrasound and MRI-guided biopsy
» Dual x-ray absorptiometry (DXA) is used to measure bone mineral density (BMD). DXA is a relatively easy procedure with low radiation exposure, commonly used to diagnose osteoporosis.

Contact Us
For more information about Altru’s Radiology Services, call 701.780.5246/6475 or visit altru.org/radiology.
Altru provides complete surgical services to meet the needs of patients of all ages and levels of health.

Surgical Services Facts
Our surgical team specializes in inpatient and outpatient procedures and minimally invasive or laparoscopic treatments.

» Altru’s Same Day Surgery offers patients the convenience of being away from home for only one day with the comfort of recuperating at home.

» Altru’s Outpatient Procedure Center specializes in a variety of therapeutic and diagnostic procedures for urology, as well as minor surgeries for general surgery, ophthalmology, ear, nose and throat (ENT) and gynecology.

» Surgical specialties include, but are not limited to: general surgeries, cardiovascular, vascular, gynecology, thoracic, orthopedics, hand surgery, plastic and cosmetic, podiatry, neurosurgery, ENT, ophthalmology and urology.

» Altru’s Endoscopy Center, located within Altru Professional Center, is available for patients needing endoscopy and gastroenterology services.
Altru’s Weight Management Program offers solutions for weight loss, weight management and lifestyle change at any level.

Altru’s Weight Management Program is run by a comprehensive team of medical, mental health, fitness, nutrition and wellness experts. It offers solutions for weight loss, weight management and lifestyle change at any level. Comprehensive tracks are offered to fit your specific needs. Each journey begins with a free consultation and health assessment, which will help guide you to the right track.

Three Tracks

» Personal Nutrition and/or Fitness Coaching
  Coaching allows personalized nutrition and fitness plans through individual consultations with a dietitian and a health and wellness specialist. Wellness plans are tailored to unique needs.

» Medical Weight Loss & Lifestyle Change
  The medical weight loss track offers options for those needing medical supervision to lose weight and make a lifestyle change. A team of medical professionals will take time to understand your needs and work with you until you are on the right track to success. It is an intense year-long lifestyle change program.

» Pediatric Weight Management
  It’s important that children understand what it means to be healthy. Altru offers programs that will help children and their families make healthy choices to last for a lifetime.

Contact Us
For more information about Altru’s Weight Management Program, call 701.780.6729 or visit altru.org/weightmanagement.
The Sanny and Jerry Ryan Center for Prevention and Genetics encourages individuals to think about their health through preventive measures before it becomes medically necessary to seek care. With access to key professionals and state-of-the-art technology, the Sanny and Jerry Ryan Center for Prevention and Genetics uses genetic information to help people understand their risks, prevent, help and in some cases, reduce the expression of inherited disease. The Center is the first of its kind in the region.

Services Available
» Genetic assessments
» Therapy services
» Wellness and Prevention services
» Chiropractic services
» Weight Management Program
» Dietitian services
» Corporate Wellness
» Health Assessments and Screenings
» Health and Fit Kids and Families

About Sanny and Jerry Ryan
Sanny and Jerry Ryan committed their lives to supporting community activities and seeking opportunities to fill needs where they exist. They’ve also been strong proponents of health and wellness. Loyal supporters of Altru Health System, their generosity has made a significant difference to hundreds of thousands of patients throughout the region.

Sanny and Jerry's vision of wellness and a healthier community is being fulfilled through the Sanny and Jerry Ryan Center for Prevention and Genetics, leaving a legacy which benefits future generations.

Contact Us
For more information about the Sanny and Jerry Ryan Center for Prevention and Genetics, located within Choice Health & Fitness, call 701.732.7620 or visit altru.org/prevention.
Nutrition provides a basis for good health. Healthy diet and exercise prove vital in disease prevention.

Health professionals agree that nutrition therapy is one of the first treatments patients should receive to prevent and improve health conditions such as diabetes, heart disease and hypertension. Altru’s expert team of Registered Dietitians (RD) work with you and your medical team on the prevention and treatment of disease by providing nutrition therapy to help you achieve your personal health goals. Dietitians can translate the science of nutrition into practical solutions for healthy living. Dietitians use their nutrition expertise to help individuals and groups make positive lifestyle changes.

Our team of experts follows guidelines by the Academy of Nutrition and Dietetics to help you achieve your health goals and do the following:

- Treatment of chronic conditions and diseases (i.e. diabetes, heart disease, celiac disease, kidney disease, eating disorders and hypertension)
  - Together with your dietitian, you will:
    - Set nutrition goals to improve your health
    - Review your eating habits
    - Review overall nutritional health
    - Create a personalized nutrition treatment plan
  - The first visit with your dietitian will take approximately one hour. After the first session, the dietitian will schedule follow-up appointments to check on your progress and see if changes are needed in your nutrition goals and treatment plan.

- Board Certified Specialists in Sports Dietetics (CSSD) apply sports nutrition science to fueling fitness, sport and athletic performance. A Sports Nutrition certification indicates a unique, specialized training and expertise in the area of sports nutrition.

Contact Us
Ask your doctor if a referral for medical nutrition therapy provided by a dietitian is right for you. With a physician’s referral (at least annually), you can make an appointment to see a dietitian at Altru’s Family Medicine Residency at 701.780.6400 or for more information visit altru.org/nutrition.
There are more than 29.1 million Americans living with diabetes. That’s 9.3 percent of the population.

Altru’s Diabetes Center offers a complete range of treatments for all types of diabetes, including: type 1, type 2 and gestational (pregnancy). Our physicians, nurse practitioner, registered dietitians (RD) and certified diabetes educators (CDE) work as a team to bring lifestyle, medications and current technology (including insulin pumps and continuous glucose monitoring) together to develop personalized plans for patients of all ages. Our goal is to help patients reach their healthcare goals aligned with the American Diabetes Association’s Preventative Care Guidelines through the American Association of Diabetes Educator’s seven self-care behaviors: healthy eating, being active, monitoring, taking medication, problem solving, reducing risks and healthy coping.

CDEs and RDs coach patients on diabetes self-management education and training (DSME), which is a collaborative process through which people with diabetes gain the knowledge and skills needed to modify their behavior and successfully self-manage the disease and its related conditions. The overall objectives of DSME are to support informed decision-making, self-care behaviors, and problem-solving and active collaboration with the healthcare team in order to improve clinical outcomes, health status and quality of life.

In addition to DSME, Altru’s Diabetes Center offers a BASICS Class for patients who have been recently diagnosed with type 2 diabetes, are on Medicare and are not taking insulin. This class is a three-part series (90 minutes each) taught by a certified diabetes educator.

Contact Us
Ask your doctor if a referral for the diabetes center is right for you. With a physician’s referral (at least annually), you can make an appointment to see a CDE at Altru’s Family Medicine Residency at 701.780.6400 or for more information visit altru.org/diabetes.
Altru’s Hospice understands the dying process affects everyone differently. Using a comprehensive team approach, we develop a custom care plan that specifically treats physical, emotional and spiritual needs.

**Hospice Care**

- Provides palliative or comfort care rather than curative treatment in the patient's home, nursing home or hospital setting
- Emphasizes maintaining the highest quality of life through therapy, counseling and pain management rather than a focus on extending the length of life
- Provides supplies, medicine and equipment needed to maintain quality of life
- Supports family and caregivers through counseling, training and education

By providing interdisciplinary care overseen by a medical director and care providers, Altru’s Hospice is dedicated to working with each patient to maintain the highest quality of life possible.

**Contact Us**

For more information about Altru’s Hospice, call 701.780.5258 or visit altru.org/hospice.
There really is no place like home. Feeling comfortable and familiar with your surroundings can promote faster healing. Altru’s Home Health offers quality, comprehensive services to meet the needs of all patients.

**Services Available**

» Post-hospital care to teach and manage symptoms
» Ostomy care
» Medication management
» Wound care
» Catheter care
» Patient teaching
» Occupational therapy
» Physical therapy
» Speech therapy
» Pain and symptom management
» Therapy services for home exercise program

A free evaluation can be arranged to determine if services are feasible.

**Contact Us**

For more information about Altru’s Home Health, call 701.780.5880 or visit altru.org/homehealth.
Physical Medicine and Therapy Services

Altru is a prominent leader in Physical Medicine and Therapy Services (PMTS). Altru’s highly skilled physicians, nurses, therapists and specialists offer a team approach to enhance the quality of life and physical independence of the patients we care for. We work in cooperation with other departments and disciplines, assuring continuity of care during transitions from inpatient and outpatient settings to discharge home or other settings.

Services Available

» Physical Therapy
» Occupational Therapy
» Speech Therapy
» Hand Therapy
» Regional Therapies
» Physiatry
» Orthopedics
» Prosthetics and Orthotics
» Sports Medicine

Specialty Clinics

Specialty clinics involving physicians, therapists and support services include:

» Amputee Clinic
» Autism Diagnostic Clinic
» Developmental Assessment Clinic
» Headache Specialty Clinic
» Multiple Sclerosis Specialty Clinic
» Myelodysplasia Clinic
» Pediatric Developmental Clinic

Inpatient Rehabilitation Program

The 34-bed inpatient rehabilitation program offers comprehensive physical medicine and rehabilitation services designed to help patients regain lost abilities and achieve greater independence.

Pediatric Therapy Services

Using a team approach for the treatment of neurological, orthopedic and genetic disorders, as well as problems associated with premature birth and developmental delays, we work to help each child live the fullest life possible. Our goal is to enhance function and foster independence through innovative, therapeutic programming.

Altru’s Medical Fitness Center

Altru’s Medical Fitness Center welcomes individuals of all ages and fitness levels. We assist patients and community members in making proactive choices regarding their health, as well as continuing their rehabilitation. Services available include:

» Group exercise classes
» Heated therapeutic pool
» Individualized fitness programs
» Medical fitness programs and classes
» Medical screenings and assessments
» Personal training
» Weight management services

Contact Us

For more information about Altru’s Physical Medicine and Therapy Services, call 701.780.2300 or visit altru.org/1300Columbia.
Our pharmacists and technicians are dedicated to providing consistently high quality care that integrates seamlessly with your other health care needs. Through numerous services aimed at both quality and convenience, we will provide you with the medications, resources and knowledge you need for effective treatment without having to leave campus.

**Grand Forks Locations**

- Altru Retail Pharmacy  
  1200 S. Columbia Rd.  
  701.780.3444  
- Altru Clinic Pharmacy | Family Medicine Center  
  1380 S. Columbia Rd.  
  701.795.2020  
- Altru Family Medicine Residency Pharmacy  
  725 Hamline St.  
  701.780.6870  
- Wall's Health Mart Pharmacy  
  *(located inside Altru Professional Center)*  
  4400 S. Washington St.  
  701.732.2900  
- Yorhom Medical Essentials | Infusion Therapy  
  *(located in Altru Hospital, lower level)*  
  1200 S. Columbia Rd.  
  701.780.1098  
- InstyMeds Automatic Dispensing System  
  *(located near Altru’s emergency room)*  
  1200 S. Columbia Rd.  
  Available for coverage when seen by an Altru provider after-hours

**Contact Us**

For more information about Altru’s pharmacies, visit altru.org/pharmacy.
As the area’s only comprehensive aesthetic center, Truyu offers an extensive line of surgical and non-surgical procedures, services and products to care for the entire body.

Our providers are experts in treating the whole you. In a spa-like setting, patients can relax their way to an energized and enhanced version of themselves. A private surgical suite, spacious recovery area and private exit provide more comprehensive outpatient services.

State-of-the-Art Treatments
Truyu offers the following services to help reclaim the true you:
» Airbrush spray tan
» Botox
» Dermal fillers
» Medical and Surgical Dermatology
» Chemical peels
» Excimer laser for psoriasis and vitiligo
» Facial and body waxing
» HydraFacial
» Laser skin rejuvenation
» Laser hair removal
» Laser tattoo removal
» Massage therapy
» Mohs surgery
» Nail services
» Permanent makeup
» Phototherapy
» Plastic and cosmetic surgery
» Skin care products
» Vein therapy
» Body Scrubs and Masks
» NovaLash Extensions
» Spa Facials
» Exilis Face and Body Contouring
» Professional Makeup Application
» Professional skin care product
» Mineral Makeup

Contact Us
For more information about Truyu, call 701.780.6623 or visit truyu.net.
Yorhom Medical Essentials offers products and professional services that help make life better. Whether recovering from an injury, managing a chronic disease or adjusting to the challenges of aging, Yorhom Medical Essentials has a solution.

Services Available
» Home modifications
» Rehab technology
» Medical equipment and supplies
» Vehicle modifications
» Respiratory therapy
» Home Infusion Therapy
» Audiology services

Yorhom has two convenient Grand Forks locations, as well as sites throughout the region. With the full support of Altru Health System, Yorhom Medical Essentials offers the depth and abilities needed to make sure you or your loved one remain safe and independent at home.

Contact Us
For more information about Yorhom Medical Essentials, call 701.780.2500 or visit yorhom.org.
Altru Health System has developed a cohesive network of health care resources to bring high quality, specialized services to residents throughout the region. Our philosophy is that individuals should receive high quality care as close to home as possible.

Through our collaborative relationship with 15 critical access hospitals, regional clinics, regional long-term care centers and rural health clinics, we provide patients and medical providers access to direct patient services, support technology, contracted services and professional education opportunities.

Key Offerings
- 12 regional Altru clinics
- Home health and hospice with base sites in six regional communities
- Telemedicine at more than 45 regional North Dakota and Minnesota locations
- Telepharmacy supporting 7 regional hospitals
- Remote Patient Monitoring offers a connected device that transmits biometric data such as blood pressure, oxygen levels, weight and other health indicators directly to a provider's office
- Regional physical, occupational and speech/language therapy services at 20 locations throughout North Dakota and Minnesota
- Regional work injury management services
- Emergency Medical Services community-based emergency response education and training
- Yorhom Medical Essentials with various sites to help patients live independently at home

Altru Connected Health
Altru is building access to healthcare into technologies we own and use every day. These patient-centered initiatives will enable health and wellness services to be integrated into our everyday activities. Currently, there is real-time virtual care for specialties and primary care connecting Altru Grand Forks/East Grand Forks to 45 different communities, and soon will connect the Altru patient from their home, work and play. These tools will provide the patient with self-management wellness tools and the healthcare provider with up to date information about the wellbeing of their patients.
Telemedicine
Live, interactive video and audio technology connects a rural patient to an Altru medical provider and distant providers from Children's Hospital of Minnesota, Regions Hospital, Hennepin County Hospital, and Telestroke care. The medical consult is conducted from the patient's hometown health facility or home, providing local access to specialty and primary care from many miles away.

Benefits include:
» Improved patient outcomes and satisfaction
» Reduced costs and time away from work or home for patients
» Expanded access to services throughout the region
» Greater access to specialized care

Contact Us
For information about Altru’s Regional Therapy Services, call 701.780.2400 or visit altru.org/outreachtherapy. For information about Altru’s Telemedicine, call 701.780.2347 or visit altru.org/telemedicine.
Using MyHealth, you can:
» Communicate with your provider’s office
» Request appointments and screenings
» View upcoming and past appointments
» Request prescription renewals
» View test results
» Manage care of elderly parents
» View child’s records (including vaccinations and growth charts)
» Review and pay your bill
» Request an eVisit

Secure access 24 hours, seven days a week means you can manage your health when and where it’s convenient. Additionally, using the MyChart app for iPhone or Droid, your health is truly at your fingertips.

To learn more and request activation, visit altru.org/myhealth.
altru.org
Altru.org is your source for information to properly manage your health. Whether you are searching for a provider or looking for medical information or services available to you and your family, you’ll find it here. We’ve made it more user-friendly with enhanced functionality and features such as responsive design, allowing you to interact with our site on any type of mobile device.

Altru Alliance Gift Shop
Located in the lobby of Altru Hospital, the Altru Alliance Gift Shop is primarily staffed by volunteers. With a variety of products available, your gift is sure to brighten a patient’s day. Visit the shop or purchase a gift online at altru.org/giftshop or over the phone at 701.780.5299. Delivery is free. Altru Alliance is a long-standing organization that has, over the years, provided substantial financial support to Altru Health System.

Altru eNews
Delivered to your personal email inbox, subscribers to Altru eNews receive timely information on local health and wellness topics, tips, events and community offerings. Depending on your news interests, develop a custom subscription list by selecting the types of information you want to receive. Sign up at altru.org/enews.

Altru Health Foundation
Altru Health Foundation is the charitable organization that supports local, nonprofit patient care at Altru. We believe having access to high quality health care is vital to keeping communities strong. Whether it’s an Angel Bear given to parents who’ve recently lost their baby, a gas gift card to a patient traveling in for cancer care, or a new wheelchair for a child who has outgrown their old one, there are endless ways to lift up others through a gift to Altru Health Foundation. One hundred percent of donations go directly to the patient care area of your choice. For more information, visit altru.org/foundation.

Charitable Care
Altru proudly gives more than $23.5 million in community benefit each year. Altru’s financial counselors help low income, uninsured and underinsured individuals determine if they are eligible for Medical Assistance, a low cost health insurance program or if they qualify for one of Altru’s Charity Care funds. We can assist our patients in applying for available health care coverage, prescription drugs and other assistance programs. To learn more, call a financial counselor at 701.780.5060.

Job Shadowing Program
The shadowing program at Altru allows high school juniors and seniors, college students and interested adults an opportunity to observe actual work in a health care career of their choice. The two-hour experience partners the shadow with a professional, who will share information about education, career advancement and daily job duties. For more information, call 701.780.5834.

Speaker’s Bureau
Altru’s medical and professional staff are knowledgeable in a variety of specialized topics and are available to share their expertise with the community. Involving community members through speaking engagements provides the opportunity to educate the public, as well as to learn more about the community’s needs. For more information, call 701.780.5179.

Support Groups
Altru Health System offers a variety of support groups and resources that focus on spiritual, social and emotional well-being. Groups are available for patients facing cancer, diabetes, end-of-life issues and more. For more information, call 701.780.5345.
SERVICES AND SPECIALTIES

**Specialty Clinics**
- Amputee Clinic
- Anticoagulation Clinic
- Developmental Assessment Clinic
- International Travel Clinic
- Heart Failure Success Clinic
- Multiple Sclerosis Specialty Clinic
- Myelodysplasia Clinic
- Pediatric Development Clinic
- Rehab Autism Screening Clinic
- Seating and Mobility Clinic
- Sports Physicals Clinic
- Wound Clinic

**Patient and Visitor Services**
- Advance Directives and Healthcare Directives
- Altru Alliance Gift Shop
- Altru Pharmacies
- CaringBridge
- Case Management
- Community Care
- Dak Minn Blood Bank
- Guest Services
- Medical Library
- MyHealth
- Pastoral Services
- Social Services

**Medical Services**
- Aesthetics
- Allergy/Immunology
- Ambulance
- Anesthesiology
- ASTYM Therapy
- Athletic Training
- Audiology
- Breast Center
- Cancer Center
- Cardiac Rehabilitation
- Cardiology
- Cardiothoracic Surgery
- Chiropractic Services
- Complementary Therapies
- Concussion Management
- Cosmetic Surgery
- Critical Care
- Dermatology
- Diabetes Center
- Ears, Nose and Throat (ENT)
- Electrophysiology
- Emergency Medical Services
- Endocrinology
- Family Birthing Center
- Family Medicine
- Gastroenterology
- General Surgery
- Geriatrics
- Hand Surgery
- Home Health and Hospice
- Infectious Disease
- Infusion Therapy
- Inpatient Rehabilitation
- Internal Medicine
- Laboratory
- Laser Enhancement Services
- Lymphedema Treatment
- Mammography
- Massage Therapy
- Medical Equipment and Supplies
- Neonatal Intensive Care Unit (NICU)
- Nephrology
- Neurology
- Nutrition Therapy
- Obstetrics and Gynecology
- Occupational Health
- Occupational Therapy
- Ophthalmology
- Optometry
- Oncology
- Orthopedics
- Pain Management
- Palliative Care
- Pathology
- Pediatrics
- Pediatric Therapy
- Pharmacy
- Psychiatry
- Physical Therapy
- Plastic Surgery
- Podiatry
- Prosthetics and Orthotics
- Psychiatry
- Pulmonary Lab
- Pulmonary Rehabilitation
- Radiology
- Regional Therapy
- Renal Dialysis
- Research
- Respiratory Care
- Same Day Surgery
- Social Services
- Spa Services
- Speech/Language Pathology
- Sports Medicine
- Telemedicine
- Therapeutic Recreation
- Thoracic Medicine
- Tobacco Cessation
- Trauma Services
- Urgent Care
- Urology
- Vascular Medicine
- Vascular Surgery
- Vein Therapy
- Weight Management Program
- Yorhom Medical Essentials
Grand Forks and East Grand Forks Locations
Altru 860 Columbia
860 S. Columbia Rd.
Grand Forks, ND 58201
701.780.6697

Altru 1300 Columbia
1300 S. Columbia Rd.
Grand Forks, ND 58201
701.780.2300

Altru Cancer Center
960 S. Columbia Rd.
Grand Forks, ND 58201
701.780.5400

Altru Clinic | East Grand Forks
607 DeMers Ave.
East Grand Forks, MN 56721
218.773.0357

Altru Family Medicine Center
1380 S. Columbia Rd.
Grand Forks, ND 58201
701.780.5400

Altru Family Medicine Residency
725 Hamline St.
Grand Forks, ND 58203
701.780.6800

Altru Hospital
1200 S. Columbia Rd.
Grand Forks, ND 58201
701.780.5000

Altru Professional Center
4440 S. Washington St.
Grand Forks, ND 58201
701.732.7000

Altru Specialty Center
4500 S. Washington St.
Grand Forks, ND 58201
701.732.7000

Dak Minn Blood Bank
3375 DeMers Ave.
Grand Forks, ND 58201
701.780.5433

Sanny and Jerry Ryan Center for Prevention and Genetics
Located in Choice Health & Fitness
4401 S. 11th St.
Grand Forks, ND 58202
701.732.7620

Truyu Aesthetic Center
3165 DeMers Ave.
Grand Forks, ND 58201
701.780.6623

Truyu | East Grand Forks
607 DeMers Ave.
East Grand Forks, MN 56721
218.773.0357

Truyu | Choice
Located in Choice Health & Fitness
4401 South 11th Street
Grand Forks, ND 58202
701.732.7620

Yorhom Medical Essentials
Located in Altru Hospital
1200 S. Columbia Rd.
Grand Forks, ND 58201
701.780.5822

Pharmacies
Altru Family Medicine Residency Pharmacy
Located in Altru Family Medicine Residency
725 Hamline St.
Grand Forks, ND 58203
701.780.6870

Altru Clinic Pharmacy | Family Medicine Center
Located in Altru Family Medicine Center
1380 S. Columbia Rd.
Grand Forks, ND 58201
701.798.2020

Altru Retail Pharmacy
Located within Altru Hospital
1200 S. Columbia Rd.
Grand Forks, ND 58201
701.780.3444

Regional Locations
Altru Clinic | Crookston
400 S. Minnesota St.
Crookston, MN 56716
218.281.9100

Altru Clinic | Devils Lake
1001 7th St. NE
Devils Lake, ND 58201
701.662.2157

Altru Clinic | Drayton
1003 N. Main
Drayton, ND 58225
701.454.3311

Altru Clinic | Erskine
23076 347th St. SE
Erskine, MN 56535
218.687.5317

Altru Clinic | Fertile
Mill St. & Main
Fertile, MN 56540
218.945.6064

Altru Clinic | Greenbush
19120 200th St.
Greenbush, MN 56726
218.782.2400

Altru Clinic | Red Lake Falls
312 International Dr.
Red Lake Falls, MN 56750
218.253.4343

Altru Clinic | Roseau
711 Delmore Dr.
Roseau, MN 56751
218.463.1365

Altru Clinic | Thief River Falls
1845 Hwy 59 S., Ste. 800
Thief River Falls, MN 56701
218.681.7280

Altru Clinic | Warroad
412 N. Main Ave.
Warroad, MN 56763
218.386.2020

Altru’s Specialty Care
301 Mountain St. E.
Cavalier, ND 58220
701.265.8338

Truyu | Devils Lake
1001 7th Ave. NE
Devils Lake, ND 58201
701.662.2158

Truyu | Thief River Falls
1845 Hwy 59 S.
Thief River Falls, MN 56701
218.681.7280

Yorhom Medical Essentials
Located in Altru Clinic | Crookston
400 S. Minnesota St.
Crookston, MN 56716
218.281.9166

Yorhom Medical Essentials
Great Northern Building
223 4th Ave. NE, Ste. B
Devils Lake, ND 58201
701.544.2100
877.813.0701

Yorhom Medical Essentials
Located in LifeCare Medical Center
711 Delmore Dr.
Roseau, MN 56751
218.463.4774