Taking care of all of you.

In this issue
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Photo courtesy of Ryan and Amy Karlstad, winners of the Everyday photo contest. Read the Letter from the Editor for their story.
## Classes for your health

### New Parent Classes

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<td>Ongoing</td>
<td>(701) 780-5474</td>
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<tr>
<td>Childbirth Preparation</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
<td>(701) 780-5170</td>
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<tr>
<td>Breastfeeding Information Class*</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
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<tr>
<td>Baby Care Basics*</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
<td>(701) 780-5170</td>
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<tr>
<td>Refresher Childbirth Preparation*</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
<td>(701) 780-5170</td>
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<tr>
<td>Sibling Class*</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
<td>(701) 780-5170</td>
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<td>Boot Camp for Dads*</td>
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<td>Infant Massage*</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
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<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
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<td>Backs, Bellies &amp; Bottoms after Baby</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
<td>(701) 780-5170</td>
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<tr>
<td>Child Passenger Safety Made Simple</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
<td>(701) 780-5170</td>
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<tr>
<td>Caesarean Birth Information</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
<td>(701) 780-5170</td>
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<tr>
<td>Single Expectant Parent Community Info</td>
<td>Ongoing, visit altru.org/familybirthingcenter or call for details.</td>
<td>(701) 780-5170</td>
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*one time $10 fee

### Cancer Support

- **"Look Good… Feel Better" (Grand Forks)**: Second Monday of each month at 2 p.m. - please pre-register. (701) 780-5400
- **"Look Good… Feel Better" (Devils Lake)**: First Thursday of the month at 4:30 p.m. - Mercy Hospital. (701) 665-5229
- **Live, Laugh and Learn (Devils Lake)**:
  - Second Saturday of the month at 10 a.m. - Great Northern Building. (701) 662-7220
  - Second Tuesday of each month. (800) 227-2345 or call to register and for location information. (218) 281-2917

### Diabetes

- **Diabetes Basics**: Ongoing three session class for those with diabetes & their families, referral required. (701) 780-6400

### Heart Health

- **CPR for Family and Friends**: April 7. (701) 780-5170
- **Heartsaver CPR**: Feb. 4, May 5. (701) 780-5170
- **Heartsaver First Aid**: April 14. (701) 780-5170
- **Heartsaver Pediatric First Aid**: March 17. (701) 780-5170
- **Customized CPR & First Aid Training**: Call to schedule a date/time at your business. (701) 780-5170
- **Heart Health Community Presentations**: Call Altru’s Speakers Bureau. (701) 780-5179

### Medical Fitness

Call Altru’s Medical Fitness Center at (701) 780-2516 for information about classes, times and dates.

### Psychiatric Services

- **Anger Management Support Group**: Mondays or Thursdays at 4 p.m. in Altru Clinic - Building 1. (701) 780-6697
- **Mental Health Resources**: Ongoing. (701) 780-3440
- **Adult Survivors of Sexual Abuse**: Call for specific dates and times. (701) 780-6697

### Other Resources

- **Advance Directives**: Forms and instruction for Living Will and Durable Power of Attorney available from Altru’s Pastoral Services. (701) 780-5300
- **Coping with Hospitalization**: For children scheduled for surgery. (701) 780-5658
- **Safe Kids Car Seat Safety - Grand Forks**: Second Thursday of each month, 4 - 7 p.m., Rydell GM Auto Center. (701) 780-1489 or (218) 281-3385
- **Safe Kids Car Seat Safety - Crookston**: Visit safekidsfg.com. (701) 780-939
- **Safe Kids Car Seat Safety - Grafton**: Visit safekidsfg.com. (701) 352-1620
- **Safe Kids Car Seat Safety - Larimore**: Visit safekidsfg.com. (701) 780-1489
- **Bariatric Community Information Meeting**: Feb. 10, March 10. (701) 780-6731

For more information, call (701) 780-5000 or check out the Patient Education area on altru.org.
Letter from the Editor

“A spoonful of sugar helps the medicine go down.” I think Mary Poppins had one word wrong. “A spoonful of love helps the medicine go down.”

That’s right, sometimes a dose of love is the best medicine. This time of year, you can’t escape the reminder of Valentine’s Day. While many think of the holiday as a conspiracy by the Hallmarks and Nestles of the world, we think it’s a beautiful thing. In fact we’ve dedicated this issue to the most beautiful word and action around - love.

We started the issue with a photo search. We had countless entries of photos that depicted the entrant’s idea of love. Many photographs were accompanied by stories that touched our hearts. To everyone that entered the contest, finalist or not, thank you for warming our hearts and giving us a reason to smile each time we received an entry. Each and every one of you is a winner because you have love in your life and it certainly showed.

The winning photo, featured on the cover, was submitted by Ryan and Amy Karlstad, Grand Forks natives who currently reside in Stillwater, Minn. The photo, which they entitled, “The Joys of Being a Little Girl ... Again”, is of their free-spirited twin daughter Elise Karlstad, 6, with her great grandmother Rosalie Schmitz, 96. Ryan snapped the photo just after Rosalie told Elise she would give anything to be able to run with her in the lawn and play with her like she did when she was a little girl herself. Elise is the granddaughter of Robert and Dawn Boyd and Gary and Zo Karlstad, all of Grand Forks.

Enjoy this issue about love. We hope it serves as medicine to warm the soul. And, keep snapping those pictures. Who knows when we’ll have another photo contest...

With love,
Sarah Kotelnicki, editor
The year was 1971. Richard Nixon was president of the United States. The legal voting age in the U.S. was lowered to 18 and Esther Lee began volunteering with what was then Deaconess Hospital in downtown Grand Forks. Yes, that's right. This month marks Esther's 40th year of volunteer service with the health system. “I remember it so clearly. We had to wear white blouses with pink jumpers that had big pockets. Everyone wore white back then. I think I am about the only one who does these days,” 82-year-old Esther said, as she gestured toward her white sneakers and pants.

Esther started volunteering when the youngest of her three children started school. She knew she had to do something to keep herself busy and felt compelled to help out in a healthcare setting. Her first job at Deaconess was surgery hostess. She went back and forth between the operating room and the visitors’ lobby, giving updates to family members as a surgery progressed. “Back then they would let me go right in the operating room. That would be unheard of today,” Esther said.

Among her many responsibilities, Esther filed information for insurance purposes and directed visitors to patient rooms. “We had a big book, kind of like a flip book, and all of the admitted patients were listed by religion. Can you imagine? We listed them by religion. Anybody could come up and look at it,” she recalled.

In 1972, as United Hospital was being built, Esther came along for the ride. She gave tours to new employees and as soon as it opened she began volunteering as a greeter at the front desk – the same position she holds to this day (every Wednesday from 8 a.m. - 3 p.m.). “Most of the people I started working with are retired or dead,” Esther remarked.

She, on the other hand, has as much spunk as a young girl, spreading a contagious cheer to everyone she meets. “Sometimes they’ll [visitors] come up to me and I can tell they want somebody to talk to. Other times they don’t want to talk and that’s fine, too.”

So, 40 years here and gone, what makes Esther keep coming back each week? “It’s therapy. I’m thankful for what I have and it makes me realize what I complain about isn’t very much compared to what some people are going through,” she explained.

Her co-workers also make a difference. “In the 40 years I’ve been volunteering here I haven’t met one person I didn’t like.”

That said, this cheerful, little lady won’t be tucking away her white tennies anytime soon. “I’ll be volunteering as long as I can walk,” she laughed.

Thank you, Esther, for brightening the lives of so many. You truly are a shining example for all volunteers.

It Takes an Army

Esther may be the longest-serving volunteer at Altru, but she’s certainly not alone. Last year, 344 volunteers gave of their time and talent – doing their part to improve the health and enrich the lives of our patients and visitors.

These 344 volunteers were made up of 149 adults, 140 UND students and 55 junior volunteers (high school students). Nine married couples were even in the mix. In total, 21,204 hours of service was donated, all free of charge.

Heather Werner, Altru's Volunteer Services Manager, said, “It’s just amazing. These people truly care about their community and are giving back in such a big way. I don’t know what we’d do without our volunteers.”

This year, Heather plans to build on the excellent volunteer service already in place by adding an Ambassador program. This will include front-line volunteers who will not only greet patients at the front door, but transport or lead them to their destination within Altru Health System. “They will have door to door service. Rather than having someone tell them where to go, they can be escorted. We hope this enhances the experience of our patients and visitors,” Werner said.

Since Esther doesn’t plan on retiring anytime soon, perhaps we’ll see her volunteering for the Ambassador program. No time like the present to put some extra miles on those white sneakers.

For more information, or to become a volunteer, contact Altru’s Volunteer Services at (701) 780-5125 or visit altru.org.
A baby boom is defined by sociologists as a sharp increase in the birth rate of a population. According to this definition, Altru's Corporate Development department recently experienced a full on baby boom. With a department population of ten, we welcomed three babies – one boy and two girls – in a matter of three months.

All of the Corporate Development babies were born at Altru’s Family Birthing Center. While you may be thinking we are biased, all three of our experiences came with rave reviews but here’s some honesty.

At the time of our deliveries, the birthing center wasn’t necessarily the prettiest. It didn’t offer the latest in interior design or those birthing tubs that many state-of-the-art facilities tout. And, to be honest, as a first time mom, I was a bit fixated on that. I wanted a beautiful environment to welcome my beautiful son into the world. It turns out that I was fixated on the wrong thing. The service of the staff and the emotion of those special moments (well, hours really), are what really matter. The team that worked with us made it seem like we were in the Taj Mahal, surrounded by people fully equipped to provide the most important things to a parent-to-be; peace of mind and trust.

So, while I don’t have pictures of our baby’s first moments against a backdrop of what looks like a model home, I have a healthy and happy baby and memories that are indescribable. And, soon, I could have both. Should we expand our family in the future, we will welcome Baby Kotelnicki II with not only the wonderful staff of Altru’s Family Birthing Center, but we’ll also have the beautiful scenery to go with it. That’s right, the birthing center is getting a facelift. By the end of 2011, all birthing suites will have spacious European-style bathrooms, tub/shower combination in every other room (single showers in alternate rooms), built-in sleep-over seating, flat panel televisions, warm cherry wood finish and wood look floors, and current paint, upholstery and tile selections.

Love Letters

The experience of parenthood is amazing. People speak of it often. In fact, clichés abound. But, what I realized is that as soon as our baby was born, all of those clichés become something more. They become reality.

Given the theme of this issue, we wanted to share our personal experiences with you through love letters to our babies. And, do us a favor. After reading them, give the babies in your life – young or old – an extra squeeze of love.
Sweet baby Thomas,

All I’ve wanted in my life is to have a family. I grew up with a wonderful family and want to create another, just as wonderful in my own adult life – this time as a mother rather than a daughter and sister. Your daddy made me so happy by choosing me as his wife. Now, as of Sept. 4, you have made me so joyful and have helped to fulfill my dream of building a family. No one else will ever be the first to make me a mother – we will forever share a special bond because of that.

Your arrival into this world was amazing. You were born on your exact due date which was perfect (and necessary) because your dad was out of town the week before and was scheduled to be out of town the week after. He didn’t want to miss your first breaths, cries, blinks, snuggles – your first anythings. With that, we were induced but you must have been ready because upon our admission into the birthing center, we had one dose of the medicine used to induce you and, bam, it started happening.

We spent about 12 hours laboring and one hour pushing. To all the amazing doctors, nurses, and residents, that day, we were “champs” and gave them a textbook delivery. They were encouraging, supportive, and so impressed with how we worked as a team to bring you in to the world. You, me, and your dad. To us, there was nothing textbook about that day. It was filled with indescribable emotions and an overwhelming sense of love and joy that we will cherish forever. Without each other, and the expertise and compassion of Altru’s Family Birthing Center staff, those memories wouldn’t exist. For that, we are eternally grateful.

Thank you for being in our world and for making our dreams come true.

XOXO,
Mom

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My sweet Emilia Kate,

I can’t find the words to describe the abundant amount of joy you have brought us since you entered the world Sept. 22. From the moment I first laid eyes on you, I felt the same kind of love I felt for your big brother, Caleb, when he was born just 17 months before. It’s a love that’s so amazing – so special. I hadn’t felt “this” type of love until I became a mom.

I started having contractions during the night, and by 6 a.m. I called the Family Birthing Center to see if I should come in. They said I should, and once I arrived it was evident I was in labor. Your dad and I spent the morning in the hospital room anxiously awaiting your arrival – praying you would be healthy, wondering what you would look like, and still trying to determine what your name would be.

Nurse Mandy, Dr. Philpot, Dr. Kolberg, anesthetist Chad, and daddy and I all made our guesses as to what time you would be born and wrote them on the white board in the room. Daddy and I didn’t expect to meet you until evening, as labor with your big brother lasted 12 hours. But you, my spunky little girl, you were ready to meet the world! After about six hours of laboring, which actually went by very quickly, we heard the words, “it’s time to push.” I’ll never forget the look on daddy’s face. He was so excited and so scared, all at the same time. Just a few minutes later, at 2:38 p.m. (Dr. Philpot’s guess was 2:35 p.m.), I heard your first cry and looked into your eyes for the first time. They were the most beautiful, bright blue eyes I had ever seen.

I am so thankful God has given you to me. You and your brother are the most wonderful gifts I could ever receive. I am also so very thankful for the skilled doctors and nurses in the delivery room that day. From the moment I arrived at the FBC to the time we went home, it was clear they truly cared about us as more than just patients, but as people.

Sweet Emmi, I love you with all of my heart and look forward to watching you grow from a beautiful baby girl to a beautiful, kind and caring woman. Thank you for making me smile every day.

Love,
Mom

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Emilia Kate
September 22, 2010
2:38 p.m.
Kylie Ann,

As I sit listening to your breathing on the monitor as you nap, I can’t help but think about the first day I saw your face.

You were six days overdue and didn’t show many signs of coming on your own, so we chose an elective induction. Aside from the contractions, the entire day was calm and relaxing. And, after nearly eight hours of labor, it was time to push. By 5:13 p.m. on Nov. 18, you showed your pretty little face. Right away our eyes met as they laid you on my stomach. It was love at first sight. Like your sister, Brooke, you had difficulty breathing because the cord was wrapped around your neck. But, the nurses didn’t whisk you away. They rubbed your body vigorously as you laid on my chest. Soon, you let out a subtle cry, which showed you were breathing. You were moved to the warmer for further exams and received oxygen to help your lungs get air. Your dad and I were speechless as we took it all in. There you were, a perfect little girl. Beautiful Kylie, you were 9 pounds, 5.3 ounces and 21.5 inches at birth. We weren’t surprised at your size though, because your sister born two years earlier, was only slightly larger.

You and I stayed in the Family Birthing Center for two nights while your dad went home to take care of Brooke. There was a full moon that night, and the Center was extremely busy. I believe there were nine other babies born while we were there. But, I never felt anxious or alone. The nurses were so attentive and made sure our every need was met. They made me feel like we were the most important patients they had. By Saturday morning, we were discharged and ready to start our lives at home.

We’ll never forget the day you were born or the people who made sure you took your first breath. We are blessed to have two beautiful girls in our life and look forward to the excitement that each day brings.

All my love,
Mom

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The cow says moo. The pig says oink.

But when your child says ouch, you want them to receive the best care possible.

With 13 specialists and state-of-the-art equipment, Altru provides inpatient and outpatient pediatric services, allowing us to care for your little one in the best way possible.

(701) 780-6110
altru.org
Parenting.

Depending on who you ask, you'll likely get varied definitions of the word. When I reflect on what it means to be a parent, I immediately think of love – loving my children unconditionally regardless of their mistakes or shortcomings. As a parent, I strive to nourish my kids, protect them and help guide them through life's ups and downs.

Dana Kennelly, Licensed Independent Clinical Social Worker with Altru's Outpatient Psychiatric Services says the majority of mothers' definitions are similar, but that's not always the case in the patients she works with. “Parenting is considered instinctual by some and learned by others. For some, the learning part isn't always easy.”

She sees this firsthand as she often counsels patients who've lacked safe, supportive and nurturing relationships from birth – something that can easily be taken for granted. “I see a lot of children who are growing up in stressful environments, as well as parents who grew up in these types of homes themselves. Children learn from their parents how to cope with stress, how to interact with others and how to express their thoughts/feelings. When kids grow up in an environment where things are chronically stressful or unpredictable they may not develop healthy coping skills and are at greater risk for several mental health disorders.”

Dana says the first four years of life are most important when it comes to the development of a child. The lack of nurturing, touch, empathy, and bonding between a parent/adult caregiver and the child during this time may put them at risk for a variety of emotional, social and learning problems later in life. “They may have developmental problems, poor self-esteem, trouble with interpersonal relationships, difficulty expressing feelings, acting out behaviors, and cognitive problems.”

On the flip side, children also learn positive behaviors from their parents. You’ve likely heard the saying, “You have to love yourself before you can love others.” This can be applicable when it comes to parenting. “Parents need to be positive role models for their children. If a child sees their parents having positive relationships, displaying kind behavior, taking care of themselves, interacting with others – our kids notice that. How our children see the world depends on what we show them, what experiences they have,” Dana explains.

But parents aren't super heroes. They have stress in their lives. And sometimes, they don't have all the answers. That's where Altru's Psychiatric Services can help. The trained therapists offer services for children, adolescents and adults. “We are a resource for parents when they feel overwhelmed and don't know how to help their children. We teach parenting skills to give them new ideas, providing them with more tools to use when raising their children. We also help children gain new skills to cope more effectively through individual and group therapy,” Dana says.

When Dana meets with parents who are having a tough time, a word that always surfaces is “love”. She offers this advice: “One of the most important things parents need to do is have unconditional positive regard for their children. This means loving them no matter what they do or how challenging they are. We can love our children and not agree with choices they make and we can love them and be overwhelmed and frustrated at the same time. It's that unconditional love that matters.”

So, whether it's a hug, a kiss, saying, “I love you”, or tucking your child into bed at night, those “little things” we do as parents really aren't so little. They make a big difference.

To schedule an evaluation with one of Altru's therapists, call Altru's Outpatient Psychiatric Services at (701) 780-6697. Services are provided at Altru Clinic - Building 1.
1. Gus Gunnarson, 4, gives his little sister, Kaia, 23 months, a big smooch. Gus and Kaia are the children of Robert and Emily Gunnarson of Kennedy, Minn. Photo submitted by Emily.

2. Big sister Molly Bjorneby, 3 ½, shows her new baby brother, Tyler, 2 months, some love. Molly and Tyler are the children of Josh and Patti Bjorneby of Grafton, North Dakota. Photo submitted by Patti.

3. Raya Rothenbacher, 8 months, entertains her great-great aunt and uncle Arne and Luella Erickson with her cute little smile. Raya is the daughter of Dayna Rothenbacher. Photo submitted by Terri Rothenbacher, grandmother.

4. Parker Morrow, 6 months, and the family dog, Puddin’, enjoy some quality cuddle time. Parker is the son of Kelsey and Tyler Morrow. Photo submitted by Kelsey.

5. Anne Schmaltz gives her baby boy, Cash, 8 months, a little extra love at a family wedding, where Anne was a bridesmaid and Cash was dressed in his finest tuxedo. Cash’s father is Josh Schmaltz. Photo submitted by Deb Schmaltz, grandmother.

6. Tyler Carr and his son, Hunter, 8 weeks, enjoy a special father and son moment. Hunter’s mother is Emily Syverson. Photo submitted by Jolien Carr, grandmother.

7. Sydney, 4, gives her little sister, Sophie, 2, a kiss on the cheek. The girls are the children of Janessa and Jon.

8. Pratham Madaram, 5, shows some brotherly love to his little sister, Smriti, 2 1/2, at their Raksha Bandhan ceremony, a festival which celebrates the relationship between brothers and sisters. Pratham and Smriti are the children of Dr. Kondal Madaram and his wife, Kavitha. Photo submitted by Dr. Madaram.

9. Lila Mashburn, 2, shares a sweet moment with her baby brother, Max. Max, who was born 14 weeks premature, weighing 1 lb. 12 oz., spent much of his life in Altru’s NICU. On Dec. 15, at just five months old, Max passed away due to complications from his premature birth. The loving providers in Altru’s NICU were named honorary bearers at Max’s “Happy Birthday Going to Heaven Party”. Lila and Max are the children of Arty and Mollie Mashburn. The Mashburns also have two other children, Noah, 4, and Ethan, 16. Photo submitted by Carolyn Weber, grandmother.

10. Naomi Week, 11, shares a sweet embrace with her brother, Theo, 6 months, the day his adoption was finalized. Theo’s birth mother selected Ben and Jessica Week, along with their daughter, Naomi, to be Theo’s family. Photo submitted by Therese Tiedman, grandmother.
In an average lifetime, the human heart beats more than two and a half billion times.

It is the machine that keeps us going. But, can you imagine the day it suddenly stops? For Mark Koplin, that day came faster than he anticipated. At just 39 years old, Mark had a massive heart attack at work. He was rushed to Altru’s Emergency Room. There he had a second attack.

“I was in so much pain, I kept passing out,” Mark explained. “Everything was in slow motion.”

As providers wheeled him from the ER to Altru’s Cath Lab, Mark started coding. “I remember watching the monitor and my heart rate was going crazy. Everything started going black. I felt like I was staring into an old TV set.”

Providers found blockage in his left main coronary artery as well as a blood clot. Two stents were placed, but things did not look promising for Mark. In fact, this type of heart attack is known as a “widow-maker”. As the name implies, this heart condition often results in sudden death among men, leaving their wives behind. When a left main coronary artery is blocked, all the left ventricular muscles are deprived of blood and a person may suffer a massive acute heart attack, followed by sudden death. Roughly, only 10 percent of patients who experience this type of heart attack actually survive.

Altru’s Heart Services

Because the heart is such a vital organ, we all hope to have the most intellectually advanced and trained specialists help us if we experience any problems. According to the American Heart Association, coronary heart disease is the number one killer; stroke ranks a close third and is a leading cause of serious disability. Combine these statistics with the fact that over one-third of the people living in northeastern North Dakota and northwestern Minnesota (nearly 90,000 people) are over age 45. It becomes clear how vital quality cardiology services continue to be to our region.

“Altru’s goal is to provide high-quality evidence-based cardiovascular care for our patients delivered in the most respectful and compassionate manner possible,” stated Dr. Rabeea Aboufakher, Altru cardiologist.

And, that goal has been met. Altru Hospital has been in the nation’s 100 Top Hospitals for cardiovascular care by Thomson Reuters Health Care for several years. This award objectively measures performance on key criteria at the nation’s top performing acute-care hospitals. Additionally, our cardiology program has been recognized routinely by Healthgrades for excellent quality care. Finally, in October 2010 Altru was recognized in Consumer Reports as one of the 50 top-rated surgical groups for heart-bypass surgery.

Meet part of the team that saved Mark’s life. Kory and Forrest were the power duo that kept his heart rate up while Dr. Chebaclo placed the stents. From left to right: Kory Adair, Terra Lundeby, Dr. Chebaclo and Forrest Balvitsch.
Teamed with the Society of Thoracic Surgeons to present ratings of heart-bypass surgical groups, Consumer Reports are based on how an organization's results compare with national standards for survival, complications and other measures. No other organization in North Dakota or South Dakota received this designation. These awards and recognitions are clear affirmations of the solid programming Altru has in place.

Seeing several improvements in technology and services in recent years, Altru's cardiology department will continue to be a premier provider of cardiology services for years to come. In addition to providing care at our main clinic in Grand Forks, Altru's cardiology team provides outreach services to Cavalier and Devils Lake, N.D. and Roseau, M inn. Not only that, but Altru's Heart Services provides educational resources and support as well.

First Class Treatment

There, in Altru's Cath Lab, lay Mark thinking, “Today is the day I am going to die.”

He spoke to a nurse who was near by, “Please promise to tell my wife and my kids that I love them.”

Taking turns, two other nurses did CPR on Mark. As the duo manually kept his heart rate at 70/40, a specialist was able to place two stents. Not only did the team at Altru's Heart Services save his life, they protected Mark from severe brain damage.

Mark was kept in the hospital for a week as he recovered from his massive heart trauma. “It was like flying first class,” Mark recollected. “Everyone that I came into contact with was just absolutely wonderful.”

Although he is not back at 100 percent yet, Mark's strength, both physically and emotionally, is coming back slowly with the help of cardio rehab. “Before this all happened I felt fine, never really stressed. But since, I almost felt at times that I didn't belong. It is nice to talk to other people who understand what you have gone through,” Mark explained about Altru's cardio rehab program.

He added, “This has truly been a life-altering experience. Things that didn't seem to matter before, I care about now.”

When someone does a nice act for us, our emotional heart is “touched”. Altru is privileged to have touched Mark Koplin's heart in more than one way. “I just can't say enough good about my experience with Altru. I can't thank them enough for the great things the cardiovascular and intensive care teams did for me.”

Take Action

Often incorrectly called a man's disease, heart disease is the leading cause of death for women in the United States. According to the American Heart Association, heart disease, or cardiovascular disease (CVD), kills more women than all cancers combined, including breast cancer.

Armed with specific information about CVD, Altru’s HeartAdvantage is group geared at educating women at risk with preventative information and various treatments. By tailoring their approach to meet our regional needs, Altru’s HeartAdvantage hopes to lower CVD-related deaths.

“Our mission is to create awareness in our community and region about women and heart disease. We strive to accomplish this mission through Altru’s HeartAdvantage Program,” said Nancy Endres, Altru’s HeartAdvantage chairperson. “Our primary objective is to educate women on cardiac risk factors, signs and symptoms of heart disease and treatment options.”

Choose to keep your heart healthy. Get involved in Altru’s HeartAdvantage during Heart Health Month, by visiting altru.org/heartadvantage.

Prove Your Love

There's no better time to prevent cardiovascular disease (CVD). Make the following lifestyle changes during Heart Health Month and reduce your risk.

• Don't smoke, and if you do, quit. Women who smoke are two to six times more likely to suffer a heart attack than non-smoking women. Smoking also boosts the risk of stroke and cancer.

• Aim for a healthy weight. It's important for a long, vigorous life. Obesity is the cause of many preventable deaths.

• Get moving. Make a commitment to be more physically active. Aim for 30 minutes of moderate-intensity activity on most, preferably all, days of the week.

• Eat for heart health. Choose a diet low in saturated fat, trans fat, and cholesterol, and moderate in total fat.

• Know your numbers. Ask your doctor to check your blood pressure, cholesterol (total, HDL, LDL, triglycerides), and blood glucose. Work with your doctor to improve any numbers that are not normal.

The above information was provided by the National Institute of Health Website.
If you are among the countless women who wear makeup, this article is for you. First, chances are you have a beauty routine - before you leave home in the morning, you spend a certain amount of time in front of the mirror, so that you leave looking fresh-faced and flawless (no matter how much or how little you actually slept last night).

Let’s say it takes you 15 minutes every morning to apply your makeup. Over the course of one year that translates into 91 hours of lost time - that’s nearly four days a year you spend applying your makeup. And that doesn’t even count the time it takes to do touch ups.

Knowing the amount of time we spend on beautifying ourselves can make one nauseous. Wouldn’t it be great if you never had to worry about your make-up fading or smudging, no matter how active you are? Yes, you would be able to exercise, work, dance, swim, and sleep with the confidence of knowing you always look like a million bucks. And, just think of all that extra time you would save by not having to apply and re-apply during the day.

Well, my friends, it’s possible. Let Truyu Aesthetic Center apply your makeup perfectly for you, once and for all, with permanent makeup.

**Feel Confident Wherever You Go**

Permanent makeup is meant to enhance a person’s natural features and harmonize with their skin tones.

“I got permanent eyeliner,” stated Gina Busse, Truyu client. “Now all I have to do in the morning is add some mascara and I’m on my way.”

There is no more worrying about the extra time it takes to apply in the morning or those extra applications throughout the day. Now, you can simply wake up, throw your hair into a ponytail, and head out the door.

With worry-free convenience, permanent makeup may be your perfect solution if you’re a woman who is always on-the-go.

**What’s in the Procedure**

This procedure is available for eyeliner, eyebrow, lip liner, or a full lip shade. A two to three week follow up appointment is recommended and a post-care treatment plan should be followed closely.

“The procedure is minimally invasive,” explained Jessi Hagen, Truyu’s master aesthetician. “First, we use topical anesthetic to help numb the area. Then we use a machine with disposable needles to implant pigment into the dermis.”
Permanent makeup results may look harsh right away due to color remaining in the outermost epidermal layers of skin. The color softens within a few days, as the healing process occurs.

“The procedure took about three hours, but Jessi made the environment a comfortable one. I received a warm blanket and was able to listen to the music of my choice. There was minimal pain and I was happy with the results right away,” Gina said.

How Permanent is Permanent Makeup?

“Color results may begin to fade over time. Average results last between seven and ten years,” Jessi added. “Post-care treatment is extremely important in helping the pigment last.” Truyu provides a post-procedure care guide to each patient, which should be followed closely for best results.

While permanent makeup pigment remains in the dermis, its beauty-span may be influenced by possible environmental, procedural and/or individual factors.

• Sun exposure fades color.
• The amount and color of pigment deposit at the dermal level can affect the length of time that permanent makeup looks its best.
• Very natural looking applications are likely to require a touch-up before more dramatic ones for this reason.
• Skin tones are a factor in color value changes over time.

“I would definitely recommend this procedure to other women,” Gina said. “I have had great results and I receive so many compliments on how natural it looks.”

Below are Gina's before and after photos, proving that permanent makeup enhances your features while still looking natural.

Reclaim the true you.

Members of Truyu Aesthetic Center's Inner Circle receive:
• Exclusive invites to Truyu events
• Updates on advancements at Truyu
• Notification of promotions
• Special discounts

If you’d like to be among the first to know about everything Truyu, join our Inner Circle at truyu.net.

To learn more about permanent makeup, call (701) 780-6623. Or, for more information on other Truyu services, visit Truyu.net.
For many, going to the fitness center is motivated by the desire to have a perfect body or to fit into those skinny jeans. Whatever happened to working out to, well, be healthy? Somewhere along the way, the focus has changed from respecting and loving our bodies to doing whatever it takes to mimic the images we are bombarded with in magazines and on television. For Paul Clark, his time at the fitness center isn’t about sculpting the perfect physique, it’s about being healthy. In fact, his fitness center may have helped saved his life. Literally.

Altru's Medical Fitness Center is the only medically based fitness center in the area. Located within the Altru Rehabilitation Center, staff members include medical fitness specialists, exercise physiologists, certified personal trainers, and physical and occupational therapists that are trained in medical intervention.

Paul began his membership with Altru's Medical Fitness Center in 2003 after receiving physical therapy services at Altru Rehabilitation Center for knee problems. “My therapist encouraged me to continue exercising. Altru's Medical Fitness Center was the obvious choice for me. It has everything I need and I still bump into my therapist on occasion. He never misses the opportunity to check up on my progress,” says Paul. Seven years later, Paul's choice to stay at Altru's Medical Fitness Center would prove fateful.

The Medical Fitness Center Difference - A Loving Intervention

A loyal patron of the center, Paul works out five days a week. This October he was in for one of his daily workouts. Having not felt well for weeks, he had a staff member take his blood pressure. “It was higher than normal but not off the charts,” recalls Paul. He went on with his day and returned the next for another workout. Again feeling off, his blood pressure was taken. At this point, the numbers were even higher. Rachel Aure, Medical Fitness Center Specialist, recommended Paul see his doctor soon. Knowing he had a physical scheduled in a week, Paul put a trip to the doctor off. However, after a weekend of shortness of breath and faintness, he continued to grow concerned. In for his Monday workout, he once again had his blood pressure checked. This time, Spring Bakke, former medical fitness center specialist, took the reading. “It was Spring's concern and insistence upon seeing a physician immediately that got me to my doctor, Dr. Joshua Deere, at Altru Clinic - Family Medicine Center, just across the street. It was a good thing I got in because I was immediately admitted to Altru Hospital,” says Paul.

For Paul Clark, his time at the fitness center isn’t about sculpting the perfect physique, it’s about being healthy. In fact, his fitness center may have helped saved his life. Literally.
It turns out Paul had a pulmonary embolism, a blood clot in the lung that typically comes from smaller vessels in the leg, pelvis, arms, or heart. The clot travels through the vessels of the lung continuing until it reaches the lungs and blocks an artery. To illustrate the seriousness of the condition, research states that ten percent of all people who develop the symptoms of acute pulmonary embolism will die in less than an hour. Those who do survive the initial episode and who are able to receive appropriate treatment generally do well.

Luckily for Paul, he falls into the latter category and is happily back at the medical fitness center and on his way to a full recovery. “I have a wife, four children, and eight grandchildren. Being there for them and able to remain active in their lives, as well as at work (Paul is Associate Director of Facilities Management at the University of North Dakota) and with my church, is so important to me,” says Paul. Yes, that sounds like a man that loves his life and isn't about to take it for granted.

Fall in Love Yourself

Stories like Paul's are not uncommon. In fact, Altru's Medical Fitness Center requires every member complete a pre-activity health screening that alerts staff to health concerns and indicates a monitoring level. “We interact with members as they arrive and closely monitor them throughout their visit. We look for changes in blood pressure, heart rate, color, and respiration rate,” says Rachel.

With seemingly unpredictable and uncontrollable conditions like pulmonary embolism, the reassurance of supervised exercise is something everyone should appreciate. If putting your health at the top of your priority list is a resolution this year, check out Altru's Medical Fitness Center. You'll love it.

Paul Clark with Rachel Aure, Altru's Medical Fitness Center Specialist.

Individual Membership:
$30/month

Family Membership:
$65/month (at least three immediate family members with children ages 11 to 18)

Senior Membership (60 and over): $23/month

Parental consent and completion of an introductory session with Altru's Medical Fitness Center staff is required for members under the age of 18.

For more information, call (701) 780-2516 or visit altru.org/fitness.
Patient safety is a top priority at Altru. While you are in our care, we'll be verifying two patient identifiers to ensure always have the right patient for the right procedure, test, medication and plan of care. Our staff look forward to getting to know you.

If you have questions about why we do this, please feel free to ask any one of Altru’s staff.