

# Health FOCUS

Health Care  
Designed for You

Spring 2017

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 **CHI St. Alexius  
Health**

*Imagine better health.™*

**Williston Medical Center**

# Letter to the **COMMUNITY**



MATT GRIMSHAW

Health care is at the heart of every community. It is what keeps a community strong and its residents healthy. Everyone, no matter what age, gender, or race, deserves access to high quality, affordable health care. At CHI St. Alexis Health Williston, we are committed to expanding the services we offer so patients don't have to travel far for the services they need. In this issue of **Health Focus**, we introduce you to just a few of the

new services and providers that are now available to Williston and surrounding communities.

This issue also represents the many community members who have shown their heartfelt interest in supporting our community's health by continuously donating money and services to the CHI St. Alexis Health Williston Foundation.

As our hospital and clinic grow, we also continue to align our services throughout the region. In an effort to improve the quality and service delivered to the patients and communities we serve in western North Dakota, I have taken on an expanded role as West Region President of CHI St. Alexis Health. To make this possible, I will be slowly transitioning and plan to relocate to Bismarck this fall.

In my new role, I will continue as President of CHI St. Alexis Health Williston Medical Center as well as build on the strengths of our CHI St. Alexis Health facilities in Carrington, Devils Lake, Dickinson and Williston as we continue the journey toward an aligned health care delivery model for western North Dakota.

We are dedicated to continue to look for ways to better care for you and yours.

Matt Grimshaw  
West Region President  
CHI St. Alexis Health



## Connect With Us

### KEEP IN TOUCH

Visit [CHiStAlexiusHealth.org](http://CHiStAlexiusHealth.org) for essential resources, such as:

- Find a Doctor
- Service Directory
- Plus information for patients and visitors about our foundation, news, events, employment, newborns and much more.



#### CHI St. Alexis Health's locations:

- ★ Bismarck
- ★ Carrington
- ★ Devils Lake
- ★ Dickinson
- ★ Garrison
- ★ Mandan
- ★ Minot
- ★ Turtle Lake
- ★ Washburn
- ★ Williston

#### Managed Hospitals:

- Ashley
- Elgin
- Linton
- Mobridge
- Wishek

CHI St. Alexis Health Williston Medical Center



## Let the **Good Times** Unroll



When the weather isn't cooperating, kids can still have fun and be active indoors. All it takes is a roll of masking tape.

- **Make a maze.** Turn carpeted or hardwood floors into a maze. Use inexpensive masking tape to create wide passageways for kids to walk and narrow tracks for toy cars.

- **Build a "balance beam."** A long piece of masking tape on the floor can provide a fun physical challenge for young people. Once the challenge of walking on a thin strip of tape gets too easy, try hopping!
- **Paint pictures.** On a canvas or large poster board, place strips of masking tape at odd angles. Let kids color or paint all over the page. When the masking tape is removed, you'll have a beautiful piece of art to display.



# Home Is Where the **Heart Care** Is

Driving elsewhere for noninvasive cardiology services is a thing of the past, thanks to Williston's first cardiologist.

Peerawut Deeprasertkul, MD, ("Dr. Dee" to his patients) became interested in the heart at a young age due to a family tragedy.

"My grandmother passed away following a heart attack," Dr. Deeprasertkul said. "That sparked my interest in cardiology."

After receiving his medical degree in Thailand, Dr. Deeprasertkul performed a residency at MetroWest Medical Center in Massachusetts and a fellowship at the University of Texas Medical Branch in Galveston. He joined CHI St. Alexius Health Williston Medical Center last August. His office is in the Craven-Hagan Building.

"I was intrigued by the community setting here," Dr. Deeprasertkul said. "The prospect of being the first to bring cardiology to the Williston area on a full-time basis was exciting."

## KEEPING HEARTS HEALTHY

Dr. Deeprasertkul provides nonsurgical treatment for coronary artery disease (CAD), arrhythmias, heart failure and high blood pressure, among other cardiac conditions. He offers a variety of noninvasive tests to diagnose and assess the progression of heart disease, including:

- Electrocardiograms
- Exercise stress tests (with and without nuclear imaging)
- Implantable cardioverter defibrillator and pacemaker function evaluations and programming adjustments
- Pharmacologic stress tests
- Stress echocardiograms
- Transesophageal and transthoracic echocardiograms

With support from the CHI St. Alexius Health Williston Foundation, a magnetic resonance imaging and computed tomography (CT) technology were purchased, which allow Dr. Deeprasertkul to perform imaging studies of the heart, including coronary CT angiograms and calcium scoring.

"I provide education along with diagnostic, evaluation and management services," Dr. Deeprasertkul said. "CAD is difficult to control because it involves several risk factors, including risk factors you can't change such as family history. For each controllable risk factor, we have different goals for different patients. I find it fascinating and satisfying to help patients make the optimal lifestyle modifications that are right for them."

When not seeing patients, Dr. Deeprasertkul enjoys several of the activities he recommends to his patients.

"I like to work out," he said. "Being active, cooking and traveling are my favorite things."

*To schedule an appointment with Dr. Deeprasertkul, call 701-572-7651.*



## Get to Know Dr. Deeprasertkul

**Q: You're a new addition to the crayon box. What color would you be and why?**

**A: Navy blue. I like to be contemporary.**

**Q: If you had to sing one song on American Idol, what would it be?**

**A: "Just Once" by Quincy Jones.**

**Q: If you could be a superhero, who would you be?**

**A: Captain America.**

**Q: If you were a brand, what would be your motto?**

**A: You come first!**



# The Services You Need **Close to Home**

## Same-day Appointments Available

Thanks to our additional providers and new centralized registration process, we're able to offer same-day appointments for acute care needs.

Call 701-572-7651 today!

CHI St. Alexis Health offers a wide range of health care services to better serve the Williston community.

CHI St. Alexis Health Williston Medical Center delivers kind, compassionate care and a broad selection of services.

"In Williston, we've grown a lot as a community, but we're still somewhat isolated in the very northwest corner of North Dakota," said Tim Olson, director of clinical operations – primary care clinics. "Due to our remote location, our ability to bring in providers with experience in various medical specialties and our offering so many primary care clinics is an excellent benefit for the 45,000 patients we serve annually."

The primary care clinics, located in the Craven-Hagan Building, currently include family practice, pediatrics, internal medicine, cardiology, podiatry, behavioral health, women's health services and others. All of our health care providers are highly trained professionals.

### CARE NEAR YOU

CHI St. Alexis Health Williston Medical Center provides many services and specialty care options often not offered in a rural health care setting. The ability to have full-time specialists who now call Williston home is vital to meeting the needs of the community.

"With the help of all our specialists, we've been able to do things that we've never been able to do before as a hospital," Olson said. "This is especially true at our cardiology clinic. Our cardiologist is bringing in procedures and capabilities that are new to people in our area."

The Women's Health Clinic at CHI St. Alexis Health Williston Medical Center offers both OB/GYN and midwifery services to meet a growing demand in the Williston community.

"We wanted to provide more options for mothers-to-be in our area, and our midwife has been a huge success," Olson said. "She represents the hospital's desire to fulfill the needs of our community."

*For a complete list of primary and specialty clinics offered at CHI St. Alexis Health Williston Medical Center, visit [CHISTAlexiusHealth.org](http://CHISTAlexiusHealth.org) and click on Williston.*



# Our Commitment to Your Health

Quality means many things to many people. In a health care setting, quality means providing the right care to the right person at the right time. Our commitment to each patient is to make your health care needs our priority, whether you're healthy or sick.

Not satisfied to only meet the minimum standards for providing care, the staff and physicians at CHI St. Alexius Health Williston Medical Center take their efforts a step further.

"Although we are classified as a smaller facility, we choose to follow the standards of much larger facilities across the country," said Patti Stewart, BSN, RN, director of care management at CHI St. Alexius Health Williston Medical Center. "To us, going above and beyond to meet the standards of these larger facilities means providing our patients with the best care possible."

The hard work that results from setting these goals led to CHI St. Alexius Health Williston again being recognized by The Joint Commission Quality Check® with the Gold Seal of Approval, with accredited programs in home care and laboratory services and as a critical access hospital.

"Every three years, representatives from The Joint Commission make unannounced site visits to ask our patients and staff questions about sanitation, safety, communication and overall care," Stewart said. "We're proud to be recognized as one of the facilities that meets or exceeds The Joint Commission's stringent standards. It means our patients can feel confident when they come to us for their care."



We use the same safety techniques used by the airline industry to prevent errors. These include "Stop and Resolve" and "**STAR** (Stop, Think, Act, and Review)."

How do we reduce communication errors?

**REPEAT BACK AND READ BACK!**



## Grilled Veggies on Pita Bread

Thick, grilled slices of jumbo Portobello mushrooms are the "meat" in this delicious Mediterranean-style sandwich made with sliced summer tomatoes and goat cheese on pita bread.

### INGREDIENTS:

- 3 cloves of garlic, minced
- 1 tablespoon olive oil
- 4 (7-inch) whole-wheat pita rounds
- salt and pepper to taste
- 1 (6-ounce) package jumbo Portobello mushroom slices
- 2 medium tomatoes, thickly sliced
- 3 ounces goat cheese, crumbled
- fresh basil, chopped (for garnish)

### DIRECTIONS:

- Preheat a stovetop grill pan over medium heat.
- Combine garlic and oil, and brush over pita rounds. Sprinkle with salt and pepper. Warm pita rounds on the grill 2 minutes per side.
- Sprinkle mushroom and tomato slices with salt and pepper. Grill mushrooms 3 minutes per side, then remove. Grill tomato slices 30 seconds per side.
- Spread the goat cheese over the pita rounds. Top with mushroom and tomato slices. Add chopped basil for garnish.

*Makes 4 servings.*

### NUTRITIONAL INFORMATION (PER SERVING):

Calories: 221.8	Sodium: 197mg
Total fat: 8.1g	Fiber: 9.4g
Cholesterol: 9.4mg	Protein: 10.6g

# A Giving LEGACY

The CHI St. Alexius Health Williston Foundation is community-driven. What this means to us at the Foundation is that without each of you, our very generous and compassionate donors supporting our mission, we would not be able to provide for the health care needs of the community.

During a time in health care where budgets are tight and capital dollars are minimal, the CHI St. Alexius Health Williston Foundation helps in more ways than you can imagine.

"All donations stay here in the community and are used directly for enhancing the health of those living in the Williston area," said Jen Bingeman, director at CHI St. Alexius Health Williston Foundation. "Community support goes a long way toward helping our hospital purchase much-needed, state-of-the-art equipment and technologies, as well as bringing new providers and specialties to our community."

## ALL DONATIONS MAKE A DIFFERENCE

It's because of you that we are able to improve vital health services to the communities we care for. In 2016 alone, the Williston community successfully contributed **\$110,000** at the annual Golf Classic and Charity Ball and approximately **\$350,000** in individual donations. The funds from these events were used to upgrade the lights and scopes in the operating room, which were in need of new equipment.

"As our community continues to grow, our needs for technology and facility upgrades must keep up to pace so Williston residents can receive top-quality care right here at home," Bingeman said. "It's unusual to see a rural hospital grow the way we are, and the generosity of our donors help make it possible."

In addition to securing advanced surgical equipment, funds raised between July 2015 and June 2016 made possible the following:

- Dr. Grover, ENT scope
- Dr. Dee, Cardiologist, Ultrasound
- Radiation therapy treatment software

Yet, it is not about the dollars but the lives our donors have touched and the hope they have given people in need. Note our Charity Care provided in "Year at a Glance."

*Want to make an impact on the health of our Williston community? Visit the Williston Foundation's webpage to give online or find out how to receive a 40 percent state tax credit by clicking on "Williston" at [CHiStAlexiusHealth.org](http://CHiStAlexiusHealth.org).*

## 4 WAYS to Get Involved



**Mail donations to CHI St. Alexius Health Williston Foundation, 1301 15th Ave. West, Williston, ND 58801.**



**Call 701-774-7466 to discuss giving options or to arrange a tour so you can see the impact of your gifts firsthand.**



**Make a donation at [BuildingMercy.org](http://BuildingMercy.org).**



**Mark your calendar to attend a Williston Foundation fundraising event!**

- **Golf Classic June 16, 2017**
- **Charity Ball November 10, 2017**  
*Returning Deuces Wild Dueling Pianos*

## Year at a Glance

TOTAL ADMISSIONS

**2,723**

ER VISITS

**16,234**

TOTAL SURGERIES

**2,246**

CHARITY CARE PROVIDED

**\$1,265,000**



CLINIC VISITS

**53,439**

DELIVERIES

**843**

ONCOLOGY VISITS

**186**

PATIENTS WHO BENEFITED FROM CHARITY CARE

**251**



TOTAL FREE CARE ► **\$9,987,000**

# Pillars of Our Foundation

RURAL COMMUNITY GRANT, FUNDED BY AGRIBANK AND FARM CREDIT SERVICES  
DONATED TO REPLACE PATIENT BEDS IN MED/SURG UNIT.

CHI St. Alexis Health Williston Foundation salutes all of the community members who have supported our efforts on behalf of the hospital. Following is a list of those who have made major donations since the foundation began in 1984. We also want to thank the hundreds of people who are not included on this list and all of those who wished to remain anonymous. Your generous gifts enable us to meet the healthcare needs of our families, friends and neighbors.



## MILLENNIUM \$1,000,000 +

Estate of Ronald and Austrid Crighton  
The Leona M. and Harry B. Helmsley  
Charitable Trust  
Leonard and Tillie Nelson

## BENEFACTOR \$500,000 - \$999,999

LN Investment Partnerships  
Jane Nelson

## CENTURY \$100,000 - \$499,999

The Alice Lee Lund Charitable Trust  
American State Bank & Trust  
Glen and Jean Berg  
City of Williston  
Erling Manger Trust  
Estate of Ernest and Elma Sylte  
Estate of Joe and Lorraine Van Dyke  
Halliburton - Corporate Affairs  
Jerome and Patricia Hanson  
Harold and Lola Hoehn  
McAuley Fund  
CHI St. Alexis Health Auxiliary  
Dr. Robert and Eleanor Olson  
Renaissance Charitable Foundation Inc.  
Robert E. Herman Family Foundation  
Jake and Marcia Stokke

## PIONEER \$50,000 - \$99,999

Agribank  
CHI St. Alexis Health Gift Shop  
Estate of Roger Rien  
First National Bank and Trust Co  
Frank & Esther Wenstrom Trust  
Dr. John and Roberta Herr  
Montana Dakota Utilities  
James and Gwendolyn Powers  
Western Cooperative Credit Union

## PATRON \$25,000 - \$49,999

American Petroleum Institute—Williston  
Chapter  
Rev. Stephen and Sandra Anderson  
Raymond A. Ayd  
Thomas Davidson  
Davidson Cattle Company  
Estate of Blenda Hagen  
Everson Funeral Home  
Frank J. Lewis Foundation  
Genevieve Hagan  
Jerry and Lori Hahn  
Dr. John and Marian Hamilton  
Richard and Carol Jensen  
Dr. Robert and Debora Kemp  
Agnes Larkin  
Manger Insurance Inc.  
John and Marilyn McGinley  
MDU Resources Foundation  
Mark and Sheila Neu  
Craig and Kathryn Oksol  
Raskob Foundation for  
Catholic Activities Inc.  
Ruth Christianson Estate  
Dr. Salem Shahin  
Patrick and Tammy Sogard  
Arlene Valley

## FOUNDER \$5,000 - 24,999

Dyer McCabe and Cyndy Aafedt  
Dr. Chris and Helen Adducci  
Dr. Joseph and MaryAnn Adducci  
Advanced Diagnostic Radiology PC  
American Legion Post #37  
Dr. Wayne and Jennifer Anderson  
Kenneth and Gida Anderson  
Armand and Judy Barbot  
Basin Brokers Inc.  
David and Lori Belisle

Eugene and Ida Benson  
Vernon and Mildred Benth  
Edwin and Arlene Bjerke  
Dr. Scott and Beverly Blonder  
Boone's Bit Service  
Dr. William Brunsman  
Ken and JoAnn Callahan  
Dr. Mariquita Cansino-Lim  
Kurt Clemmensen  
Coca-Cola Bottlers Foundation  
Dr. William and Linda Code  
Ethel Conlin  
John and Barbara Cook  
Dr. Joseph and Margaret Craven  
Creation Carpets of ND LLC  
Cross Country Courier  
Crowley Fleck Attorneys PLLP  
Roger and Paula Cymbaluk  
Allen and Lavina Domagala  
El Rancho Motel Hotel  
Jon and Wendy Ellefson  
Ruth E. Ellingson  
Empire Oil Company

API \$2,500 SPONSORSHIP VARIOUS EVENTS



Estate of Thomas and Shirley Davidson  
 FCI Constructors Inc.  
 Harley and Sandi Fetzner  
 First International Bank & Trust  
 First Union Church Women's Fellowship  
 Wayne and Arlene Fuhrman  
 Fulkerson Funeral Home



ONEOK \$10,000 DONATED TO PURCHASE SURGICAL EQUIPMENT

Peter and Laurie Furuseth  
 Gaffaney's of Williston Inc.  
 Gladys Helping Hand Club  
 Great Plains Women's Health Center  
 Matthew and Dr. Annette Grimshaw  
 Willis and Ruth Gunlikson  
 Voni Halvorson  
 Noel and Geraldine Hanson  
 Willard and Edra Hanson  
 Wenzel and Judith Hartl  
 Nick and Marti Haugen  
 Drs. Ryan and Theresa Hegge  
 Arlo and Meredith Hendrickson  
 Donn Hoffelt  
 Harold and Evelyn Hoffelt  
 Nancy Hoffelt  
 Floyd and Dorothy Hokanson  
 Holland America Line  
 Jerry and Vivian Illerbrun  
 David Inman  
 J. E. Dunn Construction Company  
 Duane and Bette Jerde  
 JK Foods  
 David and Roxanne Johnson  
 Ray Johnson  
 Dr. Fareed and Jayne Kadum  
 Marv and Joyce Kaiser  
 Robert and Judy Kemp  
 Frank and Katie Keogh  
 Trina Knibbs  
 KUMV-TV  
 Arline Larson  
 Eugene Lautenschlager  
 Rick and Lori Lee

Lynn and Shirlee Leininger  
 Leonard and Evelyn Lindsley  
 The Links of North Dakota  
 Mach One Inc.  
 A. D. and Neva MacMaster  
 John and DaVee MacMaster  
 Dr. Kevin and Sonja Maxwell  
 Rex McCaughtry  
 Dr. Frank McCoy Jr.  
 McIntee and Whisenand  
 McKennett, Stenehjelm, Reiersen,  
 Forsberg, and Hermanson PC  
 Denley and Mary Lois McKenzie  
 Hazel McKenzie  
 Dr. John McNulty  
 Rick and Rosalie Medalen  
 MedQuest  
 Rodney and Kim Miller

**WITH YOUR GIFTS  
 THE FOUNDATION  
 CAN DO GREAT  
 THINGS.**

Kerry Monson  
 Murphy Motors  
 National Medical Resources Inc.  
 ND Pharmacy Inc.  
 Nemont Telephone Cooperative  
 Peter and Lynette Nygaard  
 Olga P. Helstad Trust  
 Larry O'Neill  
 ONEOK Foundation Inc.  
 Rob and Toby Osborn  
 Ronald Oster  
 Steve and Jolene Oyløe  
 George Pasternak  
 Veronica Pasternak

Nick and Ellamae Pasternak  
 Pathology Services  
 Wes and Kathy Pepple  
 Arthur and Virginia Redfield  
 Estate of Gladys Rodvold  
 Ruth Rolfsen  
 S K & S Oilfield Services Inc.  
 Charles Scofield  
 Select Ford  
 Dr. Donald and Avis Skjei  
 Dr. David and Carmelita Skurdal  
 Skurdal Family Trust  
 SM Energy  
 Dr. Sara R. Solberg  
 Tami Solberg  
 Robert and Jackie Sorenson  
 William and Melanie Stillwell  
 Dr. Dean and Cathleen Strinden  
 Gary and Leora Sukut  
 Warren and Margaret Sundet  
 Target Logistics Management LLC  
 William Thomas  
 Rod and Linda Tofte  
 Jim and Barbara Tracy  
 Ruth Treider  
 Trinity Regional Eye Care  
 Dr. M. C. Vaughan  
 Voller, Lee, Suess & Associates CPAs, P.C.  
 Ken and Ella Wagner  
 Harold and April Wallner  
 Wal-Mart  
 Dr. Brock and Kathleen Whittenberger  
 Williston Convention & Visitors Bureau  
 Williston Daily Herald  
 Williston Parks and Recreation  
 Department  
 Williston Radiology Consultants  
 Williston RV & Marine  
 Williston State College Foundation  
 XTO Energy Inc.



CHI ST ALEXIUS HEALTH GIFT SHOP AUXILIARY DONATED \$18,094.00 FOR AN MRI TROLLEY AND A CO2 REGULATOR (IMAGING AND SURGICAL EQUIPMENT)

# A Broad Selection of Services

## SPECIALTY CLINICS EXPAND CARE

In addition to primary care clinics and services, CHI St. Alexius Health Williston Medical Center is home to several specialty clinics unique to the area.

The Specialty Clinics are located in the Craven-Hagan building and the 20/20 Professional Center, allowing patients the convenience of a "one-stop shop" experience.

Specialty clinics include:

- Orthopedics
- General surgery
- Neurology
- Otolaryngology (ENT)
- Interventional pain management
- Urology
- Plastic surgery

"We're here to serve our patients and meet their needs," said Dawn Birkeland, director of clinical operations – specialty clinics. "We listen to what our patients ask for and work hard to give them access to a level of specialty care rare at a rural hospital."



## 3 Uses for Essential Oils

Although essential oils are not a cure-all, they can benefit you and your family.

An essential oil is a product derived from roots, stems, leaves, flowers or fruits. Some of these very concentrated oils can have minor health benefits.

- **Lavender for relaxation.** Mix a few drops of lavender oil into your bath to reduce stress. If you have trouble falling asleep, spray some lavender oil in your bedroom.
- **Tea tree oil for skin conditions.** Use tea tree oil externally only. This essential oil acts as a natural remedy for acne, insect bites and athlete's foot.
- **Eucalyptus oil for respiratory problems.** Never ingest this oil or apply it to the skin. Add a few drops to boiled water and inhale the steam to ease respiratory problems.

"The FDA has recognized the use of aromatherapy to help reduce stress and anxiety and improve mind-body wellness," said John Clair, DO, internal medicine physician at CHI St. Alexius Health Williston Medical Center. "Because the sense of smell is one of the first to develop, it can evoke the strongest memories."

*\*Although essential oils are generally safe for most people, some individuals with sensitive skin may wish to test their reaction before using them in any quantity.*

## MEET ASHLEY LEMERE, MD, GENERAL SURGEON

"I was born in Williston and was raised in Fairview, Montana. My current interests include hiking, camping, hunting, fishing, traveling and spending time with my husband and three wonderful stepchildren. I consider it a privilege to return home to practice medicine and be able to care for my family, friends and neighbors."

**Q. What color would you be and why?**

**A:** Green or blue. They're calming and relaxing.

**Q: What superpower would you like to have?**

**A:** I would love the ability to instantly heal mental and physical suffering.

**Q: What is your motto?**

**A:** Have courage and be kind.



ASHLEY LEMERE, MD

**MEDICAL SCHOOL:** University of North Dakota School of Medicine  
**RESIDENCY:** Hennepin County Medical Center (Minneapolis, MN)

CHI St. Alexius Health Williston Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at [Mercy-Williston.org](http://Mercy-Williston.org).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-701-774-7025 (TTY: 1-800-366-6888 Voice: 1-800-366-6889).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-701-774-7025 (TTY: 1-800-366-6888 Voice: 1-800-366-6889).

This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



**Believe in something better.**

**Specialty Care at Home**

We're here when and where you need us. Our providers practice close to home so you don't need to drive far for quality care.

- Behavioral Health
- Cardiology
- Diabetes Education
- Ear, Nose & Throat
- Family Medicine Residency Clinic
- General Surgery
- Internal Medicine
- Interventional Pain Management
- Leonard P. Nelson Cancer Center
- MedQuest Home Medical
- Neurology
- OB/GYN & Midwife Services
- Occupational Health
- Orthopedics
- Pediatric Clinic
- Plastic Surgery Clinic
- Podiatry
- Primary Care
- Rehab Services
- Sleep Lab
- Urology Clinic
- Women's Health Clinic

**Call 701.572.7651 to make an appointment today.  
Same-day appointments may be available.**



**Back in the Game**

"When I started the program last fall, I had to quit after 10 minutes on the exercise machines. Today, I can go up to 30 minutes on each one. I can also walk to my seat at sporting events instead of needing to be pushed in a wheelchair. I'm able to do more things at home, too." – Donald Stewart, 77, patient in the new pulmonary rehabilitation program at CHI St. Alexius Health Williston Medical Center

Pulmonary Rehabilitation Services were added in September 2016. The department is headed by Dr. Bruce Pugatch, medical director, and Sue Treider, certified respiratory therapist at CHI St. Alexius Health Williston.