

First Care Health Center Surgical Dept offers a broad range of services

The Surgical Dept of FCHC offers a broad range of services. Our aim is to allow people to receive necessary procedures and treatments without having to travel far from home.



Dr. Omotunde

Dr O Omotunde has spent the last 2 decades performing general surgery procedures ranging from appendectomies, D&Cs, mastectomies, hernia repairs and many more. His plastic surgery background is evident with his scar revisions and skin lesion/cancer removal procedures including skin grafts or flap closures.

Since October 2010 FCHC has expanded general surgery services to include laparoscopic procedures. These are performed by Dr I Khokha who travels from Jamestown to this area every 2 weeks.



Dr. Khokha

Laparoscopy procedures include inguinal hernia repairs, appendectomies, and more. The one laparoscopic procedure that we are most excited to be able to offer is a cholecystectomy (gallbladder removal). This is the one surgery that adults of all ages have been forced to travel elsewhere to obtain. It is a proven fact that the recovery time following lap surgery is shortened significantly, and often the anesthesia time per procedure can

be shortened as well. Patients do have to be reminded they have still undergone major surgery and must still follow the same precautions.

Dr Khokha is also available to perform all other general surgery both on a scheduled or emergency basis throughout the week he is here.



Dr. Baig

The number one successful source of cancer prevention offered today is endoscopy screening. Twice a month FCHC is pleased to offer the services of Dr M Baig a gastroenterologist who travels from Crookston to perform colonoscopies and EGDs (gastrososcopies). He also provides consultation to patients suffering from Crohns disease, Celiac disease, chronic reflux and other GI problems.

Podiatry services are provided by Dr B Fanous from Devils Lake once every 3 weeks. He provides consultation to all patients suffering with foot pain, ulcers, bunions, etc. He is able to perform such surgeries as bunionectomies, hammer toe repairs and more.



Dr. Fanous

The aging population of the area is especially pleased that they are able to have their cataract surgery performed in town. Dr Brockman is an ophthalmologist who will consult with patients at Heartland Eye

Care and then perform the necessary procedure here at FCHC. This service is offered once each month.

Kent Trontvet CRNA and Mick Myers CRNA provide anesthesia services for all our surgical needs. Their pleasant bedside manner, vast knowledge and experience provide both patients and their families a confidence they will be well taken care of. The anesthesia dept also provides relief to many patients with back pain by performing epidural steroid injections. These patients are referred to them after thorough consultation with their personal physician.

Thanks to the understanding and foresight of the administration and governing board FCHC has always been able to provide up to date equipment. In fact, FCHC was the first facility in North Dakota to provide high definition colonoscopy.

The nurses of the surgical department provide meticulous aseptic technique and take pride in providing a pleasant safe environment at all times. It is important for them to provide their friends and family high quality service close to home. A familiar friendly face is always a comfort during times of stress.

For more information about Surgical Services at First Care Health Center please call 701-284-7500.



Dr. Brockman

On Doctor's Day, First Care Health Center would like to honor those healthcare providers that provide services at First Care Health Center.



Dr. Joel Johnson



Dr. Kristi Migarden



Dr. O.S. Omotunde



Tammy Clemetson, PA-C



Paula Pengilly, FN-P



First Care Health Center Memorials & Honor Gifts

First Care Health Center is grateful for the following memorials and honor gifts received as of Mar. 30, 2011



IN MEMORY

Hazel Pfannsmith from Greg & Rochelle Cicha

Louise Kees from Leon & Diane Schmitz

Barb Nelson from June Almen, Ruth Jelinek, Arvid & Darlene Knutson, Eugene & Pearl Loftsgard, Barb Nelson Family, Duane & Mary Jane Tollefson

Charles Wilkes from Jack & Paulette Misialek

Charlotte Dahl from Iretta Marynik

Eunice Veum from Gay Midgarden

Helen June Gunderson from Paul & Lola Hagen, Sanford & Mayvis Jallo, Ruth Jelinek, Arvid

& Darlene Knutson, Mark & Shari Thompson

Norman Carlson from Beryl White

Phyllis Ramsey Ellingson from Paul & Lola Hagen

Roger Olson from Ruth Jelinek

Ted Hodny from Don & Sherry Greicar

Thelma Rosvold from Gary & LeNae Askim, Orine Drevecky

*Thank you for helping
First Care Health Center
by remembering
your dear ones.*

New Department Heads at First Care Health Center

First Care Health Center announces that Amy Burianek, RN is the new Director of Nursing and Christina Bata, LRD is the new Dietitian. Congratulations!

Name: Amy Burianek, RN

Education: Bachelor of Science, Nursing, Dec. 1990.

Family: Husband Brad; Children—Josh, 15; Abby, 13; Hannah, 7

Hobbies/Interests: Reading, piano, scrapbooking, cooking, family time.

Year started at FCHC: I was a Nurses aide here in 1988 and returned as an RN in 2000.

What interested you to go into the medical field: I was a patient at St. Ansgar's when I was 8. I had my appendix out. Dr. Barrie was my doctor. Laura Meberg was my nurse and I loved her. She took such good care of me. From then on I wanted to be a nurse just like Laura. I took Health Careers at the Vo-Tech in Grafton my junior and senior year of high school and came to FCHC as a student intern. I

remember watching an 8 hour surgery. Naomi (Onstad) Hurtt was the nurse. I was so impressed! Dr. Afonya was still here at the time.



Amy Burianek, RN



Christina Bata, LRD

Name: Christina Bata, LRD

Education: Undergraduate Bachelor of Science in Dietetics, Graduate Certificate in Food and Nutrition from Bowling Green State University

Family: Husband-Mark Bata, 4-1/2 month old son-Hudson

Hobbies/Interests: Spending time with my family and dog Xander, scrapbooking, spending time outdoors, travelling

Year started at FCHC: 2010

What interested you to go into the medical field: I was always interested in nutrition from a young age. I found out what a dietitian did when I was a senior in high school and went on a job shadow with one. From that day I knew that is what I wanted to do.

Anything else you would like to add: My favorite nutrition quote: "Those who think they have no time for healthy eating, will sooner or later have to find time for illness."— Edward Stanley

First Care Health Center

Professional Care With A Personal Touch



Dr. O.S. Omotunde Tammy Clemetson, PA-C Dr. Joel Johnson

"We're committed and working as a TEAM for all your health care needs!"

To schedule an appointment please call 701-284-7555
Check out our webpage at www.firstcarehc.com

First Care Health Center's Apr. Schedule

Dr. Baig, Gastroenterologist..... Apr. 6, 13, 27
(Colonoscopy, Endoscopy, Hepatic Consults)

Dr. Fanous, Podiatrist Apr. 19

Dr. Ronald Brockman, Ophthalmologist Apr. 19

Dr. Khokha, Surgeon Weeks of Apr. 4th & Apr. 18th

Audiocare AM—Brenda Haugen Apr. 26

Wakefield Hearing Center 9 AM - 5 PM Apr. 19
Richard Wakefield, BCHIS

Mammograms, Digital: 9:15 AM—4:00 PM Apr. 6, 20

Foot Care Clinic 9AM - 2PM Apr. 20

Christina Bata, Dietitian..... Apr. 5, 12, 19, 26

Tom Roskos, MA Apr. 4, 6, 11, 13, 18, 20, 25, 27
Mental Health Therapist

CT Scans—daily • MRIs—every Thursday • Ultrasounds—Monday & Thursday
DEXA Scans— Bone Density Measurement—daily

Call 284-7555 for an appointment

www.firstcarehc.com

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