



## Dakota Diagnostic

# NDSRT

January Newsletter  
Volume 3

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The Radiology Highlight in this edition is Mammography! Learn more about this vital screening!

#### PG. 3

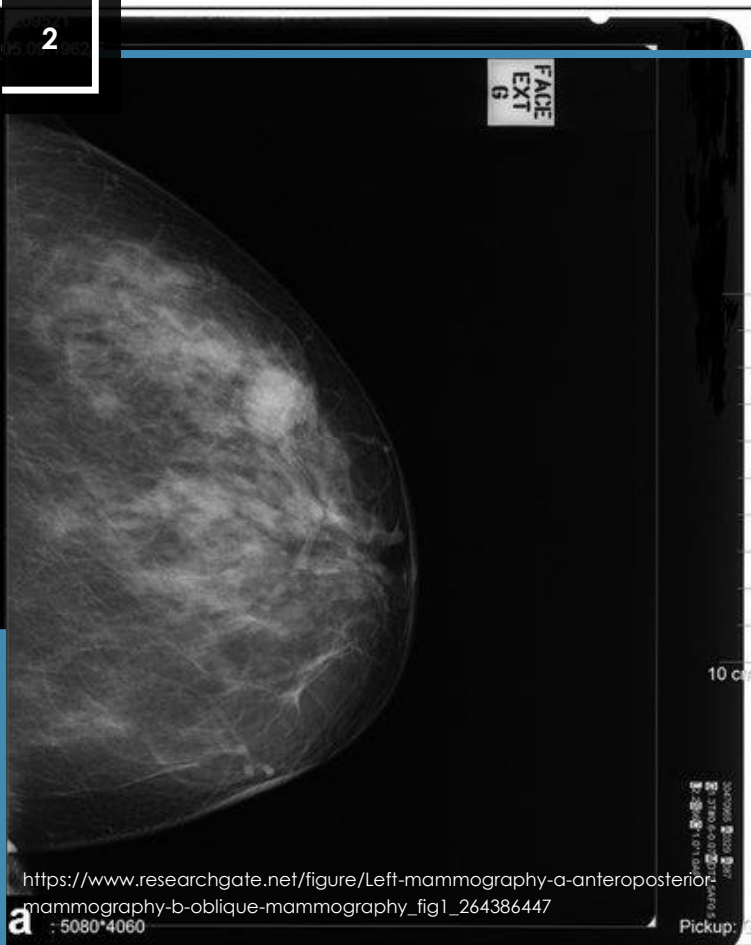
“Valentin Lebedev, a cosmonaut, went blind due to the radiation in space” Radiology used in Space?

#### PG. 4

2022 Annual NDSRT Conference, why YOU should come! Plus WIN a FREE registration to attend!

“I’ve seen more  
shades of grey in  
people than I  
ever have in the  
sky.”

-Anonymous



## RADIOLOGY HIGHLIGHT: MAMMOGRAPHY

Encouraging women over the age of 40 to book an appointment for their yearly mammogram is very important. Catching breast cancer early on is essential and helps reduce deaths. The Mammography Quality Standards Act (MQSA) is a federal law that requires mammography facilities across the nation to meet uniform quality standards. The MQSA assures that the imaging for breast screening is consistent and done accurately.

(<https://www.cancer.gov/types/breast/mammograms-fact-sheet>)

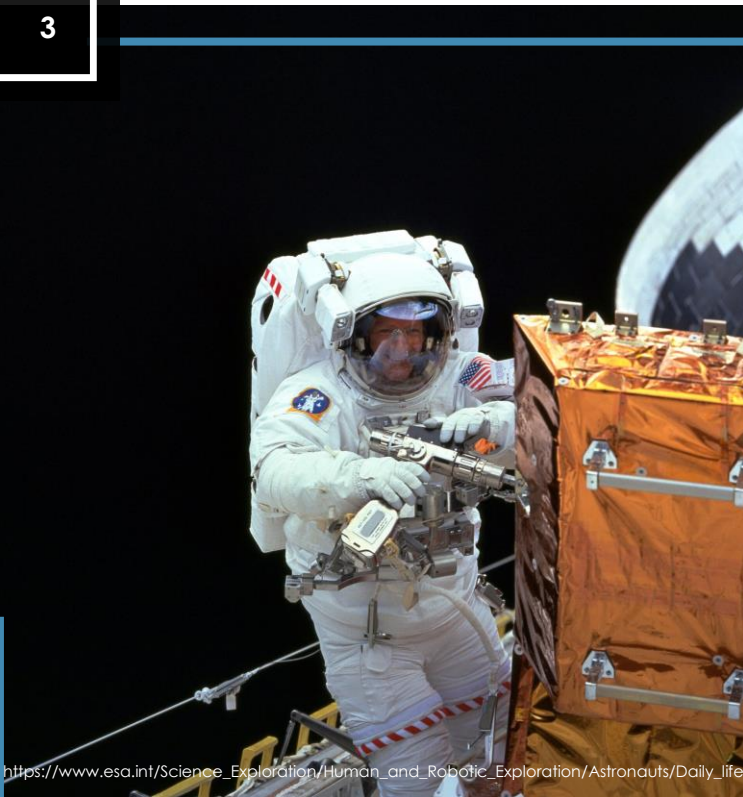
This essential modality has caught early breast cancers in thousands of women which is why mammography is this edition's Radiology Highlight! Check out some of these wonderful Mammography Technologists below!

**“All women should understand that a mammogram is nothing to be afraid of. It's not an enemy but a friend. Early detection is the key to the cure.”**

**-Kate Jackson**



**The Mammography  
Technologists at Sanford  
Health in Fargo! Thanks for  
all that you do!**



[https://www.esa.int/Science\\_Exploration/Human\\_and\\_Robotic\\_Exploration/Astronauts/Daily\\_Life](https://www.esa.int/Science_Exploration/Human_and_Robotic_Exploration/Astronauts/Daily_Life)



<https://www.nbcnews.com/mach/science/panic-space-can-be-deadly-here-s-how-astronauts-train-ncnc892941>

## RADIOLOGY IN SPACE

The cosmonaut Valentin Lebedev spent 221 days in orbit and eventually lost his eyesight due to cataracts. The reason for his blindness? Too much cosmic radiation exposure. Space shuttles are typically made out of mostly aluminum in which radiation can easily penetrate. There is more and more research going into different materials that could be used to help reduce cosmic radiation. Nasa has set a limit of 6 SV lifetime skin exposure for their astronauts to help reduce the long-term effects of radiation exposure. Radiation also affects the stability of medications in space because it may alter or diminish potency and shelf life of the medication.

Along with cosmic radiation problems, the effects of microgravity on the human body were also examined. Sonography in space has been used to evaluate the heart and intervertebral disks, The flexed position the body assumes in space may have effects on the spine. Astronauts typically return from their missions taller, and they lose nearly 60% of bone attenuation. Sonography is also used to potentially diagnose abnormal flow in major arteries.

Radiology and understanding the effects of radiation is important all around the world, and even out of this world too!

### Work Cited

Castillo, M. "Imaging in Space Exploration." *American Journal of Neuroradiology*, American Journal of Neuroradiology, 1 Feb. 2012,

<http://www.ajnr.org/content/33/2/201>.



## **NDSRT ANNUAL CONFERENCE! COME JOIN US THIS YEAR! HERE'S WHY:**

What: 2022 Annual NDSRT Conference

When: April 2<sup>nd</sup>, 2022

Where: Radisson Hotel in Bismarck, ND

Why: Come join us at our conference to enjoy informational speakers and earn **7** continuing education credits! Once you're registered for the conference, you will receive a BONUS fall virtual conference as well! Two for the price of one! Come join us for a great day!

More information will be posted, stay tuned!

**Click the button below to enter in to win a Free Registration!**

**CLICK HERE**

# 2022 Annual NDSRT Conference Details

Hotel: Radisson Inn-Bismarck, ND

Room Rates: \$99/night +taxes&fees

Costs: Only **\$50** for members and **\$95** for nonmembers! The conference this year is **FREE** for students!

Reserved under NDSRT

Room Rate Deadline: March 27<sup>th</sup>

Conference Registration Deadline: **March 23<sup>rd</sup>**

A \$20 late fee will be charged for on-site registration. Registrations are non-refundable after March 19. Please include a copy of your current NDSRT or other state affiliate membership card.

## ~Presenters~

**Dr. Cole Kreofsky**

*Radiation Oncologist*

**Dr. Agnes Solberg**

*IR Interesting cases utilizing CT & MRI*

**Dr. Nick Bradbury**

*IR- Stroke protocol with Penumbra sponsorship booth*

**Dr. Luke Roller**

*Radiologist-Why do we do what we do?*

**Dr. Dustin Goetz**

*Anesthesiologist- Pain Management*

**Dr. Derek Kane**

*General Surgeon- Interesting ED cases*

**Tara Batholomay**

*Sonographer-The role of Ultrasound in Staging Cancer*



# NDMIRT Board Interview with President Shirley Porter

Shirley Porter, BS R.T.(R)(M)(ARRT) President ND Medical Imaging and Radiation Therapy Board answered our questions about the NDMIRT Board and taught us a lot about it! Learn more below!

## What is NDMIRT?

“NDMIRT is the North Dakota Medical Imaging and Radiation Therapy Board. “The function of the board is to regulate the practice of medical imaging and radiation therapy modalities by licensing qualified individuals” per North Dakota Administrative Code 114-01-01;

<https://www.legis.nd.gov/information/acdata/pdf/114-01-01.pdf>. The board consists of nine members appointed by the governor. Five members are qualified medical imaging professionals chosen from the primary modalities of nuclear medicine, radiation therapy, radiography, diagnostic medical sonography, magnetic resonance imaging, and medical imaging or radiation therapy education. One member is a medical physicist, one is a radiologist, one is a physician from a rural area and one a public member.”

## How did NDMIRT become started?

The NDMIRT was created during the 2015-2016 64th Legislative Session with passage of Senate Bill 2236, due to the lobbying and legislative efforts of the NDSRT. This accomplishment created North Dakota Century Code 43-62; <https://www.legis.nd.gov/assembly/64-2015/bill-actions/ba2236.html>. Since its creation the Board has updated the statutory language and completed two administrative rules, the most recent effective April 1, 2020. The board currently licenses radiographers, sonographers, nuclear medical technologists, radiation therapists, radiologist assistants, magnetic resonance imaging technologists, registered cardiovascular invasive specialists (RCIS), registered cardiac electrophysiology specialists (RCES), limited x-ray machine operators (LXMO), and bone densitometry operators (non-imaging professional).

The mission of the North Dakota Medical Imaging and Radiation Therapy Board is to license and regulate personnel performing Medical Imaging and Radiation Therapy to protect the health and safety of the citizens of North Dakota. This includes the establishment, review, and upholding standards to protect the public and to guide the profession.

**Fun Fact:** NDSRT originally lobbied and introduced legislation that created the NDMIRT!

Please complete the following survey to give the NDMIRT more info!



Take Survey

Thank you Shirley for your great answers!

To learn more about the NDMIRT Board visit <https://www.ndmirtboard.com/>

# This Edition's Interview with a Life Member

## Warren Freier BS, RT(R)(T)(QM) ARRT

Warren Freier was born and raised on a farm in the Napoleon/Streeter, ND area. He was the youngest of 11 children and graduated high school from Napoleon. He is married for 45 years to Elise (Gullickson), and has two children as well as two grandchildren. After RT school, he spent 5 years in Wyoming and Utah and has lived in Bismarck since 1982. Warren enjoyed city league softball for many years and is currently shooting in the city pool league. Two of his enjoyments are driving the back roads of North Dakota and traveling in general. He has visited all of the States with the exception of Hawaii. He has also been to Europe and visited the Wilhelm Conrad Roentgen Museum!

Warren first became registered in 1977. He obtained his Bachelors of Science in Radiologic Technology from (then) Mary College, attended University of Minnesota-Minneapolis where he earned his Therapy Registry, and received his Quality Management registry in 1999. He has worked at a variety of places and settings including: Mandan Hospital, Mandan, ND, Uinta County Memorial Hospital, Evanston, WY, St. Benedicts Hospital in Ogden, UT, St. Alexius Med Center in Bismarck, ND, Noran Neurologic Clinic in Minneapolis, MN, MedCenter One, Bismarck, ND, North Dakota Department of Health, Indian Health Service-Standing Rock Hospital, Fort Yates, and State of Montana Radiation Control Program. He has worked as a diagnostic radiographer, CT technologist, Special Procedures technologist, Clinical Instructor School of Radiological Technology, Radiation Therapy Technologist, Dosimetry technologist, ND State Inspector, and FDA mammography inspector. He has also participated on numerous nationwide committees and has presented numerous times at the national regulatory conferences. He has spent many years and weekends and hours of "On Call" technologist duties.

Warren became involved with NDSRT when he was a student and with the exception of his 5 years spent out-of-state, he has been a member for the last 39 years. He has been to the annual conference every year from 1992 through 2019. He has presented or exhibited at 17 annual conferences. He has also been an NDSRT delegate to the ASRT House of Delegates annual meeting 3 times and participated as a NDSRT representative to "RT in DC" He proceeded through the ranks of NDSRT President Elect to Board President. He was later bestowed with the honor of Life Membership.

Warren has some inspiring words as to why it is important to join NDSRT, "Radiologic Technology is a profession, not a job. Being a professional places you within a "family". The family of NDSRT. In a family, it's not what my family can do for me but what can I do for my family. As a family member, it is at a higher level of participation that we perform our duties and part of that higher level must be to give back, to pay it forward, and to share. Interacting and exchanging ideas at conferences is a method of giving back. The profession is a "caring" profession. Even with all the advanced technology it is still patient interactive."

Thank you Warren for being an amazing advocate for our profession!





# NDSRT BOARD



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or visit our new website at

[www.northdakotasrt.com](http://www.northdakotasrt.com)

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