

NO SWAPSIES! ▶ PACK A LUNCH
YOUR CHILD WILL LOVE

shine

Your healthy-living magazine

'DYING WASN'T AN OPTION'

Erin Aguirre held on to hope as she faced pancreatic cancer — and survived

MORE VEGGIES, PLEASE!

Sneaky strategies that'll have your kids devouring more veggies

BREAKING FREE OF HEP C

Meet the first person to be cured in a new clinical trial

Fun at the state FAIR

9 WAYS TO:

- ▶ Make your day out a workout
- ▶ Taste-test health (on a stick)
- ▶ Get a fresh view of garden fare

NOV. 8
**PURPLE
STRIDE**
PANCREATIC CANCER
WALK
SEE PAGE 9

Hi, Grandma!!!

Hi, sweet peas!

Is your tummy feeling better?

Not really.

You still coming to our house for the party?

Wouldn't miss it.

OK, call the doc and get your tummy fixed.

Cuz we're gonna have



And



Oh my OK, I'll call! Yummy!

Yummy for your tummy!



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or call today 214-947-6296

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Stephen L. Mansfield, PhD, FACHE
President and CEO, Methodist Health System

Chris Hawes
Vice President Public Relations and Marketing,
Methodist Health System

Stacy Covitz
Assistant Vice President External Relations,
Methodist Health System

Sarah Cohen
Publication Specialist/Editor, Methodist Health System

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CMM31354

ONLINE AND INSIDE

Fall
2015

SOCIAL

Instagrammers unite! They say a picture is worth a thousand words. Well, since we have so much to say about health and wellness and the communities we serve, we've joined the Instagram world. Search "MethodistHealthSystem" on your app, and find photos of community events, care providers doing what they do best, and more. Plus, check out our story about the State Fair of Texas on **page 13** to see how your photos could win you a prize!



We're now on Pinterest! If you're like us, we're always looking for new ways to stay healthy — great recipes, workout tips, even beautiful places to go on a berry-picking adventure. To find tips for these and more, check out the boards on Methodist Health System's new Pinterest page. Just go to pinterest.com/methodisthealth.

BLOGS

A new place to find answers. No matter where you are in life, your physical, mental, emotional, and spiritual health matters. In our new *answers*² blog, our goal is to meet you where you are — share with you our own experiences in health care, connect you to great wellness information, and invite you to participate in the exciting things happening throughout Methodist Health System. Subscribe today at Answers.MethodistHealthSystem.org.



COMING SOON!

Watch for our new design, starting with the Winter 2015–2016 issue of *Shine*.



On the cover

Erin Aguirre was only 32 when she was diagnosed with pancreatic cancer. With world-class care at Methodist Dallas, she's beating the odds and embracing her future back in the Windy City.

Read her story on page 8.

SHINE MAGAZINE

TO YOUR HEALTH

4 What's SUP on Pinterest

From paddleboarding to international getaways, see what our employee wellness manager is pinning up now.

5 More veggies, please!

From fruit pizza to zucchini noodles, these tasty tips will tempt even the pickiest eaters.

SPOTLIGHT

7 Do the robot

Find out why surgeons from around the world are coming to Methodist Dallas.

13 Health food on a stick?

A visit to see Big Tex doesn't have to mean a bigger waistline. The top nine ways to beat the Midway — and have fun at the State Fair of Texas!

FEATURES

10 A hep C victory

A new clinical trial didn't just treat Mark Whittle for hepatitis C, it cured him.



Methodist's employee wellness manager, Caroline Susie, gets ready to hit the waves with her new stand-up paddleboard in Newport Beach, California.

What we're pinning

Check out our favorite boards on the **Pinterest** page of Caroline Susie, Methodist Health System employee wellness manager

"SUP Board Ideas." While living in Orange County for three years, Susie picked up stand-up paddleboarding, or SUP, for short.

"It's a great workout that engages your core, arms, and legs," says Susie, who started this board to get ideas for designing her very own SUP board (see the photo at left).

"Need a Plane Ticket Stat." To feed her wanderlust cravings, Susie created this board for potential travel destinations.

"Travel is good for the soul," says Susie, who's considering Thailand for her next international getaway. "The greatest gift you can give yourself is to see other cultures and other places. Travel is the only thing you can buy that makes you richer."

"Workin' On My Fitness." This board is peppered with pins about yoga poses and weight training.

"I have no problem with running — I'm strange like that — but I struggle with lifting weights and stretching," Susie admits. "Pinterest helps me change up my workout to keep from getting bored."

{ Was-SUP? }

Did you know stand-up paddleboarding is offered locally? SUP board rentals are offered at Joe Pool Lake, Lake Grapevine, and White Rock Lake, to name a few. See you on the water!



FOLLOW US

Health tips are just a click away on Methodist's new Pinterest page. Find us at pinterest.com/methodisthealth.

Lunchtime? Think outside the box

Have you ever opened your daughter's lunch bag after school only to find that she ate just the jelly side of her PB&J? Or maybe you've wondered, a little too deeply, what goes into those cafeteria sloppy Joes. If so, maybe it's time to up your school lunch game.

Follow these sure-fire tips for packing a healthy lunch even the pickiest eaters will appreciate.

Make lunch look fun. Sure, sandwiches can be made into terrific shapes, but get creative and pick a different entrée.

Try this: Send the fixings for lettuce wraps, such as leftover grilled chicken, black beans, and shredded cheese. And with the right accessories, a boiled egg makes a fun snowman.

Pick a theme. Does your kid fixate on a particular topic, say dinosaurs? Or maybe he loves a specific character, book, or movie. Work that into the design.

Try this: Use a black marker to turn a banana into a *Despicable Me* minion, or top a peeled mandarin with a pea for Cinderella's pumpkin.





Veggies

on the sly

How to sneak more produce into your daily diet

Mom said, “Eat your vegetables!” Turns out, Mom was right: Eating vegetables and fruit helps you feel better, maintain a healthy weight, and perhaps reduce your risk of disease.

But just because Mom was right about veggies doesn’t mean it’s easy to get the number of servings we need — or to get our kids to eat them.

Sometimes you have to be sneaky.

In honor of Fruit and Veggies — More Matters® month in September, try sneaking vegetables into your meals. To help jog your creative juices, we invited our food services team members to offer their crafty tips:

- ▶ “Make a ‘sneaky dessert’ with a fruit pizza,” offers Chef Jose Soto, Methodist Dallas Medical Center. “Slice watermelon into circles, then into triangles like pizza slices. Top with kiwi, strawberries, blueberries, mango, and peaches. Add crumbled goat cheese.”
- ▶ “Turn zucchini or squash into noodles for pasta dishes, or throw spinach or kale into your morning smoothie,” says Ashlyn Harmon, registered dietitian, Methodist Charlton Medical Center.
- ▶ “Top baked potatoes with salsa,” says Chef Eladio Ollarzabal, Methodist Mansfield Medical Center. “Sneak kale into meatloaf or broccoli into omelets. Use shredded cauliflower for a pizza crust and top with vegetables. Grill veggie kebabs and let the kids select the veggies (bell pepper, mushrooms, zucchini, red onion) and place them on the skewer!”
- ▶ “Sneak shredded carrots into muffins or diced squash into mac and cheese,” suggests Chef Salvador Gomez, Methodist Richardson Medical Center. “Toss leftover vegetables and fruit into the next-day salad. Try roasted pears with pecans or oranges with wonton strips.”

Additional source: Produce for Better Health Foundation



SEE YOU ONLINE!

You’re on your way to a sneak attack on nutrition! Search “vegetables” for more nutritious tips in our health library at MethodistHealthSystem.org/HealthLibrary.



DON’T FORGET

Our “Healthy School Lunches” board on Pinterest has plenty of ideas to spark creative lunches for your kids. Visit us at pinterest.com/methodisthealth.

Grab inspiration from

the Internet. More and more, parents are posting, pinning, and tweeting their creative takes on school lunches.

Try this: On Pinterest, check out our new “Healthy School Lunches” board, or do your own online search: #kidslunch #kidfood #lunchideas #schoollunch #bentoforkids.

Choose the right container.

Not only do they provide portion control, but containers also give you a consistent canvas to plan around. Reusable containers often have bright colors and inside compartments to keep food separate, and disposable bags come in all shapes and sizes.

Try this: Cinch a snack-size zip-close bag full of grapes in the middle with a decorated clothespin to make a butterfly, or send a smoothie in a silicone ice pop mold.



ON TARGET

for life after cancer

When it was time to deal with her breast cancer diagnosis, Michelle Augspurger made an important decision.

“I decided to remain calm and focus on getting to that last day of treatment,” says Michelle, a 50-year-old Duncanville mother of four. “It’s advice I’d recommend to anyone going through a similar situation, especially on those days when it seems like it’s never going to end.”

But Michelle’s cancer journey did come to a victorious end in August, thanks in large part to the Breast Center at Methodist Dallas Medical Center.

Michelle’s journey began last spring, when a troubling symptom led to a diagnosis of invasive ductal carcinoma (IDC), one of the most common types of breast cancers, which then eventually led to a mastectomy.

“Michelle’s subtype of IDC tends to be aggressive,” says Martin Koonsman, MD, director of the Breast Center. “After her tumors were removed in surgery, our team recommended a combined course of chemotherapy and targeted therapy. This treatment plan has proved very effective at preventing recurrence of this type of cancer.”

Support and collaboration

Despite the challenges of surgery and treatment, Michelle says her Methodist Dallas care team inspired hope and confidence — not just through their positive encouragement, but also through a multi-disciplinary, big-picture approach to her care.

“Our program performs at nearly 100 percent on a range of benchmarks that relate to patient care,” Dr. Koonsman says. “We believe that’s a result of working as a team instead of in silos.”

In contrast to a traditional model of breast cancer treatment, where specialist physicians work somewhat independently of each other, the specialists at the Breast Center often see a patient together and meet weekly to formulate patient treatment plans.

“We include everyone in these round tables, from radiation oncologists to nurse navigators to data collection specialists,” Dr. Koonsman says. “Post treatment, we

have a survivorship nurse navigator who follows up with patients to track their progress and make sure they have the information they need.”

Michelle says her nurse navigators made sure that she had answers to her questions, and that the doctors were always willing to take the time to explain her care plan.

“I always felt like I mattered to them and that I was receiving the best care possible,” she says.

Michelle Augspurger benefited from Methodist Dallas’ multidisciplinary approach to breast cancer.



MAKE YOUR MONDAY!

Get your mammogram in style at Monday Night Mammos, featuring massage therapy, spa cuisine, results in 24 hours, and more! Save your spot at MethodistHealthSystem.org/MondayMammos.



Doctors from four Latin American countries recently came to Methodist Dallas Medical Center to learn about the robotic Whipple surgery from Alejandro Mejia, MD (second from right).

What's a Whipple?

During the Whipple, formally called a pancreaticoduodenectomy, the surgeon typically removes the gallbladder, part of the bile duct, the top part of the small intestine, a small portion of the stomach, the head of the pancreas, and the nearby lymph nodes. The surgeon then reconnects the remaining pancreas and bile duct to the intestine to restore digestive function.

THE SURGEON'S SURGEON

Methodist Dallas is now a national center for surgeons training in robotic surgery

From around the world, surgeons are traveling to Methodist Dallas Medical Center to learn from Alejandro Mejia, MD, FACS, general surgeon. Thanks to Dr. Mejia's expertise, the hospital is now home to Intuitive Surgical's newly appointed General Surgery Epicenter, with a special focus on liver and pancreatic procedures with Intuitive's robotic da Vinci® Surgical System.

"Robot-assisted surgery is a true innovation in the field of minimally invasive surgery," Dr. Mejia says. "Now we are able to put the tools in the hands of talented surgeons to enhance their skill and advance the field more than ever before."

Proven excellence

Da Vinci robot-assisted surgery is an advanced alternative to traditional open surgery that significantly reduces the patient's pain, scarring, and recovery

time while offering the surgeon greater operating precision than ever before.

To receive the epicenter designation from Intuitive Surgical, Dr. Mejia was required to pass a series of rigorous standards to fully demonstrate his proficiency in robotic surgery techniques. He also had to show how these techniques could be teachable, reproducible, and effective. Dr. Mejia passed with flying colors.

With great skill he performed demanding procedures, like the Whipple, which may be one of the most time- and skill-intensive procedures a surgeon can perform and is integral in saving the lives of pancreatic cancer patients.

This is a procedure Dr. Mejia has mastered. He performed the first robotic Whipple in North Texas in 2013 and has since done more than any other surgeon in the state. Just as patients from across the southern U.S. have come to him for the

robotic Whipple, now surgeons are coming to learn how to do it themselves.

What does it mean for you?

"It's exciting for us to be the site of a General Surgery Epicenter," Dr. Mejia says. "It shows not only that Methodist Dallas is one of the most trusted places to receive da Vinci surgery, but also that we'll continue to stand at the forefront of new robotic techniques and technologies."

So when you come to Methodist Dallas for a da Vinci procedure, you can trust that you're in good hands — maybe the best the world has to offer.



AT THE CENTER OF ROBOTIC TECHNOLOGY

To learn more about da Vinci, visit
MethodistHealthSystem.org/DaVinci.

BESTING PANCREATIC CANCER

Methodist Dallas' nationally recognized pancreatic care saved Erin Aguirre's life

Ambitious. Hardworking. Dedicated. This describes Erin Aguirre. Back in 2010, the 32-year-old North Richland Hills elementary teacher was known for working late into the night, going the extra mile for her young pupils.

"I wanted to be the best at my job," she explains.

That summer, however, Erin was faced with a new challenge — beating pancreatic cancer. She was taking on a disease more commonly seen in older adults, with a survival rate in the single digits.

"I think I just decided that dying wasn't an option," she says. "Just as the medical team was going above and beyond to take care of me, I was going to go above and beyond what they asked of me."

Unexpected diagnoses

Erin's cancer journey didn't start with her pancreas, however. It started with extreme itching — "like fire ants" — throughout her body, then jaundice and what a gastroenterologist suspected were gallstones. But the procedure to remove the gallstones revealed something else entirely: a tumor on the bile duct.

Removing the tumor required an advanced procedure called the Whipple.

"Erin's doctor said he could perform the surgery, but he wasn't the best doctor for it and that the

In her fight against pancreatic cancer, Erin Aguirre found support from her husband, Miguel; her fellow teachers, who made her a personalized patchwork quilt; and the team at Methodist Dallas.



hospital was not properly equipped either,” says Erin’s husband, Miguel. “He sent us to Dr. Jeyarajah at Methodist Dallas Medical Center.”

Rohan Jeyarajah, MD, immediately put the couple at ease with his kindness and compassion. One week later, on Sept. 17, he performed Erin’s Whipple procedure. Again, the outcome was unexpected: He had found two tumors on the pancreas.

Fortunately, the Whipple was a success, meaning Dr. Jeyarajah had removed the cancerous head of the pancreas, as well as several lymph nodes, only one of which was cancerous. This increased Erin’s survival rate threefold. Her next course of action was chemotherapy and radiation.

Support from all sides

Throughout this journey, Erin found inspiration and support from those around her: Miguel, who was at every doctor appointment. Her grandmother, who insisted, “You’re from tough Irish stock. You’ll be

fine.” Her fellow teachers, who hand made a quilt to comfort her. And her nurses at Methodist Dallas.

“The nurses on the eighth floor were amazing,” Erin says. “They were all so compassionate, and they’ve mastered the art of making uncomfortable situations seem easier.”

Erin’s medical oncologist, Inna Shmerlin, MD, and radiation oncologist, Kesha Harris-Henderson, MD, at Texas Oncology – Methodist Charlton Cancer Center, also boosted her morale.

“They just felt like family,” Erin says. “They were honest with me but hopeful and optimistic.”

A future of hope

On April 5, 2011, Erin was declared cancer-free. She and Miguel have since embraced a healthier lifestyle, and last December they moved back to the Chicago area to be closer to family.

Erin continues to be seen by her doctors at Methodist Health System and encourages those facing pancreatic cancer to ignore the statistics.

“I was getting the best treatment with the best doctor for this particular cancer and procedure and the best medical team for chemotherapy and radiation,” she says. “With the right doctors and the proper care you can beat this. There most absolutely is hope!”



FIRST IN THE NATION

Methodist Dallas is among the best in the nation for treating pancreatic disease. In 2014, it was the first pancreatic surgery program in the U.S. to be recognized by The Joint Commission and the first in Texas for pancreatic cancer. To learn more or for a physician referral, call **214-947-6296**.



WE'RE WALKING TO WIN

Join the Methodist Dallas Pancreatic Cancer Support Group on Nov. 8 for the Purple Stride Pancreatic Cancer Walk. To register, go to purplestride.kintera.org/dfw/thepurplejays.

On the other side of HEPATITIS

To say that 2005 was a life-changing year for Mark Whittle is an understatement. The hardworking, loving husband and father never imagined that a routine physical blood test would show hepatitis C.

“It surprised us,” says Mark, a Decatur resident who to this day isn’t sure how he contracted the disease.

What he is sure of is that he wouldn’t have beaten it without a new liver and a clinical trial through The Liver Institute at Methodist Dallas Medical Center.

A body under attack

Mark was given a 10-year life expectancy after his body stopped responding to interferon, then the latest and greatest treatment for hepatitis C patients. His wife, Melanie, and son, Taylor, watched as the disease began attacking his liver and beyond.

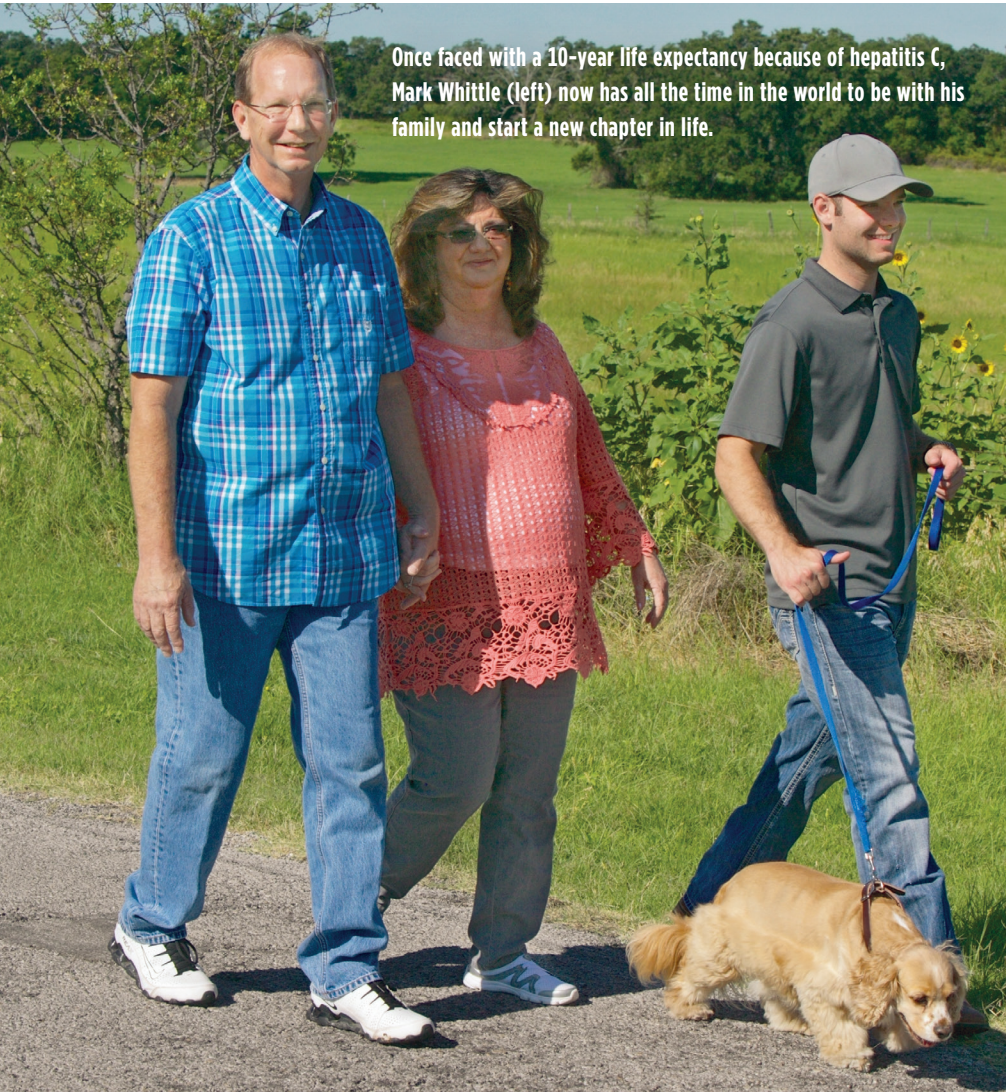
“So much happened during that time,” Melanie recalls. “The liver is a hub. It’s amazing what damage it can do.”

In fall 2011, Mark was referred to The Liver Institute, where he was ultimately under the care of hepatologist Hector Nazario, MD. Over the next three years, Mark was in and out of the hospital.

He developed kidney failure, sepsis, breathing difficulties, and an umbilical hernia. His body retained fluid, adding more than 50 pounds of water weight. Most troubling were the bouts of encephalopathy — when ammonia in the blood stream alters brain function — which eventually started inducing comas.

The Liver Institute team became a rock for Mark and Melanie. Whenever something went wrong, they knew Methodist Dallas could handle it.

While a liver transplant was imminent for Mark, the new organ wouldn’t clear



Once faced with a 10-year life expectancy because of hepatitis C, Mark Whittle (left) now has all the time in the world to be with his family and start a new chapter in life.



IS A CLINICAL TRIAL RIGHT FOR YOU?

Learn more about our clinical research at MethodistHealthSystem.org/LiverInstitute or by calling 214-947-6296.

C

A clinical trial cures its first participant completely of the deadly disease

his blood stream of hepatitis C. On the contrary, the disease would attack the new liver, putting the Whittles back where they began.

Talking about clinical trials

In the summer of 2014, The Liver Institute took a new tack with Mark's treatment. Parvez Mantry, MD, AGAF, director research and hepatobiliary program, proposed a never-before-done clinical trial to the Whittles, one that would prevent the hepatitis C from attacking the new liver and cure the virus completely.

"Mr. Whittle was the first person in the world to undergo this study," Dr. Mantry says. "A new organ is like a new lease on life, but for hepatitis C patients, the liver would start failing in five to seven years or even sooner, which was disheartening and discouraging.

"This clinical trial breakthrough has completely changed that landscape for a lot of patients," he says.

Time for a transplant

During yet another hospital stay in late August, Melanie and Mark's prayers were answered: A liver had been acquired.

Just before Stephen Cheng, MD, transplant surgeon with The Liver Institute, performed the procedure later that day, Mark received his first treatment in the clinical trial.

"Treated with a combination of new drugs from the time of the transplant till about three months afterward, Mark's hepatitis C was completely and forever eradicated," Dr. Mantry says.

Mark noticed improvement every day.

"I was feeling so much better that I finally realized just how sick I was," he says.



Mark Whittle is now hepatitis C-free.

Free of hepatitis C

Mark finally finished the clinical trial treatments on Nov. 24, but they had to wait six months to confirm the hepatitis C was gone. That confirmation came on May 14, and Mark was overcome with gratitude.

"If it weren't for all the people at The Liver Institute, I honestly don't think I would have made it," he says. "Methodist has saved my life, and I wish I could do something other than say thank you. They have no idea how appreciative I am.

"It's a huge relief to not have hepatitis C anymore. Now I'm ready to begin my next chapter in life."

Q: Could I have hepatitis C and not know it?

A: Yes. Many people have this liver disease and don't have any symptoms. That means the virus can be doing damage for decades before people suspect they have it.

The virus is primarily passed through blood, so those most at risk are people who had transfusions before 1992 (when screening of blood products began) or those who have used injectable drugs.

It's especially recommended that anyone born from 1945 through 1965 (the baby-boom generation) be tested for hepatitis C. This group of people has an unusually high rate of infection. Talk with your doctor to find out if you need to be tested.



LOOKING FOR A NEW PHYSICIAN?

We can help. For a referral, call 214-947-6296.



Can endoscopy help me?

You may be a candidate for an endoscopic procedure if you have:

- ▶ Achalasia
- ▶ GERD (gastroesophageal reflux disease)
- ▶ Barrett's esophagus (complication of GERD)
- ▶ Gastrointestinal bleeding
- ▶ Motility disorders
- ▶ Pancreatitis
- ▶ Pelvic abscesses
- ▶ Polyps.

ENDOSCOPY

Healing from the INSIDE OUT

Amy* remembers what life was like before she met Prashant Kedia, MD. Several times a week, she would rush to the restroom after meals, her mouth full of the sour reflux. At night, she would sleep propped up on a wedge pillow, guarding against the burning acid that would suddenly jolt her from sleep. Swallowing was sometimes painful.

"It felt like food was stuck in my chest," Amy says.

Amy's family medicine physician referred her to Dr. Kedia, gastroenterologist on the medical staff at Methodist Dallas Medical Center and medical director of the Methodist Interventional Endoscopy Center of Excellence. Dr. Kedia diagnosed Amy with gastroesophageal reflux disease, more commonly known as GERD.

"Amy had tried medication, but it never gave her the relief she needed," Dr. Kedia says. "She was the ideal candidate for transoral incisionless fundoplication, or TIF."

In the TIF procedure, an endoscope is used to guide other tools, which the surgeon will use to tighten the connection between the stomach and esophagus, restoring it to a normal state.

"Interventional endoscopy is the next wave of therapy," Dr. Kedia says. "It allows us to treat and achieve healing from inside the body without incisions to the skin."

How endoscopy works

Endoscopists thread a thin, flexible tube fixed with a small camera and light via the patient's mouth or rectum to various gastrointestinal (GI) organs.

The camera gives an up-close look at what's causing abdominal or GI distress and aids in diagnosing pancreatitis, cysts, tumors, and cancer.

"After diagnosis, we can use specialized endoscopic tools to treat certain GI diseases and conditions from the inside," Dr. Kedia says.

"With no incisions, the procedures are less invasive and easier on the patient than in traditional surgeries."

Amy's procedure took less than an hour. Today, she's off of medication and pain-free.

"Dr. Kedia gave me my quality of life back," she says. "I thank God I met him."

*Name has been changed.



FIND RELIEF

For a referral to the physicians at the Methodist Interventional Endoscopy Center, call **214-947-6296**.



9 healthier ways to do the State Fair of Texas

This year, more than 3 million people will visit the State Fair of Texas. If you're one of them, you're probably anticipating a day of eating too much and moving too little, sabotaging your health goals.

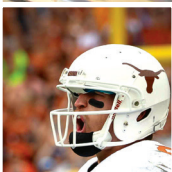
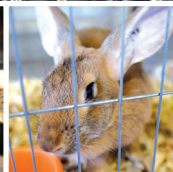
Lucky for you, we've pooled nine tips to give your fair visit a wellness makeover.



CAPTURE THE FLAVOR OF THE FAIR – AND WIN!

The fair has healthy food options! Snap a photo of you and your friends and family enjoying #HealthyFairFood. Then share it with us on Facebook, Twitter, or Instagram using the contest hashtag #HealthyFairFood for a chance to win one of three Fitbits. Contest dates are Sept. 25 to Oct. 18, 2015.

Photo credits: Kevin Brown/State Fair of Texas



- 1 Mind the sun.** Don't forget to slather on sunscreen and drink plenty of water.
- 2 Share with friends.** You'll get your fried food fix with fewer calories when you enjoy one bite of that fried red velvet cupcake — not the whole thing.
- 3 Try foods that aren't fried.** Some options we're looking forward to: mango on a stick, guacamole salad, and Greek honey frozen yogurt (yum!).
► Find a full menu of healthy fair fare on our blog at Answers.MethodistHealthSystem.org.
- 4 Get moving!** The fairgrounds have 277 acres of ground to cover. We suggest you start by walking the parade route (for the fun of it) and then head to the Texas Discovery Gardens, where there's lots of green space for your kids to run around.
- 5 Dance with the stars.** Plan your fair visit around concert performances that will get you dancing. One hour of rocking out can burn hundreds of calories.
- 6 Swan boats, anyone?** Just 30 minutes of paddling could shed almost 150 calories.
- 7 Get a primer on produce.** Check out the gardening demos in the Errol McKoy Greenhouse on the Midway and the cooking demos in the Creative Arts Building to learn more about farm-to-fork dining.
- 8 Scrub up.** Prevent the spread of germs, especially in the livestock areas, by taking advantage of hand sanitizing stations throughout the fairgrounds.
- 9 Meet your local farmers.** It's good to know how your food is grown and raised. Bonus: You might find a more cost-effective way to access foods you love, like farm-fresh eggs or grass-fed beef.



HOW DOES YOUR GARDEN GROW?

Despite the rainy weather, Methodist Dallas Medical Center's Garden2Table event on May 30 drew more than a hundred guests, all interested in learning about urban gardening. Workshops included "Cooking With Color," "How to Raise Urban Chickens," and children's activities, including newspaper hat making.

Garden2Table



CONGRATULATIONS TO THE GRADS OF BOOMER U!

Baby boomers became "students" at Methodist Dallas' Boomer U on June 20, attending courses on various areas of wellness, including "Brainpower 101," taught by Francine Parfitt from Mayo Clinic, and "PE 104," which offered great tips for physical fitness.



CELEBRATING SUCCESS: In the Summer 2015 issue of *Shine*, we introduced readers to Cassidy Smith, who was in a traumatic car accident on July 12, 2014, and treated at Methodist Dallas. Exactly one year later, we reunited her with her first responders and health care providers to celebrate a year of overcoming obstacles. CW33 and *The Dallas Morning News* featured the story. As for Cassidy, "This is the best day of my life," she says.





DALLAS MEDICAL CENTER

We're in your neighborhood

Medical Centers



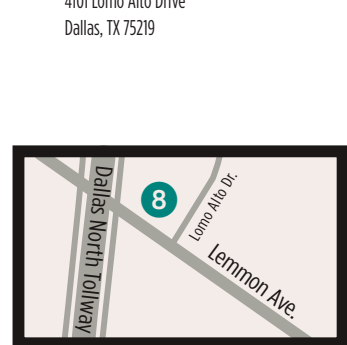
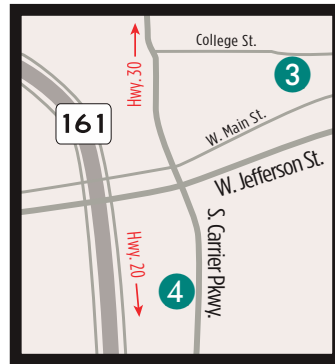
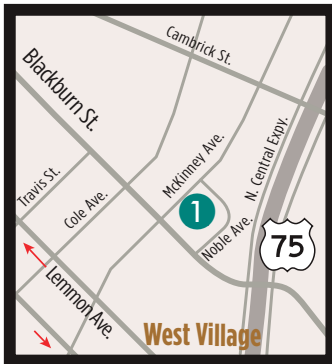
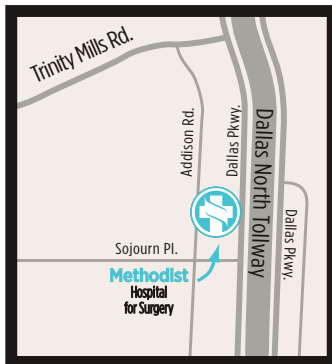
Methodist Dallas Medical Center
1441 N. Beckley Ave.
Dallas, TX 75203
214-947-8181



Methodist Rehabilitation Hospital
3020 W. Wheatland Road
Dallas, TX 75237
972-708-8600



Methodist Hospital for Surgery
17101 Dallas Parkway
Addison, TX 75001
469-248-3900



Methodist Family Health Centers and Medical Groups

1 Uptown Medical Group

3000 Blackburn St., Suite 130
(in the Mondrian building)
Dallas, TX 75204
214-599-8624

2 Kessler Park

1222 N. Bishop Ave., Suite 300
Dallas, TX 75208
214-941-1353

3 College Street

401 College St.
Grand Prairie, TX 75050
972-262-1596

4 Central Grand Prairie

820 S. Carrier Parkway
Grand Prairie, TX 75051
972-262-1425

5 Preston Hollow

4235 W. Northwest Highway, Suite 400
Dallas, TX 75220
214-750-5100

6 Timber Creek

6243 Retail Road, Suite 500
Dallas, TX 75231
214-361-2224

7 Inwood Village

5709 W. Lovers Lane
Dallas, TX 75209
214-351-1800

8 Highland Park — coming soon!

4101 Lomo Alto Drive
Dallas, TX 75219



STAY IN THE LOOP

The new Dallas Streetcar now connects downtown Dallas to Methodist Dallas Medical Center! For more information, including a map of the route, visit INFO.METHODISTHEALTHSYSTEM.ORG/DALLASSTREETCAR.



9 TIPS

for a healthier
State Fair visit
SEE PAGE 13

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Hey, Mom!

Hi, Sweetheart!

You get your ticker checked?

I will...in time, LOL!

NOT FUNNY MOM!

CALL THEM 214-947-6296

Ok, it's about time. LOL!

Oh Mom, LOL!

Lots Of Love!

Mom, LOL means "Laugh Out Loud"

Oh... LOL!