

# shine

Your healthy-living magazine

## NO SWAPSIES!

► PACK A LUNCH YOUR CHILD WILL LOVE

## MORE VEGGIES, PLEASE!

Sneaky strategies that'll have your kids devouring more veggies

## GET BACK IN BLACK

(and yellow) at the Yellow and Black Tie Gala

# Healthy 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

## THE TRUTH

ABOUT  
ANTIDEPRESSANTS



## WHY I CHOSE A DOUBLE MASTECTOMY

And how plastic surgery gave me my confidence back

FALL 2015



## Methodist

RICHARDSON MEDICAL CENTER

Heyyy, sis!

Heyyy girl, how's the new house?



And the new hubby?



Almost your 1st anniversary!!!

Yeppers, know what you can get me?



???

Nope, a phone number...

???

to your OB-GYN...  
you're gonna be an aunt!



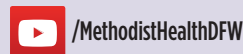
Yayyy!!!!



Find your physician at [Answers2.org](http://Answers2.org)  
or call today 214-947-6296

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System or Methodist Richardson Medical Center.

# Connect with us



SHINE (Vol. 5, Issue 3) is published quarterly as a community service for the friends and patrons of METHODIST RICHARDSON MEDICAL CENTER, 2831 E. President George Bush Highway, Richardson, TX 75082, telephone 214-947-4600, [MethodistHealthSystem.org](http://MethodistHealthSystem.org). To unsubscribe, please email [pr@mhd.com](mailto:pr@mhd.com).

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

**E. Kenneth Hutchenrider Jr., FACHE**  
President, Methodist Richardson Medical Center

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

**Stacy Covitz**  
Assistant Vice President External Relations, Methodist Health System

**Jan Arrant**  
Director Community and Public Relations,  
Methodist Richardson Medical Center

**Sarah Cohen**  
Publication Specialist/Editor, Methodist Health System

The information presented in this magazine should be viewed for general purposes only and should not be construed as prescribed medical advice. Please consult your private physician for further information or evaluation.

Models may be used in photos and illustrations.

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff, including those being referenced in the articles contained in this publication, are independent practitioners who are not employees or agents of Methodist Richardson Medical Center, Methodist Health System, or any of its affiliated hospitals.

Methodist Family Health Centers and Medical Groups are owned and operated by MedHealth and are staffed by independently practicing physicians who are employees of MedHealth. The physicians and staff who provide services at these sites are not employees or agents of Methodist Richardson Medical Center, Methodist Health System, or any of its affiliated hospitals.

Methodist Hospital for Surgery and Methodist McKinney Hospital are independent legal entities separate from Methodist Health System and Methodist Hospitals of Dallas.

Methodist Urgent Care is an independent legal entity separate from Methodist Health System and its affiliated hospitals. The physicians and other personnel providing care at the Methodist Urgent Care locations are employed by Methodist Urgent Care and are not employees or agents of Methodist Richardson Medical Center, Methodist Health System, or any of its affiliated hospitals.

Methodist Center for Diagnostic Imaging is an independent legal entity separate from Methodist Health System and its affiliated hospitals. The physicians and other personnel providing care at the Methodist Center for Diagnostic Imaging locations are either employed by or independent contractors of Methodist Center for Diagnostic Imaging and are not employees or agents of Methodist Health System, or any of its affiliated hospitals.

2015 © Coffey Communications, Inc. All rights reserved.  
CMM31356

# 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 11** 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](http://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*<sup>2</sup> 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](http://Answers.MethodistHealthSystem.org).



**COMING SOON!**

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



## On the cover

The State Fair of Texas isn't typically known for wellness. Fried foods, livestock, football, and Big Tex are more top-of-mind. But we've got nine ways to put a healthy twist on your fair visit — and an Instagram contest you won't want to miss.

**Read the story on page 11.**

## SHINE MAGAZINE

### TO YOUR HEALTH

#### 4 What's SUP on Pinterest

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 Woman to woman

Read how plastic surgery helped one woman cope with her breast cancer journey.

### FEATURES

#### 8 Care and comfort

Newborn Angelik Tobias needed expert care. The Methodist Richardson NICU was ready.

#### 12 Innovative options

When her cancer history threatened her present health, Mary Jane Phillips trusted Methodist Richardson.



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](https://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.





#### 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](http://MethodistHealthSystem.org/HealthLibrary).

# 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:

- ▶ "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."
- ▶ "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.
- ▶ "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."
- ▶ "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!"

Additional source: Produce for Better Health Foundation



#### 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](http://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 #school lunch #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.



### OCT. 8 IS NATIONAL DEPRESSION SCREENING DAY

If you're experiencing symptoms of depression — sadness, loss of interest, changes in sleep or eating habits, hopelessness, and difficulty concentrating — call **214-947-6296** to find a physician who can help.

## Instant happy pills?

While antidepressants can offer great relief to people with depression, they aren't a quick fix.

Their purpose is to relieve the symptoms of depression by balancing the chemicals in your brain that regulate focus, sleep, and mood. It usually takes four to six weeks before patients begin to notice the benefits of antidepressant therapy.

# Get the facts about antidepressants

**An** estimated 16 million American adults experience symptoms of depression each year, making it one of our society's most chronic health conditions.

Yet many people avoid seeking treatment, afraid of being prescribed an antidepressant medication. Are their fears well-founded — or are they based on misperceptions?

We invited Pavan Pamadurthi, MD, psychiatrist at Methodist Richardson Medical Center, to address some of the most common myths about these drugs.

**MYTH:** "All people with depression are prescribed antidepressants."

**Dr. Pamadurthi:** "Depression can be organic — caused by a medical condition like thyroid problems or stroke — or situational, like when someone has suffered a significant loss. Depending on the cause of depression, a doctor might recommend antidepressant medications, but he or she might also prescribe counseling or other interventions instead."

**MYTH:** "Antidepressants have too many side effects and can be dangerous."

**Dr. Pamadurthi:** "Like all medications, antidepressants do have potential side effects, but many may diminish over time as a patient adjusts to the medication."

"Also, antidepressants are safe to take under a physician's care. In most cases, the good they do for people who need help getting back to their normal life is far greater than the risks for potential side effects."

**MYTH:** "If I start antidepressants, I will have to stay on them for life."

**Dr. Pamadurthi:** "Since antidepressants are

non-habit-forming, patients can discontinue therapy at any time (although it's not recommended that you do so outside of a physician's supervision).

"The length of therapy depends on factors like the cause of the depression and the number of depressive episodes a person has experienced."

"For example, with some patients I recommend that they begin to taper off after a year or so. For patients with chronic depression, I recommend long-term medication, just like a doctor might prescribe a lifelong drug therapy for a person with high blood pressure or diabetes."

# Woman to woman

How plastic surgery helped Karen Soderstrom overcome breast cancer and love her body

**On** Feb. 19, 2013, I heard the four little words that all women dread: You have breast cancer. I was only 42 years old, married to the love of my life, and raising two beautiful daughters. Needless to say, I was determined to beat this thing.

Fortunately, we caught it early, and within two weeks, we'd met with every doctor involved with my care at Methodist Richardson Medical Center. I felt so comfortable with everyone and liked that they presented me with options.

While I only had tumors in my right breast, I ultimately chose to have a double mastectomy. It's a hard decision for any woman, but three factors made it easier for me.

First, it reduced the chance of cancer in my other breast. Second, I'm young enough that I want to have a feminine look, and it was easier to reconstruct symmetrical breasts if both sets of breast tissue were removed. Third, I had the amazing support of my family. My husband told me, "You'll always be beautiful in my eyes."

My breast surgery took place on March 13. Breast surgeon Jenevieve Hughes, MD, first removed the breast tissue, then plastic surgeon Denton Watumull, MD, FACS, placed temporary implants that would later be expanded to the size I wanted. Throughout the entire process in the

following months, I appreciated how honest and straightforward he was with me while still being sympathetic to my situation.

As for my family, humor was our coping mechanism; we looked for it in everything. My friends teased me about my new breast size, and that reminded me that this was a process and to focus on how great I'd look in the end. And they were right: My breasts today feel and look like real breasts, complete with newly tattooed nipples. It's amazing what modern plastic surgery can do.

As much as I love my body, more important is the relief that the cancer is gone. Every time I look at myself in the mirror, I see the scars, and they're still a reminder — a reminder that I accomplished something really huge in fighting cancer.

Everyone has their own feelings and desires about what they want done to their body, but I encourage women facing cancer to have hope. You can beat this!



## YOUR BODY, YOUR BREASTS

To learn more about the breast surgery options available to you as a breast cancer patient, call 214-947-6296.



Estela Tobias was able to bring her daughter, Angelik, home from the hospital earlier than expected, thanks to the care of Methodist Richardson's NICU team.

# Success story

Methodist Richardson's NICU team was there for preemie Angelik Tobias

**Estela** Tobias couldn't believe how well her second pregnancy was going.

"Other than a couple months of nausea, I had no discomfort, and I could still eat Mexican food, which I love," Estela says. "It was a wonderful experience, compared to my first pregnancy."

The Tobiases' first child, Leonardo Jr., had arrived 17 weeks early. He spent more than six months in a neonatal intensive care unit (NICU) and endured multiple surgeries. Unable to walk or feed himself at 3 years old, he continues to bear the effects of premature birth.

"I was told that I was at high risk for another premature delivery," Estela says. "But it felt so different, I was sure things would be great."

On Jan. 2, not yet 26 weeks into her pregnancy, Estela learned otherwise.

## A turn for the worse

That winter morning was a cozy one in the Tobiases' Garland home. Leonardo Jr. was playing. Breakfast was cooking on the stove. Visiting relatives were enjoying conversation.

But Estela was in pain.

"All of a sudden, my water broke," she says. "Then I started bleeding profusely."

Leonardo Sr., Estela's husband, rushed her to Methodist Richardson Medical Center, where she was diagnosed with a ruptured placenta and underwent an emergency cesarean section.

At 12:30 p.m., a very weak Angelik Tobias entered the world, weighing only 1 pound 15 ounces. At 25 weeks and 5 days' gestation, she was the same age as her brother when he was born. Estela feared her daughter would face the same fate as he.

— Continued on page 10

## Being born in the right place matters

With four possible levels of care, a neonatal intensive care unit (NICU) can make a difference in the well-being of a newborn. It's important to know the care provided with each NICU level.

<b>Level I</b>	A well-care nursery; cares for newborns in stable condition.
<b>Level II</b>	Cares for infants requiring assisted ventilation or continuous positive airway pressure. These babies may be 32 weeks or older, weighing 1,500 grams or more.
<b>Level III</b>	Offers a full range of respiratory support with access to pediatric medical subspecialists. Infants may be 32 weeks or younger, usually weighing less than 1,500 grams.
<b>Level IV</b>	Provides surgical repair of complex congenital or acquired conditions with immediate on-site access to subspecialty care.

Methodist Richardson Medical Center boasts a Level III NICU, able to treat many infant-related illnesses with some of the latest technology and treatment options.

As Lilian St. John, MD, neonatologist with Methodist Richardson, explains, "For families in Richardson, having a Level III NICU means that there is a higher level of care available in their own backyard."



### PRIVACY WITH YOUR PREEMIE

Methodist Richardson Medical Center's NICU offers private suites for families and their premature infants to bond. Learn more about our first-class neonatal care at [MethodistHealthSystem.org/RichardsonInfants](http://MethodistHealthSystem.org/RichardsonInfants).



### PRECIOUS MOMENTS

More information about our Level III NICU is just a click away at [MethodistHealthSystem.org/RichardsonInfants](http://MethodistHealthSystem.org/RichardsonInfants).

Angelik Tobias' baptism in July was a chance for her family to celebrate the blessing of her life and health after being born prematurely.

— Continued from page 9

"I said, 'God, You know what I can handle. I just don't want her to have surgeries,'" Estela says.

### Overcoming obstacles

Estela's prayers were answered: Angelik didn't need surgery — but she still had a number of health issues.

"One of her struggles was breathing," says Lilian St. John, MD, neonatologist on the Methodist Richardson medical staff. The NICU staff also worked to keep her blood pressure up, ensure she received sufficient nutrition, and keep her warm and hydrated, something difficult to do with the infant's underdeveloped skin.

"Fortunately, Angelik healed quickly and went home two weeks earlier than anticipated," Dr. St. John says.

### Finding family in the NICU

Dr. St. John says that Methodist Richardson's care for premature babies starts with their mothers.

"Our NICU team works closely with our labor and delivery colleagues to prepare for high-risk deliveries," she says. "We have a wonderful

team — doctors, nurse practitioners, nurses, respiratory therapists, speech and occupational therapists, lactation consultants, and others — all dedicated to delivering compassionate care."

The nurses also included Angelik's parents in her care.

"Through this process, we bond with our families, and they become a part of our Methodist Richardson family," Dr. St. John says.

### Filled with gratitude

The Tobiases felt that sense of family. As they had relocated to Ennis and were still caring for a child with special needs, their visits to the NICU were rarer than they would have liked. They were impressed with the staff's care and compassion.

"She'll be all right, Mommy," one nurse encouraged Estela. "You just count this girl as a miracle."

Finally, in late March, Angelik's stay in the NICU came to an end.

Estela says she'd turn to Methodist Richardson again should she have another little one. In the meantime, this mom is counting her blessings.

"I thank God for Leonardo and Angelik," Estela says. "They're successful preemies."

## A family of care

When an infant is admitted to the neonatal intensive care unit (NICU), families rely on the care and compassion of the nursing staff. At Methodist Richardson Medical Center, our nurses go above and beyond to offer family-centered care from admission to discharge. NICU nurses:

- ▶ Are available every minute of every day to ensure the highest level of care
- ▶ Show families how to hold, cuddle, and rock their newborns
- ▶ Teach mothers to breastfeed for the first time
- ▶ Are skilled at teaching diaper changing, even for the smallest infants
- ▶ Act as an advocate and go-between to make sure families understand baby's care
- ▶ Help parents navigate NICU technologies and treatments
- ▶ Comfort and care for infants even when the parents can't be there
- ▶ Create precious mementos with the baby's handprints and footprints.

"They love what they do," says Harold Magee, RN, nurse manager of children's services at Methodist Richardson. "They build a relationship with babies and parents to create a family environment and, in doing so, comfort families."



# 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.

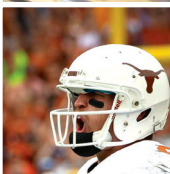
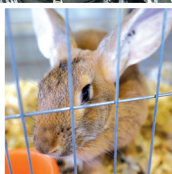
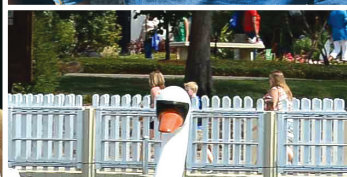
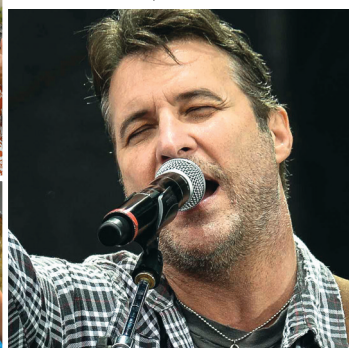
Lucky for you, we've pooled nine tips to give your fair visit a wellness makeover.



## 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](http://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.



*"I'm glad we trusted Methodist Richardson, and we'd trust them again in a heartbeat."*

— Mary Jane Phillips, shown with her four grandchildren

# Guarding Her Heart



A 'shot in the dark' surgical success means a bright future for Mary Jane Phillips

**As** far as Mary Jane Phillips was concerned, breast cancer was a thing of her past. Then, she learned that her past breast cancer stood in the way of her current heart health.

She needed an ICD, or implantable cardioverter defibrillator. Typically, this small device is implanted by the left collarbone, and a wire is threaded through a large vein to the heart. If the heart stops or develops an irregular rhythm, the ICD sends a shock to restart or reset it.

But one look at Mary Jane's veins, and Sumeet Chhabra, MD, cardiac electrophysiologist at Methodist Richardson Medical Center, knew there was no way a standard defibrillator would work. Chemotherapy and previous surgery had made the veins unusable.

Mary Jane remained positive.

"I just thought, whatever the next move is, I'm going to take it," she says.

She never anticipated that the "next move" would be one never taken before.

## A shot in the dark

Earlier this spring, Dr. Chhabra began considering the Emblem™ S-ICD System by Boston Scientific for Mary Jane. It had only been approved for use in the U.S. since April 2014, and only about 5,000 had been

implanted around the world and only a handful in Dallas at the time.

What makes this ICD unique is that it's implanted on the person's left side, and the wire is threaded under the skin, not through a vein, to the breast bone.

"The wire has to be in the right spot, or it won't be able to shock the heart out of unstable heart rhythms or cardiac arrest," Dr. Chhabra says, sharing his concern about navigating the wire around Mary Jane's reconstructed breasts. "If we inadvertently damage a breast implant with the wire, that's an emergency. For a survivor who thinks breast cancer is behind her, it would be psychologically traumatizing to have to face another breast surgery."

Dr. Chhabra proposed performing the surgery with Jenevieve Hughes, MD, a breast surgeon also on the Methodist Richardson medical staff.

"This is a shot in the dark," he told Mary Jane. "It's never been done. My expertise will be getting the defibrillator in; hers will be getting the wire around the implant without damaging it."

This was their only option for Mary Jane, and it was a chance she was willing to take.

Over the next few weeks, Drs. Chhabra and Hughes met regularly to plan the surgery.

## Surgical tag team

"It was such a team effort," says Mary Jane's daughter, Teresa Garrison.

"Everything went fabulously."

Dr. Chhabra says they were able to place the wire with only millimeters to spare from the implants. Then came the moment of truth: He induced a mini cardiac arrest to make sure the ICD worked.

"It takes about eight seconds for the defibrillator to kick in, and those eight seconds felt like the longest ever," Dr. Chhabra says. "But when the defibrillator lit up and got her out of cardiac arrest beautifully, everyone in the room erupted in cheers. This defibrillator will probably save her life one day."

## A place you can trust

Today, Mary Jane, an avid sports fan, worries more about the Texas Rangers' record than about her heart health. She's grateful that Methodist Richardson stands for peace of mind for herself and others.

"So many people have had health problems like mine, and it's a blessing to know there's an option for them," she says.

"I'm glad we trusted Methodist Richardson, and we'd trust them again in a heartbeat."



## RIGHT FOR YOUR HEART

The Emblem S-ICD System is perfect for young people and people with damaged veins. To learn more about this new technology and how it could save a life, call **214-947-6296**.



*Yellow & Black Tie Gala*



**METHODIST URGENT CARE NOW OPEN!** On June 27, Methodist Health System celebrated the grand opening of Methodist Urgent Care, our first urgent care center, at 350 S. Plano Road near Beltline Road in Richardson. Methodist Richardson President Ken Hutchenrider Jr., FACHE (second from right), helped cut the ceremonial ribbon opening the new joint venture facility between Methodist and TeamHealth. "Methodist Urgent Care represents an additional investment in the Richardson community and furthers a commitment to provide compassionate and quality care," Hutchenrider says.

**VOLUNTEERS NAMED REAL HEROES:** Longtime Methodist Richardson volunteers Jim and Norma Murphy were recognized as Real Heroes by the Richardson Coalition on April 9 at the Richardson Civic Center. Real Heroes represent the spirit of Richardson as a strong, caring, and vibrant community, which the Murphys reflected through their service to the hospital. We're proud to have such heroes among our volunteer ranks!



**An evening of elegance and entertainment!**

Nov. 14, Renaissance  
Dallas Richardson Hotel

Grab your tux or gown and save the date for the 2015 Yellow and Black Tie Gala. The annual event benefits Methodist Richardson Medical Center and Methodist Richardson Cancer Center and features a dinner, live auction, casino games, and a ceremony to honor our 2015 Legacy Award recipient: the city of Richardson.

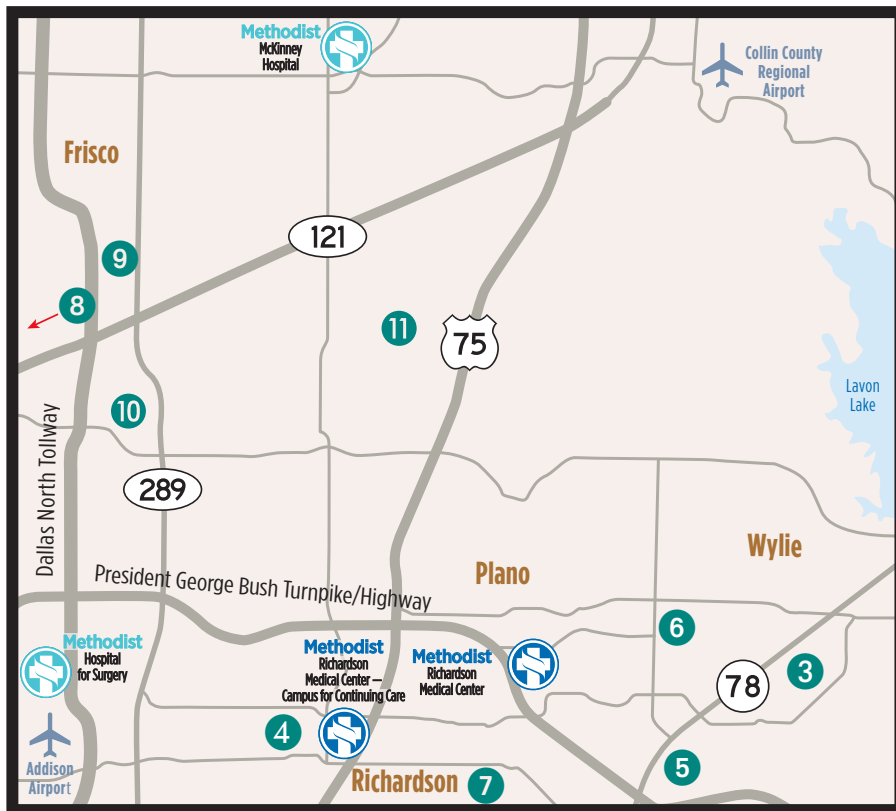


**BREAK OUT YOUR BOW TIE**

For more info, call 469-204-6990 or visit [yellowandblacktiegala.com](http://yellowandblacktiegala.com). Don't wait to purchase your tickets — the 2014 event sold out!



**GREAT TO SEE YOU AT WILDFLOWER!** Even the threat of rain couldn't stop more than 80 bands taking the six stages at this year's Wildflower! Arts and Music Festival — and the more than 60,000 spectators coming out to see them. Methodist Richardson was proud to once again sponsor the crowd-pleasing event that ran May 15 to 17. Methodist Richardson President Ken Hutchenrider Jr., FACHE (inset), addressed the crowds about the great things happening at Methodist Richardson, and employee Sheila Vest (right) decorated a guitar to be auctioned during the festival to support the Network of Community Ministries.



**RICHARDSON MEDICAL CENTER**

We're in your neighborhood

## Medical Centers



**Methodist Richardson Medical Center**  
2831 E. President George Bush Highway (at Renner Road)  
Richardson, TX 75082  
**469-204-1000**



**Methodist McKinney Hospital**  
8000 W. Eldorado Parkway  
McKinney, TX 75070  
**972-569-2700**



**Methodist Richardson Medical Center – Campus for Continuing Care**  
401 W. Campbell Road  
Richardson, TX 75080  
**469-204-1000**



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

## Methodist Family Health Centers and Medical Groups

### 1 Richardson Family Medical Group

399 W. Campbell Road, Suite 101  
Richardson, TX 75080  
**972-238-1848**

### 2 Richardson Medical Group

2821 E. President George Bush Highway, Suite 103  
Richardson, TX 75082  
**972-792-7300**

### 2 Breckinridge Family Medical Group

2821 E. President George Bush Highway, Suite 404  
Richardson, TX 75082  
**214-576-2227**

### 3 First Aid Family Care

613 S. Highway 78, Suite 200  
Wylie, TX 75098  
**972-941-8700**

### 4 Richardson Health Center

820 W. Arapaho Road, Suite 200  
Richardson, TX 75080  
**972-498-4500**

### 5 Firewheel

4430 Lavon Drive, Suite 350  
Garland, TX 75040  
**972-530-8590**

### 6 Murphy — coming soon!

170 East FM 544, Suite 112  
Murphy, TX 75094

## Other facilities

### 7 Methodist Urgent Care at Richardson

350 S. Plano Road  
Richardson, TX 75081  
**972-231-0011**

### 8 Methodist Urgent Care — coming soon!

5151 State Highway 121  
The Colony, TX 75056

### 9 Methodist Center for Diagnostic Imaging at Willowbend

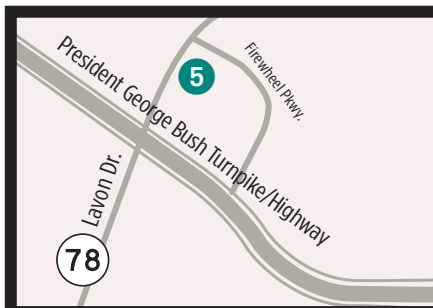
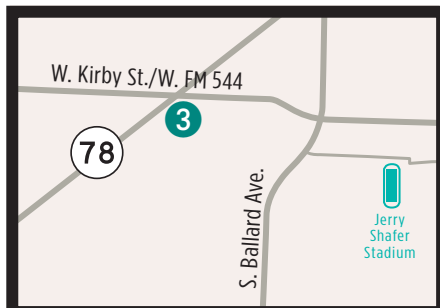
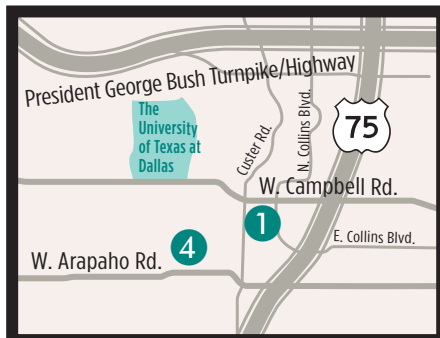
5025 W. Park Blvd., Suite 500  
Plano, TX 75093  
**972-596-1934**

### 10 Methodist Center for Diagnostic Imaging at Legacy Medical Village

5425 W. Spring Creek Parkway, Suite 110  
Plano, TX 75024  
**214-778-0101**

### 11 Methodist Center for Diagnostic Imaging at Independence Medical Village — coming soon!

8080 Independence Parkway, Suite 105  
Plano, TX 75025  
**972-208-1858**





When tiny  
patients need big care,  
our Level III NICU is ready.  
See page 8.

## Quality urgent care. Just what the doctor ordered.

**Methodist Urgent Care** is now  
open to treat injuries, illnesses and  
occupational medicine needs when  
your physician is unavailable.



### CONVENIENCE

Most patients treated in about an  
hour, no appointment necessary



### QUALITY

Board certified physicians; service designed  
by our community's most trusted healthcare  
provider: Methodist Health System



### VALUE

Most insurance plans accepted;  
low urgent care co-pays



**Methodist**  
URGENT CARE

[MethodistUrgentCare.com](http://MethodistUrgentCare.com)

**NOW OPEN!**

**350 S. Plano Rd., Richardson**  
**972.231.0011**

**M-F, 9 a.m. – 10 p.m.**  
**S-Su, 9 a.m. – 8 p.m.**

Methodist Urgent Care Centers are owned and operated by Methodist Urgent Care, a Texas non-profit corporation, and are staffed by independently practicing physicians who are employees of the Methodist Urgent Care non-profit entity. The physicians and staff who provide services at the urgent care centers are not employees or agents of Methodist Health System or any of its affiliated hospitals.