

shine

Your healthy-living magazine

NO SWAPSIES!

PACK A LUNCH
YOUR CHILD
WILL LOVE

NURSE NAVIGATORS

Wanza Coates didn't have to face cancer alone

STOP THAT SNORING!

Find out:

- How to tell if your partner has a sleep problem
- When it's time to take action

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



**'Don't think it
can't happen to you'**

Former Dallas Cowboy Terry Caro didn't see his heart attack coming. Now he's speaking out for heart health.

FALL 2015



Methodist

CHARLTON MEDICAL CENTER

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!

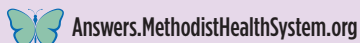
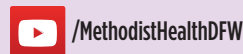
Yummy for your tummy!



Find your physician at Answers2.org
or call today 214-947-6296

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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 7** 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

Wanza Coates knows how to stay strong when times get tough. And she knows she can always lean on her nurse navigator at Methodist Charlton.

Read her story on **page 10**.

SHINE MAGAZINE

TO YOUR HEALTH

4 **Was last night a nightmare?**

If you're concerned about your partner's snoring, our sleep center can help you both rest easier.

5 **Better than ever**

The QuickCare Clinic has a new, convenient location.

SPOTLIGHT

7 **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

8 **Better living through robotics**

After robotic surgery at Methodist Charlton, Carma Morgan is free from her symptoms — and her fears.

12 **Back on track**

Lifelong athlete Terry Caro never thought he'd have a heart attack. Now he's learning a healthier way to live.



Dreaming of a good night's sleep?



READY TO CATCH SOME ZZZS?

You can put an end to the nightmare of poor sleep. Call **214-947-0575** for information about the Methodist Charlton Sleep Diagnostic Center.

Is your partner's fitful sleep or snoring coming between you and a good night's rest?

If you answered yes, you're far from alone. While millions of Americans have sleep disorders, many of them don't know it. In many cases, their partners are the first to notice the signs of a sleep problem — mostly because they're getting shortchanged on healthy sleep, too.

We asked Stephen Mueller, MD, pulmonologist on the staff at Methodist Charlton Medical Center, to tell us more.

Shine: Besides sleeplessness, what are some indicators that someone might have a sleep disorder?

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.



Dr. Mueller: “If you notice that you or your partner is constantly fatigued and irritable, having trouble focusing, fighting the urge to doze while driving or watching TV, and frequently waking with headaches, it’s time to talk to your physician.

“Other signs of sleep problems include tingling in the legs or the irresistible urge to move them as you are trying to fall asleep, overly vivid and frequent dreaming, and snoring or gasping during sleep.”

Shine: Is snoring just an annoyance or something to take seriously?

Dr. Mueller: “Snoring should be addressed for two reasons: First, it can cause problems in relationships when one partner’s snoring is keeping the other partner awake, and second, it can be an indicator of sleep apnea, a potentially serious medical condition.”

Shine: What are some options for getting help?

Dr. Mueller: “To combat poor sleep, your doctor might outline some better sleep hygiene habits for you and your partner or prescribe a medication that helps initiate or sustain sleep. In cases where a sleep disorder is suspected, your doctor may recommend further investigation via a sleep study.”

Yes, we’re open!

The Methodist QuickCare Clinic is open seven days a week and after business hours to treat non-emergency needs. Stop by:

Monday to Friday, 7 a.m. to 7 p.m.

Saturday, 9 a.m. to 5 p.m.

Sunday, 1 to 6 p.m.



We’ve moved!

Visit the Methodist QuickCare Clinic at its new location

Now that your kids are back in school, your schedule is probably busier than ever — and it only gets busier when someone gets sick or injured.

Fortunately, we’ve made visits to the Methodist QuickCare Clinic more convenient than ever with our brand-new location. Located right across from Methodist Charlton Medical Center at 3335 W. Wheatland Road, the new clinic is easy to find and offers convenient parking.

Patients can still expect the same compassionate, high-quality medical care they’ve come to expect from the QuickCare Clinic, not to mention the flexible hours to accommodate your and your family’s schedule. It’s an ideal location to take care of flu shots, minor sports injuries, or any additional back-to-school requirements.

We look forward to serving patients of all ages, now with even more convenience than before.



QUICK AND EASY

For more information about the Methodist QuickCare Clinic, visit MethodistHealthSystem.org/QuickCare or call 855-75-QUICK (855-757-8425).



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.



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.



Photo credits: Kevin Brown/State Fair of Texas



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.

- 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.





FIND YOUR FREEDOM

Are gynecological issues keeping you from being the woman you want to be? Find a da Vinci-trained OB-GYN today by calling **214-947-6296** or visiting **Answers2.org**.



Carma Morgan is proud of her “five phenomenal girls,” shown here along with her husband and mother, and strives to set an example for them of prioritizing wellness.

Time for a *change*

A da Vinci hysterectomy sets Carma Morgan free from discomfort and fear

Carma Morgan considers April 29 a pivotal day in her well-being. It’s when the 47-year-old wife and mother of “five phenomenal girls” — as she affectionately refers to them — had a hysterectomy with the robotic da Vinci® Surgical System, putting an end to long, heavy menstrual periods and a fear of cancer.

“I had heard women say, ‘My periods are so heavy,’” she says. “I didn’t know what that meant until I experienced them for myself.”

Caught off guard

For years, Carma had regular menstrual flows lasting only a few days. Then two years ago, her flow began to increase.

Her primary care physician, Jill

Waggoner, MD, with Methodist Charlton Medical Group, found an ovarian cyst and referred her to De Shawndranique Gray, MD, OB-GYN at Methodist Charlton Medical Center. While the cyst was noncancerous, the very thought of it unsettled Carma.

“My mom is a breast cancer survivor, and I just didn’t want the possibility of cancer lingering over me,” she says. “I kept wondering, Can it turn into cancer? Can the cyst grow?”

Relief from a robot

By February this year, Carma’s menstrual flow had become so heavy that she was wearing multiple pads at a time and still bleeding through.

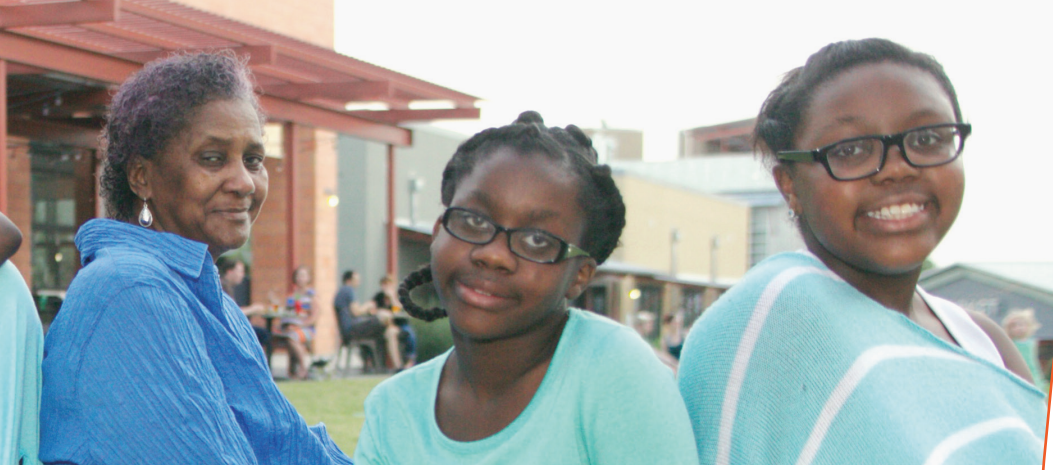
“I was horrified,” she says.

Dr. Gray suspected adenomyosis, a condition in which the lining of the uterus grows within the muscle of the uterus.

Women can either treat the symptoms (with medication and hormones) or have a hysterectomy. Carma chose the latter.

“I was at a point that I was done having children, and having the cyst still nagged at the back of my mind,” she says. “But the selling point for me was the recovery time. Whoever came up with the da Vinci robot was a genius.”

The da Vinci Surgical System allows surgeons extreme precision in operating through multiple small abdominal incisions rather than one large incision. The result is a safer procedure with a faster recovery —



“I would tell any woman, ‘Love yourself enough to take care of yourself.’”

— Carma Morgan

only 10 days compared to six weeks with a traditional hysterectomy.

“The thing I like most is that my patients have less pain,” Dr. Gray says. “And from my perspective, the robot allows me to remove or maneuver around scar tissue more easily. Plus, my patients go home the same day as the procedure, need less pain medication, and get back to their daily activities more quickly.”

Loving her life, loving herself

Carma is still a woman with demands on her time, including her career in education and running a successful online fashion business. But she praises

Methodist Charlton and da Vinci for her newfound sense of freedom.

“It’s a relief to have the cyst gone, to know that cancer doesn’t have to be my story,” she says. Plus, she’s no longer held back by debilitating menstrual cycles.

She encourages other women to prioritize their health, as well.

“As women, we tend to plan our health care around our jobs and families,” she says. “In this case, I intentionally refused to let anything get in the way of taking care of myself. I would tell any woman, ‘Love yourself enough to take care of yourself. That way you can be here to be a part of your legacy.’”

5

reasons the da Vinci robot rocks

- 1 Less pain:** Surgeons operate through tiny incisions, disturbing less muscle and skin. Many patients report needing little to no pain medication.
- 2 Better vision:** Surgeons can zoom in far more than is possible during traditional open or laparoscopic procedures. This enhances their precision.
- 3 More options:** Until da Vinci, many patients had to settle for open procedures, with large incisions and long recovery times. Da Vinci opened the doors for more patients to have a minimally invasive procedure.
- 4 Enhanced safety:** Smaller incisions mean less bleeding and less risk for infection.
- 5 Fast recoveries:** Da Vinci patients are back to their normal activities within days, rather than weeks or months.



GOT QUESTIONS?

We’ve got answers. Learn more about da Vinci procedures at MethodistHealthSystem.org/DaVinci.

Light

at the end of the tunnel

Wanza Coates' breast cancer journey was made easier by nurse navigation

The last six years have been tough for Wanza Coates. Her sister passed away in 2009. Her dad followed in 2010. Then in 2011, her husband died unexpectedly. October 2013 brought more pain when her brother succumbed to prostate cancer.

"Mentally, it was a lot to go through," says Wanza, a 61-year-old retired art teacher.

Still, the tough times were not over. In January 2014, only three months after her annual mammogram, Wanza found a lump in her breast.

"I was afraid, because I have a family history of cancer," Wanza says. "But I never felt alone, thanks to Methodist Charlton's nurse navigator program."

When fears become reality

A diagnostic sonogram led to a biopsy that confirmed Wanza's fear: The lump was cancerous. Then, a second lump was found during a procedure to remove the first.

"That changed the treatment plan from having no chemotherapy to definitely having chemotherapy," Wanza says.

"While surgery removed the lumps, pathology reports did not indicate a clear margin showing that all the cancer cells had been removed."

After consulting with her oncologist, Maria Juarez, MD, on the medical staff

at Methodist Charlton Medical Center, and again with her surgeon, Wanza decided that a bilateral mastectomy and chemotherapy were the best treatment options for her.

It was then she was put in touch with Vicki Hallum, RN, CBCN, nurse navigator at Methodist Charlton. As a breast cancer nurse navigator, Hallum provides patients and families with the support, guidance, and resources they need after a breast cancer diagnosis.

A guide through cancer

"I was very nervous about everything I was facing, but Vicki helped tremendously," Wanza says.

Hallum first called Wanza the night before her mastectomy. She spent an hour and a half on the phone with Wanza, answering questions and reassuring her.

"Wanza had experienced so many losses in such a short time that I had to tell her that this was Wanza's time," Hallum says. "She had been grieving for others for so long that she almost needed permission to really care for herself, to devote this time to getting well."

Wanza says Hallum not only prepared her for surgery but was also there to support her the day of surgery.

"And she was there when I went through both my first and last chemo infusions," Wanza adds.

Hallum aims to reassure her patients that she'll walk through this whole journey with them.

"I told Wanza, 'I'll be here for you. Side by side, step by step, whatever you need, I'm here,'" she says.

Back on track

Hallum also encouraged Wanza's active lifestyle. An avid exerciser since 1977, Wanza never let cancer get in the way of physical fitness, even when chemotherapy zapped her strength. From diagnosis all the way through recovering from





Wanza Coates became good friends with Vicki Hallum, RN, CBCN (right), during her cancer journey. The nurse navigator helped Wanza focus on her own wellness.

The secret to beating chemo fatigue

reconstructive surgery last December, Wanza kept moving.

“I pushed myself, because exercise is what got me through,” Wanza says. “If I was restricted in doing a full exercise routine with cardio and weight lifting, I would walk.”

Now she’s back to her full exercise routine and both feels and looks great. She’s grateful for the support and friendship Hallum provided during some of her darkest days.

“I felt a sense of comfort just knowing that I had a nurse navigator that I could call,” she says. “And that call was always my light at the end of the tunnel.”

Chemotherapy has a tendency to zap the strength of cancer patients. It’s a side effect called chemo fatigue, and according to Vicki Hallum, RN, CBCN, nurse navigator at Methodist Charlton Medical Center, there is only one thing that will help it: exercise.

“Physical activity keeps patients’ energy up, and it releases their natural endorphins, so they feel happier,” Hallum says. “Even if it’s just walking 10 minutes on a treadmill or a few laps around the block, it’s worth it.”



DO SOMETHING FOR YOU

Schedule your mammogram at Methodist Charlton Medical Center’s Women’s Imaging Center today by calling **214-947-5490**.

The American Heart Association has granted Methodist Charlton Medical Center 2015 Mission: Lifeline® Silver Receiving Center accreditation for our response to severe heart attacks.

Back in the

Heart attack survivor Terry Caro inspires young athletes to be champions on and off the field — or track — and to prioritize their heart health.

game



HOW'S YOUR HEART?

The best way to find out is with biometric screening. To find a physician today, visit Answers2.org or call 214-947-6296.

After being sidelined by a heart attack, Terry Caro has learned to prioritize his heart health

There are certain things that stand out in Terry Caro's heart.

The first is his family. Then comes football. He's a former player for Oklahoma State University and the Dallas Cowboys.

Then comes youth athletics. The 55-year-old Lancaster resident serves with U.S. Track & Field and founded Lancaster Lightning Youth Sports, a nonprofit that helps young athletes improve their skills, stay in school, and earn scholarships.

But on April 29, what stood out most in Terry's heart was a 100 percent blockage in a major artery of the heart.

"It's kind of like how Muhammad Ali shocked the world when he knocked out Sonny Liston, and nobody had expected him to win that fight," Terry says. "I shocked the people in my world, because they could not believe I had a heart attack."

Terry couldn't believe it either when the paramedics told him en route to the hospital.

"I had never had a heart attack before, and I wasn't having any chest pain or numbness," Terry says. "If my wife hadn't been home and called 911, I would have been gone for sure."

Taking back the field

At Methodist Charlton Medical Center, interventional cardiologist Tim T. Issac, MD, FACC, went to work opening the blocked artery.

"There was a large part of the heart not getting any blood flow," he says. "Terry's story drives home the fact that you can be a fitness warrior but still have a heart attack. He had a remarkable recovery, but we can't underestimate the importance of nutrition."

Terry has since cut fried and high-fat foods from his diet, and he underwent

cardiac rehabilitation at the Fitness Center and Fit Zone at Methodist Charlton Medical Center.

"I've always worked out and trained, but having them be able to monitor my heart rate, take my blood pressure, and keep an eye on things was great," Terry says. "If I was out there doing it by myself, I'd be overdoing it."

A new kind of role model

Terry couldn't wait to get back on the track with his young athletes, and he now knows he's a walking testimony to the importance of taking heart health seriously. His words of advice:

"Don't think it can't happen to you, because I never thought in a million years that I'd have a heart attack. I'm thankful to the people who rushed to take care of me, and now I know that I need to take care of me, too."



Favorite food makeover: Spicy baked catfish

Chef Cassandra Armstrong of Master of Culinary Concepts, LLC, shares a baked take on one of Terry Caro's favorite foods: fried catfish.

Ingredients

- 4 catfish fillets (if very large, cut fillets in half)
- 1 10-ounce bag of Louisiana-seasoned fish fry
- 2 teaspoons crushed red pepper flakes
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley flakes
- Vegetable oil cooking spray

Instructions

- ▶ Combine all dry ingredients in a large zip-close bag.
- ▶ Rinse fish in cold water and pat dry slightly.
- ▶ Place fish fillets in the bag and shake till fish are coated with the dry ingredient mixture.
- ▶ Spray a baking sheet with vegetable oil cooking spray. Place fish on the baking sheet and spray fish, making sure it's coated thoroughly. This will give the fish a nice, even crunch.
- ▶ Bake at 350 degrees for 25 minutes. Serve up hot, and enjoy!
Makes 4 servings.





Pastor appreciation

7 YEARS OF CELEBRATING LOCAL PASTORS: Methodist Charlton Medical Center recently hosted its seventh annual Pastor Appreciation Luncheon, featuring keynote speaker Marcus D. King, senior pastor at Disciple Central Community Church. The luncheon was emceed by the Rev. Sheron C. Patterson, DMin, on the Methodist Health System board of directors. The program included a beautiful praise dance by Kelli Turner, administrative assistant in Methodist Charlton's social work department, and inspirational songs sung by Madelyn Brené.

Shown here at the event are (from left) the Rev. Caesar Rentie, Methodist vice president pastoral care; Pamela Stoyanoff, Methodist executive vice president and chief operating officer; King; Fran Laukaitis, Methodist Charlton president; Teresa Land, Methodist Charlton chief nursing officer; and Cynthia Mickens Ross, Methodist Charlton director of community and public relations.



PASTORAL LECTURE SERIES MADE POSSIBLE BY FOLSOM EVENT: Approximately 155 caregivers gathered in the Methodist Charlton Auditorium on June 24 for the first presentation in the Trevor Rees-Jones Lecture Series. Carrie Doehring, PhD, of the Trevor Rees-Jones Lecture Series, Carrie Doehring, PhD, of the Iliff School of Theology spoke on two topics: "Spiritual Care for Those Experiencing Moral Stress" and "Spiritual Struggles From Loss and Trauma." This lecture series was created with funds raised through the 2011 Robert S. Folsom Leadership Award, presented to Rees-Jones.



GOLFING 'FORE' A GOOD CAUSE: Methodist Charlton was a sponsor of the Duncanville Chamber of Commerce's 18th annual Golf Classic at the Golf Club of Dallas. Methodist Charlton team members (from left) Cliff Boyd, Duncanville city councilman; Michael Hurtt and Dick Griner, Methodist Charlton Advisory Board members; and Preston Miller, Methodist Charlton human resources director, placed in the top 10.



INSIDE OUR NEW ICU: When Methodist Charlton's new intensive care unit (ICU) opens next year, patients and families will be welcomed with a fresh look in a new location of the hospital. Each room in the 32-bed ICU will be specially designed to enhance patient care and comfort while safely monitoring patients as they regain their health and mobility. Watch future issues of *Shine* and follow us on social media for more updates.





CHARLTON MEDICAL CENTER

We're in your neighborhood

Medical Centers



Methodist Charlton Medical Center
3500 W. Wheatland Road
Dallas, TX 75237
214-947-7777



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

Methodist Family Health Centers and Medical Groups



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



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



3 South Grand Prairie
4116 S. Carrier Parkway,
Suite 250 (in the Albertsons
shopping center)
Grand Prairie, TX 75052
972-263-5272



4 Charlton
7979 West Virginia Drive
Dallas, TX 75237
972-780-8400



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972-957-1210



12 Methodist Charlton Senior Care
3450 W. Wheatland
Road, Physician Office
Building II, Suite 440
Dallas, TX 75237
972-283-1700

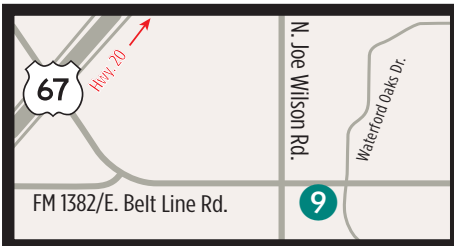
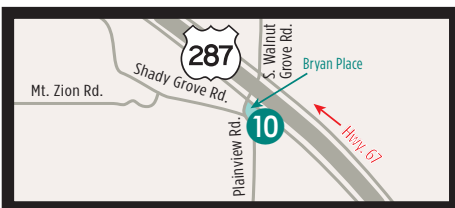
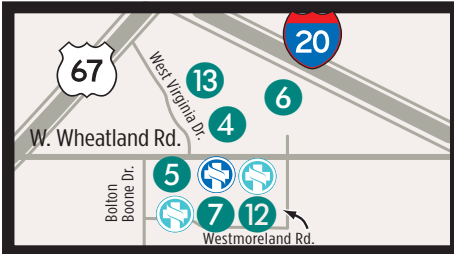
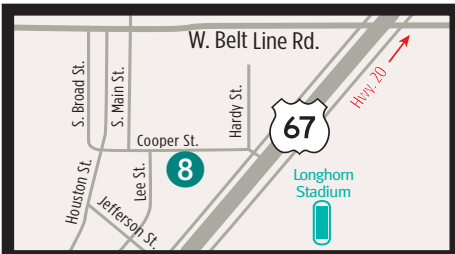
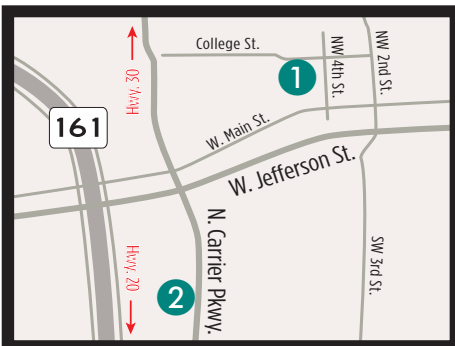
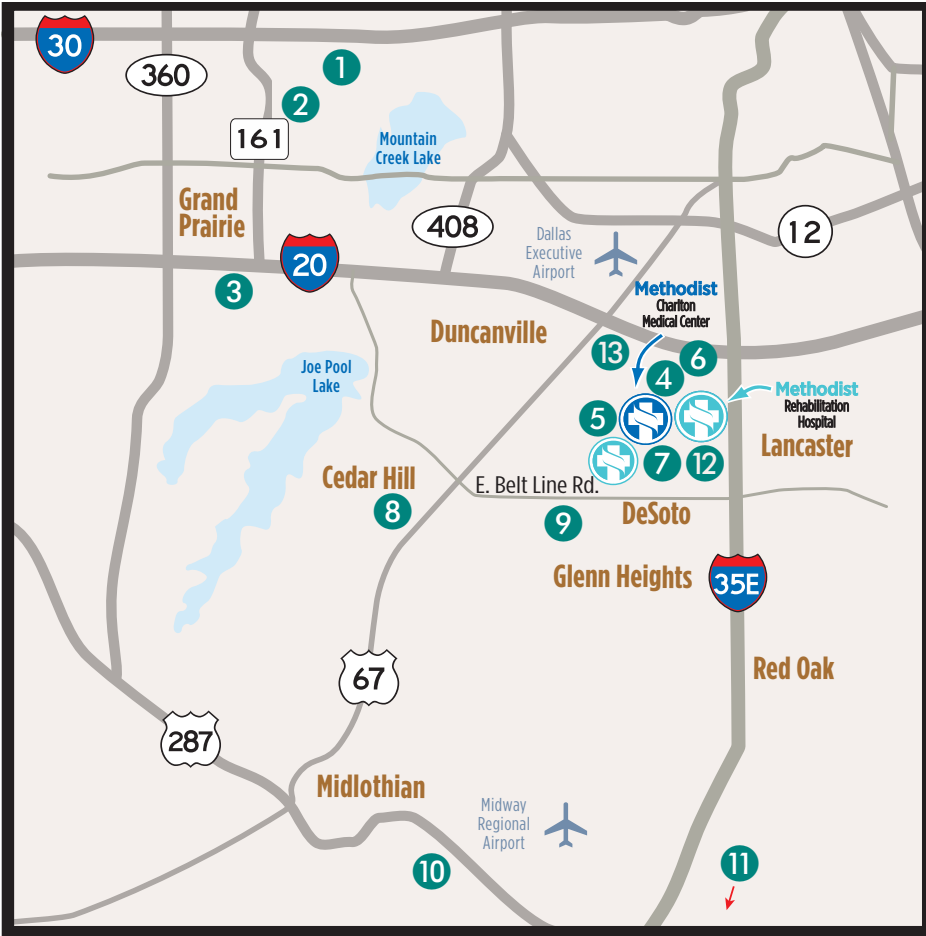


13 Methodist Charlton Internal Medicine Associates
7999 West Virginia Drive, Suite A
Dallas, TX 75237
972-296-6696

Other facilities



Advanced Imaging
1750 N. Hampton Road
DeSoto, TX 75115
214-420-5400





9 TIPS
for a healthier
State Fair visit
SEE PAGE 7

C

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!