

shine

Your healthy-living magazine

Methodist and Mayo
Clinic are working
together for you

Joint replacement
surgery offers relief
from arthritis pain

**When
Mona O'Connell
needed heart help,
she cruised to
Methodist Richardson**

SPRING 2015



Methodist

RICHARDSON MEDICAL CENTER

Mark your calendar

Registration is required for all events. Please call **972-4 DR LINE (972-437-5463)** or visit **MethodistHealthSystem.org/Events**.



Food for Life (four-class nutrition and cooking class series)

Mondays, March 9, 16, 23, 30
6 to 8 p.m.

Methodist Richardson Cancer Center, 2805 E. President George Bush Highway, Richardson
\$40 (covers four classes and food samples)

Did you know that good dietary choices can help prevent cancer? Learn more in this interactive series, where you'll sample new recipes and learn how to put good dietary practices into action. For more information, call **469-204-6100**.

Get ready for baby at Methodist Richardson

All classes are at Methodist Richardson Medical Center, 2831 E. President George Bush Turnpike in Richardson. Registration is required and can be done at **MethodistHealthSystem.org/Events**. Questions can be emailed to **childbirthrichardson@mhd.com** or left at **469-204-9429**.

Baby Care Class*

Saturdays, March 14, April 11, May 9
10 a.m. to 4 p.m.
\$70, includes registration for both mom and partner and course materials

Come join us for a fun and interactive class about taking care of baby! With lots of hands-on activities, we cover care in the hospital and at home, safety and babyproofing your home, diapering, feeding, and bathing.

Breastfeeding

Tuesday, April 14
7 to 9:30 p.m.
\$40, includes registration for both mom and partner

Breastfeeding class is for parents who plan to offer nature's best nutrition to their newborn or have questions about the art of breastfeeding. This class is taught by an International Board Certified Lactation Consultant® or a registered nurse with specialized breastfeeding training. Topics include

skin-to-skin contact, breastfeeding positions, latch-on techniques, prevention and solution of common problems, pumping and storage of milk, and returning to work.

Childbirth Preparation Class*

Saturdays, March 7, April 4, May 2
10 a.m. to 4 p.m.
Classroom B (second floor)
\$70, includes registration for both mom and partner and course materials

This class helps prepare moms and their birth partners for labor and birth. Our class includes what to expect in the hospital, stages of labor, labor and birth rehearsal, breathing and relaxation, medication and anesthesia options, and Cesarean birth. We also tour the labor and delivery unit and the postpartum unit.



* We recommend registering during the third month of pregnancy and taking these classes during the seventh month of pregnancy, but they can be taken at any time.



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/MethodistHealthDFW

MethodistHealthSystem.org



SHINE 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. To unsubscribe, please email pr@mhd.com.

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Models may be used in photos and illustrations.

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ONLINE AND INSIDE

Spring
2015

Win **\$250**
to Silver Fox
Steakhouse



With our e-newsletter, we bring health information you can trust right to your email inbox. But now we're making some updates to better meet your needs.

In other words, we want to know what you want to know!

Just take a quick survey and provide your email address. We'll draw one name to win a \$250 gift certificate for Silver Fox Steakhouse in Richardson.

Take the survey today at
Info.MethodistHealthSystem.org/JoinUs.



SHINE MAGAZINE

TO YOUR HEALTH

4 **Five facts you should know**

When it comes to breast cancer, face the facts — knowledge is power.

SPOTLIGHT

8 **Heed your heart**

Do you know the risk factors that affect your heart health?

9 **Gallbladder surgery goes high-tech**

It's a new era for gallbladder patients at Methodist Richardson.

FEATURES

6 **A recipe for excellence**

Methodist + Mayo Clinic means enhanced care. Two specialists are better than one.

12 **A taste of relief**

Chef Tim Halls is back to barbecuing — pain-free — after two shoulder replacement surgeries at Methodist Richardson.



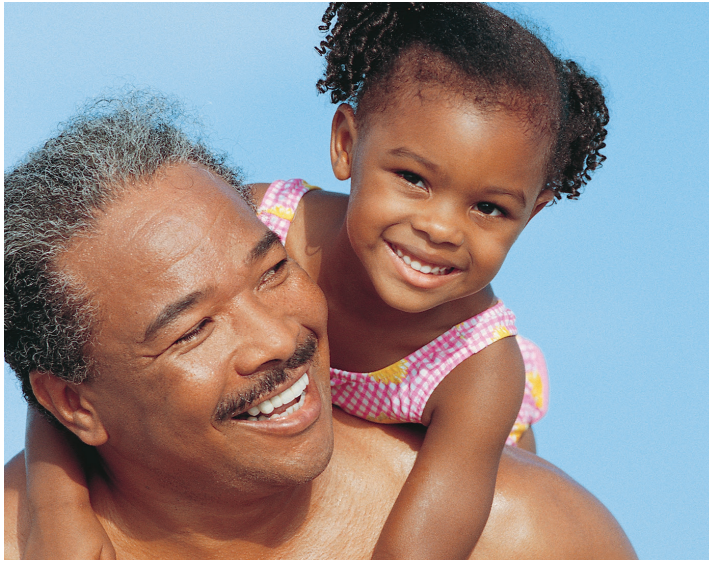
On the cover

A heart attack during a cruise sent Mona O'Connell into rough waters, but Methodist Richardson put her back on course for good health.

Read her story on page 10.



Look out for lung cancer



Low-cost screenings available at Methodist Richardson Cancer Center

If you want to beat cancer, you have to catch cancer — as early as possible.

But when it comes to lung cancer — which claimed almost 10,000 lives in Texas between 2007 and 2011 — how exactly do you do that? The answer is low-dose CT screening.

“Even though organizations like the American Cancer Society endorse this screening, many insurance companies, unfortunately, don’t cover the cost,” says Alan Trumbly, DO, medical oncologist at Methodist Richardson Cancer Center.

“So we offer it at a discounted rate for \$249. The value of



Smoking is the No. 1 risk factor for lung cancer.

If you’re ready to break the tobacco habit, check out the tips at MethodistHealthSystem.org/HealthLibrary.

5 things you should



There are few things women fear as much as a breast cancer diagnosis. But if “Knowledge is an antidote to fear,” as Ralph Waldo Emerson reminds us, then the more you know about breast health, the better.

Here are five facts to get you started:

- 1.** Breast cancer is second only to lung cancer as the most common cause of cancer death in U.S. women.
- 2.** Being physically active decreases the risk of getting breast cancer.
- 3.** Since 2000, the rate at which women in the U.S. are



TAKE A CLOSER LOOK

Watch Alan Trumbly, DO, and Gary Sackrison, MD, discuss low-dose CT lung screening in more depth at MethodistHealthSystem.org/Lung-Cancer-Screening. Call 469-204-6100 for more information.

the lives saved makes it well worth it.”

You might be eligible for low-dose CT lung screening if you are between the ages of 55 and 75 and have one of the following smoking histories:

- ▶ Current smoker with a 30-pack-year smoking history (smoked one pack a day for 30 years or two packs a day for 15 years)
- ▶ Former smoker (quit less than 15 years ago) and have a 30-pack-year history.

Source: Texas Department of State Health Services

Call today for our new physician directory

If you're looking for a physician at Methodist Richardson Medical Center, our newest physician directory is an easy, quick-access tool you'll definitely want on hand.

Perfect for both patients and caregivers, the directory will help you identify physicians practicing at the hospital you've come to know and trust. The directory features:

- ▶ A listing of physicians according to specialty
- ▶ Hospital information, including a brief overview of each department
- ▶ Clinical highlights
- ▶ Hospital and physician contact information
- ▶ Maps.



SEND ME A COPY!

If you're interested in receiving a copy of Methodist Richardson's newest physician directory, call **972-4-DR LINE (972-437-5463)**. And don't forget that you can always access our physician directory online at MethodistHealthSystem.org/FindAPhysician.



know about breast cancer

being diagnosed with breast cancer has decreased, and the rate at which they are dying from the disease has dropped, too.

“We're hoping to help these rates further with our High-Risk Breast Surveillance Program,” says Jenevieve Hughes, MD, breast surgeon at Methodist Richardson Cancer Center. “We identify

women at greatest risk for breast cancer and offer them additional monitoring, education, and support. The goal is to catch cancer at its earliest stages, when it's most easily treated.”

4. Researchers are studying the genetic differences between women who

get breast cancer and those who don't, which may lead to better treatment options.

5. With early-stage breast cancer, life expectancy is the same for all women, whether they have breast-sparing surgery or a mastectomy.

Sources: Centers for Disease Control and Prevention; National Cancer Institute



WE'RE HERE FOR YOU

The High-Risk Breast Surveillance Program is here for women at increased risk for breast cancer. Learn more at MethodistHealthSystem.org/RichardsonCancer.



Methodist and **Mayo** Clinic

Collaboration means enhanced care for you

Now that Methodist Health System is a member (the first in Texas!) of the Mayo Clinic Care Network, we have the opportunity to collaborate with Mayo Clinic specialists and bring an enhanced level of care to our patients.

The international network comprises high-quality medical organizations who collaborate with Mayo Clinic to bring best practices, research, and expertise directly to patients.

Here are a few mock scenarios depicting how patients at Methodist might benefit from our relationship with Mayo Clinic.



TEAMING WITH MAYO CLINIC

Learn more about the benefits of our collaboration with Mayo Clinic at Answers2.org. And to find a participating Methodist physician, call 214-947-6296.

Carolyn had experts in her corner

Carolyn was excited to find out that she was expecting her third child. But shortly into her second trimester, the 38-year-old discovered a lump in her left breast.

Carolyn's medical oncologist reviewed her case with the Methodist Richardson Cancer Center's tumor board. The team of specialists in medical and radiation oncology, surgery, radiology, pathology, and other areas met to determine the best way to treat Carolyn's cancer while not harming her unborn child.

Because Carolyn's situation was unique, the Methodist team decided to present her case at Mayo Clinic's eTumor Board conference for further discussion. This panel is similar to Methodist Richardson's, but it includes Mayo Clinic specialists and is open to physicians throughout the Mayo Clinic Care Network. This access to Mayo Clinic expertise is one of the benefits that comes from being part of the network.

The experience of these physicians offered additional valuable input. The collaboration among specialists at Methodist Richardson and Mayo Clinic resulted in a thorough, personalized course of treatment for the mother-to-be, giving both patients — Carolyn and her baby — the best-possible chances.



Two respected names, one purpose. You.SM

“This collaboration allows Methodist Richardson physicians to tap into the resources of Mayo Clinic, specifically their expertise with particularly challenging medical cases. We can consult with these sub-sub-sub-specialists in the field and yet keep the patient local, where they don’t have to travel and start all over with a new team.

“Mayo Clinic has also set the bar for a lot of best practices and evidence-based medicine, so we don’t have to reinvent the wheel within our own practices and in management of patients. They’ve paved the road in terms of the quality efforts that we’re also trying to implement. This doesn’t bypass our own resources but just enhances what we have. It’s literally a collaboration of minds.”

— Carol Norton, MD, FACOG, medical staff president, Methodist Richardson

Michael’s eConsult saved time and money

Thirty years as a professional tennis instructor had taken their toll on Michael’s back, and a spine-fusion procedure was inevitable.

Michael feared that the procedure could affect his active career, however, and decided to seek a second opinion from Mayo Clinic. While it would be physically and financially challenging to travel to their facility in Rochester, Minnesota, Michael felt it was worth the risk.

Fortunately, Michael’s neurosurgeon at the Methodist Brain and Spine Institute could consult directly with a Mayo Clinic specialist by using an eConsult. The Mayo Clinic specialist was able to evaluate Michael’s imaging results and collaborate with his surgeon on the best course of action.

Michael was thrilled about the convenience of the eConsult — and grateful to skip the hours of travel.

Turns out the Mayo Clinic physician agreed with the neurosurgeon’s suggestions and was able to speak to the medications and physical therapy regimens that had helped in similar cases.

This extra perspective gave Michael the reassurance he needed. He scheduled his surgery at Methodist Richardson for the following week. In no time, he was back on the court and back pain-free.

Javier found tools for change

Javier, a father of two, had just been diagnosed with type 2 diabetes. He and his wife, Elena, decided they wanted to start making healthy changes for the whole family, especially when it came to nutrition.

In addition to other resources through the Methodist Diabetes Self-Management Program, Javier learned that he has access to Mayo Clinic’s library of more than 2,500 education materials in English (and nearly 300 in Spanish).

Mayo Clinic physicians produced the materials to help patients understand various conditions and their treatments so that patients could be more involved in their health care.

As a member of the Mayo Clinic Care Network, Methodist is able to share Mayo Clinic’s education materials with patients like Javier. And proven resources, like the latest tips on controlling diabetes, helped Javier and Elena make positive changes for their family.



Listen to your heart

Heart disease. It's the leading cause of death among men and women in the U.S. In fact, more than 2,150 Americans die of heart disease every day.

You can help get that number down by keeping these numbers at healthy levels: your cholesterol, blood pressure, blood sugar, and weight. These four factors, along with cigarette smoking, have a big effect on your heart health.

Work with your primary care provider to learn more about your risk factors for heart disease. Together, the two of you can come up with ways to keep your ticker in top form.

Sources: American Heart Association; Centers for Disease Control and Prevention



DO YOU ♥ YOUR HEART?

To find a Methodist physician participating in the Mayo Clinic Care Network to help you take control of your heart health, call **214-947-6296**.

Cardiovascular disease is responsible for 1 in every 3 deaths in the U.S.



140/90

Either number indicates high blood pressure, a major risk factor for heart disease.

10

 minutes

3

 times a day

5

 days a week

A 10-minute walk, three times a day, five days a week can help you protect your heart.

80%

You can reduce your risk of heart attack by this amount by controlling your blood pressure, cholesterol, and weight and avoiding smoking.



735,000

The number of Americans every year who have a heart attack.



About 49 percent of Americans have at least one of the major risk factors for heart disease — high blood pressure, high LDL (bad) cholesterol, and smoking.

30,900,000

The number of American adults who have cholesterol levels at or above 240 mg/dL — raising their risk for heart disease.

2014

Community Highlights



Methodist

RICHARDSON MEDICAL CENTER

Where life shines bright.™

Methodist
RICHARDSON MEDICAL CENTER



Joe and Sharon Snayd accept the 2014 Legacy Award at the Yellow and Black Tie Gala.

We thrive because of your support

Community and civic leaders showed up in style to support Methodist Richardson Medical Center and Methodist Richardson Cancer Center at the 2014 Yellow and Black Tie Gala on Nov. 15.

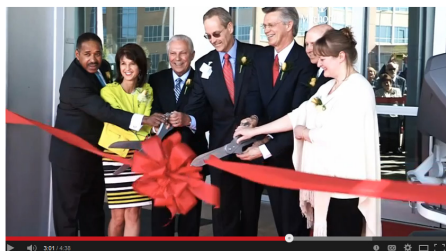
The event raised \$300,000 in honor of 2014 Legacy Award recipients Sharon and Joe Snayd. The Legacy Award recognizes individuals or corporations who have made a difference in the community through their ongoing commitment, gifts, and leadership. All proceeds benefit Methodist Richardson and its programs.

Chairing the event was Dana Gescheidle, along with co-chair Brenda Duckett.



STATE OF THE CITY

Methodist Richardson is helping to make the city a great place to live. Click to watch.



A new era for Richardson and beyond

On April 14, 2014, Methodist Richardson Medical Center opened its brand-new, full-service hospital at President George Bush Highway and Renner Road in Richardson and ushered in a new era for serving the local communities.

The 266,575-square-foot facility is home to a Level III neonatal intensive care unit, cardiac catheterization and electrophysiology labs, and women's services. A new obstetrics hospitalist program ensures that an OB-GYN is always on-site for moms in labor. We also have a specialized surgical suite equipped for robot-assisted procedures, including Single-Site™ hysterectomy and gallbladder removal with the da Vinci® Surgical System.

The hospital on Campbell Road continues to serve the community as the Methodist Richardson Medical Center -Campus for Continuing Care. Here patients can still access a full-service emergency department as well as imaging, physical therapy, mammography, and behavioral health services.

New to the Methodist Richardson Cancer Center is the STAR Program®. Short for Survivorship Training and Rehabilitation, STAR aims to prevent, identify, and address side effects from cancer treatment, so patients can get back to the highest-possible quality of life.

Learn more about the services offered through Methodist Richardson at MethodistHealthSystem.org/Richardson.



Methodist Richardson Advisory Board Chairman Joe Snayd and members Carol Norton, MD, and the Rev. Clayton Oliphint, DMin, join Methodist Health System Board Chairman Levi H. Davis; Richardson Mayor Laura Macza; Methodist Richardson President Ken Hutchenrider Jr., FACHE; and Methodist President and CEO Stephen L. Mansfield, PhD, FACHE, for the grand opening of the new Methodist Richardson Medical Center.

Methodist Richardson Advisory Board

- Joe Snayd
- David Bonnet, MD
- Gerald Bright
- Andrew Chaffin
- William (Bill) Keffler
- Frank Leftwich
- Stephen L. Mansfield, PhD, FACHE
- Mindy Manson
- Judy Martin
- Nhan Nguyen, MD
- Carol Norton, MD
- The Rev. Clayton Oliphint, DMin
- Ronald Poff
- Michael Spence

We are proud to support these local chambers

- Garland Chamber of Commerce
- Murphy Chamber of Commerce
- Richardson Chamber of Commerce
- Sachse Chamber of Commerce
- Wylie Chamber of Commerce

A nonprofit 501(c)(3) organization, Methodist Health System is affiliated by covenant with the North Texas Conference of the United Methodist Church. To support any of Methodist's vital health care and community programs, call Methodist Richardson Medical Center Foundation at 469-204-6990. 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. AB030922

Numbers to **know**

8,502

The number of people Methodist Health System employed throughout the Metroplex in 2014.

1,171

The number of people employed by Methodist Richardson Medical Center.



\$135.8 million

How much Methodist Health System provided in unreimbursed charity care in fiscal year 2014.

\$1.1 billion

2014 economic impact, including from income and benefits provided for Methodist Health System employees.

1,138

Number of babies born at Methodist Richardson Medical Center in 2014. We delivered three times as many newborns as in previous years.

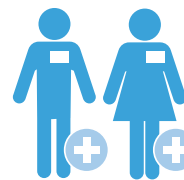


5

Methodist's ranking among the Largest North Texas Nonprofit Organizations by the *Dallas Business Journal*.

250+

Number of new employees and physicians on the medical staff since opening the new Methodist Richardson Medical Center location.



2016

By this year, Methodist aims to be the healthiest health system in America. In 2014, we were ranked fourth among large companies in the *Dallas Business Journal's* Healthiest Employers in North Texas. The American Heart Association also recognized us once again as a Platinum-Level Fit-Friendly Workplace.

11

The number of consecutive years that Methodist Health System has been named among the Best Places to Work by the *Dallas Business Journal*. Methodist was the highest-ranked health system in the large business category and the only health system to place as a finalist for 11 years of the 12-year program. For the fourth year in a row, the health system was also named one of the 100 Great Places to Work in Healthcare by *Becker's Hospital Review*.



To your health

Methodist Richardson Medical Center is committed to creating and supporting events that improve our communities by inspiring people to make changes toward a healthier lifestyle, including:

- WildRide! Against Cancer
- Grand Opening Party and Healthy Kids Day
- moMENTum men's health event
- Food for Life cooking classes.



Methodist Richardson President Ken Hutchenrider Jr., FACHE (middle, right), accepts an award on behalf of Methodist Health System for its participation in the 2013 March for Babies. Presenting the award are (from left) 2014 March for Babies Dallas – Fort Worth co-chairs Steve Love and Pam Stoyanoff, Methodist executive vice president and chief operating officer, and Ken May, 2013 Dallas March for Babies chairman.



The Methodist Richardson Cancer Center team participated in the American Cancer Society Relay for Life – Richardson/Plano on May 9.



John Vehige, son of Methodist Richardson Assistant Vice President Monica Vehige, test drives the robotic da Vinci® Surgical System at Methodist Richardson's Grand Opening Party and Healthy Kids Day.

The difference starts here

These initiatives are making a healthier community:

Methodist Generations. This program offers a variety of wellness activities, social events, and educational outreach for people age 55 and older.

Prostate Screening and Awareness Program. In the last year, 595 men in the Methodist Richardson service area benefited from this free service, which provides more prostate screenings than any other hospital-based program in the nation.

Asian Breast Health Outreach Project. Last year, this program provided 816 mammogram screenings, 132 diagnostic exams, and nine biopsies — as well as breast health education — to uninsured and underinsured Asian-American women.

We support these and other community endeavors:

- Altrusa of Richardson
- Boys and Girls Club
- City of Richardson Wellness Committee
- Corporate Challenge
- Leadership Richardson and Wylie
- March of Dimes March for Babies
- Murphy Maize Days
- NETWORK of Community Ministries
- New Teachers Luncheons for Richardson and Wylie ISDs
- Plano ISD Education Foundation
- Relay for Life
- Richardson Adult Literacy Murder Mystery dinner
- Richardson Chamber of Commerce Women in Leadership
- Richardson ISD Excellence in Education Foundation
- Richardson Reads One Book
- Richardson Rotary
- Richardson YMCA
- Sachse Chamber of Commerce annual Awards Banquet
- Sachse Fallfest
- Santa's Village
- Texas Indo-American Physicians Society
- Tri-Chamber Golf Tournament
- WildFlower Festival
- Wylie Arts Festival
- Wylie Championship Rodeo
- Wylie Christian Care Center
- Wylie ISD Excellence in Education Foundation.

Shining achievements

Methodist Health System

- Among *Hospitals & Health Networks* magazine's "Most Wired" in the nation for the fifth consecutive year
- 15 Methodist Family Health Centers and Medical Groups recognized by the National Committee for Quality Assurance for their Patient-Centered Medical Home programs.
- Dallas - Fort Worth Hospital Council Employee of the Year
- 127 physicians among *D Magazine's* Best Doctors in Dallas
- Celebrated 35 years with CareFlite.

Methodist Richardson

- Total Joint Program for hip, knee, and shoulder replacement certified by The Joint Commission
- Sachse Chamber of Commerce Area Business of the Year
- American Nurses Credentialing Center Pathway to Excellence redesignation
- Hospital Safety Score rating of "A" by The Leapfrog Group®
- Recognized among *Top Performers on Key Quality Measures*® by The Joint Commission in the areas of heart attack, heart failure, pneumonia, and surgical care (based on 2013 data).

Visit MethodistHealthSystem.org/Awards to learn more.



Methodist and Mayo Clinic team up

The distinctive Perot Museum of Nature and Science served as the backdrop for a monumental announcement in September from Methodist Health System to its medical staff: Methodist became the first Texas member of the Mayo Clinic Care Network.

The collaboration allows the expertise of Mayo Clinic specialists to complement and support the care provided by physicians on our medical staff. Now patients who might seek care from a leading research organization, like Mayo Clinic, can access that same expertise right here close to home.

Methodist strives to be a trusted provider of quality health care in North Texas. Similarly, Mayo Clinic's approach to health care is rooted in the idea that the best patient care is achieved when experts from a variety of medical specialties can work together, focused on the patient. The organizations' shared vision keeps the patient at the center of everything we do — and the result is clinical excellence.

Learn more about how Mayo is furthering Methodist's role as a health care leader in our community at Answers2.org.



Attending the announcement of Methodist's collaboration with Mayo Clinic are (from left) Methodist Richardson Advisory Board members Bill Keffler and Frank Leftwich; Methodist Richardson Vice President Operations Bob Simpson; and President Ken Hutchenrider Jr., FACHE.

TOP RIGHT: Methodist President and CEO Stephen L. Mansfield, PhD, FACHE (right), and the Methodist medical staff give Mayo Clinic Care Network Medical Director David Hayes, MD, a warm Texas welcome at the Perot Museum event on Sept. 8.



Not your grandmother's gallbladder removal

If you've had a gallbladder attack in the past, your chances of having another one go up significantly. For that reason, doctors often suggest an operation to remove the gallbladder, called a cholecystectomy. Fortunately, today's robotic technology allows us to do this procedure with only one small incision.

Hello, new technology. Goodbye, gallbladder.

Russ Birdwell, MD, general surgeon at Methodist Richardson Medical Center, says doctors may recommend gallbladder removal when the symptoms — abdominal pain, nausea, fever, or changes in bowel habits — become constant.

“Patients will usually start feeling better the minute they wake up from surgery,” he says.

While cholecystectomy has always been a relatively straightforward procedure, Dr. Birdwell says that laparoscopic technology, including the robotic da Vinci® Surgical System, has made it better than ever.

“Gallbladder removal used to mean an 8-inch incision, a long hospital stay, and a six-week recovery,” Dr. Birdwell explains. “Now it's a day surgery requiring no hospital stay with a recovery time of one or two weeks.

“Many patients are also eligible for the da Vinci® Single-Site® procedure, which allows us to remove the gallbladder through a single small incision.”

Two of the primary benefits of operating with da Vinci are the tool's flexibility and imaging power.

“It's unbelievable how close the robot gets us to where we need to be in surgery,” Dr. Birdwell says. “I've got 10 times the optic zoom to work with, and I can maneuver the robotic instrument like it's my own hand. It's so much easier.”

Because the da Vinci robot offers superior control and is minimally invasive, patients experience less pain at the surgical incision site and less chance of complications, Dr. Birdwell adds.

“Gallbladder removal has always been a safe surgery,” he says. “But working with da Vinci adds a whole additional layer of safety and patient comfort.”



READY FOR ROBOTIC SURGERY?

Learn more about robot-assisted procedures at Methodist at MethodistHealthSystem.org/DaVinci.

Gallbladder removal with da Vinci Single-Site was so easy that Sara Cederberg was back to playing with her son, Parker, in no time. Read her full story at MethodistHealthSystem.org/DaVinci.



HELPING HEARTS
 Find out what Methodist Richardson is doing to help your ticker tick stronger at MethodistHealthSystem.org/RichardsonCardio.

Smooth sailing

A heart attack at sea brought Mona O'Connell home to Methodist Richardson

After 30 years of cruising, Mona O'Connell felt like a fish out of water.

"It all happened on the cruise ship," the 76-year-old Richardson resident says.

"My husband and I had finished dinner, done a little walking on the ship, and gone to bed. I had heartburn, but that was pretty normal for me. It wasn't until I woke up that I felt something was off."

Her left arm was numb, but she attributed that to sleeping on a hard mattress. Then after taking a baby aspirin and having a little breakfast, she realized that the numbness had nothing to do with how she slept.

"The pain started radiating down my arm," Mona says. "I knew then that we needed to get help."

The O'Connells went to the ship's infirmary, where the medical team ran blood and EKG tests. They soon determined that Mona had had a heart attack and needed stents placed. Two options were given: have the procedure in Mexico, where the ship was headed, or come back home to be treated.

"I immediately knew I wanted to be back home, and I knew I wanted to be treated by Dr. Nguyen," Mona says.

Safe on dry land

Nhan Nguyen, MD, cardiologist at Methodist Richardson Medical Center, had treated Mona's husband, Jim, with exceptional service for years. She made sure it was Dr. Nguyen and Dr. Nguyen alone who treated her.

"When I first saw Mona, we determined that multiple stents would need to be placed," Dr. Nguyen says. "We didn't know the extent of her blockages till we began the procedure."

In a procedure called cardiac catheterization, Dr. Nguyen inserted five stents into Mona's arteries. One artery alone needed four stents placed, but the procedure went smoothly, and Mona left the hospital the next day.

Calm waters

Only three weeks after her procedure, Mona says she was back to where she was.

Dr. Nguyen and Methodist Richardson's cardiac rehabilitation team have since worked closely with Mona on her rehabilitation. Along with closely monitoring and adjusting her prescriptions to help manage her recovery, they've also helped Mona with her arthritis.

"Dr. Nguyen and his staff have helped me learn and practice exercises that I'm now able to incorporate into my day," Mona says. "I was allergic to common arthritis medicines, and if it weren't for Dr. Nguyen and his staff who helped me find a more natural way around it, I wouldn't feel this way."

"I'm back to playing golf one to two times a week, and my husband and I are looking forward to our next cruise," Mona says. "I'm looking even more forward to a pain-free one!"

Stop

Tim Halls is savoring life after his shoulder surgeries at Methodist Richardson.

shouldering the pain

Joint replacement at Methodist Richardson offers lasting relief

“I got all the arthritis in my family,” Tim Halls says.

The 45-year-old transplant from Montana has been in the culinary industry for the past 20 years. In that time, he perfected his Tim’s Texas Two Step barbecue sauce recipe — but also wore out his shoulders with heavy lifting and the repetitive motions of chopping, slicing, and stirring.

In 2008, Tim turned to Jeff Hamm, MD, orthopedic surgeon at Methodist Richardson Medical Center, for a tear in the muscle around his left shoulder. The arthritis Dr. Hamm found was so bad, he told Tim he’d be back in 10 years for shoulder replacement.

“I didn’t make it five years,” Tim says. “Every time my shoulder turned, it was like Rice Krispies, just snap, crackle, and pop.”

When you need a new shoulder

Tim realized the time for his new shoulder had arrived last spring, when he went out into the backyard to practice his golf swing and realized he could barely get the club back. He went to see Dr. Hamm, and his right shoulder replacement was scheduled for July 31, 2014.

“Any joint replacement is done when someone loses all his cartilage and has considerable pain that’s not compatible with living,” Dr. Hamm says.

The procedure requires a 4-inch incision and little disruption to the muscle. Patients spend one night in the hospital and then have limited movement for about six weeks before starting physical therapy.

Dr. Hamm says he normally does shoulder replacements on older patients, but at the same time, it’s not a procedure that should be put off.

“Shoulders should remain relatively pain-free for people all the time,” Dr. Hamm says. “If you do have pain or loss of motion, many times you’re developing damage that could be prevented. Our biggest problem is people waiting too long until the shoulder is destroyed, and then you can’t do anything, surgically or nonsurgically. Any pain lasting over a month or two should be evaluated.”

Life with a new joint

When Tim woke up after surgery, he said he could feel the difference in his shoulder already.

“It was probably the best procedure I’d ever had,” he says. “When Dr. Hamm came in, I looked at him and said, ‘I’m ready for the second one.’”

The left shoulder replacement followed on Nov. 20, 2014. With both surgeries, Tim was back to driving within 10 days and rarely needed his sling. He was able to quickly get back to cooking barbecue and using his passion to support local charities, like Homes for Our Troops and Habitat for Humanity.

“Just being healthy enough to do those things and not having to worry about aches and pains anymore is pretty big,” he says. “I never thought I would feel so much better after replacement surgery. It’s almost night and day. I know that my life is going to be better now.”



DOES YOUR SHOULDER SOUND LIKE BREAKFAST CEREAL, TOO?

Turn to Methodist Richardson’s shoulder joint replacement program, certified by The Joint Commission for its quality standards. Learn more at MethodistHealthSystem.org/Ortho.

“My experiences at Methodist Richardson were the best I’ve had from any hospital. The nurses, the chaplain, the volunteers, the discharge planner — the extra care that was given to my wife and me on both experiences was undoubtedly, hands down the best.”

— Tim Halls



A night in Vegas!

Methodist Richardson honors Joe and Sharon Snayd at annual gala

The 2014 Yellow and Black Tie Gala, presented by Methodist Richardson Medical Center Foundation, was a memorable night for the civic leaders, community members, employees, and physicians who attended.

The Nov. 15, 2014, event at the Renaissance Dallas Richardson Hotel featured a Las Vegas casino theme and presentation of the Legacy Award to Sharon and Joe Snayd. Joe serves as chairman of the hospital's advisory board and was also the chairman for the new hospital's capital campaign, raising



Methodist Richardson Advisory Board Chairman Joe Snayd and his wife, Sharon, were the Legacy Award winners honored at the Yellow and Black Tie Gala.

\$4.5 million. The Legacy Award recognizes those who have made a difference in the community through their ongoing commitment, gifts, and leadership.



Roger and Marianne Staubach and Bill and Kathy Lang were among the attendees at the Yellow and Black Tie Gala supporting Methodist Richardson.

All proceeds from the event will stay in the community, directly benefiting Methodist Richardson and the Methodist Richardson Cancer Center.



On Tuesday, Dec. 2, representatives from both the Skilled Motorcycle Riders Association and the Ultimate Healing Kit deliver the kits to Methodist Richardson Cancer Center employees.

Riding for a cause

When the Skilled Motorcycle Riders Association (SMRA) was looking for a way to give back to its community, member Harley Anderson, staff nurse at Methodist Richardson Medical Center, suggested supporting the Methodist Richardson Cancer Center. As a result, the motorcycle group put the \$3,500 raised at its North Texas Motorcycle Challenge toward purchasing Ultimate Healing Kits for breast cancer patients. The kits include supplies to make recovery easier after a mastectomy or lumpectomy.

25 years of staffing Santa's village

Since the city of Richardson opened Santa's Village 25 years ago, Methodist Richardson employees have volunteered to staff Santa's Beary Good Hospital, measuring heights and weights for fun and handing out prizes.



Richardson families line up to visit Santa's Beary Good Hospital last December.





RICHARDSON MEDICAL CENTER

We're in your neighborhood

Medical Centers



Methodist Richardson Medical Center
2821 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

3

First Aid Family Care
613 S. Highway 78, Suite 200
Wylie, TX 75098
972-941-8700

2

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

4

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

2

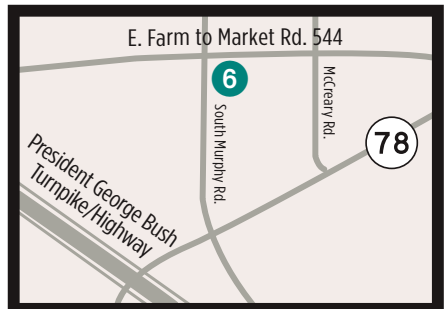
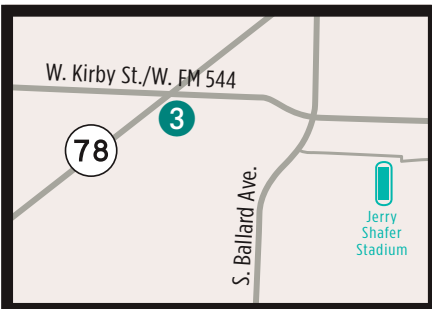
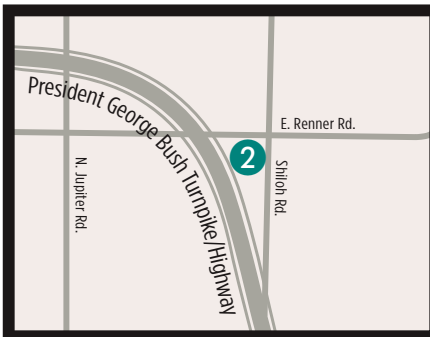
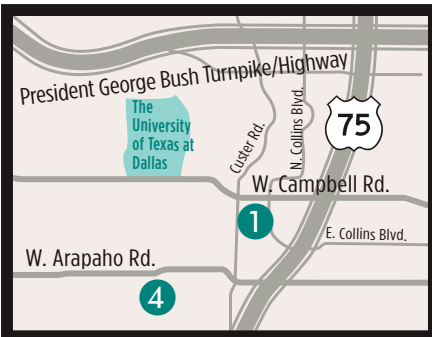
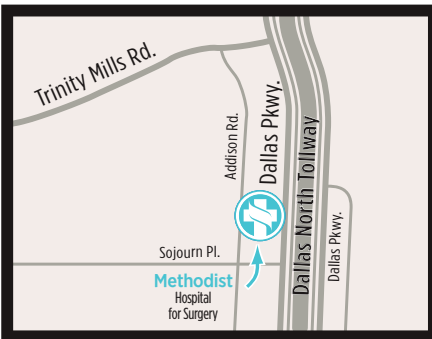
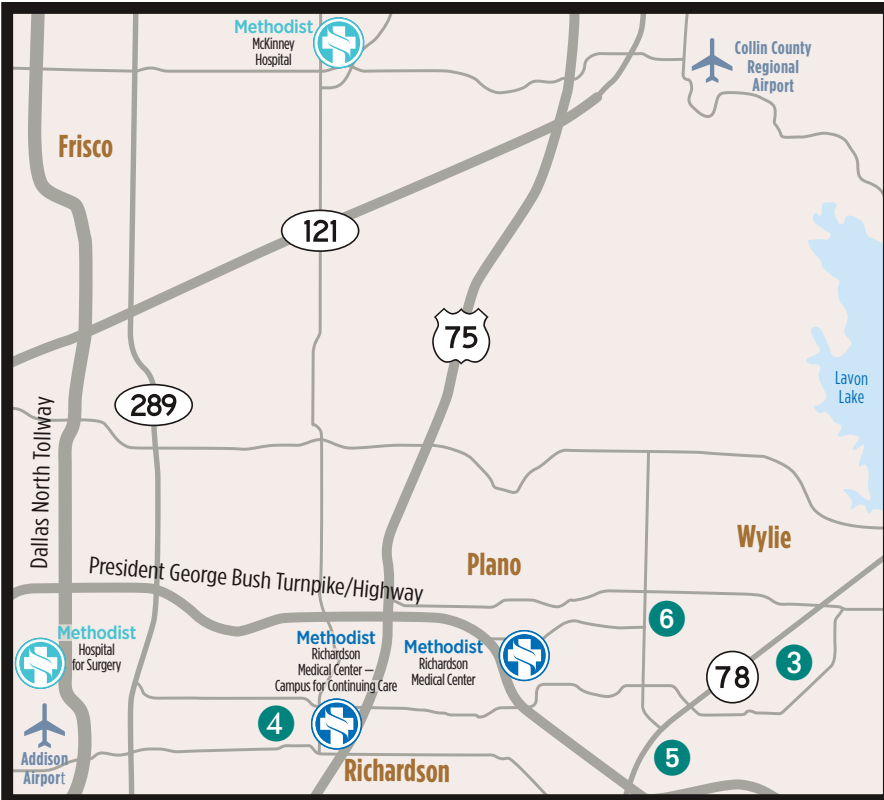
Breckinridge Family Medical Group
2821 E. President George Bush Highway, Suite 404
Richardson, TX 75082
214-576-2227

5

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

6

Murphy - coming in April!
170 East FM 544, Suite 112
Murphy, TX 75094





Da Vinci
delivers! Robotic
surgery makes
gallbladder
removal easier
on patients.
See page 9.



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Answers²

Methodist Health has joined forces with Mayo Clinic.

Today at Methodist Health System, our patients are experiencing the power of two renowned health care systems – and discovering how we can provide answers to the toughest health questions. As the first member of the Mayo Clinic Care Network in Texas, Methodist and its physicians are collaborating with the physicians of Mayo Clinic, ensuring world-class diagnostics and treatment.



Find a physician at Answers2.org or 214-947-6296.