

shine

Your healthy-living magazine



Star athlete Toni Brown is back on track after gallbladder surgery

ALSO INSIDE

Simple swaps to cut calories and shed pounds

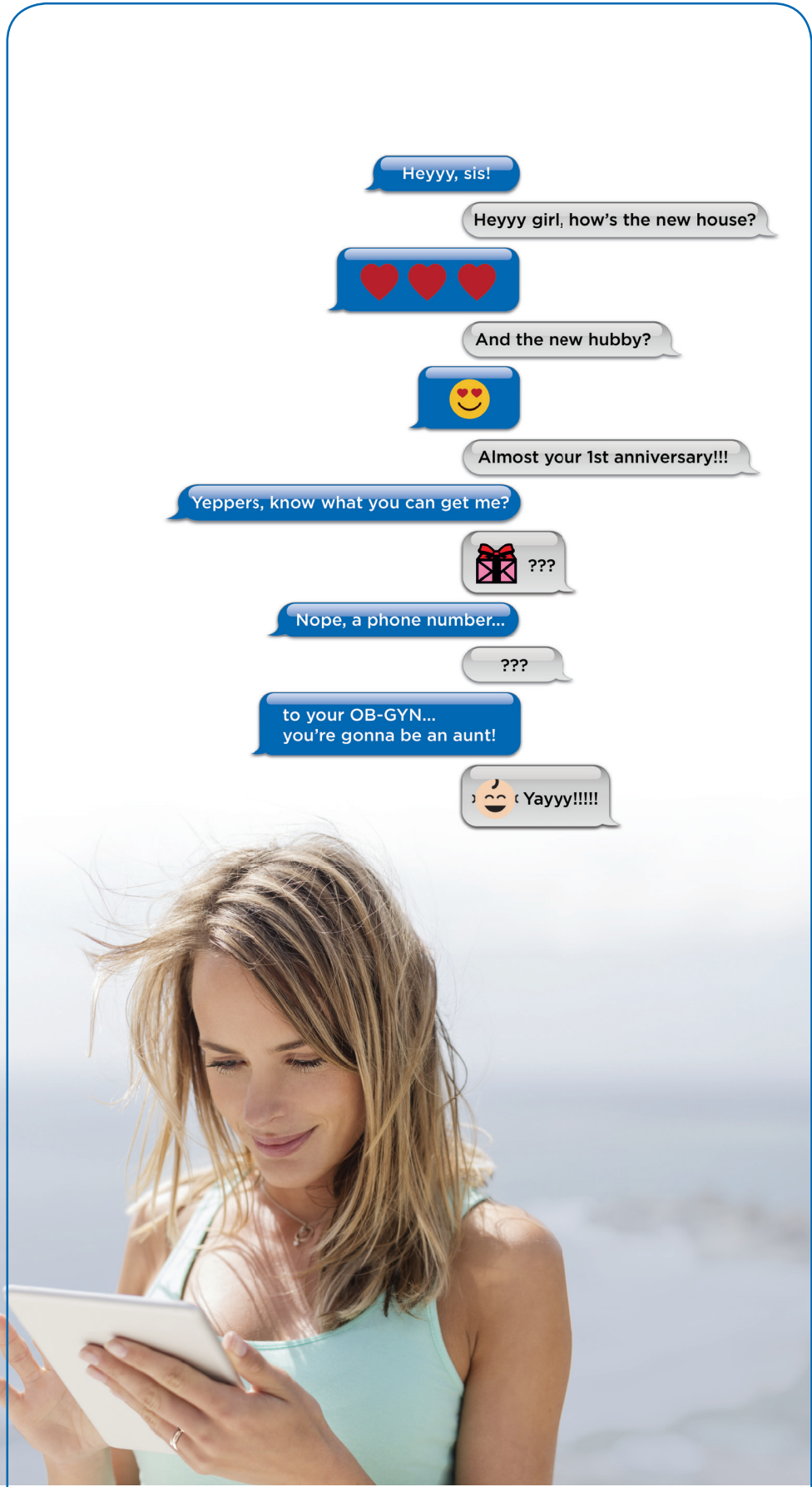
Methodist Rehabilitation Hospital helps 'miracle patient' regain his life

SUMMER 2015



Methodist

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CMM31217



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or call today 214-947-6296

ONLINE AND INSIDE

Summer
2015

Answers²

The power of 2

Methodist Health System is proud to be the first member of the Mayo Clinic Care Network in Texas.

What does this mean for you? As a patient at Methodist, you can now benefit from the experience of two renowned health care systems.

Physician experts at Methodist and Mayo Clinic are collaborating and sharing expertise to help take healing to the next level.

2

WHAT DOES IT MEAN FOR YOU?

To learn more or to be put in touch with one of the more than 300 participating physicians, visit Answers2.org or call 214-947-6296.



SHINE MAGAZINE

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Want to subtract a few pounds? These tiny tweaks can add up to a big difference.

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Practically paralyzed by a brain tumor, Alonso Delfino thought he'd never walk again. Methodist Rehabilitation Hospital changed all that.

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Asthma trapped Sandy Ball at home. Bronchial thermoplasty unlocked her lungs — and her life.

12 **Surprised by compassion**

When another medical facility refused to respond to her stroke symptoms, Shelly Gallatin learned the value of Methodist Charlton.



On the cover

When nationally ranked athlete Toni Brown was benched by pain, she turned to Methodist Charlton Medical Center. Ron Calhoun, MD, FACS, and the da Vinci® Surgical System got her back in the game.

Read her story on page 10.




Every calorie counts

Want to lose a pound this week? You'll need to cut about 3,500 calories. Thankfully, simple swaps can add up. Here are a few suggestions paired with exercise to show you how to do it.


Monday

LUNCH

 Swap a 16-ounce cola for water.
Skipping the soda =


182 calories saved

EXERCISE

 A walk with a co-worker.
15 minutes =

70 calories burned


DINNER

 Substitute 2 cups of vegetable soup with pasta for beef stew.
Making it a meatless Monday =

200 calories saved


Tuesday

BREAKFAST

 Grab a yogurt, not a fast-food breakfast sandwich.


Avoiding the drive-thru =
131 calories saved

DINNER

 Forgo the cheesy topping to your casserole.
Omitting the cheddar =

229 calories per serving


EXERCISE

 A brisk, after-dinner walk.
30 minutes =

140 calories burned


Thursday

LUNCH

 Trade that bag of microwave popcorn for a diet frozen meal.


Working-through-lunch quick swap =
279 calories saved

SNACK

 Exchange two chocolate chip cookies for an orange.
Smart snacking =

75 calories saved


DINNER

 Choose spaghetti with tomato sauce instead of fettuccine Alfredo.

Serving pasta sans cream =
168 calories saved


Friday

BREAKFAST

 Go for a banana instead of banana bread.
Trying the whole food =

111 calories saved


DINNER

 Order a veggie instead of a meat-lover's pizza.
Deleting the meat =

232 calories saved


Saturday

LUNCH

 Drizzle on a low-calorie Italian dressing instead of Caesar.

Good dressing decision =
69 calories saved

EXERCISE

 Light yard work.
1 hour =

330 calories burned



SMALL CHANGES MAKE A BIG DIFFERENCE

Want more health and wellness tips? Connect with us on Twitter @methodistcharl.

Events for a **healthier** you!

Save the date for these events at Methodist Charlton Medical Center.

Wednesday

BREAKFAST



Order your medium latte with nonfat instead of whole milk.

Switching to nonfat =
71 calories saved

LUNCH



Pick the small fries instead of the supersized serving.

Exercising portion control =
351 calories saved

EXERCISE



Zumba® class.

1 hour =
480 calories burned

*Just lost
a pound!*

In total, that's 3,703 calories cut. Your weight-loss goals are just a series of simple, smart choices away.

Sources: Centers for Disease Control and Prevention;
U.S. Department of Agriculture

Breastfeeding Class

**Monday, June 15, July 13, Aug. 10, Sept. 14
6:30 to 9 p.m.**

**Free for moms and their partners delivering
at Methodist Charlton**

Whether you are a first-time mom or maybe it has been a few years since you breastfed a newborn, this class will help you provide the very best for your baby! Dads and other support persons are welcome, and all sessions are led by an International Board Certified Lactation Consultant®. To learn more or register, visit **MethodistHealthSystem.org/Events** or call **214-947-7261**.



Congestive Heart Failure Workshop

**Thursdays, June 18, July 16, Aug. 20, Sept. 17
3 to 5 p.m.**

Outpatient Center, Conference Room 8 (third floor)

Join us for this community outreach event, where speakers provide information for anyone living with heart failure. The workshop offers nutrition ideas, answers to medication questions, physical activity options, and more. No need to register in advance. Call Kay Armstrong for more information at **214-947-9595**.





Nurse navigator Vicki Hallum, RN, CBCN, shown here helping with a Look Good ... Feel Better class, is there for women every step of the way on their cancer journey.



**STAY ON TOP
OF YOUR HEALTH**

Schedule your annual mammogram at the Methodist Charlton Women's Imaging Center today by calling 214-947-5490.

A **guiding hand** for breast cancer patients

At Methodist Charlton Medical Center, information is power, and the breast cancer nurse navigator program is its hub.

An institution since 2010, the nurse navigator program at Methodist Charlton is now going into its fifth year of guiding breast cancer patients through their cancer journeys, and it all starts with a voice on the other end of the phone line.

A voice

Once a physician determines a patient needs a biopsy, the nurse navigator reaches out to her before the procedure and walks the patient through what the biopsy will involve and what she can expect to experience pre- and post-biopsy.

A plan

After a patient receives her biopsy results, the nurse navigator will guide her through them, explaining what her options

are and helping her set up an organized and manageable plan going forward.

This empowers women to make the most informed decisions about their health with the support of someone whom they truly can trust to guide them along their journey to recovery.

A partner in health

In addition to being a voice on the other end of the line, nurse navigators also help manage the personal health of the patient, organize medication and appointments, and even run a Look Good ... Feel Better program. Look Good ... Feel Better classes teach patients beauty techniques to help them cope with the effects of treatment.

At Methodist Charlton, nurse navigators are without a doubt an integral part of the cancer care team, making a woman's breast cancer journey as smooth as possible — and reassuring women that they are never alone.



'The **miracle** patient'

Alonso Delfino thought he'd never walk again, but the rehab team had other plans in mind

A year ago, Alonso Delfino never imagined where he would be today, standing straight up and walking.

"I didn't think I would walk again," Alonso explains. "It's unbelievable where I am now."

After years of intense headaches, complicated by numbness that extended along his right side, Alonso was at his wit's end. He had problems sitting up straight, grasping simple utensils, and even turning a key in his truck's ignition. Area doctors were unable to diagnose the problem — until a fall brought him to Methodist Health System.

There, doctors discovered a schwannoma, a tumor compressed against the spinal cord. After surgery to remove the tumor, Benjamin Newman, MD, neurosurgeon with the Methodist Brain and Spine Institute, referred Alonso to Methodist Rehabilitation Hospital, located just down Wheatland Road from Methodist Charlton Medical Center.

"Rehabilitation is as important as competent surgery," Dr. Newman says. "At Methodist Rehabilitation Hospital, they take an integrative, thorough approach to the patient to formulate and execute an appropriate treatment plan. With good rehabilitation, patients like Alonso definitely have the potential to make a dramatic recovery."

The real power behind rehabilitation

Methodist Rehabilitation Hospital offers medical rehabilitation to people with disabling conditions like stroke, brain trauma, and complex orthopedic surgeries.

"The real power in rehabilitation is our interdisciplinary approach to patient care," says Peter Rappa, MD, medical director at Methodist Rehabilitation Hospital. "Each patient has a team of specialists working together to ensure the best recovery possible."

For Alonso, the rehabilitation team put together a program of care that included education, life skills, rehabilitation care, and medical care.

Within two weeks, Alonso had gone from completely paralyzed to moving his arms and walking with the parallel bars. Two weeks later, when he was released as an outpatient, he could walk supported by only a gait belt. By the end of two months as an outpatient, he could walk by himself. In less than a year, he was back to life as he knew it.

"It was like being born again — every day I got better and better," Alonso says. "They called me the miracle patient."

Most of all, Alonso is grateful for the compassionate care he received from the doctors, nurses, therapists, and staff at Methodist Rehabilitation Hospital.

"They went above and beyond to help," he says. "Because of them, the miracle did happen. They made the difference."



"I didn't think I would walk again. It's unbelievable where I am now." — Alonso Delfino (above)



THE SOONER THE BETTER

Rehabilitation should be as timely as possible, Dr. Rappa says. The sooner rehabilitation begins, the better the recovery. For a referral to Methodist Rehabilitation Hospital, call **214-947-0000**.

Introducing another



“I can walk my dogs again, I have more stamina, and I feel so much better. It’s been a real game changer.”

— Sandy Ball

better breather



RIGHT FOR YOU?

Find out more about BT at
[MethodistHealthSystem.org/
BronchialThermoplasty](http://MethodistHealthSystem.org/BronchialThermoplasty).

Sandy Ball is one of many patients benefiting from Methodist Charlton's newest asthma treatment

Life with asthma was nothing new for 69-year-old Sandy Ball, who'd had the condition since childhood.

But over the past few years, the active volunteer and avid crafter began to notice that she was having more bad asthma days than good ones, even with her inhaler.

"I couldn't go outside and enjoy the things I used to do, like walk my dogs — in fact, I couldn't do much of anything but sit and read," Sandy recalls. "I was sick a lot with respiratory illness. It seemed like I was constantly taking antibiotics or steroids."

Stephen Mueller, MD, Sandy's pulmonologist on the medical staff at Methodist Charlton Medical Center, noticed the decline as well.

"He went from saying, 'See you in a year,' to 'See you in six months,' then 'See you in three months,'" Sandy says. "It was time to do something about it."

Clearing the way for better breathing

Last summer, Sandy and Dr. Mueller decided to try bronchial thermoplasty (BT), a three-part treatment for severe asthma.

"Bronchial thermoplasty is different from other asthma treatments because it doesn't center on a medication," explains Dr. Mueller, who is director of the intensive care unit at Methodist Charlton. "It involves the delivery of controlled bursts of thermal energy, about the temperature of a warm cup of coffee, through a catheter that's inserted into the bronchial tubes."

The heat helps thin the thickened muscles that build up over time around the bronchial tubes of a person with chronic asthma.

"We work on a different part of the lungs during each of the three treatments," Dr. Mueller says. "Once those muscles are thinned out, the patient's airways are less likely to constrict in the future. That means that he or she will have fewer and less severe asthma attacks, which in turn means less dependency on rescue inhalers and lower dosages of maintenance medications."

BT is a 'game changer'

Sandy was surprised at how stress-free her BT experience was.

"I was back home resting in a matter of hours after each procedure," she says. "Other than some mild throat soreness and coughing, I didn't experience any side effects. And I noticed right away that I was breathing better."

One of the main reasons that the entire process went smoothly, Sandy says, is that her health care team kept her informed at every step.

"Everything happened the way they said it was going to happen," Sandy says. "The entire respiratory team was so friendly, upbeat, and encouraging. And I'm very grateful to Dr. Mueller, who helped me work with my insurance company to get the procedure approved."

Since having BT last summer, Sandy has noticed an immediate and long-lasting improvement.

"I can walk my dogs again, I have more stamina, and I feel so much better," she says. "It's been a real game changer."

Have asthma?

Check out these pneumonia vaccine fast facts

1 million

People hospitalized each year for pneumonia, a lung condition that causes coughing, fever, chest pain, and difficulty breathing. People with asthma and other chronic conditions are particularly susceptible to pneumonia.

No. 1

Pneumonia is a leading cause of death for the elderly and children under 5.

50

"I recommend that anyone over this age or anyone with asthma, COPD, or other chronic illness — no matter their age — talk to their physician about the pneumonia vaccine," says Stephen Mueller, MD, pulmonologist at Methodist Charlton Medical Center. "Vaccination can prevent you from getting pneumonia or provide protection that makes you less sick if you do get it. These are very safe vaccines with little to no side effects."



CALL A DOCTOR!

There are two vaccines that can significantly reduce your chances of developing life-threatening pneumonia. To find a physician participating in our Mayo Clinic Care Network collaboration to help protect your health, call **214-947-6296**.

Putting pain in



DID YOU KNOW?

Women are 12 times more vulnerable to gallstones. If you are experiencing severe abdominal pain, nausea, bloating, or gas, connect with your doctor to see if your gallbladder could be at fault. Find a physician at MethodistHealthSystem.org/FindAPhysician or by calling 214-947-6296.



its place



Da Vinci[®] robot helps surgeons take a shot at gallbladder pain

“**She’s** so modest, but Mama is proud,” Robbie Brown says about her daughter, Toni, who has just come in from basketball practice. Finally, the high school senior fesses up that she also does track and field.

On a national level.

And is ranked second in the country in her age group for shot put.

Mama should be proud.

Last summer, Toni earned silver in the Junior Olympics for shot put in the 17–18 division.

“We have college letters everywhere,” the mom says. “You wouldn’t believe all the trophies and medals in her room.”

However, last winter, the coveted collegiate athlete found herself benched with extreme abdominal pain.

Gallbladder gone wrong

Toni and her brothers had been spending the week with their grandmother, and for dinner one night, Toni decided she wanted nachos.

“That’s when I realized something was wrong,” Toni says. “My stomach just turned over.”

After returning home, the pain persisted to the point that Toni was doubled over.

In a nearby emergency department, a sonogram found gallstones in Toni’s gallbladder with signs of inflammation, and it was recommended that the organ be removed, a procedure called a cholecystectomy.

Robbie wanted to keep the procedure close to the family’s Lancaster home, and both Toni’s pediatrician and OB-GYN recommended Ron Calhoun, MD, FACS, general surgeon at Methodist Charlton Medical Center.

How gallstones get in the way

Dr. Calhoun says that while spicy and greasy foods, like nachos, don’t cause gallstones, they can let you know they’re there.

“Greasy or spicy food causes the gallbladder to contract,” he says. “If there are already gallstones present in the gallbladder, this will push them into the neck of the organ, causing the acute pain that brings people to the doctor.”

Once you’re feeling that pain, Dr. Calhoun says it’s time to say goodbye to the gallbladder. Gallstones can lead to jaundice and pancreatitis, and once you have one gallstone attack, you’re more likely to have more frequent and severe ones over time.

Da Vinci does it better

Fortunately, gallbladder removal is easier than ever, thanks to the robotic da Vinci[®] Surgical System. At first Toni was nervous about a robotic procedure — until Dr. Calhoun set the record straight.

“The robot does not do the surgery,” he says. “The surgeon interacts with the robot for a safer, more precise procedure. With more control, there is less bending, moving, and pressure on the abdominal wall. For almost all of my patients, they experience less pain.”

As for Toni, she raves about her experience.

“Everyone at Methodist Charlton was nice, and the doctors really tried to help me relax,” she says.

“The recovery felt fast to me and didn’t affect my game. I was back on the court in two weeks.”



LET DA VINCI HELP YOU

To find a da Vinci-trained surgeon to address your gallbladder woes, call 214-947-6296.

✦ Believe in miracles • Cherish every moment •

Inspirational

At Methodist Charlton, one stroke patient finds the compassionate care she needed

"Ultimately, I'd rather go to Methodist Charlton than anywhere else. I had such a good experience."



Hanging on the wall in Shelly Gallatin's home is a work of art with messages like: "Cherish every moment," "Show compassion," and "Believe in miracles."

They're the kind of words that keep you going through challenges — and Shelly has had many, especially with her health.

The most recent incident happened last December, when she had a stroke. She's grateful for the team at Methodist Charlton Medical Center, who worked quickly and with compassion to save her life.

Every minute matters

That evening, Shelly, 44, was fighting nausea and a severe headache. She had her fiance drive her to a nearby outpatient emergency facility, where the staff was unsympathetic and unresponsive to her quickly worsening symptoms.

"I started getting really hot, then really dizzy," Shelly says. "My vision blurred, and then I noticed I lost the use of my left arm. I thought I was going to pass out.

"I then lost the use of my right arm, my right leg, and I could barely talk because my speech was slurring."

Shelly's fiance called 911, and an ambulance raced them to Methodist Charlton.

Finding compassion

"Once they confirmed I was having a stroke, they gave me TPA, and within 15 minutes, I could talk normally and my leg was back to normal," Shelly says.

Show compassion • Dream big • Create peace 

Healing



TIME EQUALS LOST BRAIN POWER

Learn the signs of stroke so you can get your loved one immediate help. Go to our Health Library at MethodistHealthSystem.org/HealthLibrary and search "stroke."

A diamond that clears the rough

Methodist Charlton Medical Center is one of the few Dallas hospitals offering a new treatment to help prevent heart attacks and strokes.

The innovative Diamondback 360[®] Coronary Orbital Atherectomy System is used to clear the severe calcium buildup that causes hardening and narrowing of the arteries. Once the buildup is cleared, a stent can more easily and safely be placed in the diseased artery to keep it open. Left untreated, blocked arteries can lead to a heart attack or stroke.

"The Diamondback 360 allows increased precision in placing a stent, which means better outcomes for the patient as well as lower treatment costs and fewer hospital readmissions," says Manish Patel, MD, the interventional cardiologist on the medical staff at Methodist Charlton who performed the hospital's first Diamondback 360 procedure.

Previously, limited options were available to successfully treat severe calcium buildup. Diamondback 360 is the first new coronary system for calcium removal in severely calcified arteries in more than 20 years.

TPA, short for tissue plasminogen activator, is a drug that breaks through blood clots, restoring blood flow to the affected vessel and tissue. In the case of a stroke, the blood supply is cut off to an area of the brain, which disrupts normal functions like movement and speech.

"There is a three-hour window for patients experiencing a stroke to receive TPA, and thankfully Shelly made it in time," says Yong He, MD, the neurologist who treated her at Methodist Charlton. "It's so important that anyone experiencing stroke symptoms — slurred speech, one-sided weakness, numbness, facial droop — calls 911 and gets to the hospital quickly."

Hope for the future

When Shelly went home from the hospital two days later, her only deficiency was a pain in her right arm and shoulder. She's been working with an in-home physical therapist twice a week since then.

Stroke patients can have recurrences, including ministrokes, so her neurologist prescribed a medication to help prevent other blood clots from forming.

Because Shelly's family history also includes stroke, she is sure to follow up with Dr. He, and she is grateful for the guidance.

She praises the care she received at Methodist Charlton and has every confidence in turning to Dr. He and the hospital for care in the future.

"I had wonderful, wonderful nurses," Shelly says. "One in particular, I can't remember her name, was amazing. You could tell she loves what she does."

"Ultimately, I'd rather go to Methodist Charlton than anywhere else. I had such a good experience."



Stepping out to stop diabetes

STEPPING UP TO STEP OUT: Methodist Charlton employees were among the many walkers in the Step Out: Walk to Stop Diabetes, the signature fundraising walk of the American Diabetes Association. Step Out is filled with music, food, activities for children, local entertainment and, most important, the company of hundreds of people who truly understand the impact of diabetes. Methodist Charlton's team, led by Charla Amos (not pictured) included (from left) Joyce Kaska-Laird, Diabetes Self-Management Program; Jerry Laird, cardiopulmonary rehabilitation; Rose Smith, environmental and plant services; Ursula Anderson, human resources; Keith Griffin, Diabetes Self-Management Program; and Kerri Hargrove, Diabetes Self-Management Program.



SUPPORTING PROJECT MALE: Methodist Charlton was a proud sponsor of the Healthy Living session of Project MALE at Inspiring Body of Christ Church in January. Project MALE (Making Aspiring Leaders Excel) is a collaborative effort of various organizations in southern Dallas County to create a student success program for African-American males ages 5 to 11. Helping with the event are (from left) Jennifer Wimbish, PhD, president, Cedar Valley College; Cynthia Mickens Ross, community relations liaison, Methodist Charlton; Rickie G. Rush, pastor and founder of the Inspiring Body of Christ Church; Cassondra G. Armstrong, CEO/president, Chef Cassondra Culinary Concept; and Cheryl Mayo Williams, MSPH, senior director, community engagement, Children's Health System of Texas.



JOIN US FOR LUNCH: Methodist Charlton Medical Center was a sponsor of the Best Southwest (BSW) Partnership's health care luncheon last December at the Hilton Garden Inn in Duncanville. Fred Cerise, MD, MPH, CEO of Parkland Hospital, was a speaker for the event. Greeting Dr. Cerise (third from left) are (from left) Preston Miller, director Methodist Charlton human resources; Cynthia Mickens Ross, Methodist Charlton community relations liaison and BSW Health Care Committee chairwoman; Cliff Boyd, Duncanville city councilman; Patricia Coleman, vice president Bank of DeSoto and Leadership Southwest board of directors chairwoman; and Kenneth Govan, community and customer relations at Oncor.

HEALTH AND HUMAN SERVICES DAY: Zachary Thompson, director, Dallas County Health and Human Services, speaks to the Leadership Southwest class of 2015 during Health and Human Services Day at Methodist Charlton.





CHARLTON MEDICAL CENTER

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Medical Centers



Methodist Charlton Medical Center

3500 W. Wheatland Road
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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



5 Charlton Medical Group
3450 W. Wheatland Road,
Physician Office
Building II, Suite 340
Dallas, TX 75237
972-780-1796



7 Methodist Charlton Family Medical Center
3500 W. Wheatland Road
Dallas, TX 75237
214-947-5400



8 Cedar Hill West
326 Cooper St.
Cedar Hill, TX 75104
972-291-7863



9 Cedar Hill East
950 E. Belt Line Road,
Suite 100
Cedar Hill, TX 75104
972-291-7863



10 Midlothian
2230 Bryan Place,
Suite 200
Midlothian, TX 76065
972-775-4132



11 Waxahachie
1410 W. Jefferson St.
Waxahachie, TX 75165
972-957-1210



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

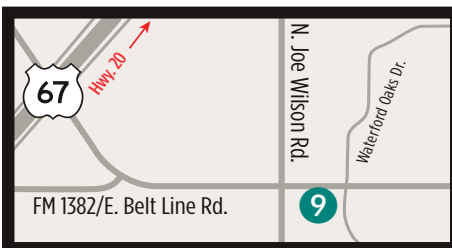
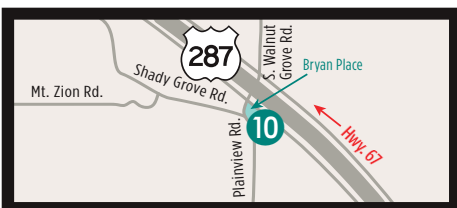
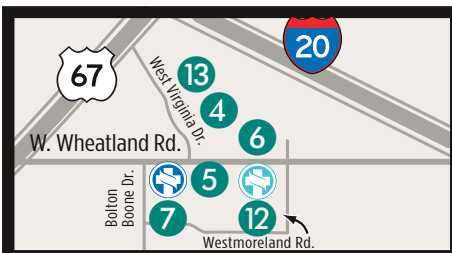
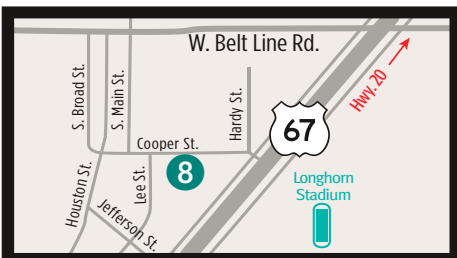
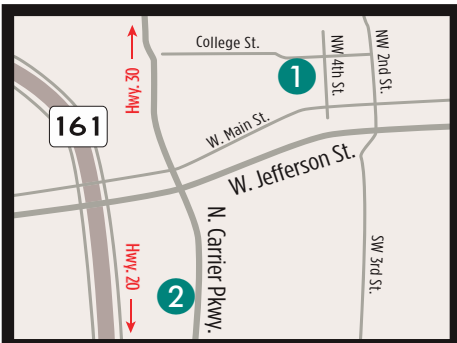
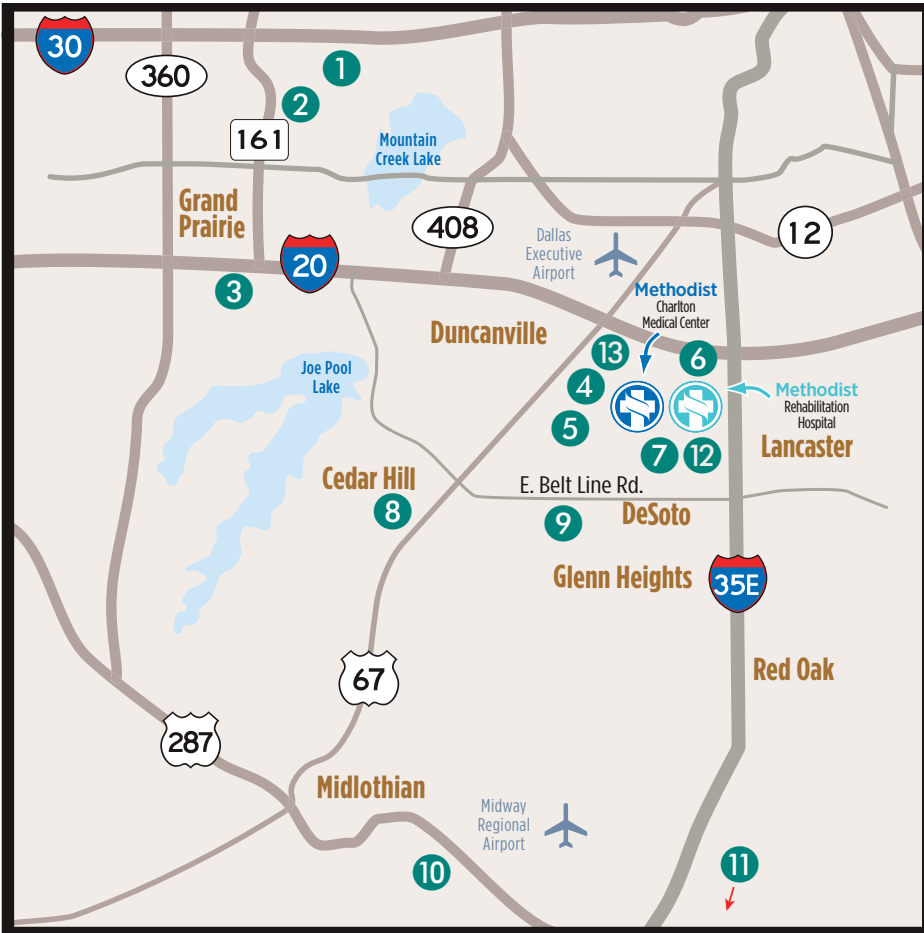


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Other facilities



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Have heart failure?
Take heart.
 See page 5.

C

Answers²

Methodist Charlton and
 Mayo Clinic – two respected
 names, one purpose.

Today, doctors here at Methodist Charlton are collaborating with physicians at Mayo Clinic, working together to find answers to your toughest medical questions – at no added cost to you. Taking care to a whole new level.



Find your physician or specialist at
Answers².org or **214-947-6296**

