

shine

Your healthy-living magazine

After a devastating car accident, our trauma team fought for Cassidy Smith's life and spirit

ALSO INSIDE

'Miracle patient' is walking again

New clinical trials pave way for faster hep C cures

SUMMER 2015



Methodist

DALLAS MEDICAL CENTER

Whassup, man?

Not me, that's for sure.

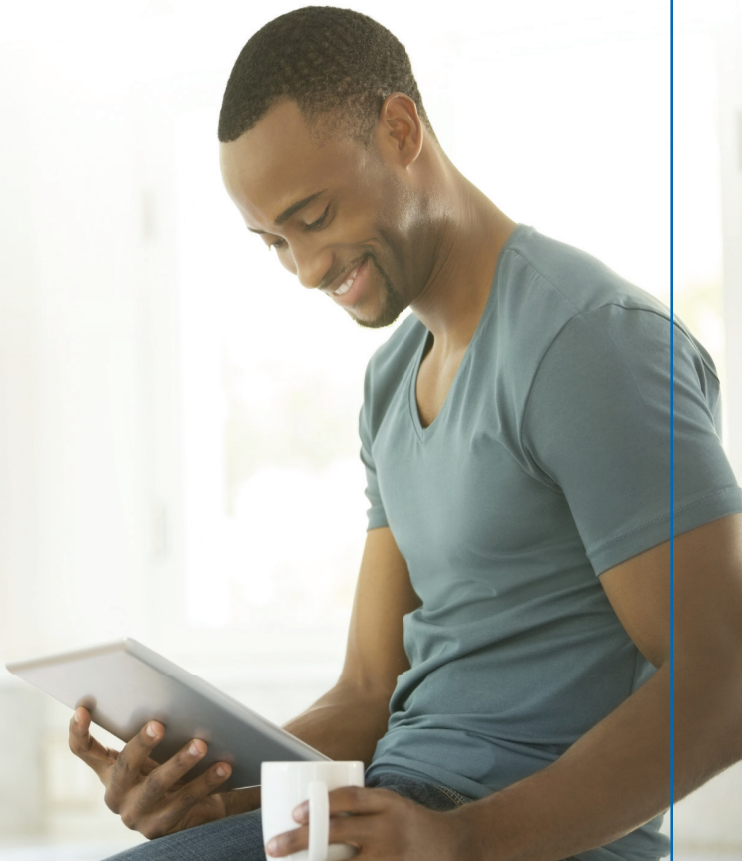
???

Laid up with these bum knees.

So, no     ?!?



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Methodist
DALLAS

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CMM31214

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

TO YOUR HEALTH

4 **By the numbers**

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

5 **Ready to respond**

When you need emergency trauma care, our Level I Trauma Center is here.

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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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The Liver Institute gave Peggy Routt a second chance at life — then saved her new liver, too.

FEATURES

8 **Backbone of care**

When spine tumors caused Vanita Currin's vertebra to collapse, she turned to Methodist.



On the cover

Cassidy Smith had a long road to recovery after a serious car accident, but Methodist Dallas, now a Level I Trauma Center, was there to help her heal — in body and in spirit.

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-through =
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-lunch quick swap =
279 calories saved

SNACK

 Swap 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



TRY OUR 'NEW WEIGH' TO LOSE WEIGHT

Introducing Methodist Health System's newest nonsurgical weight-loss program: New Weigh. Find details about this great deal at MethodistHealthSystem.org/NewWeigh.



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

Top-tier trauma care is here

When you need emergency treatment, you want everything and everyone in place for lifesaving care.

"We're ready for that," says Michael S. Truitt, MD, medical director trauma at Methodist Dallas Medical Center. "The proof is our recent verification as a Level I Trauma Center by the American College of Surgeons Committee on Trauma."

Helping Methodist Dallas achieve Level I status are:

- ▶ Immediate access to in-house emergency medicine physicians and trauma surgeons
- ▶ Four operating rooms
- ▶ Dedicated CT scanners running 24/7
- ▶ The ability to mobilize physician specialists, nurses, and pharmacists within seconds.



READY TO SERVE

Learn more about Methodist Dallas' emergency and trauma services at MethodistHealthSystem.org/Emergency.



AHEAD OF THE CLASS

Visit MethodistHealthSystem.org/Events today to register for Boomer U! You can also call **214-947-0000**.

Save the date for Boomer U!

Saturday, June 20, 9 a.m. to 1 p.m.
Methodist Dallas Medical Center,
Hitt Auditorium

Learn how to live up your bonus years at Boomer U, a fun, educational event to help baby boomers take charge of their wellness. The course lineup includes:

- ▶ **Brainpower 101:** Learn how to maintain memory and keep your mind in top condition.
- ▶ **Home Economics 102:** A local chef teaches you how to cook up delicious, nutritious meals.
- ▶ **Meditation Arts 103:** Say so long to stress with meditation techniques.
- ▶ **PE 104:** Get moving in this session to improve your physical fitness.

A case of Whipple success: A robotic Whipple put Rex Whitaker on the fast track to life after pancreatic cancer. You can read more about Rex's story at MethodistHealthSystem.org/RexWhitaker.



WE'RE HOME TO CARE YOU CAN TRUST

Methodist Dallas is the first hospital in the nation to be certified by The Joint Commission for pancreatic surgery and the first in Texas for pancreatic cancer. Learn more at PurpleForPancreas.org.

PANCREATIC CANCER

Whip it with Whipple

Pancreatic cancer has few peers. It's fast-growing, hard to detect, and difficult to beat.

But in spite of these challenges, for some patients a surgical option known as the Whipple has proven effective in the fight to increase their chances of survival.

"The Whipple involves the removal of the head of the pancreas, where tumors tend to arise," explains Alejandro Mejia, MD, executive program director for organ transplantation for Methodist Dallas Medical Center. "We then construct a new route among the pancreas, stomach, and bile duct, so that the digestive and hormone-producing processes carried out by the pancreas can continue postsurgery."

Robotic Whipple — a game changer

Patients who are candidates for a Whipple procedure may want to ask their physician if they are eligible to undergo the robot-assisted version of the procedure with the da Vinci® Surgical System.

"A robotic Whipple offers a lot of advantages," Dr. Mejia says. "It's a minimally invasive procedure that requires five small incisions instead of one large one. That means fewer chances of complications, less pain and scarring for the patient, and shorter hospital stays.

"The recovery time for robotic Whipple surgery is also shorter, which means we don't have to wait as long to get patients started on chemotherapy or radiation treatments. That kind of timeline can have a positive impact on short- and long-term survival rates."

Even more benefits

"Surgeons can move the da Vinci robot just like they are moving their own wrist, but with far greater precision," Dr. Mejia says. "Additionally, the robotic system provides computerized 3-D imaging that allows us to view the surgical area and other parts of the anatomy in ways that aren't possible with laparoscopic or open surgery Whipples."

Dr. Mejia also points out that surgeons are able to sit down when using the da Vinci robot, something they can't do when performing nonrobotic Whipples.

"The Whipple is a complex surgery that typically lasts at least seven hours," says Dr. Mejia, who has performed more robotic Whipple surgeries than any other surgeon in Texas. "A tool like da Vinci takes a lot of stress off the procedure, both for the doctor and the patient."



'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 Dallas Medical Center.

There, doctors discovered a schwannoma, a tumor compressed against the spinal cord. After surgery to remove a tumor, Benjamin Newman, MD, neurosurgeon with the Methodist Moody Brain and Spine Institute, referred Alonso to Methodist Rehabilitation Hospital, located at 3020 W. Wheatland Road in Dallas.

"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 or brain trauma or recovering from 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**.

No backing down

A team approach heals Vanita Currin's broken back and helps her overcome cancer

Nursing is physical work, with lifting patients, pushing and pulling beds, and walking the halls for 12-hour shifts.

So when 30-year-old Vanita Currin, RN, began experiencing shooting pain through her back and down her leg in winter 2014, she chalked it up to her job. Then on Feb. 6, 2014, the nurse had an unexpected role reversal.

"I became the patient," she says.

"That night the pain was so bad I went to the emergency department at Methodist Mansfield Medical Center. I thought it was a slipped disk or a pinched nerve. Worst-case scenario I would need steroid shots."

The worst-case scenario was worse than Vanita imagined. An MRI scan showed multiple tumors along her spine.

Repairing a broken back

Vanita, a wife and mother of three, was diagnosed with multiple myeloma, a cancer of the bone marrow.

A follow-up appointment was scheduled for the following week. However, only a few days after coming home from the emergency department, the large T9 vertebra in her back completely collapsed. She was taken by ambulance to Methodist Mansfield and then transferred to Methodist Dallas Medical Center for spine surgery.

"Without surgery, Vanita could have been paralyzed," says Richard Meyrat, MD, neurosurgeon with the Methodist Moody Brain and Spine Institute.

He performed two procedures to repair Vanita's spine. During the first, he used a minimally invasive approach to remove the tumor-ravaged vertebra and replace it with a titanium mesh insert.



"It acts like a jack, lifting up the collapsed part of the spine to restore height and alignment," Dr. Meyrat says.

Because the tumor was fed by a blood vessel deep inside the body, removing it caused extensive bleeding. To prevent future bleeding, Ben Newman, MD, endovascular neurosurgeon with the Institute, injected a material into the blood vessel where it was feeding the tumor. He accessed it via a tiny incision in the groin and threaded his way through the blood vessel to the tumor site.

Both Drs. Meyrat and Newman then collaborated to perform Vanita's second surgery: implanting a steel rod and screws to support the weakened spine. Five days later, Vanita went home.

"I felt a huge relief," Vanita says. "All the neurological back pain was gone, and my experience at Methodist Dallas was awesome."

Overcoming cancer

Vanita's follow-up treatment included chemotherapy and a bone marrow transplant. While at Methodist Dallas, Vanita was introduced to Vasu Moparty, MD, oncologist and hematologist with Texas Oncology – Methodist Cancer Center. Because Vanita responded so well to the chemotherapy he prescribed, she was able to have her bone marrow transplant in early July.

"After I came home from that, it was like ready, set, go," she says. "I wanted to start doing what Vanita does — doing what I needed for my children, to be a wife, to be a daughter, to be everything. And I



Vanita Currin (second from left), says “the sky’s the limit” after surviving cancer and a collapsed vertebra with the help of Methodist Health System. Now she can be there for her husband, Nikolas Smith, and keep up with her three children.

had a great support system through it all, especially from Methodist.”

Today Vanita is cancer-free and loves that she can still keep up with her children. She’s also making plans to further her nursing education.

“I knew someday I would hear that I was cancer-free, but when I finally did, it was like, ‘Wow. Now what do I do?’” Vanita says. “Then I realized, the sky’s the limit.”

Wide awake during brain surgery?

Wrap your head around this: Methodist Dallas Medical Center is now removing brain tumors while patients are awake.

Yes, you read that correctly. Michael Oh, MD, PhD, with the Methodist Moody Brain and Spine Institute, performed the hospital’s first awake craniotomy last October.

During the procedure, patients feel no pain and are able to communicate with the neurosurgeon. Using probes, the surgeon is able to map out specific language areas of the brain to determine if a portion or all of the tumor can be removed safely without affecting the patient’s speaking abilities.

“We ask the patients a series of questions that become progressively harder, starting with ‘What is your name?’ and potentially working up to math equations,” Dr. Oh says.

This new surgery at Methodist Dallas signals a healthy and hopeful departure from former methods of tumor removal — and that’s something to talk about!



THE SKY’S THE LIMIT

Watch Vanita Currin, RN, as she describes her journey from excruciating pain to—after surgery at Methodist Dallas—playing with her kids again and regaining her hope for the future.

Within months of being severely injured in a car accident, Cassidy Smith was walking, playing guitar, and heading back to school. She credits the doctors and nurses at Methodist Dallas for motivating her to keep going.



The road to

RECOVERY

When an evening drive turned tragic, Methodist Dallas' trauma team was ready

There is something about a mother's intuition: It's almost always right — even when you don't want it to be.

That was the case for Belinda Smith on June 12, 2014. That evening, her daughter Cassidy abruptly came to mind.

"I immediately had this feeling something was wrong," she says. Unfortunately, her intuition was right.

Unexpected emergency

Earlier that evening, Cassidy went for a drive. She remembers the early legs of that summer jaunt, traveling a farm-to-market road in Scurry, windows rolled down and her favorite musician, Shania Twain, crooning from the CD player.

"The next thing I knew, I was hunched over the steering wheel," she says.

An oncoming driver had swerved into Cassidy's lane, hitting her head on and thrusting the teenage girl's car into a ditch.

Coincidentally, Cassidy's friend lived just down the road from where the accident occurred. His dad, a paramedic, rushed to the scene.

"You know how people in movies say, 'Stay with me?' That's what happened," Cassidy recalls. "I don't remember any pain,

— Continued on page 12



STORY OF SURVIVAL

Watch Cassidy Smith as she sings the praises of the nurses and doctors at Methodist Dallas who supported her throughout her recovery.

— Continued from page 11

but I do remember hearing my friend's dad communicate my injuries to the paramedics. When I heard that my bone was sticking out of my leg, that's when I started panicking."

A life on the line

Cassidy suffered a broken sternum, a dislocated hip, internal bleeding from a lacerated liver and spleen, and compound fractures in every limb — two so severe that amputation was a very real possibility.

She was taken by CareFlite to Methodist Dallas Medical Center, one of only three adult Level I Trauma Centers in Dallas County, and was placed in the care of the chief of surgery, trauma surgeon J. Darryl Amos, MD, and orthopedic trauma surgeon Danny Holland, DO.

"Dr. Amos came out of surgery and started listing Cassidy's injuries, and then Dr. Holland said, 'But we've got to save her life first,'" Belinda recalls. "Everything went quiet really fast."

The trauma surgeons worked side-by-side to stop Cassidy's internal bleeding and reset her bones. "It was touch-and-go that first week," Dr. Holland says. "We had to wash out and clean those fracture sites and stabilize the limbs for future procedures."



Over the next six months, Cassidy would undergo about 15 surgeries to not only survive but also to restore her quality of life.

Cassidy's biggest fans

Cassidy persevered thanks to the support of her parents and eight siblings.

"I learned how loved I was," she says. "I don't think a day went by without a visitor."

She also credits the team at Methodist Dallas for restoring her self-esteem and seeing her through times of depression and discouragement.

"I've never been into school spirit, but I definitely have hospital spirit," Cassidy says, laughing. "Go, Team Methodist!"

The nurses on 9 Schenkel Tower stood out. They cried with her in her lowest moments and once even threw her a "girl party," complete with a manicure. Two of her emergency department nurses visited often, and her post-op nurses joined in when she came out of surgeries singing classics like "Ice, Ice Baby."

Cassidy's mom remembers Dr. Holland, who has four daughters of his own, at times being more of a father than a doctor.

"This was a life-changing event for Cassidy, and everyone who made contact

After a serious car accident, then-19-year-old Cassidy Smith faced multiple fractures and more than a dozen surgeries. Fortunately, her doctors and nurses at Methodist Dallas helped keep her spirits high.

Cassidy Smith (left) is thankful for her mom, Belinda, and other family members who supported her throughout her recovery from traumatic injuries sustained in a car wreck. "I learned how loved I was," Cassidy says.

with her tried to pull her out of the doldrums," Dr. Holland says. "I just sat with her and talked with her as I would with one of my own kids.

"While this was a tragic accident, we were going to focus on what we could control and we were going to make the best of it."

A new outlook on life

Within months of Cassidy's initial surgeries, she was walking, driving, and playing guitar. She continues physical therapy, and there are other surgeries ahead, but Cassidy sees the bright side of her future.

"I now know what I want to do with my life: I want to be a physical therapist and help people," she says, having just completed her first semester in community college.

"I always get slightly emotional when it's nighttime and I see that blue cross atop Methodist Dallas," she says. "Thank you is not big enough for saving my life."

"I've never been into school spirit, but I definitely have hospital spirit. Go, Team Methodist!" — Cassidy Smith

You've come to the **right place**

Peggy Routt found a one-stop shop for liver treatment at Methodist Dallas

Peggy Routt somehow had to find hope.

Being caught off guard by a dual diagnosis of liver cancer and hepatitis C had been hard enough. But then to learn that the disease had destroyed her liver was devastating.

Today Peggy knows her hope paid off.

A surprise diagnosis

Back in spring 2011, Peggy couldn't make it to her upstairs apartment without nearly collapsing. Afraid she was experiencing heart problems, she went to an urgent care center in her hometown of San Angelo, which in turn sent her to a hospital emergency department.

"I was surprised to learn how sick I was," Peggy says. "The hospital gave me six pints of blood because I was bleeding internally. I barely had any blood left."

The bleeding had been caused by cirrhosis of the liver, which causes blood vessels to dilate.

After being referred to a gastroenterologist, Peggy learned that the cirrhosis was caused by untreated hepatitis C. To make matters worse, she also had liver cancer.

The gastroenterologist immediately referred her to The Liver Institute at Methodist Dallas Medical Center to seek the expert care of Parvez Mantry, MD, medical director of The Institute's research and hepatobiliary tumor program.

Together we're better

At The Liver Institute, Peggy found a strong team of clinicians focused on providing her with multidisciplinary, collaborative, and long-term care.

They treated her liver cancer, and on Jan. 7, 2012, she had a liver transplant, performed by transplant surgeon Alejandro Mejia, MD, to replace her disease-damaged liver.

With cancer behind her and her new liver working flawlessly, The Liver Institute team now had to treat her hepatitis C. Only months after the transplant, the bloodstream disease had flared up again, leading to liver failure. Peggy was placed on the waiting list for a second liver transplant.

New treatment leads to cure

Despite these setbacks, Peggy maintained a positive attitude. New treatments were being introduced, and Dr. Mantry placed Peggy on an off-label treatment.

"We have several clinical trials in new treatments for hepatitis C and are fortunate to have a team of providers well-trained and experienced in managing patients on complicated regimens," Dr. Mantry says. "I knew the potential benefits of these new treatments, including their milder side effects and shorter treatment times — only 24 weeks as opposed to years. We eventually cured Peggy of hepatitis C — and saved her transplanted liver."

She did not need a second transplant after all.

"The Liver Institute is leading the country with hepatitis C treatments," Dr. Mantry says. "We are also treating and curing patients with cirrhosis, saving them from needing liver transplants."

A month following Peggy's transplant, her seventh grandchild, a grandson, was born. Today she is grateful to be alive, well, and with her loved ones, including those grandchildren and six great-grandchildren.

"I'm looking forward to seeing my grandson grow up," Peggy says. "I always believed I'd beat this disease, and I did because of Dr. Mantry and The Liver Institute."



WE CAN HANDLE IT

The Liver Institute at Methodist Dallas is nationally recognized for its successful treatment of liver and pancreatic diseases and transplants.

Learn more at MethodistHealthSystem.org/LiverInstitute or call 214-947-4400.

At The Liver Institute

10 physicians and surgeons are here to serve



16 clinical trials are underway

Our 2014 hepatitis C cure rates were

85% to 90%

603

people have received liver transplants since 2003*

*as of April 21, 2015



Author Michelle Staubach Grimes reads from her children's book, *Where Is Pidge?* at Methodist Dallas' Pidge Picnic event on March 28.

Pidge Picnic brings families together for literacy

Author Michelle Staubach Grimes joined Rosemont Elementary and PTA families on the Folsom Fitness and Rehabilitation Center lawn at Methodist Dallas Medical Center for Pidge Picnic.

It was an activity-filled event built around Grimes' children's book *Where Is Pidge?* which is filled with messages of literacy and love.

The author read from her book, and families enjoyed numerous activities, including an Easter

egg hunt, face painting, live entertainment with singer and songwriter Floramay Holliday, and photo opportunities with Pidge, the book's main character.

Better literacy leads to better health, and everyone was encouraged to make a Pidge Promise for literacy. Check out Twitter (#PidgePromise) for more great coverage of the event.



THERE'S NO PLACE LIKE HOME: Methodist Dallas teamed with Winnetka Heights for the Mardi Gras Oak Cliff parade on Feb. 15. The Methodist Dallas crew looked great in their "Wizard of Oz"-themed sweatshirts. The Winnetka Heights Home Owners Association took the prize for the best floats.



OUR NURSES ARE GREAT: Six Methodist Dallas nurses — (from left) Cassie Oden, Sherri Floyd, Judith Mary VonEhr, Nancy Valant, Cynthia Lantz, and John Vo — were among honorees named in the prestigious Dallas-Fort Worth Great 100 Nurses awards this year. They were chosen from more than 800 nurses across North Texas nominated for the honor.



WHAT'S HAPPENING?

Stay up to date on upcoming Methodist Dallas classes and events at MethodistHealthSystem.org/Events.



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We're in your neighborhood

Medical Centers



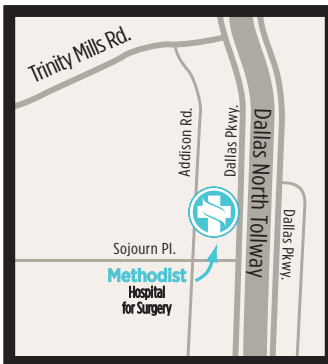
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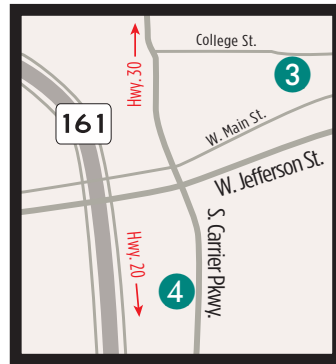
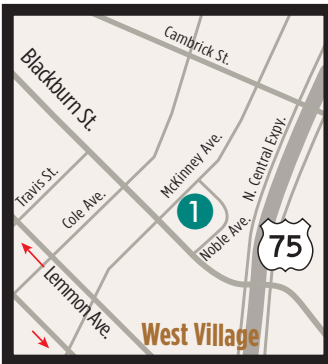
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STAY IN THE LOOP

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

**Make the next years
the best years**

A fun way to help
baby boomers
embrace their
bonus years.
See page 5.



D

Answers²

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

Today, doctors here at Methodist Dallas 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**

