

shine

Your healthy-living magazine

At the Methodist
Moody Brain and
Spine Institute,
brain surgery isn't
a headache

Make yours a
mocktail: festive
holiday drinks

**Mahmoud
Shmaitelly is free
from dialysis at
last and enjoying
every moment**

WINTER 2014 - 2015



Methodist

DALLAS MEDICAL CENTER

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. Learn how we're working together at MethodistHealthSystem.org/Mayo.



Two respected names, one purpose. You.SM



Connect with us



[/MethodistHealthSystem](https://www.facebook.com/MethodistHealthSystem)



[@mhshospitals](https://twitter.com/mhshospitals)
[@methodistdallas](https://twitter.com/methodistdallas)



[/MethodistHealthDFW](https://www.youtube.com/MethodistHealthDFW)

MethodistHealthSystem.org



SHINE is published quarterly as a community service for the friends and patrons of METHODIST HEALTH SYSTEM, P.O. Box 655999, Dallas, TX 75265, telephone 214-947-4600, MethodistHealthSystem.org. To unsubscribe, please email pr@mhd.com.

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

Laura Irvine, FACHE
President, Methodist Dallas Medical Center

Joe Brown
Public Relations Manager, Methodist Health System

Robin Daniels
Director of Community and Public Relations,
Methodist Dallas Medical Center

Sarah Cohen
Publication Specialist/Editor, Methodist Health System

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

Models may be used in photos and illustrations.

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff, as well as those at Methodist Family Health Centers and Medical Groups, are independent practitioners who are not employees or agents of Methodist Dallas Medical Center, Methodist Health System, or any of its other owned or operated hospitals. Methodist Rehabilitation Hospital and Methodist Hospital for Surgery are independent legal entities separate from Methodist Health System and Methodist Hospitals of Dallas.

Copyright © 2014 Coffey Communications
CMM30688

ONLINE AND INSIDE

Winter
2014 – 2015

WEB

What's the buzz about Mayo Clinic? Methodist Health System is the first hospital in Texas to be a member of the Mayo Clinic Care Network. What does this mean for you? At MethodistHealthSystem.org/Mayo, you can check out frequently asked questions, the official launch video, and a *Good Morning Texas* interview with Stephen L. Mansfield, PhD, FACHE, Methodist president and CEO, and David Hayes, MD, medical director, Mayo Clinic Care Network. Turn to page 14 for more information, as well!



December is Safe Toys and Gifts Month. There's nothing like seeing a child's face light up when you give him or her a gift — whether it be for a holiday, a birthday, or even just because. But you want to make sure you're giving the right gifts — ones that are safe and age-appropriate. At MethodistHealthSystem.org/HealthLibrary, a search for "toys" will offer lots of guidelines and tips for buying, giving, and even storing toys safely.

BLOGS

Is your parenting style under fire? Family members, friends, even complete strangers seem to have their opinions on how you should parent your children. This December, our *Art of Balance* blog, dedicated to working moms, comes to your defense, providing strategies for how to respond to others' judgment. Point your browser to ArtOfBalance.MethodistHealthSystem.org.

Cook up something new in 2015! If healthy eating is on your list of New Year's resolutions, check out the healthy recipes at Health.MethodistHealthSystem.org. Here you'll find heart-healthy breakfasts, delicious soups, and a twist on tailgating from *Top Chef's* Tre Wilcox.



On the cover

One weekend last spring, the team at Methodist Dallas performed a record number of lifesaving kidney transplants. Husband and father of three Mahmoud Shmaitelly was one of the lucky recipients.

Read their story on page 8.

SHINE MAGAZINE

TO YOUR HEALTH

5 Mocktail hour!

Consider serving these delicious alcohol-free drinks at your next social event.

SPOTLIGHT

13 Role reversal

If your parents are getting older, it may be your turn to take care of them — including trips to the emergency department. Be prepared!

FEATURES

6 There's no stopping him now

After anterior-approach hip replacement at Methodist Dallas, Gerald Brown has no trouble keeping up with the students he coaches.

7 No visible scars

Thanks to Single-Site™ surgery with da Vinci®, Abbie Mejorado's only sign of having a hysterectomy is that she feels much better.



DIABETES

A new take on holiday favorites

Just because you have diabetes doesn't mean you can't enjoy your favorite holiday foods. Put a healthy spin on your recipes with these ingredient substitutions:



Instead of this	Try this
Broccoli and rice casserole	Steamed broccoli using chicken stock instead of water. Top the broccoli with a little shredded cheese instead of a cheese sauce.
Dehydrated fruits	Fresh fruits.
Traditional macaroni and cheese	Use low-carb pasta, such as the Dreamfields brand.
Turkey legs or thighs	Turkey breast for a lower-fat option.
Mashed potatoes	Mashed cauliflower.

Heading home for the holidays?

Pack a pen and paper

The holidays have a way of bringing relatives together.

With such a captive audience, it makes this a good time to learn about which health problems run in your family. Doing so can help protect your own health.

For example, if a close relative has a condition such as heart disease, high blood pressure, or diabetes or has had colorectal polyps or women's health issues, you may be at risk, too.

So bring a pen and notebook to this year's gathering. Ask your relatives — particularly your parents, siblings, children, and grandparents — which health conditions they have and how old they were when they developed them.

Knowing your family health history can help you and your doctor take steps to reduce your risk.




DIABETES DO'S AND DON'TS

Visit MethodistHealthSystem.org/HealthLibrary for dozens of tips for staying healthy with diabetes.

An extra tip: "For some extra help, grab the dessert plate instead of the full-sized dinner plate," says Laquita Shepherd, MD, family medicine physician at Methodist Family Health Center – Kessler Park. "Then fill most of the plate with nonstarch vegetables, salad, and lean meat. With a little planning — and some creativity — you can keep your diabetes under control."



Season's sippings!

Have you ever noticed how Thanksgiving through New Year's feels like one long string of social events, each offering its share of alcoholic beverages?

While the occasional cup of rum-laced eggnog or cocktail is okay, alcohol has its risks. Not only can it weaken the immune system (not good during cold and flu season), but it can also impair party guests' driving ability.

Fortunately, Charlie Moore, mixologist at The Highland Dallas Hotel, has some delicious alcohol-free mocktail recipes packed with flavor.

Mulled cider



Ingredients

- 6 cups apple juice
- 12 6-inch sticks of cinnamon (separated)
- 10 to 15 cloves
- 5 allspice berries
- Zest of 1 orange
- Zest of 1 lemon
- Peel of 1 orange (orange part only, not the white pith)

Instructions

Place the juice, 6 of the cinnamon sticks, cloves, berries, and zest in a pot and simmer 10 to 15 minutes. Strain the cider and pour into serving glasses. Garnish each with cinnamon stick and orange peel. Makes 6 servings.

Pomegranate spritz



Ingredients

- 3 ounces pomegranate juice
- $\frac{3}{4}$ ounces lemon juice
- $\frac{3}{4}$ ounces simple syrup
- 3 ounces club soda
- Peel of 1 lemon (yellow part only, not the white pith)

Instructions

Pour the juices and the syrup into a mixing tin. Shake for 15 to 20 seconds. Double strain the mixture into a champagne glass, and top with soda and a lemon peel twist.

Additional source: National Institute on Alcohol Abuse and Alcoholism


STAY HEALTHY ALL SEASON LONG

Follow us on Facebook and Twitter for more health tips:
MethodistHealthSystem.org/SocialMedia.



Gerald Brown was amazed at his rapid recovery from hip replacement surgery at Methodist Dallas. “My friends and family couldn’t believe it,” he says.



YOU'RE IN GOOD HANDS

The hip and knee replacement programs at Methodist Dallas have both been certified by The Joint Commission. To learn more about our services, visit MethodistHealthSystem.org/JointAcademy.

Off the bench

Sidelined by hip pain, coach Gerald Brown called for the anterior approach

A dull ache. Soreness in the hips that worsened at bedtime. Sleepless nights. These were the symptoms that gradually intensified over 2½ years and eventually led Gerald Brown, 56, to hip replacement surgery.

The pain became so unbearable two months before his surgery that Gerald, then a high school football coach in Colleyville, began coaching games on crutches.

Search for a solution

Gerald’s primary care provider suggested a right hip replacement.

“After doing my research and talking with family and friends who’d had hip replacement, I decided on the anterior approach,” Gerald says. From the anterior, or front, of the hip, the surgeon can operate between muscles, while the conventional posterior approach (from the back) requires cutting muscle.

Gerald interviewed several surgeons in the Arlington–Fort Worth area where he lived and in Dallas before choosing Jason Lowry, MD, orthopedic surgeon on the medical staff at Methodist Dallas Medical Center.

Preparing for surgery

Thanks to the Joint Academy at Methodist Dallas, Gerald was well-prepared for his surgery. The academy is a free educational workshop that helps ready joint replacement “students” both mentally and physically for not only a joint replacement procedure, but also for how to achieve the best possible surgical outcome and return most quickly to their normal daily activities.

“Attending the Joint Academy made me feel much more comfortable about my upcoming surgery,” Gerald says. “I was looking forward to getting relief.”

Fast healing

His surgery on Dec. 3, 2013, began at 7 a.m., and by 1 p.m. he was walking with a walker. The next day, he was walking up the stairs. Although rehabilitation was offered, he didn’t need it.

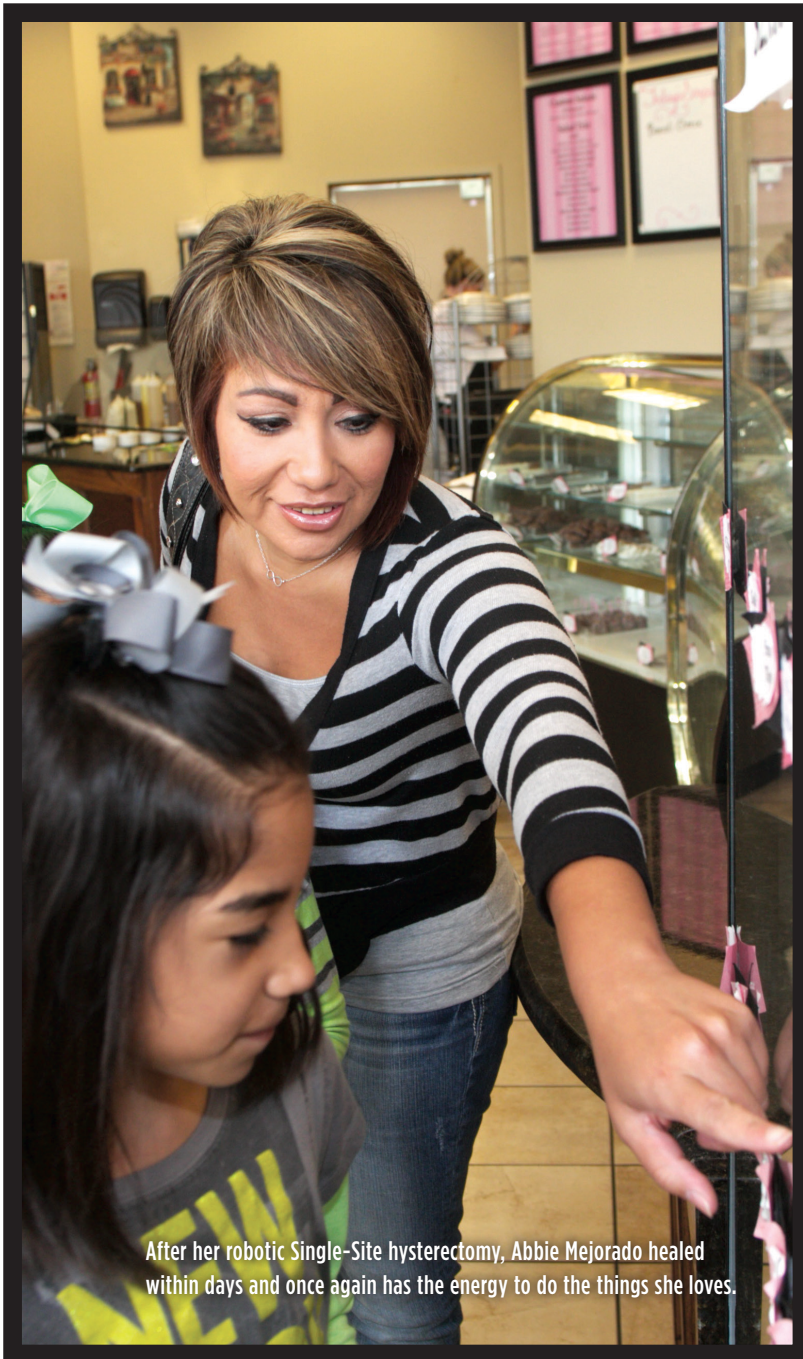
“I had an extremely quick recovery,” Gerald says. “It was almost too easy. My friends and family couldn’t believe it.”

Gerald was back to coaching three weeks after surgery and back to normal activity after only five weeks. Three weeks after that, he was biking 10 to 15 miles a day and walking 7 to 10 miles a day around the campus and golf course in his new position as high school golf coach at Colleyville Heritage High School.

He credits Dr. Lowry and the staff for things working out so well.

“The Methodist Dallas staff was wonderful, and Dr. Lowry was congenial, knowledgeable, and patient,” Gerald says. “I made the right choice.”

Back to **business**



After her robotic Single-Site hysterectomy, Abbie Mejorado healed within days and once again has the energy to do the things she loves.

Only two days after a da Vinci Single-Site procedure, Abbie Mejorado was back to work

Abbie Mejorado had learned to live with the pain in her lower abdomen for more than a year. But in 2013, it reached an unbearable level.

“I could only do activities when I had the energy to do them,” the 40-year-old Palmer resident says. “The pain kept creeping back, and it made absolutely no sense.”

Abbie knew that with this pain, she needed to take charge, and she knew where to turn: her longtime OB-GYN, Theresa Patton, MD, on staff at Methodist Dallas Medical Center.

“Dr. Patton always makes me feel comfortable,” Abbie says. “I knew she wanted what was best for me and my body.” After determining that Abbie had significant scar tissue in the lining of her uterus, Dr. Patton proposed a hysterectomy as a healthy and safe solution to Abbie’s pain.

“Dr. Patton explained that by performing the procedure with the da Vinci® Surgical System’s Single-Site™ technique, she would make only one incision through the belly button and I would have no superficial scarring other than that.

“I told her I wanted the Single-Site procedure, and I wanted it as soon as possible.”

As soon as possible came on March 31. Abbie was able to leave the hospital that very same day and was back to work just two days later.

She says she was a little sore throughout the day but nothing compared to the pain that had been dragging her down before, and in two short weeks, she had the okay to go exercise again.

“I was a little nervous at first, but I felt so great afterwards,” Abbie says. “I had absolutely no pain.

“It’s nice to feel good again. I’m grateful for Dr. Patton and the staff at Methodist Dallas who not only helped me get back to myself but made the experience so quick and painless.”



ONE SINGLE-SITE SENSATION

Wondering if the minimally invasive Single-Site surgery with da Vinci might be right for you? Visit MethodistHealthSystem.org/DaVinci and then talk to your doctor.

The gift of life



CHOOSE LIFE

Thanks to organ donors, the highly trained team at Methodist Dallas has been able to perform more than 3,000 kidney transplants. Almost anyone can become an organ donor, and it's possible to be a living kidney donor.

Visit MethodistHealthSystem.org/OrganDonation and donatelifetexas.org.

In one weekend, Methodist Dallas performed seven lifesaving kidney transplants

Easter in Dallas was overcast last spring. Yet despite the clouds, the days shone bright for seven patients at Methodist Dallas Medical Center, thanks to kidney donors whose legacy was the gift of renewed life.

On Holy Saturday and Easter Monday, transplant surgeons Richard Dickerman, MD, surgical director of kidney and pancreas transplants, and Carlos Fasola, MD, worked with two highly skilled teams of medical professionals to perform a record number of kidney transplants for the hospital.

The surgeons, both of whom are on the Methodist Dallas medical staff, say it's rare for so many organs from deceased donors to become available at one time. But with new equipment that allows doctors to both test donated kidneys and improve their viability, Methodist Dallas was prepared. Here are a few stories from that life-giving weekend.



Mahmoud Shmaitelly, now free from dialysis, is grateful for the time he gets to spend with his wife, Nadin, and their children, Yesmeena, Ryan, and Adam.

From dark night shifts to bright new days

A prison sentence. That's how Mahmoud Shmaitelly refers to his 2½ years on kidney dialysis.

"You aren't free because you have to be on that machine to stay alive," he says.

Mahmoud's original diagnosis of nephritis, or kidney inflammation, came in 1988 during routine medical screening for admittance to the American University of Beirut. For the next 23 years, the condition steadily degraded his kidney performance.

"By 43, I'd reached 90 percent deficiency and needed dialysis," he says.

Waiting and hoping

Nadin Shmaitelly was willing to free her husband from dialysis by becoming a living donor. But the couple wanted to have another child and decided not to risk surgery for her. So Mahmoud's dialysis continued. For a time, Mahmoud, now living in Allen, found some escape in having his blood filtered

at night. When he wasn't hooked up to the machine, he tried to forget about the painful needles, the time lost.

Mahmoud's first call for a potential transplant ended in disappointment: The kidney was not a match. But last April 18, another call came. And he and Nadin — then nearly nine months pregnant — cut a family vacation short and drove through the night to get to Methodist Dallas early Saturday morning to prepare for Mahmoud's surgery that day.

"I was so happy that I didn't care about the vacation," he says, laughing. "Imagine 2½ years on dialysis, then somebody says you're going to get a kidney. You wouldn't wait!"

Less than two weeks after Mahmoud received his new kidney, the Shmaitelly family celebrated another new life: Baby Adam joined siblings Yesmeena and Ryan. Mahmoud is quick to thank everyone at Methodist Dallas who helped in his journey.

"My new kidney gave me the liberty to explore this stage of my life — to enjoy family life, get back to hobbies, and begin a new phase of my career. I'm a free man."

— Continued on page 10



Donnie Campbell (left) and Ronny Golden (right) received kidneys from the same donor. “That family lost someone, but they blessed two people,” Donnie says.



— Continued from page 9

Strangers united by an incredible gift

Donnie Campbell and Ronny Golden have a lot more in common than rhyming first names. Both are hardworking men in their 50s with supportive families. Both are drawn to the hum of a well-oiled engine: Donnie to cars, Ronny to motorcycles. And both considered themselves relatively healthy before renal failure changed their lives.

Ronny’s kidneys were damaged by an autoimmune disease. For Donnie, it was diabetes and high blood pressure.

Spending hours each week hooked up to blood-filtering dialysis machines became a routine part of life as each man worked and waited — Donnie in Tyler, Texas, Ronny in Elm Grove, Louisiana — hoping for a new kidney.

“It was a commitment, three days a week, four to five hours each time,” says Donnie, who was on dialysis for 20 months. “But it gives you life so you have time to wait for a kidney.”

Besides loss of energy, dialysis required other sacrifices. Donnie had less energy to

spend with his grandson. Ronny had to back off riding motorcycles.

“It wears on you,” Ronny says of his 3½ years of dialysis. “But as one doc told me, ‘Dialysis is only a bridge. On the other side is either a kidney or death.’”

The bridge to new life

On Easter Sunday, Ronny and Donnie each received a call from Methodist Dallas. Both were matched to receive a new kidney from the same donor and headed to Dallas for surgery the next day.

“Everyone at Methodist was so happy,” Ronny’s wife, Sharon, recalls. “When we heard it was a match, everyone was crying and hugging.”

“Ronny has our donor’s right kidney, and I have the left one,” Donnie says. “But for us, they are both the right one.”

The former strangers — now linked by a unique bond — started planning annual get-togethers. As they regain their health,



Ronny Golden and his wife, Sharon, are grateful to the donor’s family for the gift that saved two lives.

they remain thankful for the excellent care they received at Methodist Dallas — and to their donor’s family.

“That family lost someone, but they blessed two people,” Donnie says. “They blessed two families.”

The team behind the care

The Methodist Dallas staff — coordinators, laboratory personnel, nephrologists, surgical and intensive care teams, and others — rose to meet the unexpected demands of multiple organ offers in one weekend. “This is precisely what our expanding transplant program requires,” Dr. Fasola says. “The response was immediate and exemplary.”



Joanne Gonzalez Marti's journey to health took faith, patience, and a literal journey to Methodist Dallas.

Far from home, but feeling safe

Each year, more than 10 percent of Methodist Dallas' kidney transplant patients come from Puerto Rico.

“Our patients from Puerto Rico take comfort in knowing they will receive excellent care in Dallas, then return home to the support system that carried them through dialysis and made them healthy enough to get a kidney transplant,” Dr. Dickerman says. On Holy Saturday, Joanne Gonzalez Marti was one of those patients.

Diabetes takes its toll

When the call came from Dallas, 54-year-old Joanne was at home in San Juan, Puerto Rico, about to begin scrapbooking with her best friend, Virginia Fernandez.

“It was April 17, Holy Week,” Joanne recalls. “They called at 8:30 in the morning and said I had a kidney and it was a perfect match — but I had to be in Dallas that night!”

Joanne's kidney failure was the result of late-diagnosed diabetes that had damaged

her kidneys. Her positive attitude and faith-based conviction that she would someday get a new kidney sustained her through 3½ years of infections, challenging food restrictions, and exhausting dialysis.

“Sometimes I couldn't go to church on Sunday because I was destroyed from dialysis on Friday,” she recalls.

Finally, the wait was over. Joanne, accompanied by Virginia, made it to Dallas by 11 p.m. The business coordinator who assists patients from Puerto Rico picked the women up at the airport and arranged for their accommodations. Joanne's surgery was scheduled for Holy Saturday.

“I met Dr. Dickerman and realized how knowledgeable he is,” Joanne says. “That made me very comfortable. Remember, I wasn't in my country — my family was in Puerto Rico. It was hard, but I felt extremely safe.”

After a successful surgery, Joanne returned to friends and family in

Puerto Rico. Today, life shines even brighter because Joanne knows she'll be around for her loved ones, including a child with special needs.

“I hope someday to thank my donor's family personally and tell them what this means to me,” she says. “In that family's tragedy of losing their loved one, I am alive.”

Acts of heroism

While their patients are quick to praise Drs. Dickerman and Fasola, the surgeons say the donors and their families are the true heroes.

“If they don't say yes — and they don't have to say yes — none of this could happen,” Dr. Dickerman says. Dr. Fasola agrees: “In the midst of deep grief, these sorrowful families were still strong enough to consent to the ultimate gift their loved ones could give: the gift of life.”



When Eva Hernandez needed medical care to remove her brain tumor, she and her husband, Juan, were impressed with their experience at Methodist Dallas.



NEW AT METHODIST DALLAS!

When Methodist Dallas opened the Charles A. Sammons Tower this summer, it also opened a brand-new neurocritical care unit that will benefit patients like Eva. To learn more about the new tower, visit MethodistHealthSystem.org/BrightER.

A brain under **pressure**

August 2013 started like most late summers for Eva Hernandez. The office manager of a West Dallas school, she was preparing teacher manuals, answering parents’ phone calls, and applying all the organizational elbow grease she could muster before school started.

Then she started noticing headaches in the front of her head.

“By the last week of August, I couldn’t really concentrate on what I was doing, and I kept losing paperwork,” she says. “It kind of scared me.”

Eva called her husband, Juan, at work and said, “I need you to take me to the doctor.”

After a couple weeks of monitoring, Eva’s doctor sent her to Methodist Dallas Medical Center for a CT scan.

Tumor trouble

The CT scan found a benign brain tumor called a meningioma.

“Because these tumors are slow-growing, people don’t often have symptoms until the tumors have grown really large and started putting pressure on the brain,” says Michael Oh, MD, PhD, neurosurgeon with the Methodist Moody

Brain and Spine Institute at Methodist Dallas. “At that point, tumors are a bit like real estate: Location is everything.”

Depending on a tumor’s place in the brain, it can cause vision or hearing loss, seizures, or weakened nerve responses. If the tumor is large enough, it can be fatal.

Eva’s tennis ball–sized tumor had to come out.

“I was so scared, but when Dr. Oh came in and showed me the tumor on a laptop and explained the procedure, I felt a lot better,” she says.

A better start to the school year

Dr. Oh and his colleague, neurosurgeon James Moody, MD, removed the tumor on Friday, Sept. 13, and Eva went home the following Tuesday.

“I didn’t realize it was going to be that fast and easy,” Eva says, adding with a huge smile that the nursing staff made her stay at Methodist Dallas wonderful. “They were always there for me.”

Within weeks, Eva felt great. This August when she started preparing for the new school year, she was focused, able to concentrate, and more organized than ever.

Additional source: National Brain Tumor Society



SAFE FOR SENIORS

Methodist Dallas' G60 program is geared toward making hospital stays for seniors safer and more successful. Learn more at MethodistHealthSystem.org/DallasEmergency.

FAMILY MATTERS

Taking your parent to the ED

If you ever went to the emergency department (ED) as a kid, chances are mom or dad was by your side. Now that they're older, you may find yourself doing the same for your parents — especially in the case of a fall.

“For older adults, a fall is always an emergency, so it's best to call 911,” says Danny Holland, DO, orthopedic trauma surgeon at Methodist Dallas Medical Center. “There might be neurologic or spine injuries, and emergency medical services can transport your loved one to the hospital appropriately.”

Older patients at Methodist Dallas receive treatment through our G60 program. Designed to care for older adults, G60 has a track record of remarkable patient recoveries.

“We take an absolutely comprehensive team approach from a variety of specialists,” Dr. Holland says. “We want to guide our patients from their arrival through long after discharge to make sure their physical, mental, and emotional needs are being met.”

Before an emergency ever occurs, however, there are some ways you can be prepared:

- ▶ **Take notes.** Have a ready-to-go written list of your parents' medical histories, including allergies, surgeries, and medications.
- ▶ **Have the talk.** Though it can be difficult, it's wise to discuss a living will with your parents. In case they become unable to communicate, it can help ensure that their wishes regarding medical care are carried out.
- ▶ **Be observant.** “Caregivers know their parents best and can help us physicians ascertain if certain symptoms or behaviors are normal for their parents or are new developments,” Dr. Holland says.

“We want to guide our patients from their arrival through long after discharge to make sure their physical, mental, and emotional needs are being met.” — Danny Holland, DO



Introducing Healing²

On Sept. 8, at a private event at the Perot Museum of Nature and Science, Methodist Health System made an announcement that will change health care in Dallas–Fort Worth exponentially: Methodist is now a member of the Mayo Clinic Care Network (MCCN).

What does this mean for you?

Your physicians on the Methodist medical staff can collaborate and consult with Mayo Clinic specialists on any medical condition to help plan the best course of treatment.

We also have access to more than 2,500 pieces of health care literature that

Mayo Clinic developed to help educate patients on a wide range of conditions.

“The Mayo Clinic Care Network is about strengthening existing relationships with high-quality, like-minded health care institutions for the benefit of our patients,” said MCCN Medical Director David Hayes, MD, at the Perot event. “Our colleagues at Methodist are well-known for their excellent patient care in the Dallas–Fort Worth area. We are proud to welcome them to the network and look forward to continued collaboration.”

Methodist Health System President and CEO Stephen L. Mansfield, PhD, FACHE (center), and Mayo Clinic Care Network (MCCN) Medical Director David Hayes, MD, share the news that Methodist is the first member of the MCCN in Texas with Amy Vanderoef on *Good Morning Texas*.



MORE ABOUT MAYO

Watch for our new “The Power of 2” commercials, radio spots, and advertisements throughout the Metroplex! To learn more about our collaboration with Mayo Clinic, visit MethodistHealthSystem.org/Mayo.



R. Carrington Mason, DO; his wife, Kari Mason; and Arve Gillette, MD, attend the Perot Museum event, during which Methodist announced its collaboration with Mayo Clinic.

After 35 years, we’re still flying high



CareFlite founders Charles Tandy, MD, and Ernest Dunn, MD, join CareFlite Board Chairman Michael Schaefer and board member John Baumgartner, CareFlite first responders, Methodist Dallas emergency staff members, and hospital and health system leaders on Methodist Dallas’ helipad, famous for its city skyline view. Schaefer also serves at Methodist’s executive vice president and chief financial officer; Baumgartner is Methodist’s senior vice president finance.

In 1979, Methodist Dallas Medical Center co-founded CareFlite, the nation’s first joint-use air medical program.

Al Antonetti, MD; Phil Berry, MD; Richard Dickerman, MD; Ernest Dunn, MD; James Moody, MD; and Charles Tandy, MD (retired), were among the physicians at Methodist Dallas who championed and initiated the CareFlite program. As part of their legacy, CareFlite has grown to include nine helicopters, an air ambulance, a ground fleet of 65 vehicles, a training center, and more than 100 medical campuses.

In the past 35 years, the CareFlite first responders have driven or flown more than 750,000 patients to emergency medical treatment.



DALLAS MEDICAL CENTER

We're in your neighborhood

Medical Centers



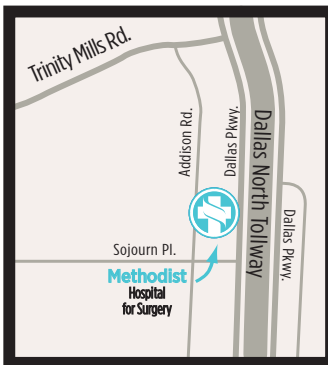
Methodist Dallas Medical Center
1441 N. Beckley Ave.
Dallas, TX 75203
214-947-8181



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



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



Methodist Family Health Centers and Medical Groups

1 Uptown Medical Group
3000 Blackburn St., Suite 130
(in the Mondrian building)
Dallas, TX 75204
214-599-8624

2 Kessler Park
1222 N. Bishop Ave., Suite 300
Dallas, TX 75208
214-941-1353

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

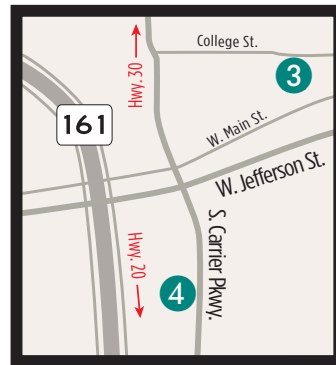
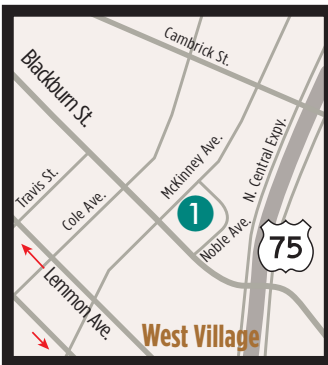
4 Central Grand Prairie
820 S. Carrier Parkway
Grand Prairie, TX 75051
972-262-1425

5 Preston Hollow
4235 W. Northwest Highway, Suite 400
Dallas, TX 75220
214-750-5100

6 Timber Creek
6243 Retail Road, Suite 500
Dallas, TX 75231
214-361-2224

7 Inwood Village
5709 W. Lovers Lane
Dallas, TX 75209
214-351-1800

8 Highland Park – coming soon!
4101 Lomo Alto Drive
Dallas, TX 75219



STAY IN THE LOOP

To sign up for text notifications about traffic and lane closures related to the Dallas Horseshoe Project, text DALLASHORSESHOE to 31996 or visit dallashorseshoe.com/contact-us/sms-notification-sign-up.



Methodist Dallas Medical Center
 P.O. Box 655999
 Dallas, TX 75265-5999

Nonprofit Org.
 U.S. Postage
PAID
 Dallas, TX
 Permit No. 2710



Holiday party?

Find two delicious drink recipes
 on **page 5**.

Healing²

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 our ability to take healing to the next level. 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. Learn how we're working together at MethodistHealthSystem.org/Mayo.



Two respected names, one purpose. You.SM