

shine

Your healthy-living magazine

Avoiding holiday
weight gain

Memory care
coming to
Methodist
Richardson

**Flora Lin
overcame the
effects of breast
cancer with
help from our
STAR Program**

WINTER 2014 - 2015



Methodist

RICHARDSON 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



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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

When Flora Lin's breast cancer returned, the STAR Program at Methodist Richardson was there to help her recover.

Read her story on page 9.

 **SHINE MAGAZINE**

TO YOUR HEALTH

4 Time to get cooking!

The benefits of cooking and eating at home far outweigh the convenience of dining out.

5 Moving forward

Hip and knee replacements are now better than ever.

SPOTLIGHT

7 Setting the record straight

From old wives' tales to Internet rumors, there are a lot of myths about pregnancy. Get the facts.

FEATURES

10 A stitch in time

After minimally invasive surgery with da Vinci®, Carolyn Johnson got relief from her condition — and from concerns about cancer.

12 Putting back pain behind him

Minimally invasive back surgery helped Clark Crandall stand tall again.



Season's eatings

How to avoid holiday weight gain

How will you greet this year's holiday spreads? Will you:

- A.** Vow to forgo the fattening feast, give up your favorite foods, and strive to lose weight?
- B.** Fling self-control out the window, break out your elastic-waist pants, and dive right in?
- C.** Plan to enjoy your favorite foods in moderation and maintain your current weight?

If you chose **C**, you are probably on the right track. And Roxana Cham, MD, family medicine physician at the new Methodist Family Health Center – Firewheel, has some strategies that can help.



FIND MORE HEALTH TIPS ONLINE

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

Dining out?

Why you should consider dining in

You've just grabbed fast food before racing across town for your son's band concert. The following night, you and your husband hit the mall food court while Christmas shopping. Then Sunday, the whole family goes out for wings and to watch the Cowboys game.

Sound familiar? It's easy to sacrifice healthy eating for the convenience of eating out. But Jessica Bischoff, DO, says it's worth tipping the balance toward more home cooking.

"A lot of health problems — like obesity, hypertension, and diabetes — get exacerbated by the added salt and large portions of restaurant food," the family medicine physician at Methodist Richardson Family Medical Group says. "By cooking your own food at home, you can control what you're putting in your body." For example, you can:

Replace salt with herbs or garlic for flavor.



Substitute butter with olive oil and heavy cream with low-fat or skim milk.



Choose low-sodium canned vegetables and soup stock.



Incorporate more fruits and veggies.



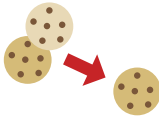
The best part, Dr. Bischoff says: "Healthier home cooking lets you save indulging for those special gatherings with family and friends."

Tips for staying on track

Think of calories as currency. Spend calories wisely — on your favorite foods and beverages.



Share the abundance. “If you’re going to bake for the holidays, enjoy the treats the day you bake, but then take the rest to work, church, or another group,” Dr. Cham suggests.



Use the plate method. Fill half your plate with fruits and veggies, one-quarter with protein, and the last quarter with starches and carbohydrates.



Stand and eat. “When you do, it’s more difficult to hold a large plate, silverware, and a beverage all at once,” Dr. Cham says. “Instead, you’re more likely to choose a smaller plate — or forgo one altogether. Standing also burns more calories than sitting.”



Keep moving. If getting to the gym seems impossible, just strap on a pedometer and aim for 10,000 steps, or five miles. “That’s just a couple laps around the mall while holiday shopping,” Dr. Cham says.



EAT CLEAN IN 2015

Did you know that good dietary choices can help prevent cancer? Learn more in the Food for Life interactive series, starting in January. Go to MethodistHealthSystem.org/Events.



Wanted: A new joint that will last

If you have knee pain, here’s a number you should know:

90% That’s the percentage of modern

total knee replacements that are still functioning well 15 years after the surgery. This type of joint replacement surgery dramatically reduces knee pain.



“On a new knee, it isn’t the joint itself that can wear out but the polyethylene coating that helps the ball move freely within the socket,” says Christopher Hanssen, MD, orthopedic surgeon at Methodist Richardson Medical Center. “New technology slows the wear of that coating, so knees are lasting longer than ever.”

Dr. Hanssen says there’s another number to know:

20 The average number of years a new hip can last. Helping with that success is the anterior approach to hip replacement.



“With the anterior, or frontal, approach, the surgeon doesn’t have to detach and reattach muscles; he or she goes between muscles,” Dr. Hanssen says. “This keeps the joint more stable, reduces the dislocation rate, and helps with alignment.”

Additional source: American Academy of Orthopaedic Surgeons



TIME FOR A NEW JOINT?

Methodist Richardson has been accredited by The Joint Commission for knee, hip, and shoulder replacement. If you’re ready to seek an end to your pain, call **972-4 DR LINE (972-437-5463)** for a referral to an orthopedic surgeon on our medical staff.

**COMING SOON
TO METHODIST
RICHARDSON!**

Behavioral health for older adults

An older adult behavioral health unit that offers treatment for a variety of mental health issues affecting older adults will open at the Methodist Campus for Continuing Care on Campbell Road this January.

The spacious 22-bed unit with private rooms is also a medical unit equipped to provide IVs, feeding tubes, and continuous oxygen without having to transfer patients to another unit.

Unlike with freestanding psychiatric units, patients can be transferred directly to the campus' emergency department for additional medical care, if necessary.

Methodist Richardson Medical Center Behavioral Health Director Kimberly Branum, BSN, BA, RN, CDP, says staff members are all certified in dementia care.

"I wanted the kind of staff that I would entrust with my own grandmother's care if she were here," Branum says.



OFFERING HELP AND HOPE

Methodist Richardson's behavioral health and addiction recovery services can help you or your loved ones with a variety of issues. To learn more, visit MethodistHealthSystem.org/MentalHealth.



Is it Alzheimer's?

The symptoms of Alzheimer's disease are more glaring than simple memory missteps. And if you recognize them — either in yourself or a loved one — you should promptly consult a doctor.

"Symptoms include an eminent change in behavior that can cause harm to themselves or others, such as wandering, walking into traffic, or driving and getting lost in their own neighborhood," says Alipio Mascarenhas, MD, medical director of adult inpatient behavioral health at Methodist Richardson Medical Center. "They may also neglect hygiene and eating."

Other symptoms can include:

- ▶ Problems with language, such as forgetting a simple word or substituting something unusual. *Watch*, for example, may become *hand-clock*.
- ▶ Poor or decreased judgment, such as giving large sums of money to a telemarketer.
- ▶ Difficulty following a plan or working with numbers, such as keeping track of bills.
- ▶ Misplacing items, placing items in unusual locations, and losing the ability to retrace steps in order to find them.
- ▶ Changes in mood and personality, such as a tendency to be suspicious, fearful, or anxious.

It's important to know that these symptoms may be caused by problems other than Alzheimer's disease, so seeing a doctor is a must.

While there is no cure for Alzheimer's, there are services, such as the older adult behavioral health program, opening in January 2015 at the Methodist Campus for Continuing Care, that can make life easier. Medications may also help by delaying the progression of some symptoms. Acting quickly is to your advantage.

Source: The Alzheimer's Association

PREGNANCY MYTHS

True or false?

Pregnancy is an exciting time as you await the birth of a new member of your family. You may also have questions as you wonder whether you are doing all you can to give your baby a healthy start in life.

Vanessa Woolridge, MD, OB-GYN at Methodist Richardson Medical Center, says she often has to debunk the myths her patients hear about what they should or should not do during pregnancy.

“Many times the information they receive is not completely accurate,” Dr. Woolridge says.

Here, she shares some of those myths — and then sets the record straight with helpful facts.

MYTH: I can't eat fish.

FACT: You can eat fish, but avoid eating raw fish or fish with high levels of mercury, like tuna and shellfish. Mercury can accumulate in your bloodstream and affect your baby's brain development.

Look for fish with lower levels of mercury, like catfish, trout, and salmon. Salmon also has omega-3 fatty acids, which promote the development of your baby's brain and nervous system.

MYTH: I shouldn't exercise.

FACT: On the contrary, there aren't many restrictions to your activity level when you're pregnant, and you can continue the physical activity you enjoyed before pregnancy. You can start an exercise program even if you did not exercise before you became pregnant.

“The only caution is to do low-impact exercises, such as walking, swimming, and using the treadmill or elliptical machines,” Dr. Woolridge says. Also, you shouldn't lift anything over 30 to 40 pounds, including your toddler!

MYTH: I can't have coffee.

FACT: Caffeine is okay in moderation (insert shouts of joy and sighs of relief!). Limit yourself to less than 200 milligrams per day. For coffee lovers, that's about 1 cup, or 8 ounces.

The caution about too much caffeine is that it can affect your baby's heart rate and, according to some studies, may increase your risk for miscarriage.

MYTH: I shouldn't travel on a plane during my last trimester.

FACT: The good news is you may not have to cancel your babymoon. As long as you've not had any complications during your pregnancy, you can travel through your last trimester. During long flights, just be sure to walk and stretch every hour or so to prevent blood clots. It's also best to check the airline's policy on air travel during pregnancy.



FACT: WE'RE HERE TO HELP

If you have questions or concerns about pregnancy, talk with your OB-GYN. To find one on the Methodist Richardson medical staff, visit MethodistHealthSystem.org/FindAPhysician.



Not backing down

from breast cancer

In about the next two minutes, a woman will be diagnosed with breast cancer. She will join the ranks of 2.8 million other survivors, including those still fighting this disease.

Alongside them in that fight is Methodist Richardson Cancer Center with two new programs: the STAR Program® and the High-Risk Breast Surveillance Program.

‘One and done’

Shannon Huggins can't remember a time when there wasn't someone in her life with breast cancer, be it her mother, her aunts, or her grandmother.

“I've always been acutely aware of breast health,” says the Arlington wife and mother, who had her first mammogram at age 23.

She began seeing breast surgeon Jenevieve Hughes, MD, at the Methodist Richardson Cancer Center two years ago. When the center established its High-Risk Breast Surveillance Program in 2013, Shannon was rolled right in because of her family history.

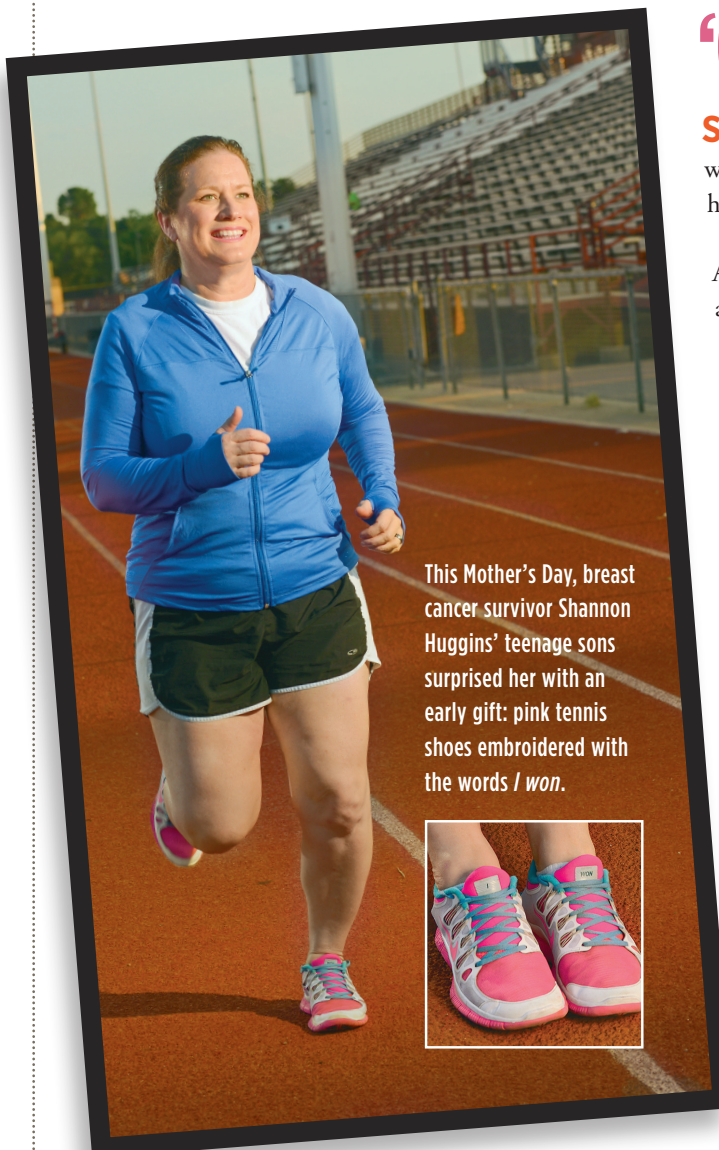
“This program helps inform women of their risk of breast cancer and empower them to take action regarding that risk,” Dr. Hughes says. “Our goal is to detect breast cancer at an early stage, when it's most easily treated and curable.”

Among the program's offerings are genetic testing and breast MRI services. The genetic tests came back negative for Shannon, but in December 2013, her first MRI found a tumor — one that couldn't be picked up by mammography.

“I don't know how long that tumor would have been there before they found it if I had just been doing the normal mammograms,” she says.

Shannon's cancer was early stage, so she only needed a lumpectomy, followed by 33 rounds of radiation. Through it all, she was able to stay positive and keep working.

When a colleague said she hadn't even realized Shannon had been sick, the breast cancer survivor responded: “I'm not sick. I do all this so I won't be sick. The cancer is gone, and it's not coming back. This was one and done.”



This Mother's Day, breast cancer survivor Shannon Huggins' teenage sons surprised her with an early gift: pink tennis shoes embroidered with the words *I won*.





Flora Lin has beaten breast cancer twice, and now she's overcoming the effects of treatment. How? With kickboxing — the punching bag is the tumor, she says — and a little help from Methodist Richardson's STAR Program.

Worth the fight

Flora Lin thought breast cancer was behind her. She'd already had a mastectomy and chemotherapy and had finally gotten past side effects like neuropathy and fatigue.

Then a couple years later, in 2012, she found another lump.

"It was unreal," she says. "There was a lot of anger but also a lot of trusting in God and knowing there is always hope."

Flora's second dance with cancer was harder than the last, with chemotherapy, a lumpectomy, radiation, and trastuzumab infusions.

Her past side effects returned, along with tightness on her left side in the chest and arm. She was referred to physical therapist Jon Pleasant, PT, CHT, at Methodist Richardson.

"Jon is great," Flora says. "He knows a lot about breast cancer and was able to help ease my tightness. My neuropathy also improved, and lymphedema never set in, which was my goal."

Physical, occupational, speech, and massage therapies are components of Methodist Richardson's new STAR (Survivorship Training and Rehabilitation) Program®.

"This program is dedicated to identifying, preventing, and addressing side effects of cancer treatment," says Sam Bibawi, MD, medical director of the Methodist Richardson Cancer Center and Flora's medical oncologist. "We want to help restore our patients to the best possible quality of life."

Flora has since taken up kickboxing, and with advice from the STAR Program team, she can adjust her workouts to not disrupt scar tissue.


"I'm sweating, my heart rate is up, I'm stronger, I'm more muscular — but I'm protecting myself," Flora says. "It's also my stress relief. The punching bag — that's the tumor."

For women facing the effects of breast cancer, she says: "There is something that can help, like therapy with the STAR Program. Address the problems that you can work on, and you'll see the improvement."



BYE, BYE, BREAST CANCER

To learn more about the programs offered at Methodist Richardson Cancer Center, visit MethodistHealthSystem.org/RichardsonCancer.

A woman with short brown hair and glasses, wearing an orange zip-up cardigan over a black turtleneck and blue jeans, is sitting in a wicker chair outdoors. She is smiling and reading an open book. To her right, a terracotta mug sits on a small metal table. The background shows a swimming pool and lush greenery with yellow and pink flowers.

After a Single-Site hysterectomy with da Vinci, Carolyn Johnson has no visible scars and was able to relax with no more concerns about her cancer risk.



GOING THROUGH THE CHANGE

If you have concerns about menopause, talk to one of the trusted OB-GYNs on the Methodist Richardson medical staff. You can find one by calling 972-4 DR LINE (972-437-5463) or visiting MethodistHealthSystem.org/FindAPhysician.

Stopping cancer before it starts

Single-Site with da Vinci was the simple solution to a rare condition



ONE SINGULAR SENSATION

Single-Site is making hysterectomy easier than ever for many women. To learn more about this new technology, visit MethodistHealthSystem.org/DaVinci.

Something wasn't right. A check of her hormones said Carolyn Johnson was postmenopausal. She hadn't had a period in months.

"But all of a sudden, at age 56, here comes my period," she says, recalling the incident last February. Naturally concerned, Carolyn made an appointment with her OB-GYN, Carol Norton, MD, FACOG, on the medical staff at Methodist Richardson Medical Center.

A biopsy showed that Carolyn had endometrial hyperplasia, which means that the uterine lining grows unchecked. Doctors usually see one of three types:

- ▶ **Simple hyperplasia.** The endometrial glands are normal, so there is little concern.
- ▶ **Complex hyperplasia.** There are structural changes in the endometrial glands, which prompts further testing and monitoring.
- ▶ **Complex hyperplasia with atypia.** In addition to structural changes in the glands, there are also changes in the cells. According to the American Cancer Society, 29 percent of the time this will progress into cancer if left untreated. The standard treatment is hysterectomy.

But Carolyn's case was different: simple hyperplasia with atypia.

"This is really an odd combination," Dr. Norton says. "I consulted with an oncologist, and he recommended that we treat it like complex hyperplasia with atypia because the cancer risk is so high."

When Dr. Norton suggested Carolyn have a hysterectomy, she said, "The sooner the better."

Rave reviews for robotic surgery

Carolyn benefited from a new robotic procedure: Single-Site™ hysterectomy with the da Vinci® Surgical System.

"Instead of four incisions, we're able to get away with a single incision at the belly button," Dr. Norton says. "Recovery seems faster for patients, and their postoperative pain is very low. It's a nice alternative for many patients."

Because Carolyn's husband and son had both had positive experiences with robotic surgery for gallbladder removal, Carolyn says she felt confident about her own procedure.

"With the robot, you can be so much more accurate and careful," she says. "With just your hands, it's like trying to thread a needle. You know where it is, you know what to do, but the thread just doesn't go through the eye of the needle. But with the robot, it's like ding! and it's in."

"And with only one incision, I was excited. The less the better, because then you have less to heal. I can't even see my scar, so if I ever wanted to wear a bikini, I could — but I won't put the world through that," she adds, laughing.

Cancer-free = care-free

Carolyn spent one night at Methodist Richardson, and during her whole recovery only took two pain pills. Within days, she was shopping with her daughters, and in just a few weeks, she was back to gardening.

Pathology of her uterus showed that her condition had advanced to complex hyperplasia, but cancer is now a concern of the past.

"This is not something you mess around with," she says. "And thanks to Single-Site, I don't have to worry about it anymore."

Back pain getting on your nerves?

PLIF and XLIF worked for Clark Crandall

Clark Crandall is just the man to call when the sink breaks or the fridge won't give you any ice.

A true Mr. Fix-It, he dove into repairing a fixer-upper home he bought in Duncanville last Dec. 16.

"By Dec. 22, I was absolutely on my back, writhing in pain," Clark says. "I couldn't sit, couldn't eat, couldn't get up. I was rolling on the carpet for so long that I developed scabs on my leg."

The pain extended from the center of his back down through his left leg.

"It was so hard to watch," Clark's wife, Kathy, says.

On Dec. 28, Clark had his first appointment with neurosurgeon Michael Oh, MD, PhD, with the Methodist Brain and Spine Institute.

Dr. Oh observed that Clark had degenerative disk disease but referred him to pain specialist Trevor Kraus, MD, to try nonsurgical treatments first. However, the day before that appointment, Clark developed an acute foot drop in his left leg — a symptom that changed everything.

A turn for the worse

"The foot drop was a sign that his vertebrae weren't just causing pain, but were also damaging the nerves," Dr. Oh says. "We had to do surgery quickly; otherwise, the chance of recovering the nerve function would have been much less."

In early January at Methodist Richardson Medical Center, Dr. Oh performed two separate procedures to replace the damaged disks between Clark's vertebrae. The location of the lower disk required an approach from the back in a procedure called PLIF, or posterior lumbar interbody fusion.

For the adjacent higher disk, Dr. Oh was able to perform XLIF®, short for eXtreme lateral interbody fusion.

"XLIF goes through the patient's side, disrupting less muscle," he says. "It's also more minimally invasive, resulting in a faster recovery and less blood loss."

Clark says he instantly felt better after the operation.

"When the nurse helped me stand up, I will never forget that," he says. "I felt an inch-and-a-half taller than I was before that surgery. I felt taller and stronger than I had in years."

Methodist: Their new medical home

The Crandalls were quickly back to home improvement — although Kathy refuses to let Clark on the roof.

"Instead, he remodeled the whole bathroom — took it down to the studs," she says.

Clark uses the word *blessed* to describe his experience.

"I don't know what you're doing up there, but keep it up," he says. "It's amazing how effective that staff is and works together."

"We'll never go anywhere else but Methodist Health System," Kathy says. "Every person we met was fabulous."



After fusion procedures at Methodist Richardson, back pain couldn't stand in the way of Clark Crandall and his wife, Kathy, truly enjoying a visit from their granddaughter Tyler Crowley this summer.

Clark Crandall is hard at work on his house again after back surgery at Methodist Richardson helped him get back on his feet.



TIRED OF LIVING WITH PAIN?

Let the Methodist Brain and Spine Institute help you find relief. For more information, visit MethodistHealthSystem.org/BrainAndSpine.



Introducing Healing²

Methodist and Mayo Clinic team up

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 Vanderroef on *Good Morning Texas*.



From the Methodist Richardson medical staff, Greg Foster, MD; Tony Boyer, MD; and George Markus, MD, along with their wives, attend the Perot Museum event announcing Methodist’s membership in the Mayo Clinic Care Network.



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 the Mayo Clinic Care Network, visit MethodistHealthSystem.org/Mayo.



MAKING HISTORY

To learn more about our emergency services, visit MethodistHealthSystem.org/RichardsonEmergency.



Methodist Richardson emergency staff members join CareFlite first responders in the emergency bay at the Methodist Campus for Continuing Care for a photo in honor of CareFlite’s 35-year partnership with Methodist Health System.

After 35 years, we’re still flying high

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

In the past 35 years, the nonprofit has grown to include nine helicopters, an air ambulance, a ground fleet of 65 vehicles, a training center, and more than 100 medical campuses — including at Methodist Richardson Medical Center — and has driven or flown more than 750,000 patients to emergency medical treatment.

Methodist Richardson joined the CareFlite system in 1993. Today, Methodist Richardson has two helipads, one at the main hospital and another at the Methodist Campus for Continuing Care.

We are proud to partner with an organization dedicated to bringing citizens of Richardson and beyond to the appropriate medical care quickly and safely.





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
972-569-1000



Methodist 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



Richardson Family Medical Group
399 W. Campbell Road, Suite 101
Richardson, TX 75080
972-238-1848



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



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



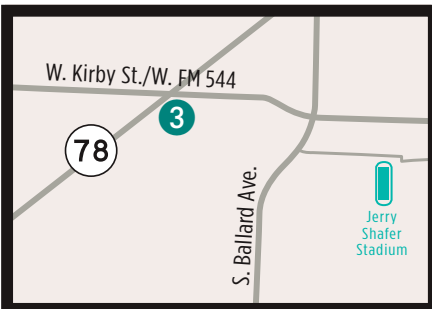
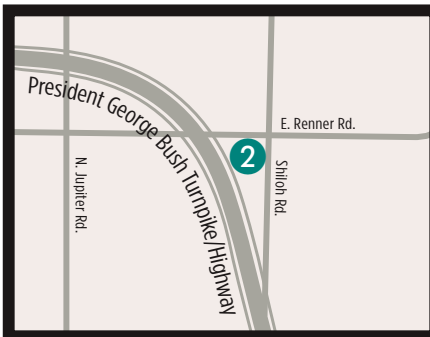
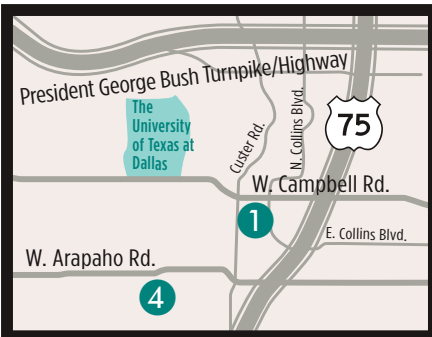
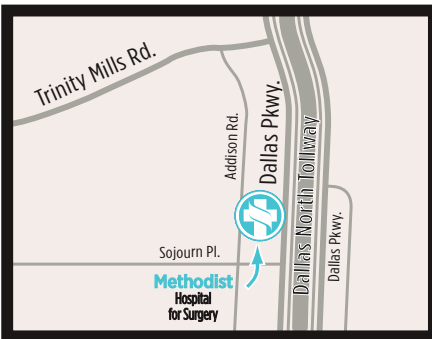
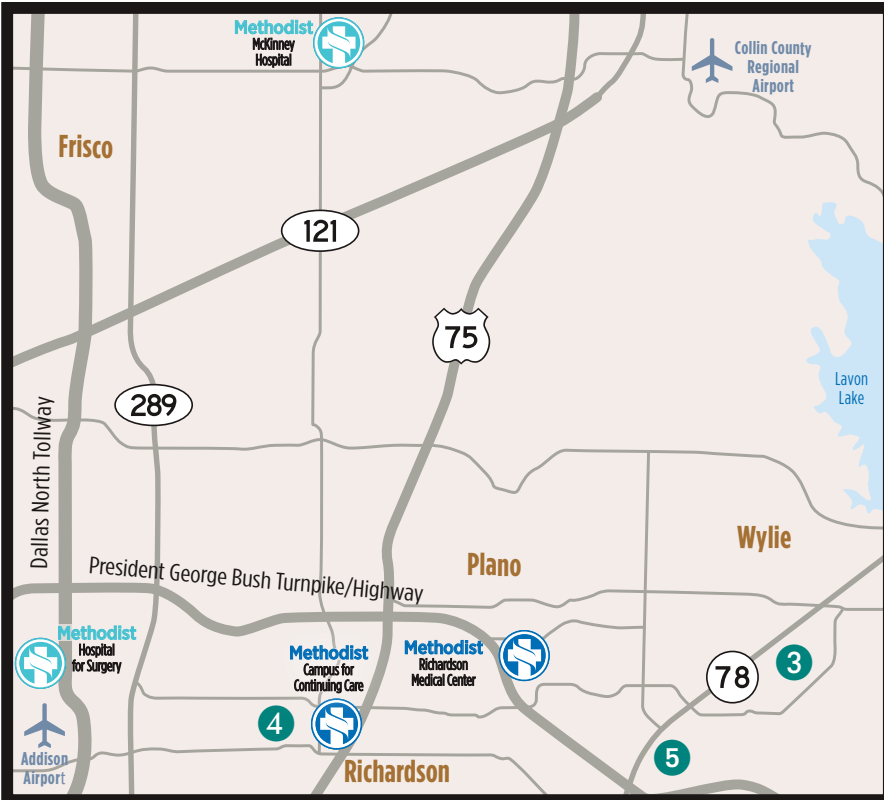
First Aid Family Care
613 S. Highway 78, Suite 200
Wylie, TX 75098
972-941-8700



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



Firewheel
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Worried about a parent?
Could it be Alzheimer's?
See page 6.

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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