

shine

Your healthy-living magazine

Four ways to
spring into better
health

Methodist and
Mayo Clinic are
working together
for you

The Lemley
family lives a
legacy of love



SPRING 2015



Methodist

MANSFIELD 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.



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



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ONLINE AND INSIDE

Spring
2015

Win a **\$250**
gift card!



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

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

Just take a quick survey and provide your email address. We'll draw one name to win a \$250 Visa gift card donated by Frost.

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



On the cover

The Lemley family is making new memories with the help of Methodist Mansfield — and creating a loving legacy on behalf of their son Matthew.

Read their story on page 12.



SHINE MAGAZINE

TO YOUR HEALTH

4 Quick and convenient

With QuickER.org, you can get the care you need — without the wait.

5 The stork's gone cyber

Online childbirth classes make getting ready for your baby easier than ever.

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

FEATURES

6 A recipe for excellence

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

10 In case of emergency

The Methodist Mansfield emergency department made Jerome Stewart's experience with kidney stones less painful.



Spring into a **healthier** home, a **healthier** you


With spring cleaning in full swing, consider a spring cleaning for your health.


“The concept of spring cleaning forces us to think about cleaning our homes,” says Scot Laurie, MD, allergist on the medical staff at Methodist Mansfield Medical Center. “Why not use the concept to focus on something even more important, like your health?”


Dr. Laurie offers these four tips:


APRIL
24-30

Update your calendar. April 24 to 30 is World Immunization Week. Make sure everyone in the household is current on immunizations. Also take a few minutes to schedule annual checkups and screenings, like mammograms and colonoscopies.

 **Clean out the medicine cabinet.** Outdated medicines lose their effectiveness and can be a hazard. Dispose of these safely and according to your pharmacist’s instructions. Also move controlled substances to a safe place.

 **Clear away allergens.** Start by dusting and cleaning all surfaces and floors, removing old stuffed animals, and replacing air filters. To eliminate mold allergens, clean your bathrooms and kitchen and check for leaking pipes and faucets.

 **Toss old cleaning supplies.** Take a few minutes to take inventory of your cleaning supplies, removing the old ones and placing the remainder out of children’s reach.

 **FIND A DOCTOR COMMITTED TO YOUR HEALTH**
Methodist Health System is proud to be the first member of the Mayo Clinic Care Network in Texas. To find a participating Methodist physician to help meet your family’s health needs, call **214-947-6296**. Learn more about the collaboration on page 6.



Quick

To help make emergency care less stressful for busy families like yours, Methodist Mansfield Medical Center now offers an online emergency department check-in at QuickER.org. The fast-track service is designed to improve the experience of patients with non-life-threatening medical conditions.

Here’s how QuickER.org can be convenient for you:

- ▶ Online check-in
- ▶ Your choice of convenient treatment times
- ▶ Reduced wait times
- ▶ Ability to wait and relax in the comfort of your home, rather than the





BABY ON THE WAY

To learn more about childbirth education classes at Methodist Mansfield and view class schedules, visit MethodistHealthSystem.org/Events.



Get ready for baby **online**

If you're expecting, it's pretty easy to list all the reasons why you're excited to meet your little one.

It's also probably just as easy to list all the things you have to do before he or she arrives, including prenatal classes.

To make things easier for expectant moms and dads, Methodist Mansfield Medical Center offers convenient online childbirth classes.

"People are so busy now with work, school, or family, and online classes give them the opportunity to prepare and educate themselves for childbirth

at their convenience," says Vicki Wiseman, director of women's services.

The online childbirth class covers baby's development during each trimester, additional body changes during labor, and other information that can help reduce anxiety and prepare parents-to-be for that precious moment.

Classes are open to all expecting parents, including experienced parents seeking a refresher course and even those not delivering at Methodist Mansfield.

ER.org

hospital's waiting room, until your appointment time.

How it works

Just go to QuickER.org and select the appointment time you'd prefer. You'll fill out a form, and someone will call to confirm your appointment. Just arrive 15 minutes before your scheduled time, and we'll get you right in.

We think you'll agree that QuickER.org is a simpler and more convenient way for you and your family to access care quickly for minor emergencies.



WHEN YOU SHOULDN'T WAIT

In case of a life-threatening emergency, don't hesitate to call 911. To learn more about when a condition is serious enough to make that call, visit MethodistHealthSystem.org/EmergencyVisit.

Our new emergency waiting room is your living room





Methodist and **Mayo** Clinic

Collaboration means enhanced care for you

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

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

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



TEAMING WITH MAYO CLINIC

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

Michael's eConsult saved time and money

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

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

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

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

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

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



Two respected names, one purpose. You.SM

"I think the Mayo Clinic Care Network is going to be a great resource for patient care. In particular, I'm excited about eConsults and continuing education opportunities for physicians. We'll have the ability to draw on resources from Mayo Clinic to help our patients without them having to travel to Minnesota. We'll also have access to their research and experience in specialty care."

— Robert McMichael, MD, neurologist and medical staff president, Methodist Mansfield Medical Center

"For months, my father, Ray McFarland, had been in and out of the hospital with diarrhea from recurring bacterial infections. Jeremy Parcels, MD, at Methodist Mansfield, had proposed a surgical solution, but we wanted a second opinion. Having a Mayo Clinic eConsult confirm Dr. Parcels' solution meant the world to us. Mayo has such an awesome reputation that there was no doubt how to proceed with my dad's care."

— Sharon Love, Arlington

"I really appreciated the input from the Mayo Clinic and how easy the process was to work with them. Mr. McFarland's family had some concerns about surgery, and involving the experts at the Mayo Clinic in the decision-making process really helped to alleviate these concerns. Having a resource like the Mayo Clinic and their experts will only serve to strengthen the Methodist system and improve the care we are able to provide our patients."

— Jeremy. P. Parcels, MD, general surgeon

Javier found tools for change

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

In addition to other resources that his primary care provider at Methodist gave him, Javier learned that he has access to Mayo Clinic's library of more than 2,500 education materials in English (and nearly 300 in Spanish).

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

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



HEART HEALTH ▶

Listen to your heart

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

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

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

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



DO YOU ♥ YOUR HEART?

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

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



735,000

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



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

80%

You can reduce your risk of heart attack by this amount by controlling your blood pressure, cholesterol, and weight and not smoking.

140/90

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

10

 minutes

3

 times a day

5

 days a week

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

30,900,000

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

Expect expert care

Methodist Mansfield Medical Center President John Phillips, FACHE, believes in supporting research and the latest advances in treating heart disease by serving on the Tarrant County American Heart Association board of directors.



2014

Community Highlights



Hospital and community leaders break ground for the new 118-bed Patient Care Tower Two at Methodist Mansfield Medical Center.

Methodist

MANSFIELD MEDICAL CENTER

Where life shines bright.™

Shining achievements

- Hospital Safety Score rating of “A” by The Leapfrog Group® for the fourth consecutive reporting timeframe
- Recognized among *Top Performers on Key Quality Measures*® by The Joint Commission in the categories of heart attack, heart failure, pneumonia, and stroke (based on 2013 data)
- 2013 CNA Leadership in Risk Control Award
- Texas Ten Step Facility designation from the Texas Department of State Health Services for the fifth consecutive year
- Best Emergency Department in Arlington by *Arlington Living* and Best Hospital in Arlington, Mansfield, and Southwest Dallas by *Arlington Living*, the *Mansfield News Mirror*, and *Focus Daily News*, respectively
- Two *Fort Worth Business Press* Health Care Hero awardees
- Four nurse finalists in *D Magazine*’s Excellence in Nursing Awards and two DFW Great 100 Nurses
- A 2014 South Region Texas Nurse.com Nursing Excellence Award winner
- Texas Healthcare Trustees 2014 Founders’ Award.

Visit MethodistHealthSystem.org/Awards to learn more.

Away we grow!

Methodist Mansfield Medical Center grew and expanded its services in the past year in a variety of ways. In addition to breaking ground on the new Patient Care Tower Two to accommodate our growing community, we also:

Received Advanced Primary Stroke Center certification. The Joint Commission recognized Methodist Mansfield’s exceptional efforts to foster better outcomes in stroke care. We’re the only Advanced Primary Stroke Center and Cycle IV Chest Pain Center in the Mansfield area.

Implanted the first MRI-safe pacemaker in North Texas. Methodist Mansfield is the first hospital in North Texas to implant the Entovis ProMRI® System, the first pacemaker approved by the Food and Drug Administration as safe for use with MRI scans.

Launched QuickER.org. With this online tool, patients can select their emergency department (ED) treatment times and wait in the comfort of their homes before going to the hospital.

Achieved high marks in women’s services. The birth experience at Methodist Mansfield ranks in the 96th percentile of hospitals in the nation for overall patient care. Also, our Read to Me infant book program helps parents give their newborns a head start on literacy.

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



GROWING WITH YOU
Click to watch highlights from Methodist Mansfield’s Patient Tower Two topping out event.



“Methodist Mansfield Medical Center is one of Mansfield’s most important community partners. We are excited and grateful for the investment of \$118 million in Mansfield and the creation of an additional 200 jobs, with \$144 million in aggregate economic impact. We could not have hoped for a better health care provider and partner to locate in the city of Mansfield.”

— David Cook, Mansfield mayor



**METHODIST MANSFIELD MEDICAL CENTER
ADVISORY BOARD:**

(from left) Tom Cox; Michael Van Amburgh; Bob Brown; Marti VanRavenswaay-Waddell; Jim McCally; Jim Swafford; Methodist Mansfield President John Phillips, FACHE; Randall Canedy, chairman; Pam Rudnicki; Bill Coppola, PhD; Kim McCaslin-Shlieker; and the Rev. Michael Evans. Not pictured: Clayton Chandler; Ken Pritchett; the Rev. Mike Ramsdell; Jim Vaszauskas, EdD; and Stephen Foster, DO.

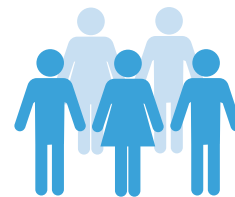
Numbers to **know**

8,502

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

1,207

The number of people employed by Methodist Mansfield Medical Center, making the hospital one of the largest employers in southeast Tarrant County.



We are proud to support these local chambers

- Arlington Chamber of Commerce
- Cedar Hill Chamber of Commerce
- Dallas Black Chamber of Commerce
- Grand Prairie Chamber of Commerce
- Greater Dallas Chamber of Commerce
- Greater Dallas Hispanic Chamber of Commerce
- Mansfield Area Chamber of Commerce
- Midlothian Chamber of Commerce

\$135.8 million

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

\$1.1 billion

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

5

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

2016

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

11

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



A nonprofit 501(c)(3) organization, Methodist Health System is affiliated by covenant with the North Texas Conference of the United Methodist Church. To support any of Methodist's vital health care and community programs, call Methodist Health System Foundation at 214-947-4555. Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System or Methodist Mansfield Medical Center. ABO30921

To your health

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

- Run with Heart half marathon, 5K, and one-mile fun run
- MeTime women's health event
- Multiple community run/walk events
- City health fairs and lunch and learn events
- City of Midlothian Heart-Healthy Chili Cook-Off
- Methodist Mansfield ISD 5K Dash For Cash.



Hundreds of community members hit the ground running in Methodist Mansfield's second annual Run with Heart event, a Heart of the Community initiative.

The difference starts here

These initiatives are making a healthier community:

Medical support for local athletes.

Methodist Mansfield Medical Center provides echocardiograms, sports physicals, health education, and team physicians for school athletes in the Mansfield and Midlothian ISDs.

First-aid medical teams. In partnership with Tarrant County's Susan G. Komen® for the Cure, Methodist provides physicians and nurses for the medical team at the annual Race for the Cure.

Saturday Mammos. These events create a comfortable, spalike atmosphere for women to get their annual mammograms.

Mansfield ISD Wellness Clinic.

Methodist Mansfield partnered with Mansfield ISD to offer a dedicated clinic for district employees.



Methodist Mansfield, with the help of medical professionals such as Jeff McDaniel, MD (left), offered sports physicals and echocardiograms to Mansfield and Midlothian ISD student athletes.



Methodist Mansfield was the first hospital in North Texas to implant a new MRI-safe pacemaker. Patient Barbara Hanson (left), who received the implant, is now able to continue her work with visually impaired students without fear for her heart.



Methodist Mansfield President John Phillips, FACHE, surprises fifth- and sixth-graders at Asa E. Low Jr. Intermediate School with a \$2,000 grant for a lap tracker program. The online tool allows students to track how many laps they run and how quickly they complete the laps.

We support these and other community endeavors:

- Arlington British Women's Club
- Arlington YMCA
- Big League Dreams Sports Park
- Health and sciences program at Ben Barber Career and Technology High School
- Local Rotary, Kiwanis, and Lions clubs
- Mansfield Cares
- Mansfield, Midlothian, and Grand Prairie ISDs
- Mansfield Women's Club
- March of Dimes
- Meredith Hatch Foundation
- Mission Arlington
- National Night Out
- Nursing programs at University of Texas at Arlington, Texas Christian University, and Tarrant County College
- Shattered Dreams
- Tarrant County American Heart Association
- Tarrant County Medical Society
- United Way.

Healing?



Methodist and Mayo Clinic team up

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

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

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

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



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

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

Forming the physicians of tomorrow

For decades, Methodist Health System has trained the next generation of medical professionals, and the proceeds from this year's Robert S. Folsom Leadership Award went toward that very endeavor. Currently, Methodist has four residency programs and four fellowship programs, all of which are thriving and growing.

Bobby B. Lyle was honored as the recipient of this year's Folsom Award for his commitment to education and other philanthropic endeavors in North Texas and beyond. An event in his honor on Nov. 19 raised more than \$1.5 million toward graduate medical education.



Methodist Health System Foundation Board Chairman R. Stephen Folsom; Ray and Nancy Ann Hunt; Methodist Foundation President April Box Chamberlain, CFRE; 2014 Folsom Award recipient Bobby B. Lyle; and Methodist President and CEO Stephen L. Mansfield, PhD, FACHE



Communication and collaboration helped Ellen Rogers Abrell take a diagnosis of heart disease in stride.



HOW'S YOUR HEART DOING?

Take our heart disease quiz at
MethodistHealthSystem.org/HeartHealthLibrary.

Un-beat-able cardiac care

For Ellen Rogers Abrell, the journey to better heart health began last summer in Michigan, when she was visiting her son and daughter-in-law during the Fourth of July holiday.

“We were seated on the beach, watching the sunset,” recalls Ellen, a then-newly retired teacher and 71-year-old grandmother of six. “When it was time to go, I discovered that I needed help pushing myself up to a standing position. Then I realized I couldn’t really walk. It was like my legs had just stopped working.”

Within 48 hours, Ellen had flown to Texas to be treated near her family in Mansfield. Alan Taylor, MD, on the medical staff at Methodist Mansfield Medical Center, ordered a series of tests for Ellen and, based on their results, recommended further investigation via cardiac catheterization.

A look inside

“Cardiac catheterization involves the insertion of a thin, flexible tube through a blood vessel, which is then threaded into the patient’s heart,” Dr. Taylor explains. “It allows us to diagnose and treat a range of heart problems quickly and efficiently, with minimal risk to the patient.

“In Ellen’s case, the catheterization also included an aortogram with runoffs, which allowed us to also check for possible involvement in her legs and her abdomen.” Ellen’s catheterization revealed the presence of nonobstructive coronary artery disease

and peripheral arterial disease. Stents — small wire-mesh tubes — were then placed in her blood vessels to improve blood flow.

“Everything about all of the procedures happened smoothly — and quickly,” Ellen says.

Care with heart

Although the diagnosis of heart trouble was unexpected, Ellen says she’s taking it in stride.

“Dr. Taylor recommended a diet and exercise plan to help me stay on the right track,” she says. “Throughout my treatment and recovery, there was a lot of explanation and follow-up to make sure I understood everything and knew what I needed to do to feel better.”

This thorough communication and collaboration are the aspects of Ellen’s care at Methodist Mansfield that stood out the most to her.

“Whether it was dry shampoo for my hair or music to listen to during a procedure, the staff always seemed to have my needs at the front of their minds,” she says. “I never heard anything but kind words from the nurses, techs, and doctors, whether talking to each other or to patients.

“They never treated me like a number, and no matter how busy they were, they made me feel like I was the only patient they had to worry about,” she adds. “I couldn’t have asked for better care.”



NEED A NEPHROLOGIST?

If you're continually faced with kidney stones or similar issues, call **214-947-6296** for a referral to a Methodist Health System physician participating in our new collaboration with Mayo Clinic.

Just a **STONE'S** **THROW** away

Methodist Mansfield makes emergency care convenient

“Evidently, I’m a good producer of kidney stones, because it’s a rather frequent condition that I have,” says Jerome Stewart, EdD, with a smile.

He started getting the painful condition occasionally in 1992.

By now, he knows the drill: “When the symptoms arise, I just head off to the emergency department and deal with it,” he says.

In 2012, he decided to change up the routine, however. This time, when the pain from kidney stones started, he turned to Methodist Mansfield Medical Center.

Setting the standard for customer service

That fall evening, Jerome had been doing some photography.

“I remember being in the sun and feeling a little bit faint,” he recalls. “I thought, ‘I’m aging faster than I thought.’ I also started having back pain.

“It had been a long time since my last kidney stone, but my wife properly diagnosed that I had a kidney stone and drove me to Methodist Mansfield.”

Methodist Mansfield’s reputation had preceded it, and after being treated there, Jerome understands why.

“My experience was absolutely wonderful,” he says. “The nurses and doctors were all kind, patient, and understanding. They fully explained what they were going to do and how they were going to do it.”

Imaging tests confirmed the kidney stone diagnosis, and he was given pain medication and referred to his doctor for follow-up.

A returning customer

When the standard symptoms showed up again in 2013, Methodist Mansfield also showed up with memorable care.

“This visit, I was further enlightened to the customer service at Methodist Mansfield,” Jerome says. “I always like to joke and banter a little bit in these situations, and I liked that the nurses were able to joke back.”

He also was grateful that his doctor was conscientious of health care costs.

Because Jerome already had a history of kidney stones, the doctor advised that it was an unnecessary cost to perform imaging tests, which probably wouldn’t alter the treatment anyway.

“I thought that was very informative,” Jerome says. “Instead of just doing this procedure, he actually gave me an option. I really appreciated that very, very much.”

‘Nothing but the best’

Jerome has now gone a little over a year without a kidney stone — knock on wood — but should another occur, he plans to return to Methodist Mansfield. He is also excited about the new QuickER.org online registration service that will make his emergency department visit even smoother than before.

“It seems like a much more efficient and effective experience for patients,” he says.

“It’s important that we treat others wonderfully well whenever we come in contact with them,” Jerome adds. “While being treated at Methodist Mansfield, that’s all that I received — nothing but the best services.”



QUICKER EMERGENCY CARE

Visit QuickER.org to learn more about this time-saving, convenient service when you're in need of non-life-threatening emergency treatment.

Go bananas!

Did you know that the potassium in bananas can help prevent kidney stones? Doctors also recommend drinking 2 to 3 liters of fluid a day.

If your stones are calcium-based, try cutting back on sodium; calcium; and animal proteins, such as meat, eggs, and fish.

For more tips, visit MethodistHealthSystem.org/HealthLibrary.



EVERY DELIVERY SHOULD BE SPECIAL

To learn more about the ways Methodist Mansfield helps make new moms' delivery experiences amazing, visit MethodistHealthSystem.org/MansfieldWomens. Learn more about our NICU and nursery at MethodistHealthSystem.org/MansfieldNurseries.



Just for preemies

For infants born ahead of schedule, Methodist Mansfield Medical Center is prepared.

Our Level IIIA Neonatal Intensive Care Unit (NICU) is capable of caring for preemies as young as 28 weeks' gestation and offers:

- ▶ Round-the-clock care from a neonatal nurse practitioner
- ▶ On-call neonatologists 24 hours a day, 7 days a week
- ▶ Fortified breast milk to meet the caloric needs of preemies
- ▶ Care in compliance with the latest research and evidence-based practices.

Keeping a *promise*

Methodist Mansfield has helped the Lemleys welcome and honor their children's lives

One-year-old twins Sawyer and Harper Lemley couldn't be more different.

Sawyer, the observer, is content to lie back and take in his surroundings, while his sister, the overachiever, maneuvers around the room to different toys and attempts to stand with the help of the living room ottoman. The baby boy's gummy grin boasts a single tooth, while Harper can claim seven pearly whites.

Hovering nearby is their big brother, Preston, 4, the helper.

"When the babies are crying, he'll step in and make them laugh," says mom Sara. "It always works."

"He's a good diaper fetcher and a good backseat driver, too," dad Michael adds.

The Lemleys glow when talking about their children — even about the one who is there only in spirit.

Remembering Mattie

The Lemleys' journey to having a family started in 2010, when the couple conceived twin boys, Preston and Matthew, or Mattie.

"It was a beautiful pregnancy," Sara says. "I had no difficulties until 24 weeks." Mattie wasn't growing as quickly as his brother, and Sara had to have an emergency C-section at only 27 weeks. Only three weeks later, they lost Mattie to a condition called necrotizing enterocolitis.

Torn with grief yet grateful for the support they received from family and friends, the Lemleys sought a way to let Mattie's memory live on. From the tragic loss of their son, Mattie's Promise was born.

"We made a promise to bless as many families going through similar situations as we could," Michael says.

The nonprofit organization helps to meet the financial, emotional, and physical needs of families with babies in neonatal intensive care, including those at Methodist Mansfield Medical Center. Recently, Mattie's Promise donated two MamaRoo® infant seats to the hospital, along with gas station and restaurant gift cards.

A truly perfect pregnancy

With Mattie's Promise growing, the Lemleys decided they were ready to grow their family as well. In 2013, Sara became

pregnant with a second set of twins, Harper and Sawyer. Again, it started as a perfect pregnancy. But this time, it stayed perfect to the end.

"We went to 37 weeks, which was our goal and full-term for twins," Sara says. "And we got to deliver at Methodist Mansfield. Hands down, that is where we wanted to have our babies."

The Lemleys had already had great experiences at the hospital — like the time Preston broke his nose and went to the emergency department. This time was no exception.

"Everyone was so very amazing, so kind and caring," Sara says. "We were able to connect to every nurse and doctor because they were just so openhearted."

Their dynamic doctor duo

Contributing to that experience were Sara's OB-GYNs, Marian Zinnante, MD, and Sara Northrop, DO, both on the medical staff at Methodist Mansfield.

"We would follow them to the ends of the earth," Sara says.

When delivery time came, both doctors were present.

"Twins are always a high-risk pregnancy, and with a previous preterm birth, there was increased concern," Dr. Northrop says. "From the very beginning, we had Sara in with a maternal-fetal specialist. Later in the pregnancy, we administered steroids to advance the twins' lungs in case of early delivery.

"Sara actually did wonderfully throughout the pregnancy. Even her delivery was extremely smooth, and she was able to hold and keep the babies in her room pretty much right after delivery."

Life carries on

The Lemley family's journey has not been easy, but it is full of sacrifice and love.

"Since Preston came home four years ago from the hospital, he's been thriving, growing, learning, and loving his life, just as a 4-year-old should," Sara says. His little brother and sister are following in his footsteps.

And as for Mattie, he lives on through his parents' mission.

"We started just to help here or there, but it's turned into such an outreach," Michael says. "And for me personally, it's the promise that we did make to Matthew."



Honoring a servant leader

On Nov. 19, 2014, Methodist Health System Foundation honored Bobby B. Lyle with the 2014 Robert S. Folsom Leadership Award at a personalized, memorable event at the Hilton Anatole. Bobby was chosen for his business and philanthropic leadership; education advocacy through his alma mater, Southern Methodist University; and commitment to community organizations like the Salvation Army and Circle Ten Boy Scouts. For more photos from this very special event, visit Foundation.MethodistHealthSystem.org/Folsom.



Shown here congratulating Bobby B. Lyle (center) are (from left) event co-chairs Carolyn and David Miller and Mitch and Linda Hart; honorary co-chairs Nancy Ann and Ray Hunt; Foundation President April Box Chamberlain, CFRE; and Methodist Health System President and CEO Stephen L. Mansfield, PhD, FACHE.



A crane lifts the final beam — topped with an evergreen tree — into place as construction crew members prepare to secure it to the highest structure of the new patient care tower.

Tower Two celebrates topping-out

On Dec. 5, 2014, Methodist Mansfield Medical Center celebrated the topping-out of Tower Two, a new patient care tower set to open next winter.



Congressman Joe Barton autographs the topping-out beam that will be displayed in the new patient care tower lobby.



Civic and community leaders join Methodist Mansfield leaders at the topping-out ceremony, commemorating the halfway point of construction on the hospital's new patient care tower.

John Phillips, FACHE, Methodist Mansfield president, welcomes guests and community leaders to the topping-out celebration.





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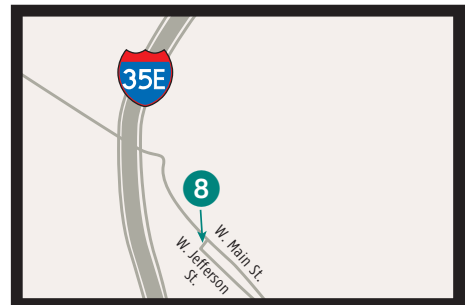
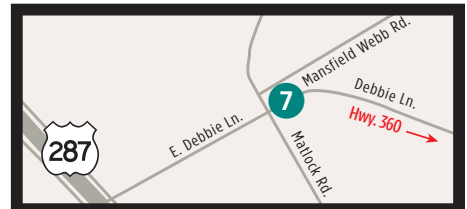
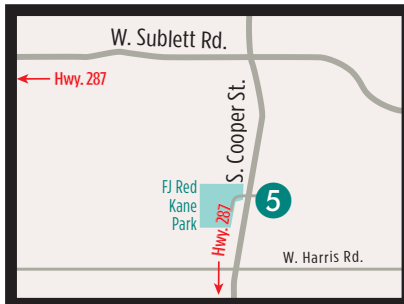
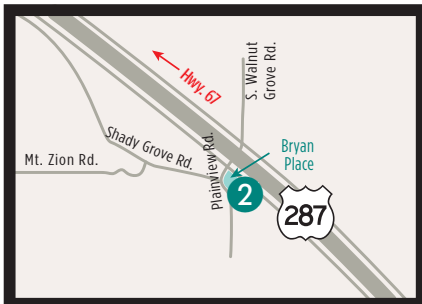
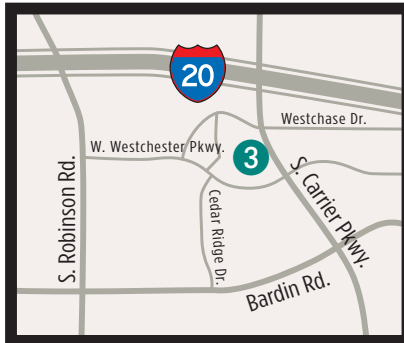
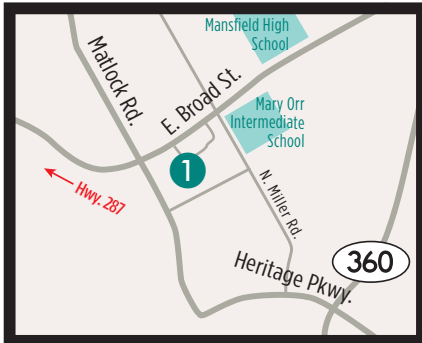
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helping to grow
healthy families.
See page 12.



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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.



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