

# shine

Your healthy-living magazine

**Leslie Waldson had a picture-perfect experience bringing her daughter, Logan, into the world at Methodist Mansfield**

## **ALSO INSIDE**

Want to lose a pound this week? Here's how

A handy list to help you be ready for a trip to the emergency department

SUMMER 2015



**Methodist**

MANSFIELD MEDICAL CENTER

Heyyy, sis!

Heyyy girl, how's the new house?

❤️❤️❤️

And the new hubby?

😊

Almost your 1st anniversary!!!

Yeppers, know what you can get me?

🎁 ???

Nope, a phone number...

???

to your OB-GYN...  
you're gonna be an aunt!


👶 Yayyy!!!!





Find your physician at [Answers2.org](http://Answers2.org)  
or call today 214-947-6296

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CMM31215

# ONLINE AND INSIDE

Summer  
2015

# Answers<sup>2</sup>

## The power of 2

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

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

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

2

### WHAT DOES IT MEAN FOR YOU?

To learn more or to be put in touch with one of the more than 300 participating physicians, visit [Answers2.org](http://Answers2.org) or call 214-947-6296.



SHINE MAGAZINE

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

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Breastfeeding has benefits beyond good nutrition. Methodist Mansfield can help you give your baby the best start.

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Check out some of the best patient room features in our new tower opening this fall.

### FEATURES

#### 8 **Healing hands**

Hand therapy helped Mary Morgan return to her hands-on hobbies.



### On the cover

Eighteen-month-old Logan Waldson loves helping mom Leslie get ready for work — just like Methodist Mansfield helped Leslie and her husband get ready for Logan's arrival.

Read their story on page 12.



# Every calorie counts

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



## Sunday

### BRUNCH



Instead of the whole eggs Benedict, eat only the poached eggs.

Holding the English muffin and Canadian bacon and hollandaise =

**283 calories saved**

### EXERCISE



Hike the Methodist Mansfield Medical Center nature trail in Elmer Oliver Nature Park.

30 minutes =

**185 calories burned**

### DINNER



Replace buttery mashed potatoes with steamed or roasted carrots.

Serving a fat-free side =

**157 calories saved**

## Monday

### LUNCH



Swap a 16-ounce cola for water.

Skipping the soda =

**182 calories saved**

### EXERCISE



Walk with a co-worker.

15 minutes =

**70 calories burned**

### DINNER



Substitute 2 cups of vegetable soup with pasta for beef stew.

Making it a meatless Monday =

**200 calories saved**

## Tuesday

### BREAKFAST



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

Avoiding the drive-through =

**131 calories saved**

### DINNER



Forgo the cheesy topping to your casserole.

Omitting the cheddar =

**229 calories per serving**

### EXERCISE



A brisk, after-dinner walk.

30 minutes =

**140 calories burned**

## Thursday

### LUNCH



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

Working-through-lunch quick swap =

**279 calories saved**

### SNACK



Exchange two chocolate chip cookies for an orange.

Smart snacking =

**75 calories saved**

### DINNER



Choose spaghetti with tomato sauce instead of fettuccine Alfredo.

Serving pasta sans cream =

**168 calories saved**

## Friday

### BREAKFAST



Go for a banana instead of banana bread.

Trying the whole food =

**111 calories saved**

### DINNER



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

Deleting the meat =

**232 calories saved**

## Saturday

### LUNCH



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

Good dressing decision =

**69 calories saved**

### EXERCISE



Light yard work.

1 hour =

**330 calories burned**



### SMALL CHANGES MAKE A BIG DIFFERENCE

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


**WE'RE READY TO HELP**

Learn more about emergency services at [MethodistHealthSystem.org/MansfieldEmergency](http://MethodistHealthSystem.org/MansfieldEmergency).

# Check!

## Be prepared for trips to the emergency department

Wouldn't it be nice if you knew in advance when you or a loved one would need emergency medical treatment?

Unfortunately, those incidents don't magically appear on your calendar, but that doesn't mean you can't be prepared for trips to the emergency department (ED).

Just take some pointers from Ketan Trivedi, MD, FACEP, ED medical director at Methodist Mansfield Medical Center. First, he recommends you have a bag packed to make ED trips easier for your family (see the checklist below).

Next, fast-track your visit with **QuickER.org**, where you can schedule your ED visit online.

"Sometimes patients may be contagious or may just be more comfortable waiting in their own homes," Dr. Trivedi says. "In that case, you can make your emergency visit much more convenient by using our **QuickER.org** service.

"Just remember to only use **QuickER.org** for non-life-threatening emergencies," he warns. "If the condition is a matter of life or death, the best thing you can do is call 911. Emergency medical services personnel can begin treatment for a variety of conditions en route to the hospital. That phone call could be a lifesaving decision."



## Pack your bag

- A list of current medications, including over-the-counter drugs and herbal supplements. Note their exact names and dosages.
- A list of allergies to medications, foods, animals, or other products.
- A detailed medical history, including chronic conditions, like diabetes and heart disease, and dates of medical procedures and surgeries. For recent surgeries, note the name and contact information for the surgeon.
- Names and phone numbers of your primary care provider and other specialists you see.
- If applicable, a medical power of attorney form, which designates someone to make medical decisions for you or your loved ones if you're unable to.
- A stuffed animal or toy for children to occupy them or offer comfort.
- Snacks and bottled water. However, check with the triage nurse before eating or drinking.
- Phone charger. Keep your phone powered up to stay in touch with loved ones or providers.
- Toiletries and a change of clothes, in case you're admitted and have an extended hospital stay.



### Wednesday

#### BREAKFAST



Order your medium latte with nonfat instead of whole milk.

Switching to nonfat =  
**71 calories saved**

#### LUNCH



Pick the small fries instead of the supersized serving.

Exercising portion control =  
**351 calories saved**

#### EXERCISE



Zumba® class.

1 hour =  
**480 calories burned**

*Just lost a pound!*

In total, that's 3,743 calories cut. Your weight-loss goals are just a series of simple, smart choices away.



# The amazing power of **breast milk**

**Most** people are aware of breast milk's nutritional value — its remarkable ability to give babies the perfect mix of fat, sugar, water, and protein that they need for an optimum diet.

But good nutrition isn't breastfeeding's only benefit.

"Besides being helpful for infant-mother bonding, breastfeeding can reduce an infant's chances of developing complications that lead to neonatal illness and death," says Vicki Wiseman, MBA, BSN, BA, RNC-ON, director of nursing at Methodist Mansfield Medical Center. "And unlike formula, breast milk has antibodies that can protect a baby from a range of illnesses, like ear infections, diarrhea, and pneumonia. Some of these benefits are believed to last throughout the baby's life."

## Known for supporting moms

Methodist Mansfield is designated by the Texas Department of State Health Services as a Texas Ten Step Hospital for its encouragement of breastfeeding as the preferred method of nutrition for newborns and infants. The encouragement starts in our childbirth preparation classes.

"Our classes are a wonderful opportunity for new moms to learn more about breastfeeding basics, positioning techniques, and other topics," Wiseman says.

In addition, on-site certified lactation consultants are available to patients before, during, and after their hospital stays.

"Sometimes moms develop questions or problems after they go home," Wiseman says. "We offer a one-hour follow-up that allows the lactation consultant to reeducate or troubleshoot in cases where new moms may need help."

In fact, Wiseman sees education as the cornerstone of Methodist Mansfield's breastfeeding program.

"While we believe that breastfeeding is best, we support moms who decide to bottle-feed if they feel it's the right choice," Wiseman says.

"Our job is to educate moms so that they can make an informed decision."



## OUR DOORS ARE OPEN TO EVERYONE

Whether you're delivering at Methodist Mansfield or not, our breastfeeding and childbirth education classes are open to you. To save your spot, visit [MethodistHealthSystem.org/MansfieldChildbirthEducation](http://MethodistHealthSystem.org/MansfieldChildbirthEducation).

## We're helping moms give babies a healthy start by:

- ▶ Exclusively encouraging breast milk over formula for infants
- ▶ Providing donor breast milk for premature babies and babies in neonatal intensive care
- ▶ Offering community education about breastfeeding's benefits and best practices.





### BUILDING BETTER CARE TOGETHER

Take part in providing better, more comfortable care for your community. Find out how you can help at **Foundation**. [MethodistHealthSystem.org](http://MethodistHealthSystem.org).

## TOWER TWO

# Designed with you in mind

If you or a loved one needed medical care, what would make your hospital stay easier or more convenient?

That's the very question we asked health care professionals and community members when designing the new patient care Tower Two at Methodist Mansfield Medical Center, scheduled to open in winter 2015.

Here are some of the comfort- and technology-focused amenities that you can expect to see in the new, spacious patient rooms:

- ▶ 40-inch flat-screen high-definition televisions with dozens of channels, movies, and on-demand patient education. Each TV has two remote-control handsets, one for the patient and one for the family area, allowing for independently operated speaker and volume controls.
- ▶ Soothing colors and calming art, enhanced by oversized windows that allow in natural light to promote healing.
- ▶ A bathroom steps away from the patient's bed, with a tiled walk-in or wheel-in spacious shower and adjustable shower-head wand and handrails for optimal movement and safety.
- ▶ Speaker pillows and USB charging stations for mobile devices.
- ▶ An intuitive touch-screen pad for bed control.
- ▶ A heated massage chair for the patient's stress relief and a couch that converts into a bed so family members may stay the night.
- ▶ A direct nurse call system, allowing patients to reach out to their assigned nurses as needed.
- ▶ An in-room sink and hand sanitizer in clear view of the patient and family members so they can observe caregivers washing or sanitizing their hands.
- ▶ An in-room durable safe to secure valuables with user-friendly illuminated keypads for easy operation.

The amenities extend outside the patient rooms, as well:

- ▶ Private physician consulting rooms located on each floor, with monitors that allow caregivers to show patients images such as X-rays and MRI scans.
- ▶ Complimentary Wi-Fi and mobile app wayfinding.
- ▶ Complimentary coffee bars on each floor.



# Look what we've got cookin'



## WE'LL GIVE YOU A HAND

Hand therapy at Methodist Mansfield can get you back to the activities you love. For more information, call 682-622-3299.

## Methodist Mansfield's hand therapy hands back health to Mary Morgan

**When** it comes to making the perfect pie crust, they say it's all in the touch. How you knead the dough, roll it, and even press it in to the pie pan with fingers and knuckles makes a difference.

Mary Morgan of Arlington would tell you the same. She'd also tell you she's back to baking her perfectly crusted pies — not to mention her other hobbies of planting flowers and sewing — thanks to Methodist Mansfield Medical Center's hand therapy program.

### A sting and a tear

In October 2014, Mary was outside when a pesky bug landed on her left hand. She frantically tried to flick the bug off her hand, only to experience throbbing pain in her second and third fingers.

"It's one of those things that you think will go away, but it didn't," Mary says. "It hurt all night long.

"I couldn't bend my fingers without pain, and my fingers wouldn't stay in place."

Mary went to the emergency department at Methodist Mansfield. It turned out that in shooing the bug away, she had torn the extensor tendon of her hand and would need surgery to repair it.

Richard Burkett, MD, reconstructive hand surgeon on the hospital's medical staff, repaired the torn tendon in Mary's hand, but then recommended hand therapy with Lara Gordon, OTR/L, CHT, occupational therapist.

### A plan for healing

"Since your fingers, hands, wrists, and elbows have vital functions in everyday activities, it's no surprise that an injury causes a major disruption to your life," Gordon says.

She started Mary on a therapy program of controlled, limited motion for the first couple of weeks after surgery.

"It was important to work closely with Mary's surgeon and not overdo it," Gordon explains. "If you do too much too soon, the tendon repair could tear."

Mary's goal was to regain motion in her fingers, including bending and gripping.

"I had things that I wanted to do — cook again for my church, sew my grandchildren's costumes, and even work in the yard," she says.

### Special someones

It's been several months since her surgery and hand therapy, but Mary can now bend her fingers and cook again.

"It took a lot of hard work, and I am so grateful to Lara for helping me get to where I need to be," Mary says.

She's cooking again for her church — meat, potatoes, salads, and, of course, pies — and her grandson has special requests, as well.

"He'll say, 'Granny, make me a chocolate pie, fried chicken, mashed potatoes, and lots of gravy for me and my grandpa,'" she says with a laugh.

As for hand therapy, Mary recommends it for anyone living with pain.

"Lara has a great personality, takes time with you, and helps get your hands back where you can function again."



# Stretching our services in Arlington

When a sports injury, joint, or muscle is causing you pain, appropriate care at the Methodist Mansfield Medical Center Greater Therapy Center can offer relief and get you back in the game.

The 3,117-square-foot facility in Arlington boasts experienced licensed physical and occupational therapists who work with physicians to develop custom treatment plans. They'll help patients recover function, improve strength, and receive relief from pain as quickly as possible.



## WHERE TO FIND US

The Methodist Mansfield Medical Center Greater Therapy Center is located at 400 W. Arbrook Blvd., Suite 151, in Arlington. To schedule an appointment, call **817-472-8383**.

Mary Morgan has things to do, like baking pies for her loved ones. Hand surgery and rehabilitation at Methodist Mansfield gave her the mobility and strength she needed to get back to them.



# We've got your back

How the Methodist  
Brain and Spine  
Institute can  
restore lives

**Becky** Blake doesn't like to let anything slow her down. But for years, the busy 57-year-old grandmother found that unrelenting pain in her back, hips, and legs was doing just that.

"It was getting hard to focus on my life," says Becky, operations manager for a logistics company. "The pain was so severe that I could hardly walk.

"I visited a chiropractor, went to an orthopedist, got steroid injections, and even tried acupuncture," she says. "Nothing was working. I was at my wit's end."

Things began to look up for Becky last fall when her family medicine doctor referred her to Nimesh Patel, MD, neurosurgeon at Methodist Mansfield Medical Center.

"I knew immediately Dr. Patel was going to help me," Becky remembers. "He made time in his schedule to see me sooner rather than later, and he listened to everything I had to say. He was so compassionate."

## A life-changing treatment option

Dr. Patel diagnosed Becky with lumbar stenosis, a condition that occurs when the nerves in the lower spine become compressed. It usually results from arthritis or normal wear and tear as you age.



Before her laminectomy procedures at Methodist Mansfield, Becky Blake couldn't lift her grandson, Rhyder Davis. Now she is grateful to be able to hold him close.

"Sometimes physical therapy or steroid injections can reduce the pain to a manageable level," Dr. Patel says. "In Becky's case, those options didn't get the results she needed, so we recommended a procedure called a lumbar laminectomy."

During a laminectomy, a small portion of bone or spinal disk material is removed in order to give the compressed nerves more space.

"The relief that laminectomies bring is almost immediate," Dr. Patel says. "Additionally, at Methodist Mansfield, we have the technology and skill set to perform minimally invasive

Becky Blake (center) had tried everything to relieve her leg, back, and hip pain. Then minimally invasive spine surgery at Methodist Mansfield resolved her pain. Now it's easier to be active with her daughters, Marlisa (left) and Tavia, and her grandson.



laminectomies in day surgery. That means that patients can go home the same day and resume normal activities in as little as 72 hours.”

Becky says that the decision to have surgery was made easier by the support she received from Methodist Mansfield team members.

“Dr. Patel gave me literature and a website to review, and the hospital staff members showed me where I’d be having surgery ahead of time,” she explains. “Everyone made sure I got answers to all of my questions.”

### ‘Amazed and thankful’

Over the course of two laminectomy procedures in different areas of Becky’s spine, she experienced almost immediate relief in her legs, back, and hip. The pain all but disappeared.

“It was a huge improvement,” she says.

“I’m riding my recumbent bike, I can get in and out of a car normally, and I can lift my grandson. I’m constantly amazed — and thankful — at how much better I feel.”



#### LET US HELP

Is back pain bringing you down? The Methodist Mansfield Spine Academy can help. Find us online at [MethodistHealthSystem.org/MansfieldBackAndSpine](http://MethodistHealthSystem.org/MansfieldBackAndSpine).



# Healthy & happy

Methodist Mansfield is dedicated to giving growing families a great start



**GREAT EXPECTATIONS**

Give your growing family a great experience at Methodist Mansfield. To learn more about our women and children's services, visit [MethodistHealthSystem.org/MansfieldWomens](http://MethodistHealthSystem.org/MansfieldWomens).

**Every** morning, Leslie Waldson gets ready for work with a blond-haired, blue-eyed sidekick: her 18-month-old daughter, Logan.

"She loves to sit on the counter of the bathroom sink and play with my makeup," Leslie says. "She brushes her hair and plays with my jewelry. She's such a girly girl."

Leslie's OB-GYN, Erin Westerholm, DO, FACOOG, says Leslie and Logan are what a success story looks like: "Happy baby, happy mommy, healthy baby, healthy mommy."

## Star support from day one

After learning they were expecting in February 2013, Leslie and her husband, Andrew, were referred by a friend to Dr. Westerholm, one of the founding OB-GYNs on the medical staff at Methodist Mansfield Medical Center.

"I loved the staff," Leslie says. "One of Dr. Westerholm's nurses was a fellow Aggie, so we hit it off from the very beginning, but everyone was very

Lots of love and lots of laughs — and a little help from Methodist Mansfield — are helping Logan Waldson grow and thrive. Find out what to expect from Methodist Mansfield when you're expecting. Visit [MethodistHealthSystem.org/MethodistWomens](http://MethodistHealthSystem.org/MethodistWomens).

personable and let us ask tons of questions. It was great.”

Dr. Westerholm says she aims to really know patients and their families and make care as convenient as possible. She also has confidence in the experience her patients will receive at Methodist Mansfield.

“There are a lot of people who have been there since day one, so there is a comfort in knowing and understanding the team you're working with,” she says. “I'm also a huge breastfeeding advocate, so it's nice that the hospital offers outpatient lactation appointments after baby arrives.”

This service benefited Leslie especially.

“Logan was an intense eater, so she was never getting enough fast enough,” she says. “She would get angry and then would be too upset to eat.”

Leslie met with Monika Ringo, RN, IBCLC, who not only helped Leslie with breastfeeding but also led all of her prenatal classes.

“She was so helpful and made us feel comfortable and made us laugh,” Leslie says. “She was a big part of our reassurance and one of the reasons we love Methodist Mansfield so much.”

## A great first impression

Logan made a grand entrance on the evening of Nov. 12, 2013 — an 11/12/13 baby.

“We were completely pleased with our experience at Methodist Mansfield,” Leslie says. “Logan was in the room with us overnight, the food was great, and our nurses were fantastic.”

“If we decide to have a second baby, there's no question that we would deliver at Methodist Mansfield again.”

# Ready to get ready?

Try these classes to get ready for the arrival of your little one

## Child Preparation Class

Childbirth instructors at Methodist Mansfield Medical Center guide new parents through their journey to childbirth. Our ultimate goal is for the woman (and her partner) to gain confidence in her body's ability to give birth and acquire the knowledge to make informed choices regarding her birth experience. This class includes a detailed hospital tour and covers:

- ▶ Anatomy and physiology of the birth process
- ▶ Relaxation techniques
- ▶ Role of the labor support person
- ▶ Pain control theories and options
- ▶ Medications used in labor
- ▶ Birth options/interventions
- ▶ Labor rehearsal and delivery
- ▶ Cesarean section delivery and recovery
- ▶ Physical and emotional postpartum care.

## Infant Safety — CPR

This class includes infant CPR taught by registered nurses certified by the American Heart Association. This is the American Heart Association “Friends and Family” course. Other topics include:

- ▶ Choking
- ▶ Safety proofing your home
- ▶ SIDS prevention
- ▶ Car seat safety
- ▶ Poison control
- ▶ Child care providers
- ▶ Fall prevention
- ▶ Abduction prevention.

## Daddy Boot Camp

Veteran dads orient fathers-to-be on the realities of fatherhood in this one-session program. Topics include team building with the mother to create a positive environment for the new baby, adjusting to life as a father, and ways to bond with your baby. For DADS ONLY!

## Sibling Classes

These classes for big-brothers-to-be and big-sisters-to-be are best suited for children ages 3 to 9. Children will learn what it means to become a sibling and ways to welcome a new baby to the family. Parents will learn how to cope with new emotions and behaviors of children that oftentimes the new addition generates. A fun, informative hospital tour is also provided to help acclimate big brothers and sisters to the hospital where family and baby will spend their first few days together.



### SIGN UP TODAY!

For a list of other classes, as well as dates, times, and other details, visit [MethodistHealthSystem.org/Events](http://MethodistHealthSystem.org/Events). We look forward to helping you get ready for baby!



**WAY TO RUN, MARTHA REID!** Methodist Mansfield Medical Center President John Phillips, FACHE, congratulates Martha Reid Elementary School students for improving their health by winning the Miles for Meredith Methodist Mansfield Mad Dash for Cash.



## Pathway to Excellence

**WE'RE A GREAT PLACE FOR NURSES TO WORK:** Methodist Mansfield celebrates re-designation as a Pathway to Excellence® hospital by the American Nurses Credentialing Center. The Pathway to Excellence Program recognizes health care organizations that create work environments in which nurses can flourish and substantiate their professional satisfaction.



**MEET OUR HEROES:** Methodist Mansfield President John Phillips, FACHE (left), congratulates Gary Alexander, MD, general surgeon on the medical staff; Amanda Truelove, BSN, RN, RNC-OB, labor and delivery nurse manager; and Linda Caldwell, director, laboratory, as *Fort Worth Business Press* HealthCare Heroes. They were among 21 health care professionals in Tarrant County honored for their excellence in the medical community, quality of service, and demonstration of exceptional commitment to the health and well-being of residents.



**GOING RED FOR HEART HEALTH!** On Feb. 3, the Methodist Mansfield heart team celebrated heart health and the more than 500 open heart surgeries performed at the hospital by handing out 250 heart-shaped balloons and sharing information about reducing the risks of heart disease with patients.



**RECOGNIZED BY D MAGAZINE:** Methodist Mansfield congratulates nurses Karen Yates, BS, RN, CEN, LP (left), and Shirley Harvey, MSN, RN, APRN, BC-CNS, OCN, for being chosen as *D Magazine* Excellence in Nursing finalists.

We're in your neighborhood

## Medical Centers



**Methodist Mansfield Medical Center**  
2700 E. Broad St.  
Mansfield, TX 76063  
**682-622-2000**



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

## Methodist Family Health Centers and Medical Groups

**1**

**Mansfield Medical Group**  
2800 E. Broad St., Suite 318  
Mansfield, TX 76063  
**817-473-7184**

**1**

**Methodist Mansfield Health Care Associates**  
2800 E. Broad St., Suite 212  
Mansfield, TX 76063  
**817-473-8791 | 817-473-6867**

**2**

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

**3**

**South Grand Prairie**  
4116 S. Carrier Parkway, Suite 250  
(in the Albertsons shopping center)  
Grand Prairie, TX 75052  
**972-263-5272**

**4**

**Lake Prairie**  
5224 S. State Highway 360,  
Suite 230 (in the Lake Prairie Towne Crossing shopping center)  
Grand Prairie, TX 75052  
**972-522-0691**

**5**

**South Arlington**  
6507 S. Cooper St., Suite 105  
(in the Cooper Street Market shopping center)  
Arlington, TX 76001  
**817-466-9100**

**6**

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

**7**

**Mansfield North**  
1601 E. Debbie Lane, Suite 2109  
Mansfield, TX 76063  
**817-473-9125**

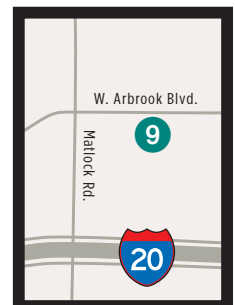
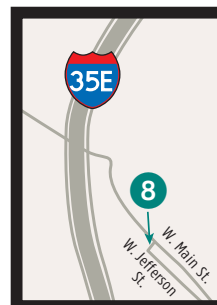
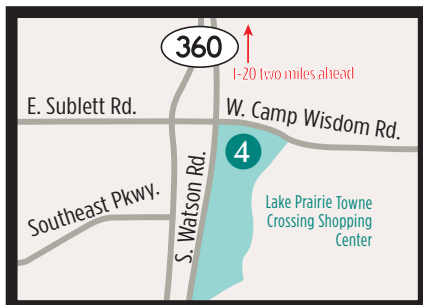
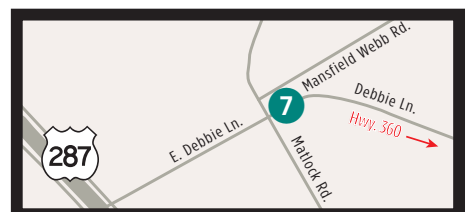
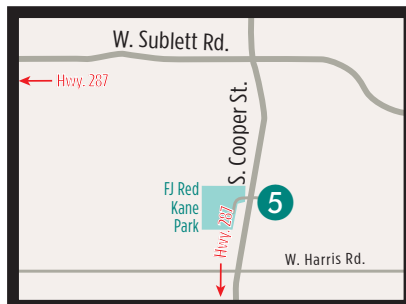
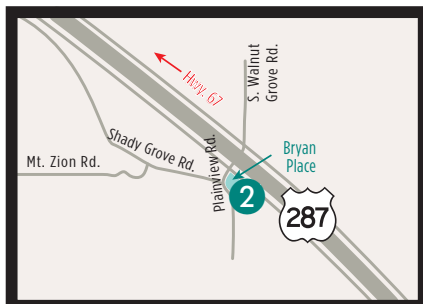
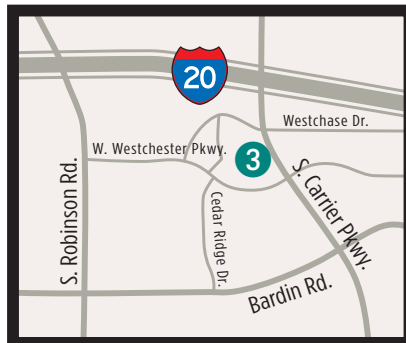
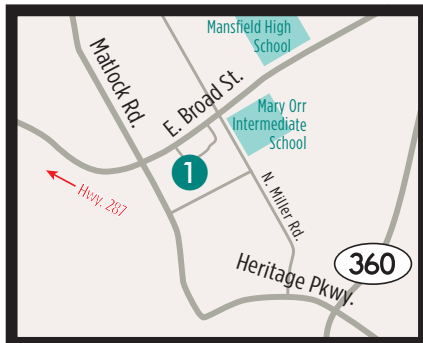
**8**

**Waxahachie**  
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Waxahachie, TX 75165  
**972-937-1210**

## Other facilities

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