

SHINE

YOUR HEALTHY-LIVING MAGAZINE

METHODIST CHARLTON CELEBRATES 40 YEARS



TRAVEL THROUGH TIME WITH METHODIST CHARLTON AS WE LOOK BACK AT 4 DECADES OF COMMUNITY CARE

WINTER WORKOUTS

4 tips to help you fight holiday weight gain

HELLO, NEIGHBOR

Methodist Health System's new facilities bring care closer to home

+ ROBOTS VS. CANCER

» ROBOT-ASSISTED SURGERY AT METHODIST CHARLTON STOPPED CANCER BEFORE IT STARTED



WHERE TO GET CARE **AFTER HOURS**



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

Fran Laukaitis, MHA, BSN, RN, FACHE
President, Methodist Charlton Medical Center

Chris Hawes
Vice President Public Relations and Marketing, Methodist Health System

Stacy Covitz
Assistant Vice President External Relations, Methodist Health System

Calvert Collins-Bratton
Manager Public Relations, Methodist Health System

Cynthia Mickens Ross
Director of Community, Methodist Charlton Medical Center

Lynette Wilkinson
Public Relations Coordinator, Methodist Health System

Sarah Cohen
Publication Specialist/Editor, Methodist Health System

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40 AND COUNTING

From the very first patient to the latest advanced surgery, follow four decades of expert care at Methodist Charlton.



FEATURES

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Methodist Mansfield's new Tower Two is home to serious innovation. Reserve your spot for the Dec. 17 grand opening.



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When John Fina went into cardiac arrest playing soccer, his teammates and Methodist Richardson saved his life.



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These digestive issues can point to deadly conditions — so speak up! Methodist Digestive Institute at Methodist Dallas can help.



30 'The heart hospital'
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Get your mammogram on your lunch break with Methodist Health System's mobile mammography.

HEALTHY YOU

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Be prepared for another arctic blast — at home and on the road.

17 It's pie time
Simple tweaks let you keep pie on the holiday menu — and off the scale.

What we're pinning

Even lawyers keep track of their health. See which boards Methodist's in-house counsel and new mom Crystal Moore has going.

"Cleanliness Is Next to Godliness." Long before Crystal was fussing over her son, Michael Ryan, she was on the lookout for natural cleaning products.

"More and more I'm realizing that I don't want to clean with chemicals but with more natural ingredients," she says. One of her favorites: a fruit and veggie wash made with lemon juice, white vinegar, and water.

"You Are What You Eat." This board is home to some of Crystal's

go-to healthy and paleo recipes, like roasted butternut squash with green apples and walnuts and butternut squash mac 'n' cheese. (Are you sensing a theme?)

"I try to go paleo from April to August," she says. "And then Restaurant Week kicks in and the holidays, and I become a carbaholic." Just until April, of course.

"Nursery." Crystal pinned lots of ideas for her baby's nursery, including black-and-white photograph

collages and a blue and gray color scheme.

"Words 2 Live By." This board is full of inspirational quotes and Bible verses. Some are empowering for women, while others remind her to pray for the people in her life.

A favorite: "I'm not a one in a million kind of girl ... I'm a once in a lifetime kind of woman."

FIND US ON
PINTEREST: You'll
find Methodist Health
System's boards
at [pinterest.com/
methodisthealth](https://pinterest.com/methodisthealth).



Earlier this fall, Crystal Moore, Methodist's in-house counsel, and her husband were inspired by Pinterest when designing a nursery for their son, Michael Ryan.

What's new



ON OUR BLOG

Answers.MethodistHealthSystem.org
Got some burning questions about heartburn or acid reflux? Learn about symptoms, causes, and treatment options at Answers.MethodistHealthSystem.org/Heartburn-Questions.

ON FACEBOOK



/MethodistHealthSystem

ON PINTEREST



/MethodistHealth

Looking for ideas to put a healthier spin on your holiday season? Check out the pins on our "Healthy Holidays" board.

WE'RE ALSO ON



@mhshospitals
@methodistdallas
@methodistcharl
@methodistmans
@methodistrich



/MethodistHealthDFW



/MethodistHealthSystem



/+MethodistHealthDFW

Heard of GERD?

While GERD, short for gastroesophageal reflux disease, may sound as bad as it feels, the good word about GERD is that it doesn't have to get the best of you.

Read our ebook for valuable information on:

- The differences between simple heartburn and GERD
- How to manage your symptoms
- Minimally invasive treatment options that are available to you.

Download our free ebook, *A Word About GERD*, at Info.MethodistHealthSystem.org/GERD-eBook.



URGENT CARE VS. EMERGENCY CARE

When your doctor's office is closed, it may be hard to know if you should go to an emergency room or an urgent care center. The lists below can help you decide.



Hospital emergency room

Signs of an emergency include:

- » Trouble breathing
- » Chest pain or pressure
- » Any sudden or severe pain
- » Fainting, sudden dizziness, or weakness
- » Coughing up blood
- » Bleeding that can't be controlled
- » Severe vomiting or diarrhea
- » Suicidal feelings
- » Problems speaking
- » Spinal cord or back injury
- » Seizures.



Urgent care center

You might visit an urgent care center for:

- » Minor cuts that need stitches
- » Sprains and strains
- » Minor bone fractures
- » Insect stings or animal bites
- » Minor burns
- » Fever
- » Flu
- » Coughs, colds, and sore throats
- » Ear infections
- » Rashes
- » Allergies.

WALK RIGHT IN

Methodist Urgent Care centers are now open in **Richardson** and **The Colony** — and there are more on the way. For more information, visit MethodistUrgentCare.com.



CUT AND SAVE

Convenient Quality Urgent Care Now Open.

- Most patients are seen within 15 minutes
- No appointment necessary
- Schedule your arrival time online
- Low urgent care co-pays



ILLNESSES

We're here for everything from A to Z, allergies and asthma to sore throats and vomiting.

INJURIES

We're here when injuries happen to treat sprains, fractures, burns, bites and more.

PHYSICALS

We're here for all those required physicals for school, sports and work.

POWERED BY **InQuicker**



Methodist
URGENT CARE

MethodistUrgentCare.com

**350 S. Plano Rd.
Richardson 75081
972.231.0011**

**5151 State Hwy 121
The Colony 75056
469.305.4586**

**M-F, 9 a.m. – 10 p.m.
S-Su, 9 a.m. – 8 p.m.**

For life-threatening or severe symptoms, call 911 or seek immediate medical attention. Methodist Urgent Care Centers are owned and operated by Methodist Urgent Care, a Texas non-profit corporation, and are staffed by independently practicing physicians who are employees of the Methodist Urgent Care non-profit entity. The physicians and staff who provide services at the urgent care centers are not employees or agents of Methodist Health System or any of its affiliated hospitals.



Are you ready for an ARCTIC BLAST?

The last few winters have wreaked havoc on unsuspecting North Texans, and being caught unprepared for frigid weather can quickly result in an emergency situation.

Frank Wright, PhD, RSP, director of safety and risk management at CareFlite, an air medical transportation service co-founded by Methodist Health System, offers these tips and advice for winter weather preparation.

STAY OFF THE ROADS

The absolute best way to stay safe during inclement weather is to stay home. There is rarely anything so important that it requires traveling in dangerous conditions. During the winter months, CareFlite responds mostly to automobile accidents caused by icy conditions. Most people don't realize that emergency personnel have to travel in the very same conditions in order to respond to an accident, so think twice about making the decision to travel during unsafe weather.



PREPAREDNESS IN THE CAR

Always keep blankets, comfortable shoes, water, food (such as energy bars), and kitty litter in your car during the winter. Why kitty litter? When spread in front of your tires, it will provide traction on ice. If you do get into an accident, stay in your car to avoid falling or being hit by another car, unless the car is too damaged or there is a risk of fire.



EMERGENCY KIT BASICS

A standard store-bought first-aid kit is sufficient for most injuries and is key in any emergency kit. Make sure you have shelf-stable food and water (1 gallon per person per day) for three days, and stock up on batteries for flashlights and electronic devices. Keep supplies in an airtight container stored in a cool, dry place.

STAYING SAFE AT HOME

The losses of electricity and heat are the two worst scenarios during a winter storm. Never bring your charcoal or gas grill into the house to provide warmth. Also, it's unnecessary to stock up on space heaters, as they require electricity. A generator is the safest way to provide electricity and heat.

Use food from the refrigerator first, then the freezer. Turn off all unnecessary appliances and devices, but keep one light turned on so you know when power has been restored. Lastly, know where the nearest shelter is located before you may need to seek it out.

LOOKING FOR MORE EXPERT ADVICE? Find health tips year-round in our online health library at MethodistHealthSystem.org/HealthLibrary.

CELEBRATING THE BIG

40!

Four decades after opening, **METHODIST CHARLTON** continues to grow

In 1975, people were listening to the sounds of the Captain & Tennille, and the most popular television show was *All in the Family*. The Dallas Cowboys were well on their way to Super Bowl X, and Methodist Hospitals of Dallas had just added the 84-bed Charlton Methodist Hospital to its family.

Margaret Jonsson Charlton, the hospital's namesake, was present for the Dec. 7 ribbon-cutting, where a giant scalpel was used to cut the red, white, and blue ribbon. Two days later,

Flash back

4 DECADES OF METHODIST CHARLTON



1972

Methodist Hospital of Dallas chooses the site of its second hospital, and a \$5 million public campaign, headed by James Aston and the former Dallas mayor and Texas Instruments founder, J. Erik Jonsson, begins. Jonsson and his wife, Margaret, donate a sizable gift to the public fund subscription drive. Jack Edwards and Bill Carter donate 30 acres of land to bring the total building-site acreage to 47.5 acres. The facility is named for Jonsson's daughter, Margaret Jonsson Charlton, who later remarried and became Margaret Jonsson Rogers.

During the **groundbreaking ceremony** for Charlton Methodist Hospital on Oct. 23, Margaret Jonsson Charlton pushes a giant 20-foot syringe into the earth to symbolize the "transfusion" of medical skills, knowledge, and talent from the parent to the branch hospital.

1973



1975

Charlton Methodist Hospital celebrates its grand opening on Dec. 7 and sees its first patient two days later. The 84-bed community hospital is the first "branch" health care facility in Dallas as part of the Methodist Hospitals of Dallas family. The total construction cost is \$11 million.

Twelve women from Duncanville — the hospital's **first volunteers** — stand shoulder to shoulder with the staff, helping wherever needed.



The **emergency department (ED)** is relocated and expanded. ED visits had increased from 7,378 in 1977 to 14,516 in 1981.

1983

Sandra Kaye Hodge of Duncanville was admitted as the hospital's first patient. The entire staff cheered as she walked down the hall to the unit.

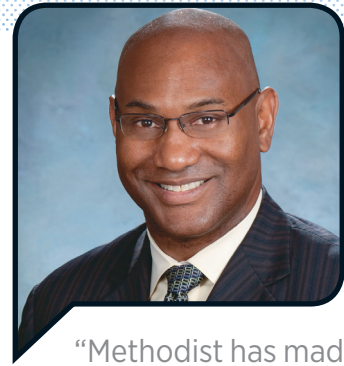
From the outside, the four floors of rooms with individual balconies resembled a hotel, especially at night, and occasionally weary travelers stopped by to ask for a room. Surrounded by nothing but open land, cattle from neighboring fields often wandered through the parking lot of "the hospital in the middle of nowhere."

Today, Methodist Charlton is in the middle of the thriving Best

Southwest community. It has grown to a 285-bed hospital, offering some of the latest in medical technology and innovative treatments through a variety of specialties.

The hospital boasts a workforce of over 1,500 and has more than 300 independently practicing physicians on the medical staff.

Gathering fond memories from the past, seizing opportunities of the present, and looking toward the future, Methodist Charlton remains committed to providing compassionate care for patients and their families for years to come.



"Methodist has made life for my family so much better — both health-wise and community-wise."

— Alfred L. Ray, PhD, Chief Special Projects Officer, Duncanville ISD

Come celebrate with us!

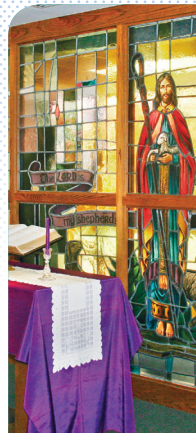
Thursday, Dec. 10, 6 to 8 p.m.
Methodist Charlton Main Lobby

Methodist Charlton is hosting a community celebration in honor of its first 40 years, and you're invited! For more information about the red-carpet celebration, hospital tours, and contributing to our time capsule, visit Charlton40.com.



On April 15, the new **maternity center** opens, housing two delivery rooms, one birthing room, and five labor rooms.

A \$2.7 million **outpatient care center** opens to provide day surgery, laboratory services, and EKG and radiology capabilities. A new, larger family medicine clinic and residency teaching center also open.



The beautiful **stained glass** in the chapel is donated by Children's Medical Center.



The **cancer center** opens, offering radiation therapy, chemotherapy, surgical intervention, and clinical trials.



The **Golden Cross Congregational Health Ministry** begins as a partnership with area churches to integrate faith and health in their congregations.

1985 1986

In December, a groundbreaking ceremony takes place for a new three-story, 47,000-square-foot **professional building**.

1987 1992

Construction begins on a \$14.1 million, 110,000-square-foot **expansion project**. Three nursing floors are added on top of the existing maternity floor. The ED expands to 18 beds, and the intensive care unit (ICU) and physical medicine department double in size. Construction ends in 1994.

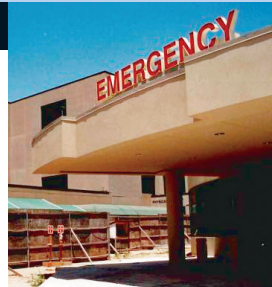
1997

Construction begins on a \$30 million **expansion project** that includes a new cancer center, cafeteria, family and sports medicine center, gastroenterology department, auditorium, and professional office building, among other facilities.

1998

1999

The board of trustees announces a \$14 million expansion of the **ED** that will increase its size from 9,500 square feet to 21,000 square feet.



40!



“ I am honored to have been part of the Methodist Charlton physician team for 40 years. I can remember when the land where the hospital sits was just a field. To see what it has become is just amazing. ”

— Michael L. Freeman, MD, Family Medicine Physician, Methodist Charlton Medical Center



It gives me great pleasure to wish Methodist Charlton Medical Center a happy 40th anniversary! I am proud to say Methodist Charlton has made measurable improvements in the overall quality and delivery of health care services in the southwestern Dallas County area. Methodist Charlton's strong commitment to providing high-quality services to its patients, combined with its unprecedented community outreach efforts, will continue to transform the delivery of health care services in our region. ”

— Curtistene S. McCowan, Mayor Pro Tem, DeSoto, and Methodist Charlton Medical Center Advisory Board Member



The \$2.4 million **cardiac catheterization lab** is completed — the first of its kind in southwestern Dallas County. Phase 2 of the \$14 million ED expansion project is also completed.

The **ICU** expands from a 16-bed unit to a new \$10 million 24-bed unit with spacious, private rooms. A seven-bed inpatient dialysis unit also opens.

Pastors from all over the Dallas area gather at Methodist Charlton in April for the hospital's first **Pastor**



Appreciation Luncheon. The guest speaker is Bishop T.D. Jakes (left).

The grand opening of the **new patient care tower** is in September. A community event features a free concert with Grammy® Award-winning gospel musician Fred Hammond.

The new patient care tower officially opens its front doors Saturday, Sept. 26.

2000

2002

2004

2008

2009

2010



The hospital celebrates its **silver anniversary** by placing a 22-foot-high, 6-foot-wide cross atop the building. It symbolizes Methodist Charlton's faithful service to the community and Methodist Health System's mission and values.

Methodist Charlton celebrates the topping-out ceremony for a new eight-story, 72-bed **patient care tower**.



The **Methodist Charlton Medical Center Auxiliary** is established. Over the years, it has raised more than \$62,000 for Methodist Charlton.

Methodist Charlton hosts the inaugural **First Ladies and Women in Ministry Brunch**. Prominent international speaker and author Thelma Wells (center) is the featured guest speaker.





For more than 54 years as a nurse at Methodist, I have enjoyed taking care of the patients and seeing them return to Methodist Charlton just to visit me. I also have enjoyed the many friends I've made here at Methodist Charlton. I enjoy meeting people and seeing them progress and recover and be able to return home. Overall, the rewards of being a nurse do not come from monetary gain but from helping others. And by that measure, I feel like a millionaire. ”

— Annie Jones, LVN, Methodist Charlton Medical Center



It has been exciting to watch Methodist Charlton grow into the top-notch community health care asset it is today. I can remember when it was just an open field. Now, 40 years later, it is extremely comforting to know that, should we need it, we have an exceptional health care facility in our community. ”

— Gayla Burton, longtime DeSoto resident



On Nov. 1, Methodist Charlton holds an open house to celebrate **several additions to the growing campus:**

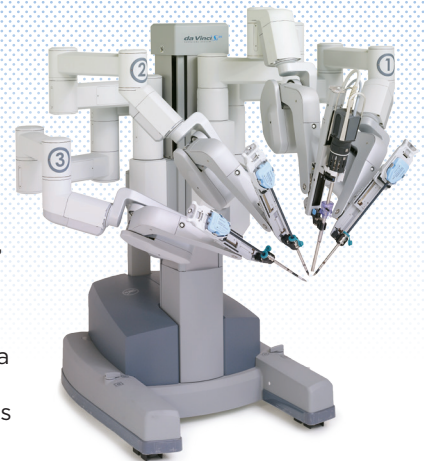
- » 35 new patient care beds
- » An enlarged postcoronary intervention unit
- » Three specialty care units dedicated to cardiology, orthopedics, surgery, and oncology in the new patient care tower.

In addition, space is leased in the original patient care tower for an inpatient long-term acute-care facility and an inpatient hospice unit.



The Methodist Charlton **Sleep Diagnostic Center** opens to diagnose and treat sleep disorders.

The latest evolution in surgical and robotics technology, the **da Vinci® Surgical System**, comes to Methodist Charlton. The first da Vinci procedure at Methodist Charlton is performed Feb. 10.



2011



Thomas Hoang, MD, performs Methodist Charlton's **first open heart surgery** on the Rev. Jerry Hull (left). Although the open heart surgery program is new, its physicians, nurses, and staff bring decades of open heart surgery experience.

2012

2013

2014

2015

Fran Laukaitis, MHA, BSN, RN, FACHE, is named **president of Methodist Charlton**. Laukaitis is the first registered nurse to become president of a Methodist facility.

"I am privileged to be leading the celebration of Methodist Charlton Medical Center's 40th anniversary," Laukaitis says. "Methodist Charlton has experienced tremendous growth over the years, and we have kept pace with ever-evolving technology. Our dedicated physicians and hospital staff are committed to providing the highest-quality care to our patients, and we look forward to celebrating many more years of service to our community."



Look like yourself again

New breast surgeon optimizes reconstruction results

Women facing a breast cancer diagnosis have a new ally at Methodist Health System.

Allison DiPasquale, MD, is Methodist Charlton Medical Center's first fellowship-trained breast surgical oncologist. She specializes in removing cancerous tissue in the best-possible way for breast reconstruction. Thanks to her expertise, Methodist Charlton now offers nipple-sparing mastectomies and oncoplastic reconstruction.

Dr. DiPasquale is with Texas Oncology – Methodist Cancer Center and is also on the medical staff at Methodist Dallas Medical Center.

Dr. DiPasquale completed her fellowship at City of Hope, a National Cancer Institute–designated Comprehensive Cancer Center in Duarte, California. At Methodist, she will collaborate with plastic surgeons for optimal breast reconstruction possibilities for women with breast cancer, as well as with other specialists at tumor boards.

She looks forward to building relationships with both her colleagues and patients.

“I want my patients and their families to feel like they're a part of my family and our medical family at Methodist,” she says.



What's oncoplastic reconstruction?

“Oncoplastic reconstruction is oncology mixed with a bit of plastic surgery. I remove a lump of cancerous tissue and then rearrange the remaining healthy tissue for a decreased disfigurement of the breast. After radiation, women have a more natural-looking breast.”

— Allison DiPasquale, MD, breast surgical oncologist

Acessa offers nonsurgical solution for fibroid tumors

You might be one of the 3 in 4 women who experiences uterine fibroids at some point in her life. Fortunately, you won't have to endure the discomfort, thanks to a new procedure at Methodist Charlton Medical Center.

“Fibroid tumors are noncancerous, abnormal growths in the uterus that can be anywhere from 1 centimeter to the size of a grapefruit,” explains Jeremy Vaughan, MD, OB-GYN, at Methodist Charlton. “For many women, they can cause extremely heavy, lengthy periods and severe cramping. In some cases, they may even cause infertility or miscarriage.”

Acessa: An alternative to hysterectomy

In the past, hysterectomy and medication were the only

“There's almost no chance that the fibroids can return after a patient undergoes the Acessa procedure. That means it provides permanent relief of pain and other symptoms.”

— Jeremy Vaughan, MD, OB-GYN

options for women dealing with fibroid symptoms.

“Then along came fibroid ablation,” Dr. Vaughan says. “It allows doctors to use cold or heat to shrink or destroy the fibroids with just two tiny incisions and a laparoscope.”

One option for ablation, newly available at Methodist Charlton, is the Acessa™ procedure, a radiofrequency technique that gives doctors an enhanced ability to remove almost any type of fibroid tumor, regardless of size or location in the uterus.

“Acessa offers a lot of advantages for patients,” Dr. Vaughan says. “They

can go home the same day and resume normal activity within a few days.”

And the best benefit of all? “There's almost no chance that the fibroids can return after a patient undergoes the Acessa procedure,” Dr. Vaughan says. “That means it provides permanent relief of pain and other symptoms.”

GET ACCESS TO ACCESSA Are you looking for a doctor who performs the Acessa procedure? Call **214-947-6296** today to find relief from uterine fibroids.

MARK YOUR CALENDAR

Check out some of the happenings at Methodist Health System this season. Find more events near you at MethodistHealthSystem.org/Events.

BREASTFEEDING BASICS REVIEW FOR GRANDMOTHERS

Tuesday, Jan. 12, 6:30 to 9 p.m.

**Methodist Charlton Medical Center,
3500 W. Wheatland Road,
Dallas, TX 75237**

Grandmothers are moms with a lot of practice! And at Methodist Charlton, we've created this breastfeeding class as a way to reach out to grandmothers about the health benefits of breastfeeding for moms and babies and to encourage their support of nursing moms and babies.

» To register, call **214-947-7261** or visit MethodistHealthSystem.org/Events.

LABOR AND DELIVERY TOURS

Wednesdays, 7 p.m.

**Women's Services Lobby, Methodist
Richardson Medical Center,
2831 E. President George Bush
Highway, Richardson, TX 75082**

When it's time to have your baby, Methodist Richardson offers a medically advanced yet homelike setting for your birth experience. Our tours are now offered every Wednesday, so come see our all-private labor, delivery, and recovery suites to make your birth experience comfortable and beautiful!

» No registration required. For more information, call Linda Jackson at **469-204-9429**.

PANCREATIC CANCER SUPPORT GROUP

Second Tuesday of the month*,
6 to 7:30 p.m.

**Weatherford Room, first floor,
Methodist Dallas Medical Center,
1441 N. Beckley Ave.,
Dallas, TX 75203**

Whether you're coping with pancreatic cancer treatment or recovery or with loss related to pancreatic cancer, support from Methodist Dallas' caring professionals can make it easier. Our support group provides a setting where patients, friends, and family members can discuss every facet of their cancer journey.

*In November and December, dates may vary. Please call **214-947-1781** to confirm.



Sign up today!

Saturday, Jan. 30, 2016

- 7:30 a.m. USA Track & Field-certified half-marathon*
- 7:40 a.m. USA Track & Field-certified 5K*
- 7:45 a.m. 1-mile fun run/walk

*chip-timed

**Methodist Mansfield Medical Center,
2700 E. Broad St., Mansfield, TX 76063**

Step out for your health and a good cause by participating in Run with Heart. Register today for a day of good health for you and your community at MansfieldRunWithHeart.org.



Building BRIGHTER



Join us for the

GRAND OPENING

of Methodist Mansfield's new TOWER TWO!

This **Dec. 17**, Methodist Mansfield Medical Center will open the doors of its patient care Tower Two. Visit Info.MethodistHealthSystem.org/Tower-Two for more information and to RSVP.

Room to serve, room to grow

- » The 110,000-square-foot patient care tower allows for expanded women's health, cardiology, and gastroenterology (GI) services. It includes an eight-bed cardiovascular unit, a 14-bed intensive care unit, four new GI suites, and a cardiac catheterization lab also equipped for electrophysiology procedures.
- » Thirty-six-thousand square feet are dedicated to four new operating rooms (ORs), two of which are 65 percent larger to accommodate advanced minimally invasive neurological and heart procedures with advanced technology, such as the robotic da Vinci® Surgical System.
- » The tower adds 86 spacious private rooms to the hospital, each with a **separate family area**. There is space to build 32 additional private rooms, if needed.
- » A 19-bed post-anesthesia care unit serves patients recovering from various procedures.
- » The expansion will eventually employ up to 200 medical professionals.



Shining FARTHER



SUPPORT US To support the patient care Tower Two and our mission to improve and save lives in North Texas, visit Foundation.MethodistHealthSystem.org/MansfieldTowerTwo.

Providing for patient comfort

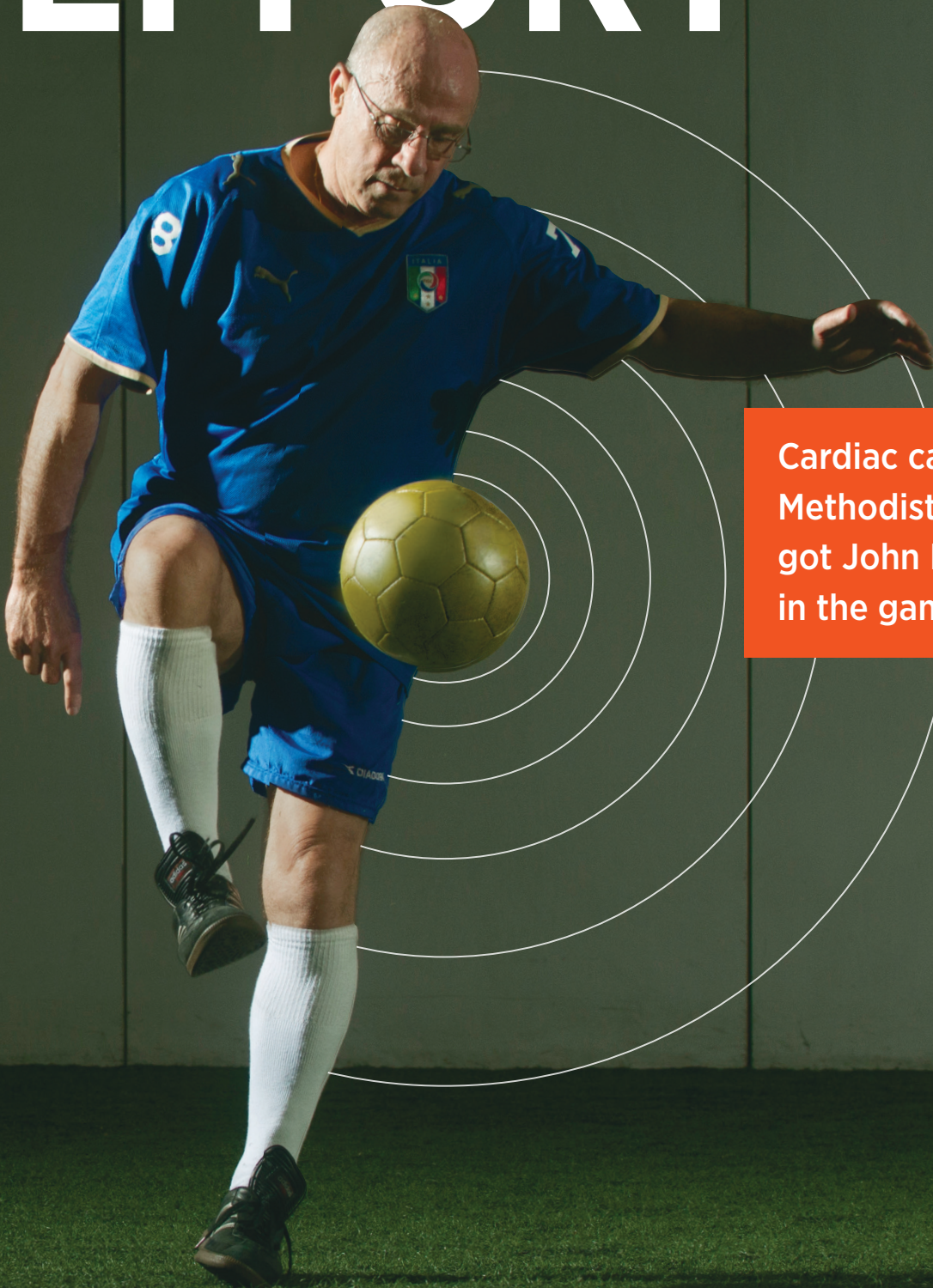
- » USB charging stations are convenient for mobile devices, and Wi-Fi is complimentary.
- » Patient rooms include 40-inch high-definition flat-screen televisions with dozens of channels, movies, and on-demand patient education. Remote-control handsets allow for independently operated speakers and volume controls for the patient and family. Rooms also feature an intuitive touch-screen pad for adjusting the bed position, curb-free showers, heated massage chairs, pillow speakers, and an in-room safe to secure valuables.
- » Each floor offers a **complimentary coffee bar**, and a grab-and-go café is on the first level.
- » A new two-story spacious lobby welcomes in natural daylight, which promotes healing, and features a large seating area and community room for meetings.
- » Private physician consulting rooms are located on each floor, with monitors that allow caregivers to display patient images such as X-rays and MRI scans.

Making safety a priority

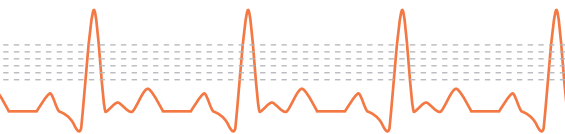
- » Larger halls and doorways, as well as spacious, tiled walk-in or wheel-in showers with adjustable showerhead wands and handrails, offer optimal movement and safety.
- » A **direct nurse call system** allows patients to locate and call their assigned nurse as needed.
- » A certified hazardous drug room provides negative air pressurization for environmental protection.
- » All patient rooms include 24-hour central telemetry monitoring.
- » Sterile fields in the operating rooms surpass industry standards, enhancing infection control.
- » Physician team areas are adjacent to nurses' stations, facilitating communication.
- » Teleneurology connects patients to physicians — no matter where they are — via webcam.



TEAM EFFORT



Cardiac care at
Methodist Richardson
got John Fina back
in the game of life



To say John Fina gets a kick out of life is far from cliché for this 70-year-old lifelong soccer player.

As John will tell you, his love of soccer comes third in his life, behind his faith and his wife of 42 years, Mary.

After retiring from teaching and coaching soccer, John needed something to keep himself busy, so he organized a senior soccer league. Many in the league are friends and former teammates he's known for decades.

"I don't think there are any words that explain the feeling that I have with these guys," John says. "It's like family."

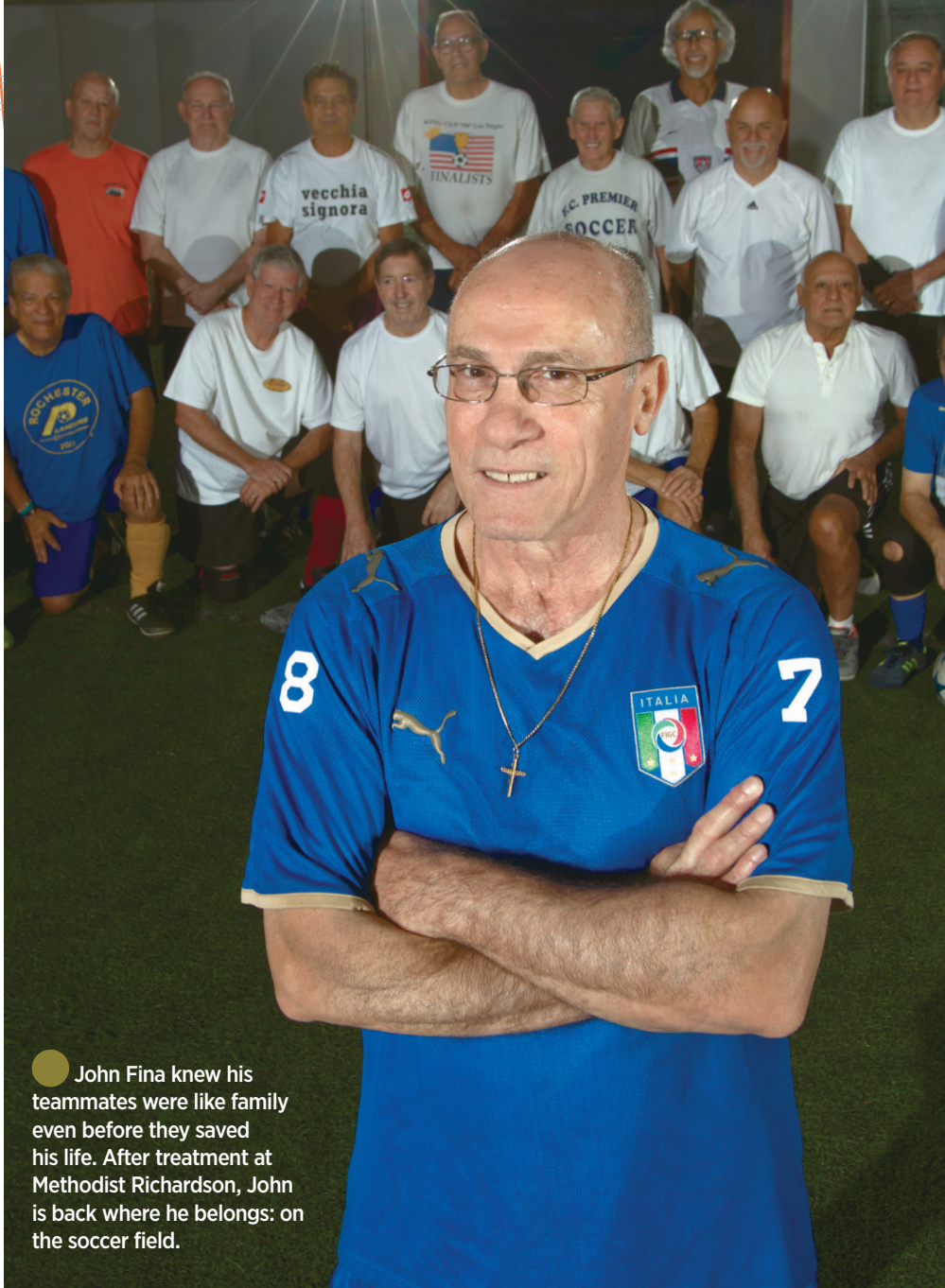
So last year on July 29, when John collapsed on the soccer field during a match with his buddies, it was no surprise that they came to his rescue.

"At first I thought he had twisted his knee, but when I saw him down, I recognized he was in cardiac arrest," says teammate Carlos Navarro, DDS. Dr. Navarro and another player immediately began CPR, but by the time paramedics took over, John had been down 22 minutes.

A heart under attack

The paramedics took John straight to the emergency department (ED) at Methodist Richardson Medical Center. Interventional cardiologist Nhan Nguyen, MD, on the hospital's medical staff, says when John arrived he was too unstable for any diagnostic treatment, so he was put into an induced coma.

"They reduced the temperature of his brain to about 92 degrees to prevent neurological damage," Dr. Nguyen says.



● John Fina knew his teammates were like family even before they saved his life. After treatment at Methodist Richardson, John is back where he belongs: on the soccer field.

Tests showed complete blockage in one of the major arteries on the right side of John's heart. It was too calcified for Dr. Nguyen to place a stent in the artery to restore blood flow, so he determined that a technique known as the retrograde approach was the next best option.

Fortunately for John, he landed in the right ED, where the right interventional cardiologist was trained in this highly specialized procedure. The second attempt was a success, and blood flow was restored — but John wasn't out of the woods yet.

An ounce of prevention

John also has an anatomic anomaly on the left side of his heart. Cardiac electrophysiologist Sumeet Chhabra, MD, also on the Methodist Richardson medical staff, says a significant part of the artery, known as the widow maker, does not sit on top of John's heart as it should. His is partially buried in the heart muscle.

"He had a lack of blood flow on the left side as well as that abnormality, which created the

— Continued on next page



— Continued from previous page perfect storm,” Dr. Chhabra says. “And now with a weakened heart muscle, he was at risk for another cardiac event.”

Dr. Chhabra recommended John have an implantable cardioverter defibrillator (ICD) connected to his heart. If the organ stopped again, the ICD would send an electrical shock to jump-start it.

“This is how I’d advise someone in my own family,” Dr. Chhabra told John.

Championing life

Fast-forward six months and John was back on that same soccer field where he collapsed. His wife, Mary, says the ICD gives her confidence.

“I am relieved,” she says. “The doctors assured me that he was in better shape now to play soccer than before.”

John now plays soccer twice a week with those same buddies who tried to revive him and still mean the world to him. But now, he has a new outlook on life.

“I tell everybody who worries about money or retirement, or this and that, that there’s nothing more important than life,” he says. “Forget about everything else. Life is precious.”

Save a life with an AED

Did you know using an AED (automated external defibrillator) within the first few minutes of cardiac arrest improves a person’s chance of survival by as much as 70 percent?

“The No. 1 predictor of success or survival in an out-of-hospital cardiac event is how quickly a defibrillator is used,” says Sumeet Chhabra, MD, cardiac electrophysiologist on the medical staff at Methodist Richardson Medical Center.

An AED is a small, portable device used to check someone’s cardiac rhythm and deliver a shock, if needed. They have become common at schools, shopping centers, airports, office buildings, and other public areas.

After John Fina’s near-fatal cardiac arrest, his soccer teammate Carlos Navarro, DDS, donated an AED to the facility where they play.

Steps to use an AED

“AEDs are purposely automated to be user-friendly,” Dr. Chhabra says, so you don’t have to be a medical professional to use an AED. The lifesaving tool will audibly talk you through the steps.

Here are the basic steps to use an AED:

- 1 **Call 911.** Get emergency medical services on the way.
- 2 **Determine if the collapsed person is breathing.** If the person is breathing, you know he or she has a pulse. If the person is not breathing, clear the airway and start CPR.
- 3 **Locate an AED.** If there is a defibrillator nearby, ask a bystander to take over CPR while you follow the audible instructions to apply the electrode pads to the victim’s bare chest.
- 4 **Make some space.** If the AED determines a shock is necessary, make sure everyone is clear of the patient when the shock is delivered.
- 5 **Check the AED.** The AED will tell you if you should continue CPR. Follow its audible instructions until help arrives.



KEEPING SCORE Could your heart be at risk? Find a physician at Methodist Richardson to get your biometric numbers checked. Call **214-947-6296** or visit **Answers2.org**.

HAVE A
SLICE OF**guilt-free
heaven****BUTTERY, FLAKY CRUST.** Goopy, fruity fillings. Crunchy, toasted nuts.

There are lots of reasons to look forward to pie this holiday season. If you don't, this might be the reason: the guilt that follows.

Let's be honest: Pie is not known for its nutritional value. Add a whipped topping or go à la mode, and you're off the charts in terms of calories and fat.

Caroline Susie, RD, manager of employee wellness at Methodist Health System, has some consoling news: You can have your, uh, pie and eat it, too.

"This is a special time of year, and food is love," she says. "If you have a small piece of pie, there should be no guilt with that. You can indulge in a small portion of the real deal.

"However, there are ways to trim some of the calories and fat or even boost the nutrition of your holiday desserts."

Here are some simple swaps to help do just that:

Making over your crust

- » "Graham cracker crust to the rescue!" Susie says. "It's low in fat, and there are tons of variations on this. An alternative is to try ginger snaps."
- » Use whole-wheat flour instead of white flour.
- » Consider completely skipping the top crust — or both crusts. Enjoy just the filling and the topping.
- » Add nuts or oats to your crumble topping. While this bumps up the calories, it also adds some protein or whole grains.

Butter swaps

(Side note: These won't work for your pie crusts but are great for modifying fillings.)

- » ½ cup unsweetened applesauce for ½ cup butter (works for oil, too).
- » 1 cup pumpkin purée for 1 cup butter.
- » 1 cup nonfat Greek yogurt for 1 cup oil or butter.

Sugar swaps

- » Stevia or another sugar substitute, such as Splenda®.
- » ½ teaspoon vanilla extract for 2 tablespoons sugar.

Egg swaps

- » 2 egg whites for 1 whole egg.
- » ¼ cup applesauce for 1 whole egg.

Or keep the eggs for the protein and other nutrients!

Milk swap

- » 1 cup evaporated skim milk for 1 cup heavy cream.

KNOW YOUR WAY AROUND A BUFFET TABLE? Take the "Holiday Sweets and Treats Quiz" in our online Health Library to find out. Check it out at MethodistHealthSystem.org/HealthInfo.

Caroline's kitchen

Not ready to experiment? No worries! Methodist Health System's manager of employee wellness, Caroline Susie, has taken the guesswork out of delicious, homemade, healthier pumpkin pie. Visit Answers.MethodistHealthSystem.org/Healthy-Pie to get the recipe that wowed her family.



WANT MORE MASHING IDEAS? Visit us on Pinterest and check out our "Healthy Holidays" board.

Are those MASHED POTATOES?

Here in the South, we relish starchy vegetable dishes — especially during the holidays. At the top of that list is mashed potatoes. They're the quintessential comfort food, help to show off your grandma's famous gravy, and make great leftovers.

But potatoes are high in carbs and when mixed with heavy amounts of cream, butter, and cheese can be the most calorically expensive dish on the buffet.

There are other root vegetables, though, that also lend themselves to mashing. What's more, they're lower in carbs and higher in nutrients. Ready for a tasty adventure? Mash one of these veggies for a new spin on the holiday favorite.

MASH	ADD	NUTRIENTS
CAULIFLOWER	Garlic; extra-virgin olive oil; light salt and pepper, to taste	High in vitamin C; good source of folate
CELERY ROOT	Light salt and pepper, to taste; almond milk; tahini	Excellent source of vitamin C, and good source of vitamin B6, fiber, and potassium
PARSNIPS	Pinches of ground nutmeg and salt and modest amounts of butter and cream	Good source of vitamin C, potassium, and fiber
RUTABAGAS	Pinch of sugar; light salt and pepper, to taste; modest amount of butter	Excellent source of vitamin C and good source of fiber and potassium
TURNIPS	Garlic; extra-virgin olive oil; light salt and pepper, to taste	Excellent source of vitamin C

You can also mix root vegetables for a blend. Carrots pair well with parsnips, sweet potatoes pair well with turnips — you get the idea.

Sticking with the potato

3 HEALTHY MAKEOVERS

- 1 Go halvesies.** Use a mix of another root vegetable and potatoes.
- 2 Keep some of the skin.** That's where the fiber is. Most Americans only get half of the daily recommended amount, 25 to 30 grams.
- 3 Make them healthier.** Skip the whole milk and butter and replace them with nonfat milk, buttermilk, or plain low-fat Greek yogurt. You can also cut back on the salt and sub in a small amount of Parmesan for flavor.

Sources: American Diabetes Association, American Heart Association, Better Health Foundation



4 FUN WAYS to burn extra holiday calories

You may have **overdone it at the table**. But that doesn't mean you have to ditch the family for the treadmill to make up for it. Enlist others to come along and burn off some of the holiday season's calories.

1 GO ON A HOLIDAY SCAVENGER HUNT



This is especially great if you have little kids. You'll rack up a lot of steps as you race door to door. Your list of things to look for could include an inflatable Santa on the lawn or icicle lights hanging from a roof.

With a group of older adults? Use your smartphones and have a photo contest.

Calories burned: 30 minutes, 149 calories

2 BACKYARD OLYMPICS



Organize family and friends into teams and compete in seasonally themed activities like a Santaland obstacle course or three-legged elf races. Or better yet, let each team make up a game. Make sure you pick impartial judges, though (we're looking at you, Grandma!)

Calories burned: 30 minutes, 186 calories

3 HIT THE ICE



Broomball! It's like hockey, without the skates. Several ice rinks around the Metroplex offer off-hour rentals for groups who want to slide around the rink and try to score.

Calories burned: 30 minutes, 260 calories

4 TAKE OUT A RAKE



What about a "do unto others" task that the whole family can help with? Perhaps a neighbor needs help with her yard? Little ones can help rake while others trim back trees or shrubs.

Calories burned: 30 minutes, 149 calories

LOOKING FOR A PERMANENT OPTION FOR FITNESS? Two Methodist Health System campuses offer centers that provide a supportive environment that fits with your schedule and needs.

- **Folsom Fitness and Rehabilitation Center at Methodist Dallas Medical Center**
214-947-1890,
MethodistHealthSystem.org/FolsomFitness
- **Fitness Center and Fit Zone at Methodist Charlton Medical Center**
214-947-0678,
MethodistHealthSystem.org/CharltonFitness

* Calories burned based on a 155-pound person

Working out in winter



GET READY TO RUN WITH HEART Keep training this winter so you'll be ready for Methodist Mansfield Medical Center's third annual Run with Heart. See page 11.

When the temperatures drop, don't let your outdoor workouts peter out. Instead, remember that exercising in colder weather can offer a refreshing change of pace. To stick with it, consider these tips:

- 1 **Wear the right clothes.** The goal is to hold in the right amount of body heat. Work with your local running store expert to find the perfect combination of clothing layers. You want moisture-wicking fabrics that aren't too tight. That way you don't restrict circulation, which can lead to a loss of body heat. You want your hands and head warm, too, so don't forget a hat, scarf, and

gloves — or try putting disposable hand warmers inside your gloves. Last, have a go-to pair of waterproof shoes in case it's snowy or rainy outside.

- 2 **Ease into your workout.** In colder weather, it takes longer for your body to warm up, so give it the time it needs.
- 3 **Don't forget to hydrate.** Your body needs water even if it isn't hot out. Dry air can also dehydrate you.
- 4 **Go indoors sometimes.** Sometimes it's not safe for an outdoor workout — when the temperature drops or if the streets are icy. If you don't have access to a gym or treadmill, try the mall. At the very least, it keeps you moving until you can head back outdoors.



SO YOU'VE GOT A COLD — *or do you?*

Everywhere you turn this time of year, it seems like you're dodging someone with a stuffed-up nose, scratchy throat, or cough — assuming you don't have all three yourself.

If you're like a lot of people, you'll guess that you have a cold or the flu and will load up on over-the-counter remedies to make yourself feel better. But what if your

symptoms are actually caused by allergies, not illness?

"Just like it's not uncommon for people to think that they have the flu when they really just have a cold or low-grade respiratory illness, many people mistake winter allergy symptoms for infection-based illness," says Amber Hyde, MD, family medicine physician at Methodist Mansfield Medical Group.

"Some of my patients are surprised to learn that they can have allergies this time of year," she says. "The fact is that allergies can affect you at any time, not just in the spring when things are blooming."

CHECK THE CHART

The chart below can help you tell if there's more to your symptoms than you think.

How often do you have these symptoms?

	COLD	FLU	ALLERGIES
SNEEZING	Sometimes	Rarely	Always
COUGHING	Frequently	Frequently	Sometimes
RUNNY/STUFFED-UP NOSE	Always	Always	Always
SCRATCHY/SORE THROAT	Sometimes	Frequently	Frequently
ITCHY EYES	Sometimes	Rarely	Frequently
FEVER	Rarely	Always	Rarely
BODY ACHES	Rarely	Always	Rarely



Getting the right treatment

Cold and flu medications aren't designed to relieve allergy symptoms, which means that people with allergies who take them are unlikely to find much relief. And that's just the beginning of potential problems.

"Besides not feeling better, you're also going to keep accumulating fluid in your respiratory system," says Amber Hyde, MD, family medicine physician at Methodist Mansfield Medical Group. "That makes you more susceptible to ear infections, pneumonia, and other illness."

The safest choice to treat that stuffy nose that won't go away?

"Make an appointment with your physician," Dr. Hyde says. "Once we have a proper diagnosis, we can get you on the regimen you need to start feeling better."



ACHOO!

Find a physician to help you manage your allergies at Answers2.org.

DYING *of* Why digestive issues are not to be ignored EMBARRASSMENT

Even before your feet could touch the floor from a dining room chair, your family dinners were most likely a schooling in table etiquette, complete with a litany of dinner table do's and don'ts.

- » Do place your napkin in your lap.
- » Don't slurp your soup.
- » Do chew with your mouth shut.
- » Don't put your elbows on the table.
- » Do take breaks between bites.
- » Don't discuss anything relating to your trips to the restroom.

That last one especially rang true. Bowel movements, vomiting, diarrhea, urine, flatulence, and other digestive issues are best omitted from conversation when people are trying to, well, digest.

Of course, these aren't things you typically want to discuss. *Embarrassing*, *awkward*, and *unflattering* are words that immediately come to mind.

But just because you leave them out of table talk doesn't mean you shouldn't bring issues and concerns to your physician, especially in the list to follow. These symptoms could point directly to serious — even deadly — digestive issues.

Regurgitation of fluid or food

What it could be: Gastroesophageal reflux disease (GERD) or a narrowing in the esophagus, which could be a tumor.

A healthy esophagus is about an inch in diameter, allowing food to pass through rather easily, says Armond Schwartz, MD, AGAF, director of the division of gastroenterology at Methodist Dallas Medical Center. "When it narrows to half an inch or less, food can stick in the chest, causing chest pain or reflux. One thing that could be causing that narrowing is a tumor."

The acid reflux is often managed with an over-the-counter drug, but if it persists, it can wear down the esophagus.

You're especially at risk for a tumor if you already have GERD or have a high tobacco or alcohol intake.

Diarrhea or fecal incontinence

What it could be: Colitis.

Colitis is the inflammation of the colon with multiple sores in the lining. "It can lead to weight loss, anemia, malnutrition, and other infections, all of which could be fatal," Dr. Schwartz says. "In rare cases, it can lead to colon cancer."

Gynecomastia (enlarged male breasts)

What it could be: Sign of liver disease.

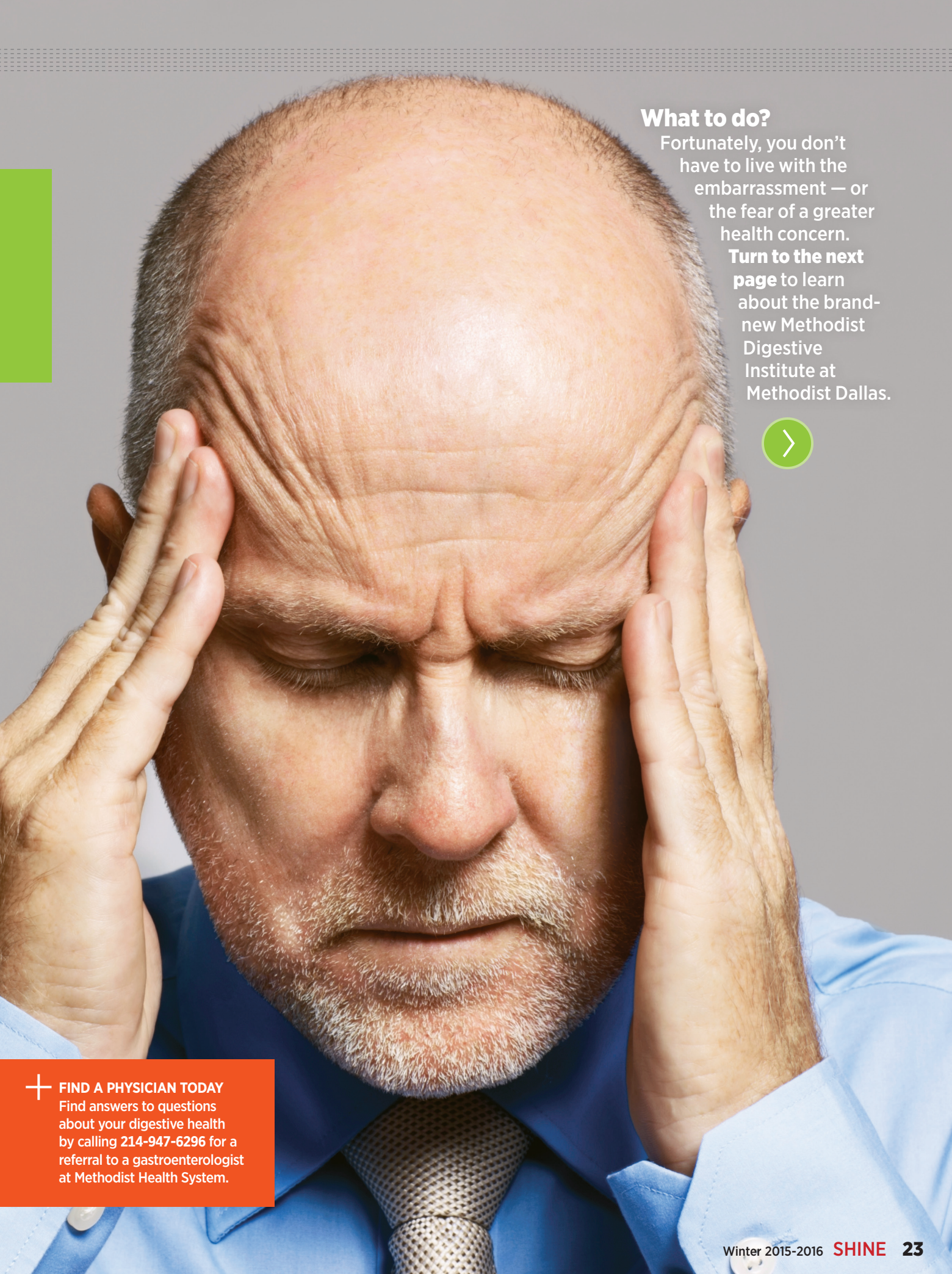
"Liver disease affects much more than the liver," Dr. Schwartz says. For example, in men it can affect the testicles. "What results is a decrease in the balance of male-to-female hormones, causing the breasts to enlarge."

Greasy, floating stools

What it could be: Diseases of the pancreas — possibly cancer.

Your pancreas produces an enzyme that breaks down food flowing from the stomach into the intestine. But if that duct is blocked, possibly by a tumor, your body is unable to digest fatty foods. You end up with these floaters that produce an odor from all the excess fat.

"This is a clear indication that something is wrong with the pancreas and a sign that patients often overlook," Dr. Schwartz says. "As strange as it sounds, it's worth taking a peek at your stool and urine to identify changes in appearance and odor that might indicate a more serious condition."



What to do?

Fortunately, you don't have to live with the embarrassment — or the fear of a greater health concern.

Turn to the next page to learn about the brand-new Methodist Digestive Institute at Methodist Dallas.



FIND A PHYSICIAN TODAY

Find answers to questions about your digestive health by calling 214-947-6296 for a referral to a gastroenterologist at Methodist Health System.

6 REASONS MDI OFFERS PEAK CARE

**We're leading the way
in diagnosing and
treating digestive
disorders**

For years, patients have traveled to Methodist Dallas Medical Center from across the country and beyond for our lifesaving and life-changing gastroenterology (GI) treatments. Now all these programs — handling everything from pancreatic cancer and pancreatitis to indigestion and acid reflux — have united under one name: Methodist Digestive Institute (MDI).

MDI draws on the expertise of physicians, researchers, and other health professionals from multiple disciplines to achieve transformative patient care.

“It’s been exciting seeing MDI come together,” says Paul Tarnasky, MD, FACP, FACG, gastroenterologist and medical director of the Institute.

“While we’ve had the physician talent under one roof, it’s nice to have the structure in place to help these specialists collaborate even more and to see our programs expand and thrive. The end result is happy, satisfied patients and families,” he says.

MDI is guided by six principles:

◀ MDI takes a team approach to your care.



Destination: Dallas

At Methodist Digestive Institute, our goal is to be the trusted name for digestive care in your household — wherever that might be.

“Whether you’re in Midland or Wichita Falls or Amarillo, right here in Dallas, or even out of state, we want people to think first of Methodist Digestive

Institute when it comes to their families’ digestive health needs,” says Paul Tarnasky, MD, FACP, FACG, gastroenterologist and medical director of the Institute. “We want people to know that when they turn to us, they’re going to find a team dedicated to their well-being.”

Locations in orange are places from which people have traveled for Methodist Dallas’ digestive care.

NEW MEXICO

SPREAD THE WORD If you have a loved one — close by or far away — who might benefit from a second opinion from the specialists at Methodist Digestive Institute, call 214-947-6296 and ask for a referral.

1 QUALITY: We pursue excellence.

We're establishing centers of excellence in key clinical areas to drive great outcomes (see page 26 for a list of the services). One area, pancreas, has already garnered national attention.

Also, by analyzing our own data, we can continually improve our care quality and determine the best plans of care for patients.

2 INNOVATION: We deliver tomorrow's medicine today.

MDI is dedicated to participating in clinical breakthroughs and advancements. For example, we are:

- » Boston Scientific's designated test site for the SpyGlass® Direct Visualization System, used for exploring bile and pancreas ducts
- » NinePoint Medical's study site for volumetric laser endomicroscopy, which provides high-resolution images to help detect and target disease areas of the esophagus
- » Home to the da Vinci® Surgical System, a sophisticated, minimally invasive robot used for liver and pancreas procedures.

4 RESEARCH: We make it meaningful.

MDI emphasizes clinical research because it helps us to better understand how to prevent and treat a variety of conditions. Plus, it gives certain patients more choices in their treatment options while furthering the cause of medical science.

3 COLLABORATION: We work together for you.

Patients deserve care from a united front. MDI pulls together specialists from multiple disciplines — GI, radiology, surgery, oncology, pathology, nutrition, and others — to create the best care plans for patients.

5 KNOWLEDGE SHARING: We educate our team and beyond.

We strive to empower physicians with knowledge that will help them more effectively care for patients with digestive diseases. Not only do our specialists meet regularly with other hospital physician teams, but they also train the next generation of digestive disease professionals. We're home to two accredited fellowship programs — one in GI and another in hepatopancreaticobiliary (liver, pancreas, bile ducts, and gallbladder) diseases.

Our team also educates the community about various conditions, prevention, and treatment options, improving access to care.

6 PATIENT EXPERIENCE: We journey with you.

Because patients have the best results when they have the support they need, our nurse navigator will serve as a guide to patients to answer questions and provide resources. We also host support groups for pancreatic, esophageal, and gastric cancers to help patients and their families cope with the stresses of disease.

HERE FOR YOU

Look no further than Methodist Digestive Institute for care to relieve your digestive issues. For a physician referral, call 214-947-6296.

DID YOU KNOW?

Methodist Dallas is the first hospital in the nation recognized by The Joint Commission for pancreatic surgery and the first in Texas for pancreatic cancer. Learn more at MethodistHealthSystem.org/Pancreas.



Easier with **ENDOSCOPY**

We're treating life-threatening pancreatitis with no incisions

In August, Jada Watters got to meet her newest grandbaby, and in December, she'll celebrate her 60th birthday — both memorable moments she didn't think she'd live to enjoy.

In January, she was diagnosed with pancreatitis and hospitalized for weeks. All she remembers is the pain.

"My family told me that I was asking God to take me, I was in so much pain," she says.

Fortunately, Jada was transferred to Methodist Dallas Medical Center, the first hospital in the nation certified by The Joint Commission for pancreatic surgery and home to the new Methodist Interventional Endoscopy Center of Excellence.

"When Jada got to us, she was very sick," says Prashant Kedia, MD, gastroenterologist and medical director of interventional endoscopy for Methodist Digestive Institute. "She had a massive fluid collection in her abdomen. It was 15 to 20 centimeters of both solid and liquid infected material. She was at risk for developing severe sepsis and organ failure."

A plan for healing

Dr. Kedia says the job of the pancreas is to produce enzymes that help digest food. However, Jada's pancreas was inflamed and had sustained an injury to its main duct, causing dead cell fluid and tissue to collect in and around the pancreas.



Jada Watters is celebrating 60 years of life after recovering from pancreatitis.

What we do at MDI

The list of procedures available at Methodist Digestive Institute (MDI) is extensive, and the physicians here excel at performing them. Here are just a few of our more advanced procedures that you won't find at every hospital.

WATCH AND LEARN

Prashant Kedia, MD, talks about treating pancreatitis at Info.MethodistHealthSystem.org/Treating-Pancreatitis.

What doctors call it: Endoscopic necrosectomy

How it helps: This procedure uses a stent to help drain dead pancreas tissue and fluid. This treatment for pancreatitis patients requires no incisions and offers almost immediate relief.

Methodist Dallas was the first hospital in Dallas-Fort Worth to offer this procedure through a U.S. Food and Drug Administration-approved lumen-apposing metal stent.

What doctors call it: Endoscopic submucosal dissection

How it helps: With the help of an endoscope, gastroenterologists can remove early-stage tumors from the esophagus, colon, and stomach.

Thanks to endoscopy, all of Jada's treatment was able to be done minimally invasively and without surgical incisions.

Endoscopy involves guiding a thin tube with a camera attached to the end through the GI tract. Other tools can follow and be used to repair tears in the intestinal lining, remove tumors, and much more.

In particular for Jada, Dr. Kedia used endoscopy to perform a pancreatic necrosectomy, which involves placing a metal stent through the wall of the stomach to help drain the necrotic fluid. Methodist Dallas is the first hospital in Dallas–Fort Worth to offer this procedure through a U.S. Food and Drug Administration–approved lumen-apposing metal stent. In Jada's complicated case, the endoscope was also used to help remove the solid infected debris.

“In the past, patients would need some type of surgery to go in and remove that tissue, which has risk for surgical complications,” Dr. Kedia says. “Fortunately, we could go through the stent with the endoscope and remove that dead material. There are only a handful of pancreatic centers of excellence in the country that can handle this type of disease in a minimally invasive fashion, and we're one of them.”

Time to celebrate

Jada was amazed at how easy the endoscopic procedures were on her physically.

“There was no pain, and my throat wasn't scratchy at all,” she says. “It was like they didn't do anything. I asked Dr. Kedia, ‘Are you sure you went in there?’”

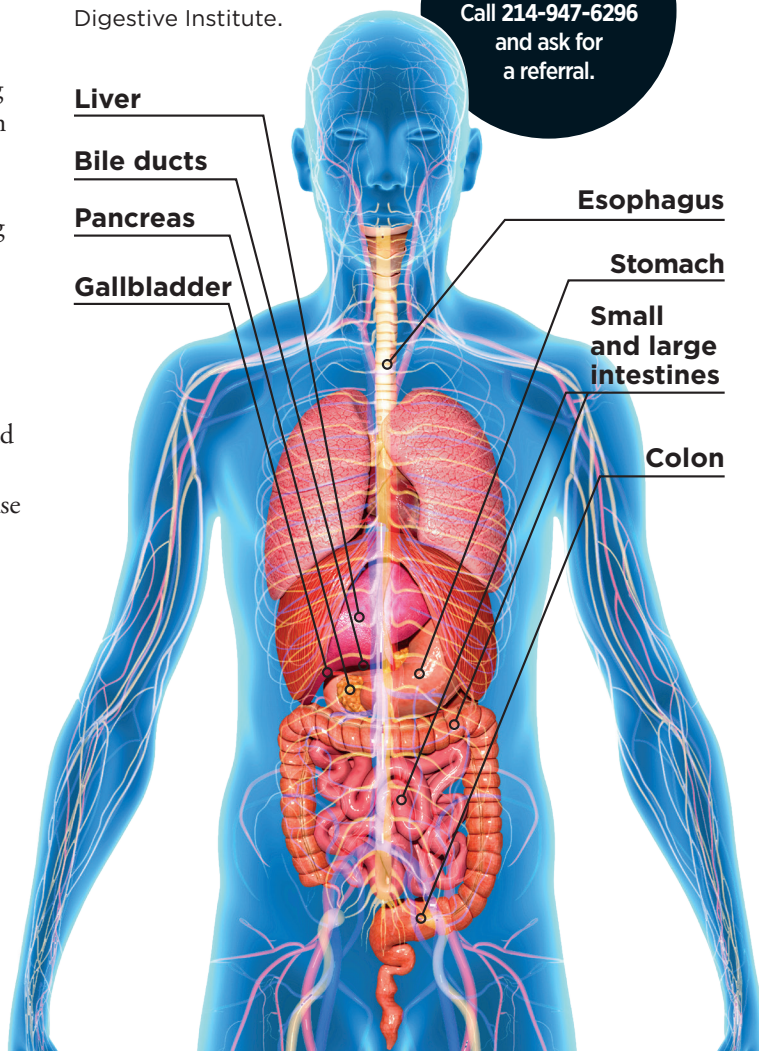
The proof is in Jada's recovery. Months later, she still feels great.

“God is good,” Jada says. “I'm thankful to Methodist Dallas and all the doctors. I want to celebrate all the people who helped me. I'd like to celebrate them keeping me here.”

WHAT WE TREAT

Here's a quick look at all the organs monitored and treated at Methodist Digestive Institute.

+
LISTEN
TO YOUR GUT
Call 214-947-6296
and ask for
a referral.



What doctors call it: Pancreaticoduodenectomy, or Whipple procedure

How it helps: This complicated procedure involves removing the cancerous head of the pancreas, along with the gallbladder, the common bile duct, part of the stomach and small intestine, and lymph nodes. The surgeon then reconnects the pancreas, stomach, and small intestine to restore digestion.

Methodist Dallas is one of only a few hospitals in the country performing the Whipple robotically, which results in far less pain and a faster recovery.

What doctors call it: Peroral endoscopic myotomy (POEM)

How it helps: For people with swallowing or esophageal disorders, this endoscopic procedure removes or loosens tight muscles in the esophagus and stomach. Then the esophagus is free to work correctly.

What doctors call it: Radiofrequency ablation (RFA)

How it helps: Some patients with gastroesophageal reflux disease, or GERD, can develop a condition called Barrett's esophagus, which can lead to cancer. In RFA, a small endoscopic device delivers heat energy to corrupted esophagus tissue, destroying it and relieving the patient of reflux symptoms.

COMMUNITY

LIVING OUT OUR MISSION



Methodist celebrates Jack Lowe Jr. at 2015 Folsom event

Methodist Health System Foundation was honored to recognize Jack Lowe Jr. on Oct. 14 as the 2015 recipient of the Robert S. Folsom Leadership Award. An award dinner at the Hilton Anatole Hotel celebrated Lowe with many personal touches — nods to his love of *The Princess Bride*, to his service to Dallas ISD with a performance by the Townview Big D Band, and to his family with a dance routine by his grandchildren, to name a few — and brought in \$1.3 million in donations to benefit programs at Methodist Dallas Medical Center's Golden Cross Academic Clinic.

Visit Foundation.MethodistHealthSystem.org to learn more about the event and Lowe.



Batman masks help Jack Lowe Jr. (center) celebrate receiving the 2015 Robert S. Folsom Leadership Award with Methodist Foundation President and CEO April Box, CFRE, and event co-chairs (from left) Louis B. "Ben" Houston, Harold MacDowell, and J. Robert "Bob" Ferguson.

Methodist Charlton hosts 6th annual Women in Ministry Brunch

Methodist Charlton Medical Center hosted its sixth annual Women in Ministry Brunch on Aug. 29. The event, emceed by former sportscaster Lisa Burkhardt Worley, included a special presentation by Wendy K. Walters, author and branding consultant, titled "Master Your Message: Make Your Mark," and entertainment by international recording artist Tommye Young-West.



Among those attending the Methodist Charlton Women in Ministry Brunch are (from left) Tommye Young-West; Wendy K. Walters; Lisa Burkhardt Worley; Methodist Charlton President Fran Laukaitis, MHA, BSN, RN, FACHE; Methodist Charlton Director of Community Cynthia Mickens Ross; Patricia Coleman; Marina McLean; and Methodist Health System Vice President Pastoral Services the Rev. Caesar Rentie.

MAKING OUR MOVE TO END HEART DISEASE:

Methodist Health System employees fought heart disease by taking part in the American Heart Association's Dallas Heart Walk on Sept. 12. More than 100 system employees participated in the walk, and leading up to the walk, employees hosted various fundraisers on campus. All in all, Methodist raised more than \$11,000.

On Dasher, on Dancer, on Prancer ...

VISIT SANTA'S BEARY GOOD HOSPITAL AT RICHARDSON'S SANTA'S VILLAGE

No matter how you get to Santa's Village, whether by sleigh or SUV, you're in for a special treat at this Richardson holiday tradition.

For the last 26 years, Santa's Village has brought the magic of all things St. Nick to life on the lawn of the Richardson Civic Center at 411 W. Arapaho Road.

Methodist Richardson Medical Center is proud to participate in this family-friendly event

with Santa's Beary Good Hospital, where we welcome children to learn about wellness and have their height and weight checked. Plus there are giveaways!

This year, Santa's Village opens Saturday, Dec. 5, and runs weekends through Dec. 20, from 6 to 9 p.m. If you're there at 6 p.m. sharp each night, you'll get to see

Santa's grand entrance on a fire truck! And if you live in Richardson, you can also visit Santa's Village on Hometown Thursdays with proof of residency.

FREE EVENT!
Join us at
Santa's Village
starting Dec. 5.



KEEPING ATHLETES HEALTHY!

Methodist Mansfield physicians and staff provided more than 600 free sports physicals and 100 free echocardiograms to make sure Mansfield ISD and Midlothian ISD athletes were healthy for the sports season.



A HIGHER STANDARD OF HEART CARE: Methodist Mansfield Medical Center's cardiac team celebrates two awards for delivering high-quality cardiac care:

- » The NCDR ACTION Registry®-GWTG™ Silver Performance Achievement Award for 2015 from the American College of Cardiology Foundation
- » A Mission: Lifeline® Silver Receiving Quality Achievement Award from the American Heart Association.

Both awards recognize Methodist Mansfield's commitment and success in implementing a higher standard of care for heart attack patients.



HERE FOR HIS



Heart surgery kept Bill Sanders around for his family

According to his doctors, Bill Sanders Jr. shouldn't have woken up the morning of July 22, 2014.

Every one of the arteries leading to his then-67-year-old heart was clogged, and it was uncertain if he would survive.

"It was scary, because people kept talking about how he wasn't going to make it," his granddaughter Gracie Marin says. "I just didn't want to hear that."

A HOME RUN FOR YOUR HEART
Learn how Methodist Mansfield is hitting heart care out of the park at MethodistHealthSystem.org/MansfieldCardiology.



GIRLS

A heart in trouble

Bill's granddaughters are the center of his world. He lovingly and proudly calls them "my girls." You'll find him on the bleachers at their softball games or chauffeuring them to friends' homes and softball practices. And they genuinely enjoy accompanying him on his errands. After all, as past president of the Ennis Chamber of Commerce for 10 years, Bill knows quite a few people. Each visit to the grocery store is a social event in itself.

That morning two summers ago, the granddaughters were off to school already. It was his daughter who found him ailing.

"I have hurtin' in my chest," Bill told her. "It's heading down my left arm, and something isn't right."

At a nearby hospital, Bill learned that he was having a massive heart attack and needed to go to the "heart hospital."

"Which one is that?" Bill asked.

The answer: "Methodist Mansfield Medical Center."

Specialty heart care

With Methodist Mansfield nationally recognized for its heart attack care by the American Heart Association and

the Society of Cardiovascular Patient Care, Bill was in more than capable hands, including those of cardiothoracic surgeon John Jay, MD, FACS, who serves on the hospital's medical staff.

"Methodist Mansfield is the only hospital in that area that can take care of heart attacks and do heart surgeries and other procedures,"



"I've never been anywhere in my life that I was treated better. And I've even had lunch at the White House with President Kennedy."
— Bill Sanders

Dr. Jay says. "In an urgent situation, everyone a patient encounters at Methodist Mansfield has the experience and knowledge to provide the appropriate care."

For Bill, that first encounter was with cardiologist James Richardson, MD. The buildup in

Bill's arteries was too hardened for Dr. Richardson to perform a standard emergency angioplasty procedure to open the arteries and restore blood flow to the heart. He called in Dr. Jay for an open heart surgery consult, and two days later, Dr. Jay performed a successful double-bypass procedure on Bill.

"I asked Dr. Jay about my prognosis, if I would die in the next six months," Bill recalls. "He said: 'No, you're fine. You have two arteries doing their jobs now. Before you had nothing.'"

Bill was impressed at the quality of his care. Nothing failed to make a positive impression, including the way the hospital staff accommodated his granddaughters, who stayed with him often during his 12-day stay.

"I've never been anywhere in my life that I was treated better," Bill says. "And I've even had lunch at the White House with President Kennedy."

Still in the game

Today, Bill is taking his heart health more seriously than ever. Most significant, his 55-year, two-pack-a-day smoking habit came to an end. He also hasn't had a piece of bacon in a year, but the sacrifices seem small compared to the big reward of being there for his family.

"Life is great," he says. "I've got my girls."

Bundle up for your heart

When the weather outside is frightful, staying by that fire can be pretty delightful, especially for your heart.

Here's why: In cold weather, your body has to exert more energy to do just about anything — including maintain a healthy blood pressure. That added stress can raise your blood pressure and possibly lead to a heart attack.

What to do: First, make sure you're managing any chronic conditions, like heart disease or diabetes. Also, make a plan of action with your physician.

Last, learn to monitor your blood pressure. If it goes up during physical activity, it's something that you shouldn't be doing. And if you experience chest pain, seek medical attention immediately.



WHO'S CARING FOR YOUR HEART?
Find a physician to check in on your heart health at Answers2.org or 214-947-6296.

A MOTHER'S gift

How breast milk donation saved one child's life — and helped another live on



Mothers Jennifer Tiner and Detra Chappell still marvel at the experience of first meeting last August.

For Jennifer, it was the next leg in a journey of healing. After losing her 13-month-old daughter a year earlier, she donated her breast milk to the Mothers' Milk Bank of North Texas (MMBNT).

For Detra, it was an opportunity to express gratitude. Her then-11-month-old son, Dekeyvon Payne, thrived after his premature birth because of donor breast milk from moms like Jennifer.

"The moment I saw her, I started crying," Detra says.

The MMBNT is located in Fort Worth, but to help make stories like Jennifer and Detra's more common, Linda Jackson, MA, IBCLC, LCCE, founded a breast milk collection site at Methodist Richardson Medical Center in 2004. To this day, it's

the only 24/7 milk drop-off site in the Dallas area.

Saying goodbye

Bella Boo, Angel Baby, and Heartbreaker were just a few of the nicknames Jennifer and Bobby Tiner had given their second daughter, Isabella. The one they used most was simply Bella.

Late in Jennifer's pregnancy, doctors discovered that the ventricles in Bella's brain were enlarged. From the moment of her birth, complications plagued the little girl's life.

"My husband and I turned to prayer," Jennifer says. "Recently, I felt God telling me, 'My plans are greater than yours.'"

Another bundle of joy

You'd never know that now-1-year-old Dekeyvon was born premature. He's all pudgy, personality, and curls.

He was Detra's first pregnancy, and nothing went according to plan. Thirteen weeks before Detra's due date, her water broke, but it was misdiagnosed as pressure on her bladder.

A week later, she found herself at a hospital ill-equipped for her and her baby's needs.

"They told me, 'We don't have a NICU here. You can't deliver your baby here,'" says Detra, who was transferred to Methodist Richardson, home to a Level III Neonatal Intensive Care Unit (NICU).

SPECIAL DELIVERIES “I would recommend to everyone to have their babies at Methodist Richardson,” Detra Chappell says. “They did an excellent job.” Learn more at MethodistHealthSystem.org/RichardsonWomen.

Because of breast milk donated to the MMBNT, little Dekeyvon Payne had a chance to thrive.



After the loss of her daughter Bella, Jennifer Tiner (left) donated breast milk to the MMBNT. Detra Chappell (right) is one of hundreds of mothers whose infants have benefited from this gift of life.

It's easy to give

Donating breast milk to the Mothers' Milk Bank of North Texas (MMBNT) is easy.

Just follow these four steps:

- 1 Call **817-810-0071** or (toll-free) **866-810-0071** to complete a phone screening.
- 2 Complete and return a donor interview form.
- 3 Visit a designated laboratory for a blood draw.
- 4 Deliver your milk to a milk drop-off site, like Methodist Richardson Medical Center, or ship your milk to MMBNT.

ARE YOU ELIGIBLE? For a list of the breast milk donor eligibility requirements, visit texasmilkbank.org/become-donor.

“I put my application in one day and was approved the next day,” Jennifer Tiner says. “They were awesome.”

Detra delivered Dekeyvon via cesarean section on Sept. 6, 2014, only a couple of weeks after the Tiners buried their daughter.

Because Dekeyvon was so premature, the hospital offered Detra the option of using donor breast milk, if needed.

“That was the best thing that happened,” says Detra, who was unable to produce enough milk for her infant. “With the donor milk, he started gaining weight quickly.”

As Methodist Richardson's perinatal education and lactation services coordinator, Jackson says breast milk makes a tremendous difference.

“Babies that receive breast milk have a lower risk of infections and are

healthier,” she says. “They thrive on breast milk, whether from their own mother or a donor.”

A blessed encounter

Jennifer dropped off her breast milk at Methodist Richardson only two days after losing Bella. She knew that other infants could benefit from a gift she had hoped to give her daughter. Based on the timing of Jennifer's donation, one of those infants might have been Dekeyvon.

When the two mothers met, Detra asked Jennifer to play another large role in her son's life: “I knew Miss Jennifer would be a perfect godmother.”

Cuddling her new godson that day, Jennifer cooed, “I will pray for you — a lot.” She recalled the words of scripture (Jeremiah 29:11 NIV) on Bella's nursery wall: “‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

“Babies that receive breast milk have a lower risk of infections and are healthier. They thrive on breast milk, whether from their own mother or a donor.” — Linda Jackson, MA, IBCLC, LCCE

TAKING OUR SHOW

DIANNE STALLMAN IS AN EXAMPLE OF HOW



WHERE YOU'LL FIND US

Visit MethodistHealthSystem.org/Events to find locations where you can visit our mobile mammography unit. You can also schedule a visit to your church or business by calling **214-947-3621**.

Early detection made a big difference for Dianne Stallman — and mobile mammography makes screenings convenient.

“For the last 15 years, I’ve been getting my annual mammogram on a mobile unit,” says Dianne Stallman with a casual tone — like she’s talking about a visit to the grocery store rather than a medical screening.

“I can walk right outside of my office, get screened in a really comfortable setting, and make it back in less than 30 minutes,” says the 57-year-old Fort Worth resident.

In less than a workday lunch break, Methodist’s mobile mammography unit allows women like Dianne to be proactive about their health. In her case, it saved her life.

Catching cancer early

Dianne was religious about her annual mammograms and never missed her appointments on the mobile mammography unit.

January 2014 was no different, but this time, Methodist called her back with news that she needed to come in for further testing.

“I’m one of those people who doesn’t beat about the bush,” Dianne says. So she went in for testing at the Breast Center at Methodist Dallas Medical Center, where it was discovered that she had two small tumors connected to one another, much like a dumbbell.

Because of Dianne’s due diligence and Methodist Dallas professionals, the tumors were caught just barely in stage II. But the tumors needed to go.

Martin L. Koonsman, MD, FACS, former medical director of the Breast Center and recently named president of Methodist Dallas, performed an oncoplastic breast reduction surgery and successfully removed both tumors

while still conserving the shape of Dianne’s breast.

“It was a team approach between reconstructive surgeons and breast surgeons to create an outcome that was both cosmetically sound and completely functional for Dianne,” Dr. Koonsman says.

Methodist’s mobile mammography unit is a Breast Imaging Center of Excellence through the American College of Radiology and one of the few units in the region to be accredited by the National Accreditation Program for Breast Centers.

Taking a big step

“The thing that made me feel so good was that the Breast Center team truly cared about my emotional and physical health, but also my financial health,” Dianne says.

“I am my only financial support, and they made sure I didn’t miss any more work than I needed to,” she adds, praising the nurses who worked past closing time to accommodate the chemotherapy and radiation treatments that would help ensure that the cancer never returns.

“The very fact that y’all made it possible — I did it!” Dianne says.

Dianne is now cancer-free and in remission. Thanks to Methodist’s mobile mammography service, she gets to take her life back on the road again.

ON THE ROAD

METHODIST'S MOBILE MAMMOGRAPHY UNIT IS HELPING SAVE LIVES



Wellness at work: The Methodist Health System mobile mammography unit brings lifesaving screenings to your business.

SCREENINGS AT YOUR SERVICE

Consider making access to lifesaving mammograms more convenient for your female employees. Just arrange a visit to your business from Methodist Health System's mobile mammography unit, and our friendly staff will take care of the rest.

For the last 25 years, Methodist has provided mobile mammography services to the women of

Dallas-Fort Worth, performing more than 8,000 screenings in the last three years alone.

Here's what you need to know:

- » Your business can request an on-site visit Monday through Saturday. Some local businesses even schedule regular quarterly visits.
- » You need at least 15 women who

want to be screened. If there are more than 25 women, the unit can be requested for multiple days.

- » Patients are asked to bring an ID and insurance card. (Financial assistance is available for those who qualify.)
- » Screenings last only about 15 minutes.

BRING THE BUS TO YOU To schedule a visit from the mobile mammography unit, contact Charla Gauthier at charlagauthier@mhd.com or 214-947-3621.



A very IMPORTANT date

METHODIST RICHARDSON HOSTS
MAD HATTER TEA PARTY TO CELEBRATE
BREAST CANCER SURVIVORS

Breast cancer patients and survivors celebrate their milestones with trips, dinners, bike rides, charity runs — and now a fancy tea party at Methodist Richardson Medical Center.

“We wanted to do something extra special to celebrate our breast cancer survivors and reach out to other women in our community who can benefit from

our services,” says Jenevieve Hughes, MD, fellowship-trained breast surgeon and medical director of the breast surgery program at Methodist Richardson. “The Mad Hatter Tea Party was so fun and successful that we’re already thinking about doing something like it again next year.”

In addition to an elegant spread of gourmet finger sandwiches, sweets,

“Who in the world am I? Ah, that’s the great puzzle.”

— Alice in Alice’s Adventures in Wonderland

>>
Some tea party attendees took the theme to heart, arriving decked in pink and festive hats.



"Why, sometimes I've believed as many as six impossible things before breakfast."

— The White Queen in *Through the Looking Glass*

and, of course, tea, the September event featured makeup sessions, chair massages, wig and scarf-tying demonstrations, a DJ, and door prizes — plus, the opportunity for guests to decorate their very own over-the-top hats, goblets, and teacups inspired by Alice in Wonderland.

During the event, Dr. Hughes provided an overview of breast program services available at Methodist Richardson, including new 3-D digital mammography, the High-Risk Breast Surveillance Clinic, advanced diagnostic tools, and the STAR® Program dedicated to survivorship training and rehabilitation.

The tea party's theme was particularly appropriate for cancer patients, who face the crazy ups and downs of their cancer journeys but often emerge stronger and wiser than they were before.

"In our program, we look for every opportunity to celebrate, whether it's completing a particular treatment milestone, putting cancer away for

— Continued on next page



▲ Jenevieve Hughes, MD, talks about the latest in 3-D mammography diagnostic advances.

>> TOP: Breast cancer survivors enjoy a day of Alice-inspired crafts, including hat-making and painting teacups.

>> BOTTOM: A memorable afternoon with friends is captured with a pose and a smile on the pink carpet.



3-D MAMMOGRAMS NOW AVAILABLE AT METHODIST RICHARDSON

Digital mammography at Methodist Richardson Medical Center has gone 3-D.

Unlike conventional mammography, which only takes images from the front and side of the breast, 3-D mammograms permit imaging

of the breast in arcs, capturing pictures from multiple angles.

"3-D mammograms can help us diagnose cancer earlier, particularly in women under 50 who tend to have denser breast tissue," says Tom Johnson, MD, medical

director of the imaging center at the Center for Women's Health at Methodist Richardson. "That means that we can get them started on treatment sooner."

Another benefit, Dr. Johnson says, is fewer false alarms for patients.

"3-D's accuracy reduces the chances we'll have to call a patient back for unclear or suspicious results that in most cases don't turn out to be cancer," he says.

IS IT TIME FOR YOUR NEXT MAMMOGRAM? You can schedule your 3-D mammogram by calling 469-204-2140 or visiting MethodistHealthSystem.org/RichardsonMammographyRequest.



<< Charity Newhouse took a moment to relax and celebrate the homestretch of her cancer journey — and the support from friends, family, and Methodist Richardson that have helped her get through it.

Moments like taking her picture with her sister on the tea party's celebrity-style pink carpet or with her breast surgeon, Dr. Hughes, were the ones that made the event special, Charity says.

"I had to get into fighter mode to get through breast cancer," she says. "That would have been much harder to do if not for people like my sister and my 11-year-old son, who always cheered me on; or my boyfriend, who came with me to treatment; and everyone on my Methodist team.

"They never missed a beat, they were always professional, and they were always so friendly and encouraging. I loved that I had this chance to celebrate with them."

— Continued from previous page

good, or just getting through another day," Dr. Hughes says.

How one patient celebrated

For Charity Newhouse, who was diagnosed with stage III invasive ductal breast cancer in August 2014, the tea party was a chance to celebrate the homestretch of a challenging journey.

"Treatment was like the running of the bulls to me," says Charity, a 36-year-old sales professional who lives in East Texas. "I had a double mastectomy, six rounds of chemo that caused me to lose my hair, 10 rounds of targeted therapy (infusions of

the drug Herceptin), more than 30 radiation treatments, and then more reconstructive surgery — all while working, taking care of my son, and driving back and forth from Longview."

IT'S NOT A LOOKING GLASS ... But 3-D mammograms are the best way to view the breast and catch cancer at its earliest, most treatable stage. Learn more about scheduling your 3-D mammogram at MethodistHealthSystem.org/RichardsonMammographyRequest.



>> Massage therapists and makeup artists made sure women attending the Mad Hatter Tea Party were treated to pampering fit for the Queen of Hearts.



^ Survivors and supporters shared their stories of hope with each other at the tea.

A new *Independence Day*

A transplant frees Ariel Pyle from life-threatening liver failure

A typical Fourth of July evokes images of fireworks, family cookouts, and American flags.

Nowhere in that mix of red, white, and blue do you imagine a young girl on the verge of death from a failing liver. Yet back in 2013, that was Ariel Pyle's story. She was in a fight for independence from a failing liver.

Continued on next page ▶



▶ A new

Independence Day

From normalcy to near death

Parvez Mantry, MD, was on call that July 4 weekend at Methodist Dallas Medical Center.

“I received a call from a gastroenterologist in Lubbock who described a patient with symptoms of acute permanent liver

failure, one of the most catastrophic emergencies in our field,” says the medical director for research and liver cancer at The Liver Institute.

Meanwhile in Lubbock, Ariel’s family was in shock. Only a few weeks earlier, blood tests had shown high white blood cell counts.

Doctors had tossed around possible diagnoses but nothing definitive.

This just didn’t happen to a 21-year-old girl.

Before her unexpected sickness, Ariel’s life was uneventful. She had a full-time job, a boyfriend (now fiancé), and a supportive family. She didn’t drink,

didn’t smoke, didn’t do drugs. Then Ariel’s liver took her to a place of pure misery.

“I had stomach pains and headaches that wouldn’t go away, my eyes became jaundiced, and I started gaining weight even though I was barely eating,” Ariel recalls. “They couldn’t figure out what was going on. One doctor told me I was just an ‘odd case.’”

Then on July 3, Ariel’s fiancé, Chris Burditt, and mother, Gloria Casias, found her unconscious.

Now in a coma and with her only hope for survival being a liver transplant, Ariel was transported via CareFlite to Methodist Dallas.

Waiting for the gift of life

Dr. Mantry and The Liver Institute team worked through the night running tests that would place Ariel on the liver transplant list.

“Everyone was so caring and really trying to do their best for Ariel and for us,” Gloria says. “The hardest part was knowing that someone, unfortunately, would have to lose their life so that Ariel could be blessed with a new liver.”

That tragic blessing arrived on July 5, and transplant surgeon

FACT

There are 17,000 people on the liver transplant waiting list.

This year, 6,000 people will receive transplants, but 1,500 will die before a liver is available.

To learn more about becoming an organ donor, visit donatelifetexas.org.

Source: American Liver Foundation



WHERE TO FIND US

The Liver Institute now has satellite locations in these cities:

- » Amarillo
- » Bedford
- » Fort Worth
- » Lubbock
- » Mansfield
- » Plano
- » Richardson
- » Tyler.

You can also find us online at MethodistHealthSystem.org/LiverInstitute or by calling 877-4A-LIVER (877-425-4837).

“I loved everybody – the nurses, the doctors, my transplant coordinator. Even after I went home, they were always there, just a phone call away.” — Ariel Pyle

Alejandro Mejia, MD, and his team worked overnight performing the transplant procedure.

Alive and blessed

Ariel awoke on July 6 with a new liver and has since done extremely well, Dr. Mantry says. While The Liver Institute now conveniently has a satellite office in Lubbock, Ariel likes returning to Methodist Dallas to see her care team.

“I loved everybody — the nurses, the doctors, my transplant coordinator,” she says. “Even after I went home, they were always there, just a phone call away.”

In the weeks following her transplant, Ariel realized the freedom a new liver had given her. Independence Day has a whole new meaning.

“I’ve learned to never take anything for granted,” Ariel says. “I’m alive. I’m blessed.”



Watch Ariel Pyle tell her story at MethodistHealthSystem.org/PatientStories or on our YouTube page at youtube.com/methodisthealthdfw.

LEADING THE WAY

Transplant leaders at Methodist Dallas recognized for outstanding contributions

A transplant pioneer and a liver cancer researcher at Methodist Dallas Medical Center have both been recognized with prestigious honors in recent months.

Tracy Giacoma, MSN, MBA, RN, FACHE



Giacoma was named the 2015 winner of the Deedle Heckenkemper Leader in Transplant Administration Award, honoring transplant program leaders who promote patient-centered care and safety and encourage research and best practices.

As Methodist Dallas Medical Center’s vice president of transplant services, Giacoma led the startup of Methodist Dallas’ liver transplant program, and she designed the model of care at The Liver Institute. She has spent her career working to teach and implement the multidisciplinary care model that benefits patients and increases access for transplant services.

Parvez Mantry, MD, FAASLD



Dr. Mantry was selected as a fellow of the American Association for the Study of Liver Diseases (AASLD). He is one of only 82 fellows honored worldwide. The highest honor among AASLD membership categories, fellows are those who have made a significant contribution to the knowledge or practice of liver and biliary disease and who are considered leaders in their field.

Dr. Mantry is a hepatologist and gastroenterologist with The Liver Institute at Methodist Dallas. His areas of expertise include viral hepatitis, hepatocellular carcinoma, and autoimmune and cholestatic liver diseases. He has presented at national and international conferences and is well-published in peer-reviewed journals. Dr. Mantry has served as a site principal investigator for several clinical trials and as a consultant for many pharmaceutical companies.

Dr. Mantry is a hepatologist and gastroenterologist with The Liver Institute at Methodist Dallas. His areas of expertise include viral hepatitis, hepatocellular carcinoma, and autoimmune and cholestatic liver diseases. He has presented at national and international conferences and is well-published in peer-reviewed journals. Dr. Mantry has served as a site principal investigator for several clinical trials and as a consultant for many pharmaceutical companies.

TO LEARN MORE about Methodist Dallas’ transplant services, visit MethodistHealthSystem.org/Transplant.

THE ART OF PRECISION

No matter the surgical procedure, physicians make it their priority to perform it with minimal incisions and en pointe precision. The benefits abound: less pain, less scarring, less risk of complications — shall we go on?

But since the advent of the robotic da Vinci® Surgical System, now available on each of Methodist Health System's hospital campuses, terms like “minimally invasive” and “precision” have taken on a whole new meaning. Surgery is no longer a craft. It has been elevated to an art, where some robot-assisted procedures require only one 3-centimeter incision and surgeons have magnified 3-D views inside the body. Their accuracy and precision are unsurpassed when aided with this technology.

Without further ado, **meet da Vinci.**



Laying it out: “I’m convinced robotic surgery is the way to go,” Cassandra Hughes says.

of the colon — with the da Vinci® Surgical System.

Cassandra quickly felt confident about the procedure.

“I have a lot of faith in Dr. Tibrewal,” Cassandra says. “When he told me this was a better option, I said that was good enough for me.”

A healthy future

“I began doing minimally invasive da Vinci surgery a few years ago after seeing the superior outcomes it gets for patients,” Dr. Tibrewal says.

Those outcomes are evident for Cassandra, who had almost entirely resumed normal activity within a month of the procedure.

“I’ve seen friends and family after major surgery with huge scars, tons of staples, and lots of pain,” she says. “My procedure was so much easier.”

Cassandra says her road to recovery was also made easier by the care she received from her Methodist Charlton team: “Everyone was friendly and professional. Dr. Tibrewal always took plenty of time to explain things to me. He even made sure that someone kept my fiancé, Richard, informed at least once an hour during my surgery.”

Post-procedure, Cassandra’s been inspired to recommit to her own good health.

“I am drinking lots of water, walking, and being mindful of what I’m eating,” she says. “Each month, I feel a little better than the one before it.”

“I’m convinced: Robotic surgery is the way to go.”

+ *Da Vinci stops cancer in its tracks*

A bout of fatigue may seem an unlikely first step in a journey that would ultimately end in a robotic surgical procedure.

But that’s exactly what happened to Cassandra Hughes.

“It all started when I was having anemia and couldn’t figure out why,” says Cassandra, a 47-year-old Dallas mortgage professional. “My family medicine doctor referred me to Dr. Tibrewal for a colonoscopy.”

When she awoke from the procedure, Cassandra learned that she had a 5-centimeter polyp in her colon.

“My first thought was ‘I’m not ready to die,’” Cassandra recalls. “I asked right away if surgery was going to be an option.”

A clear choice

A biopsy revealed that the polyp was actually a type of precancerous tumor

known as tubulovillous adenoma. Bleeding from the growth was a likely cause of Cassandra’s anemia.

“Current colon cancer screening guidelines recommend that people get their first colonoscopy at age 45 or 50, depending on their ethnicity, or anytime they’re having symptoms,” says Anil Tibrewal, MD, general surgeon at Methodist Charlton Medical Center. “Thank goodness that Cassandra took her doctor’s suggestion to have a colonoscopy seriously. If she had waited, she would have likely developed full-blown cancer.”

After the biopsy, Dr. Tibrewal recommended a robot-assisted colectomy — partial or full removal



IS DA VINCI RIGHT FOR YOU? To find a physician who performs da Vinci procedures, visit Answers2.org or call 214-947-6296.



A SPEEDY
RECOVERY
HELPS A

mom on the go



When Micheal Cupples decided it was time to consider surgery to address her increasingly difficult periods, she knew she needed to get it right the first time.

“My periods were going as long as two weeks each month and were very painful,” says the 39-year-old Mansfield mother of two who recently launched her own consulting business.

“Things had gotten to the point that I was sometimes missing work,” she says. “I tried medication, but the side effects were unpleasant and it didn’t get my symptoms under control.”

Finally, Micheal approached her physician about having a hysterectomy.

“When she told me I was an excellent candidate for a da Vinci robotic procedure, I immediately

No longer hindered by long, painful menstrual periods, Micheal Cupples keeps up easily with her active daughters.

“Getting rid of the pain was so freeing — it really changed my life.”

— Micheal Cupples

said, ‘Let’s go for it,’” Micheal recalls. “I’m a busy mom and a new business owner. I needed a solution that would put this behind me once and for all.”

A game-changing procedure

Sara Northrop, DO, Micheal’s OB-GYN, describes the hysterectomy with the da Vinci® Surgical System as “a real game changer for patients.”

“While traditional surgery typically requires a two-day hospital stay and up to four weeks of recovery, da Vinci patients usually go home the next day and resume most of their normal activities in about two weeks,” says Dr. Northrop, who serves on the medical staff at Methodist Mansfield Medical Center.

As with other da Vinci procedures, the robot-assisted hysterectomy offers the additional benefits of reduced scarring and blood loss and a lower risk of complications.

“There’s nothing that compares to the flexibility and increased visibility that surgeons have with the da Vinci robot,” Dr. Northrop says. “The result is significantly less pain for patients.”

A life-changing decision

Within eight hours of her procedure, Micheal says she felt completely back to normal.

“It was almost like I hadn’t even had surgery,” she says.

“I went home the next day, and I never even needed the pain medication

+ IS DA VINCI FOR YOU? Find a surgeon who performs robotic procedures at Answers2.org.



HIGH-TECH TOOL WITH A HUMAN TOUCH

Technology has provided doctors with some pretty great tools. Where would we be without the stethoscope or the MRI?

Most recently, the robotic da Vinci® Surgical System has become one of those highly preferred tools, enhancing surgeons' precision for advanced minimally invasive procedures.

But remember, this robot is just a tool — a surgeon controls its every move.

"Patients often ask how the robot works," says Anand Lodha, MD, FASCRS, colorectal surgeon at Methodist Dallas Medical Center. "When they understand that the robot only does what we ask it to do through guided, controlled hand movements, they feel more at ease."

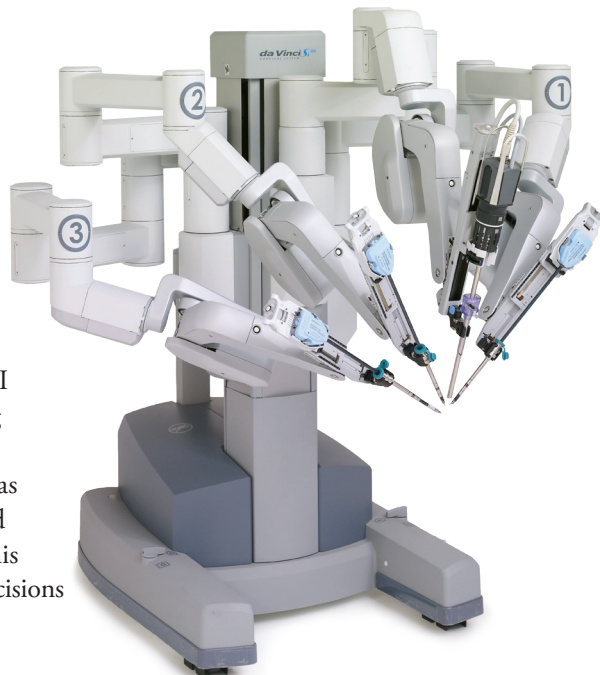
that had been prescribed. Within a couple of weeks, I was ready to start focusing on my new job."

Micheal says that she recommends da Vinci at Methodist Health System to anyone considering a hysterectomy.

"Everyone on my Methodist Mansfield team was so helpful and friendly," she says. "At every step, they took the time to make sure that I had the information and answers I needed about what was going to happen next.

"Getting rid of the pain was so freeing — it really changed my life," she adds. "Having this surgery was one of the best decisions I've ever made."

WHAT DA VINCI CAN DO Find out more about all the robotic procedures we offer at MethodistHealthSystem.org/DaVinci.



The surgeon is in control

During a procedure, the surgeon sits at a nearby console, analyzing a magnified 3-D image of the body's interior. Using master controls to guide specialized instruments — which move in sync with the surgeon's hands — he or she performs the surgical tasks.

"For the surgeon, there's better visualization and greater dexterity," says Gary Alexander, MD, FACS, general surgeon at Methodist Mansfield Medical Center. "The most important benefits, though, go to the patient: less blood loss, less pain, and a quicker recovery."



NEW TO THE *neighborhood*

We're bringing urgent care, diagnostic imaging, and pediatrics to you

Methodist Health System

is partnering with other health care providers to help give more families — including yours — better access to exceptional health care.



Children's HealthSM and Methodist Richardson Pediatric Services

Starting in 2016, Methodist Richardson Medical Center, working in tandem with Children's HealthSM, will offer pediatric services in a new 12-bed pediatric unit, which will improve convenience for families in Dallas, Collin, and Rockwall counties.

Physicians affiliated with Children's Health will work alongside nurses from Methodist Richardson to provide the outstanding care you'd expect from both health care systems.

"This opportunity extends our dedication to care for our community to its younger members," says Ken Hutchenrider Jr., FACHE, Methodist Richardson president.

With this partnership, Methodist Richardson will be able to treat children for conditions such as asthma or the flu, as well as offer pediatric general surgeries. The emergency department will also have a pediatric hospitalist available for consult.



FOLLOW US

Connect with us on Facebook and Twitter for more exciting updates from Methodist and its many partners as we strive to improve and save lives through compassionate, quality care.

Urgent care in The Colony

This past September, Methodist Urgent Care in The Colony, at 5151 State Highway 121, opened as a joint venture between Methodist and TeamHealth, a national leader in urgent care. Last summer, Methodist Urgent Care in Richardson opened, and more centers are in the works.

4 new diagnostic imaging centers

Thanks to a strategic partnership with the Center for Diagnostic Imaging (CDI), we opened four Methodist Center for Diagnostic Imaging locations this year — one in DeSoto and three in Plano — and three more in McKinney, Mansfield, and Richardson, respectively, will follow in 2016.

"Through this collaboration with CDI, patients of Methodist will have easy access to a trusted outpatient imaging option but often closer to their home and work," says Stephen L. Mansfield, PhD, FACHE, Methodist president and CEO.

To find a location near you, visit myCDI.com.



SHOW SANTA THE WAY

and help deliver the presents to the hospital

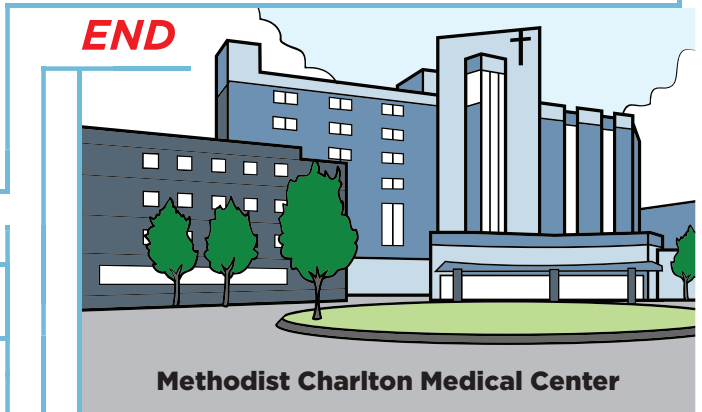
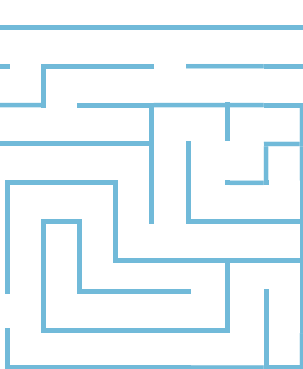


BEGIN

Alla's Historical Bed and Breakfast



Dallas Executive Airport



END

Methodist Charlton Medical Center



**Cedar Hill State Park
Joe Pool Lake**



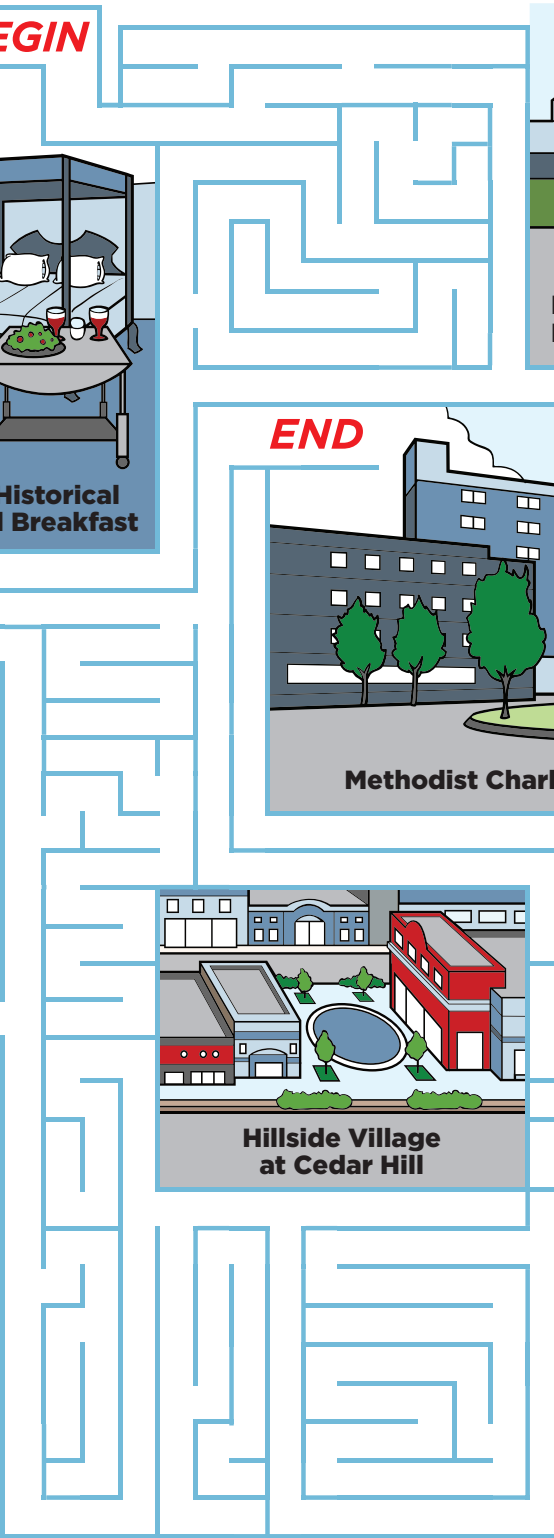
**Hillside Village
at Cedar Hill**



Dr. Rufus A. Roberts House



**Lancaster Historic
Town Square**



Red-carpet event:

Methodist Charlton is celebrating 40 years, and you're invited. RSVP at **Charlton40.com**.

C



Hey, Mom!

Hi, Sweetheart!

You get your ticker checked?

I will...in time, LOL!

NOT FUNNY MOM!

CALL THEM 214-947-6296

Ok, it's about time. LOL!

Oh Mom, LOL!



Lots Of Love!



Mom, LOL means "Laugh Out Loud"

Oh... LOL!