

shine

Your healthy-living magazine

SPECIAL ISSUE
featuring the
opening of the new
Methodist Richardson.
See inside for details.



Where your family's health has a new home.

 **Methodist**
RICHARDSON MEDICAL CENTER



WE'RE STILL HERE FOR YOU

To learn more about the Methodist Richardson – Campus for Continuing Care, visit MethodistHealthSystem.org/Campbell.

The **care continues** on Campbell Road

When Methodist Health System's latest expansion in North Texas opened at Renner Road and President George Bush Turnpike in April, the facility formally assumed the name Methodist Richardson Medical Center.

That doesn't mean, however, that Methodist Richardson cannot still be found at the Campbell Road location, where it has served the community for four decades. Quite the opposite, actually.

"Methodist Richardson has served the Richardson area's health care needs for more than 40 years, and Methodist Health System is committed to ensuring the Campbell Road campus remains viable and vibrant," says Stephen L. Mansfield, PhD, FACHE, Methodist president and CEO.

The campus, located at 401 W. Campbell Road, is currently being renovated and will be home to specialized services that are vital

to our community, helping patients on their path to physical and mental wellness. To better reflect the services available at this facility, the campus location has been named Methodist Richardson Medical Center – Campus for Continuing Care. It offers:

- ▶ Two medical plazas and physician offices
- ▶ A full-service emergency department
- ▶ Ancillary services, such as laboratory and radiology, to support emergency services
- ▶ A behavioral health and addiction recovery unit.

Additional services to come include:

- ▶ Geriatric behavioral health — a service we've learned is much needed in our community
- ▶ Inpatient rehabilitation and long-term acute care, offered by third-party providers, creating a space for you and your loved ones to fully recover from illness or injury close to home.

"By expanding our presence and capabilities, we're equipped to be this area's trusted health care provider for years to come from our two Richardson locations as well as Methodist clinics located throughout the region."

— Stephen L. Mansfield, PhD, FACHE, Methodist president and CEO



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CONTENTS

Summer 2014



▶ **Laura Maczka, Richardson mayor**

“Methodist Richardson Medical Center is one of this community’s greatest assets. The exceptional care and service offered at its facilities help Richardson attract a quality workforce, and we are proud to have Methodist Health System call Richardson home.”



▶ **Alan Palomba, Richardson fire chief**

“Methodist Richardson Medical Center is an important partner for our first responders. Our joint efforts have helped us to be recognized in the region for critical care to heart attack victims, and we continue to work together to create innovative programs and services to provide the best emergency health care possible.”



▶ **Joe Snayd, Methodist Richardson Advisory Board chairman and Capital Campaign Committee chairman**

“It’s been thrilling to see Methodist Richardson Medical Center grow and evolve over the years. The Richardson community and Methodist Richardson staff are both truly vested in the hospital’s success. Even though many of us will not be directly caring for patients at the bedside, through our generosity and support, we can touch patients’ lives with compassion and healing.”



GET EVEN MORE CONNECTED

Like us on Facebook, follow us on Twitter, or find us on YouTube.
Go to MethodistHealthSystem.org/SocialMedia.

Grab your **smartphone** ...

And save this number to your contacts: **469-204-1000**.

This is the new number for Methodist Richardson Medical Center, where you can easily access both Methodist Richardson facilities: the new hospital off the President George Bush Turnpike and Renner Road and the Campus for Continuing Care on Campbell Road.

TO YOUR HEALTH

In an emergency

We have two locations to care for all your emergency medical needs.

4

Minutes matter

With a heart attack, time lost means muscle lost, so Methodist Richardson’s cardiac catheterization labs are designed for excellent and efficient care.

5

SPOTLIGHT

Say goodbye to gallbladder issues

For Melanie Andrews, Single-Site™ gallbladder removal with the da Vinci® Surgical System made it easy.

13

Could your gray matter use some platinum?

When sisters Melinda Kianpour and Suzanne Grayson were at risk for a brain aneurysm, an advanced procedure called aneurysm coiling helped put their minds at ease.

14

FEATURE

Time to celebrate!

More than 2,200 people attended the grand-opening festivities at the new Methodist Richardson facility.



TO YOUR HEALTH ▶

EMERGENCY CARE

Our promise still stands

There have been many changes at Methodist Richardson Medical Center. One thing that remains the same: giving you access to fast, reliable emergency care.

Both of our hospital facilities have emergency departments that are open 24 hours a day, 365 days a year, and offer our 30-minute door-to-doc guarantee. We promise that our patients will be in an exam room being seen by a doctor within a half-hour of arriving.



IN CASE OF AN EMERGENCY

If you suspect that you or someone you're with is in need of emergency medical care, don't hesitate to call 911. To learn more about the emergency services at both Methodist Richardson hospital facilities, call 469-204-1000 or visit MethodistHealthSystem.org/RichardsonEmergency.



Where you can find us

- ▶ Methodist Richardson Medical Center
2831 E. President George Bush Turnpike, Richardson
- ▶ Methodist Richardson Medical Center – Campus for Continuing Care
401 W. Campbell Road, Richardson

BEST in breast cancer care

What a new on-site breast surgeon means for cancer patients



Jenevieve Hughes,
MD, FACS

Methodist Richardson Cancer Center can provide even better cancer treatment with the addition of a permanent on-site breast surgeon, Jenevieve Hughes, MD, FACS.

This new and exciting change means that Methodist Richardson Cancer Center now has surgical, medical oncology, and radiation staff all under one roof. For breast cancer patients and their families, that means less time spent scheduling and traveling and more time letting us do what we do best: helping you beat cancer.

In our warm, inviting Cancer Center, patients will also benefit from an even more close-knit team of physicians as well as more connected and immediate communication among cancer team professionals and families alike.



CHECK THIS OUT!

Want to learn more about the progressive programs that the Methodist Richardson Cancer Center offers? Visit MethodistHealthSystem.org/RichardsonCancer.

Designed with hearts in mind

When it comes to a heart attack, minutes lost mean muscle lost. That's why Methodist Richardson Medical Center has worked to achieve some of the Metroplex's fastest treatment times.

At the new Methodist Richardson at President George Bush Turnpike and Renner Road, cardiologists are set up for even greater success for heart attack treatment.

"We now have two cardiac catheterization labs instead of one, which means more efficient care delivery," says cardiologist Nhan Nguyen, MD, FACC, on the hospital's medical staff. "And the structural layout is more streamlined, with the cath labs adjacent to the emergency department. We'll be able to maintain our hallmark of delivering consistent, fast, outstanding service."

The space also boasts a new electrophysiology (EP) laboratory, which cardiologist Sumeet Chhabra, MD, also on the hospital's medical staff, says is one of the area's newest and most advanced EP laboratories.

"The engineers and physicians worked together to design a space that is most efficient, especially for complicated cases," he says.



YOUR HEART'S IN THE RIGHT PLACE

Learn more about Methodist Richardson's award-winning cardiology services at MethodistHealthSystem.org/RichardsonCardio.



Baby Camille Diann, here with parents Blake and Jennifer Eiland, is the first baby born at the new Methodist Richardson.

New Methodist Richardson welcomes first baby

At 9:17 a.m. on Wednesday, April 16, Methodist Richardson Medical Center welcomed its first newborn: Camille Diann Eiland, weighing 8 pounds, 7 ounces, and measuring 20.5 inches in length. Carol Norton, MD, OB-GYN on the medical staff at Methodist Richardson, delivered the baby.

Parents Blake and Jennifer Eiland and older brother, Ian, reside in Murphy.

Turn the page for more firsts at Methodist Richardson.



From the **ground up**

At 7 a.m. on Monday, April 14, Methodist Health System opened its latest expansion in North Texas: the new Methodist Richardson Medical Center, located at the southeast corner of Renner Road and President George Bush Turnpike in Richardson.

“We were attentive to every element of the building during the construction process,” says Ken Hutchenrider Jr., FACHE,

president, Methodist Richardson. “I’m confident that we’ve built a facility in which our physicians will take pride in practicing and our patients will find comforting and healing.”

Methodist Richardson Medical Center has come a long way since 1958, when it was simply a thought in the minds of Richardson city leaders. Here’s a look back at how we’ve grown through the years.

July 1958

With a population of 15,000, the city of Richardson identifies the need for a hospital. On July 28, 1958, the Richardson Hospital Authority (RHA) is charged with developing a not-for-profit community hospital.

1963

A small for-profit hospital named Spring Valley Hospital and later known as Richardson General Hospital opens on Spring Valley Road with 35 beds and 10 physicians. Mounting financial losses force the owners to approach the city about acquiring the hospital under the auspices of the RHA.



Women's Pavilion.

Level III NICU.

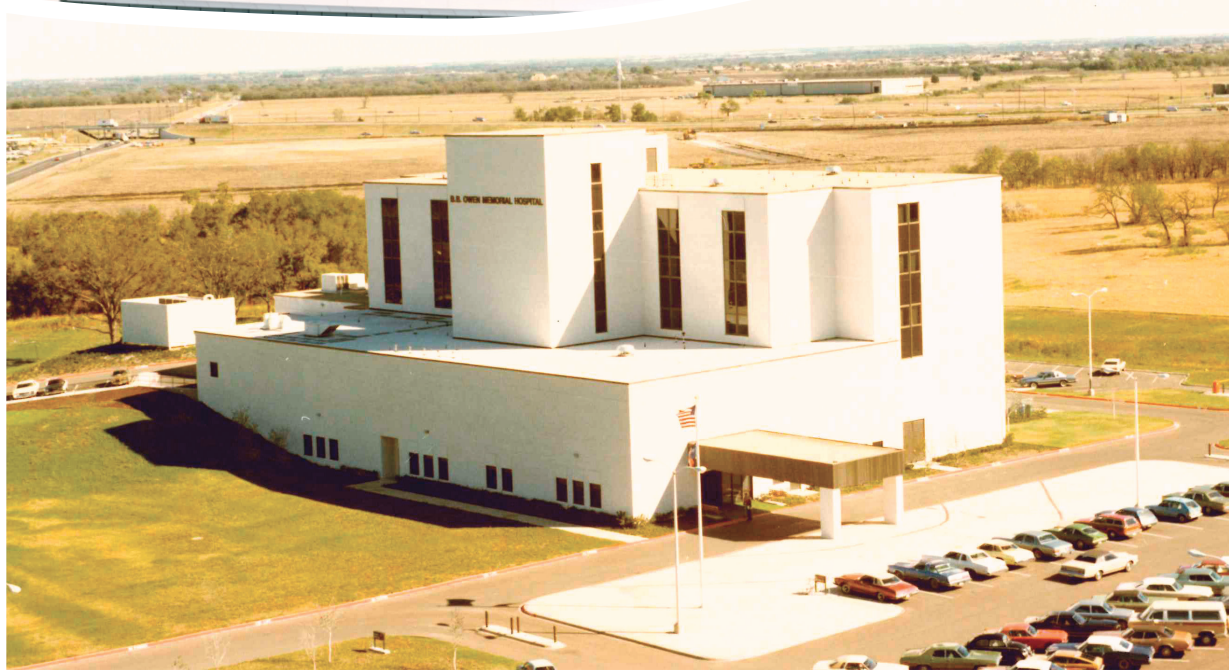


YOUR FAMILY'S HEALTH HAS A NEW HOME

Click the box above to watch the new Methodist Richardson Medical Center take shape.



The Richardson Medical Center/B. B. Owen Memorial Hospital opened in 1977. An expansion completed nine years later doubled the facility's capacity.



1966

The city sees a great opportunity and purchases Richardson General Hospital. The new hospital has 17 staff physicians who care for 28 patients.

1967

After a renovation and expansion, Richardson General Hospital is licensed for 124 beds.

1972

The RHA acquires 60 acres of land at Campbell Road and the Santa Fe Railroad. It also accepts a gift of 11.3 acres of additional land from the Alex McCutcheon Estate.

Jan. 25, 1975

A \$9.7 million budget is established, and ground is broken on a new 100,000-square-foot facility with 116 beds.

Let the sunshine in

Meet the new face of
health care comfort



Atrium and grand staircase



Women's services
entrance and outdoor
healing garden



May 28, 1977

The new Richardson Medical Center/ B. B. Owen Memorial Hospital opens.

1982

To accommodate the growing Richardson area, fundraising for a \$17 million expansion project begins.

1986

The hospital expansion is complete, increasing capacity to 242 patient beds.

1993

Richardson Medical Center becomes an "affiliate hospital" of the Baylor Health Care System, changing its name to Baylor/Richardson Medical Center.

If private, spacious rooms with large windows, glass-bowl sinks, flat-screen TVs, Wi-Fi, and massage chairs sound like what you'd find in a lavish hotel suite, we'd like to introduce you to the new face of health care comfort.

These decadent details are only some to be found in all 125 private suites in the new Methodist Richardson Medical Center.

For your privacy and comfort:

- ▶ Blinds are built into the windows between the patient room and nursing stations to allow for privacy control and patient monitoring from outside the room.
- 1 Large exterior windows maximize daylight exposure and offer great views.
- 2 Decorative wooden wall protection panels add warmth and artistry to the space.

3 Comfortable sofas and patient wardrobe cabinets help create a homelike atmosphere.

▶ Separate caregiver and patient family zones allow for more space and comfort for the family when caregivers are present. Plus, each zone has a separate adjustable lighting track.

4 Cozy chairs offer heat and massage.

▶ Wi-Fi and USB charging ports are available in all patient rooms and waiting areas.

For your health and safety:

▶ A nursing station located at each patient room maximizes patient observation and care.

▶ Large entryways enhance accessibility to the room and bathroom.

5 Conveniently located solid-surface countertops with integral bowl sinks not only provide lasting beauty but also promote infection control.

▶ Glass patient information boards and family message boards facilitate communication with patients and visitors.

▶ Electronic charting and medical records consolidate and protect health information.

6 Teak shower seats help prevent falls.

7 Bathroom mirrors and sinks* are illuminated.

▶ Amber night lights help promote healthy sleep and patient safety.

*Only available in the labor-delivery-recovery and postpartum suites.



Patient room

1993

A new Cancer Center and Medical Plaza I open on the Campbell Road campus.

1995

The Senior Health Center begins operations.

1997

The Center for Women's Health is officially dedicated.

2000

Medical Plaza II opens.

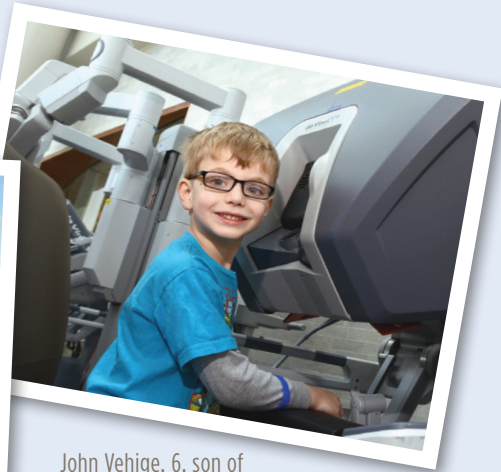
2002

Twenty acres of land are purchased at the southeast corner of Renner Road and President George Bush Turnpike. The tract will soon be known as the Bush/Renner campus.



A breezy day came in handy for Miley Strittmatter, who's preparing to launch her new kite at Methodist Richardson's Grand Opening Party and Healthy Kids Day.

The Richardson Fire Department gives a young guest an ambulance tour.



John Vehige, 6, son of Methodist Richardson Assistant Vice President Physician and Market Development Monica Vehige, test-drives the robotic da Vinci® Surgical System at Methodist Richardson's Grand Opening Party and Healthy Kids Day.

Methodist Richardson opens new hospital with fanfare



Throughout its opening weekend, a brilliant light display was projected on the façade of Methodist Richardson, drawing attention to the new facility.

2003

The 10-year affiliation with Baylor Health Care System ends. The facility is now known as Richardson Regional Medical Center.

August 2004

A Physician Pavilion opens at the corner of Renner Road and the President George Bush Turnpike.

October 2008

The new Methodist Richardson Cancer Center and a new emergency department opens.

June 2009

Richardson Regional Medical Center joins the Methodist Health System family as Methodist Richardson Medical Center and Methodist Richardson Medical Center - Bush/Renner.



Preparing to cut the ribbon that will open the doors to the new Methodist Richardson are (from left) Levi H. Davis, Methodist board chairman; Richardson Mayor Laura Maczka; Joe Snayd, Methodist Richardson Advisory Board chairman; Methodist Richardson President Ken Hutchenrider Jr., FACHE; Stephen L. Mansfield, PhD, FACHE, Methodist president and CEO; Clayton Oliphint, DMin, senior pastor, First United Methodist Church Richardson and Methodist Richardson Advisory Board member; and Carol Norton, MD, chief of medical staff at Methodist Richardson.



The Richardson Fire Department greets guests from one of its trucks.



Methodist Richardson Executive Chef Salvador Gomez prepares heart-healthy food on the grill.

It's awe-inspiring to see a vision become a reality. Such was the case for those attending the official ribbon-cutting and grand-opening festivities for the new Methodist Richardson Medical Center before it opened its doors to patients on Monday, April 14.

The celebration began on Wednesday, April 9, when local civic, community, and business leaders; Methodist Health System employees; medical staff; board members; contractors and architects; and media all gathered for the cutting of the 250-foot ribbon that wrapped across the hospital's S-shaped façade. Emergency medical services (EMS) personnel attending say the new hospital, located at the southeast corner of President George Bush Turnpike and Renner Road, will help them save lives in this northeast corner of the Metroplex.

The afternoon reception included speakers Ken Hutchenrider Jr., FACHE, president, Methodist Richardson; Levi H. Davis,

chairman, Methodist board of directors; Richardson Mayor Laura Maczka; Carol Norton, MD, chief of medical staff, Methodist Richardson; and Joe Snayd, chairman, Methodist Richardson Advisory Board and capital campaign committee.

Following the ribbon-cutting, the more than 400 guests were invited to take hospital tours and enjoy music and refreshments in the hospital's Bistro. The robotic da Vinci® Surgical System was also on-site for test-drives.

Grand opening festivities continued Thursday with a luncheon for local pastoral care officials.

On Saturday, April 12, Methodist Richardson hosted a Grand Opening Party and Healthy Kids Day. More than 2,200 people from the community enjoyed a behind-the-scenes tour of the new Methodist Richardson; a da Vinci robot demo; a picnic cookout; kite flying; a photo booth; games and crafts; and visits with CareFlite, the Richardson Fire Department, and local EMS.

October 2011

Methodist announces the purchase of the hospital facilities owned by Richardson Hospital Authority.

October 2012

Methodist breaks ground on a new hospital on the Bush/Renner campus.

April 14, 2014

The new \$120 million, 125-bed hospital opens, assuming the moniker Methodist Richardson Medical Center. To better reflect the services offered there, the Campbell Road campus is renamed the Methodist Richardson Medical Center – Campus for Continuing Care.



“This is truly an answered prayer. The new facility will greatly enhance our ability to serve.”

— The Rev. James Giles, Methodist Richardson chaplain



WHERE LIFE SHINES BRIGHT

Learn more about the mission, vision, and values that guide our care every day at MethodistHealthSystem.org/Mission.

A place for **peace** and **prayer**

During crisis, illness, or life changes, spiritual and emotional needs can often be as important as physical ones. This is a concept that Methodist Richardson Medical Center has embraced from its beginning and that continues in its expansion. The new Methodist Richardson, which opened April 14, unveiled a distinctive new chapel for people of all faiths seeking spiritual guidance and comfort.

“Early on, the design team recognized that the northern part of Dallas has many diverse faiths,” says Kenneth Hutchenrider Jr., FACHE, hospital president. “We wanted to make sure our hospital and chapel were reflections of our entire community so that all denominations could feel comfortable and welcomed.”

Ecumenical and inviting

The construction team studied the needs of different religious groups in the Richardson community and incorporated those into the chapel’s design.

“We designed the interior of the chapel to create a sense of relief as the user passes through this strong, wooden doorway into an airy space,” says David Collins, principal architect, Perkins+Will. “It includes space where someone can sit or kneel, according to

their religious preference. We also used natural lighting that allows for the healing connection to the outdoors while maintaining privacy.”

Methodist Richardson also invited local spiritual leaders to contribute articles of reverence or prayer to the chapel.

Equipped to serve

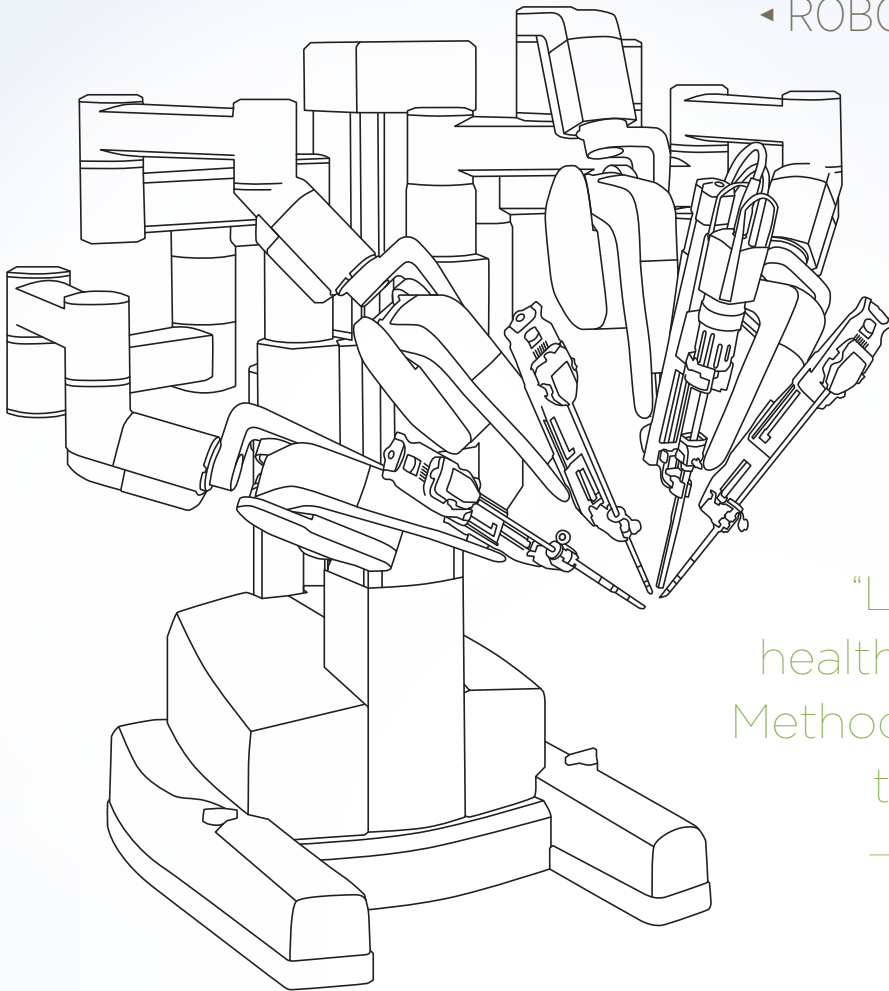
One person excited about the chapel is longtime Methodist Richardson chaplain, the Rev. James Giles.

“This is truly an answered prayer,” says Giles. “The new facility will greatly enhance our ability to serve.”

Giles points to the flexibility of the new chapel’s design: “Instead of pews, we have chairs so we can rearrange seating to accommodate different uses. We are also considering new programs, such as occasional worship services and grief counseling groups.”

While the chapel is only one part of Methodist Richardson’s new \$120 million hospital expansion, it is an integral addition.

“The Methodist mission is to improve and save lives through quality, compassionate care,” Hutchenrider says. “Having a chapel that reflects the beliefs of the communities we serve and projects inclusiveness to all is essential for carrying out our mission.”



MAN VERSUS MACHINE?

Not at all. Da Vinci® is a game changer in modern-day surgery, helping physicians create the best outcomes for patients. Visit MethodistHealthSystem.org/DaVinci to learn more.

“Life is richer in a healthier way, and I have Methodist and Dr. White to thank for that.”

— Melanie Andrews

Rich in **health**, rich in **life**

How Melanie Andrews decided a Single-Site robotic procedure was right for her

Melanie Andrews was no stranger to gallbladder issues.

“I saw my mother go through gallbladder removal and recovery, and it just wasn’t a process that I was willing to go through,” says the 52-year-old Allen resident, who had experienced gallstones and gallbladder attacks for several years.

“She had such a long incision and painful rehabilitation that I honestly would have rather stuck with the gallbladder pain.”

It wasn’t until her husband had a gallbladder attack of his own that her opinion shifted.

He was referred to Gary White, MD, general surgeon on the medical staff at

Methodist Richardson Medical Center, to discuss options for eliminating his pain.

They chose the Single-Site™ gallbladder removal with the da Vinci® Surgical System as the best course of treatment. The precision of da Vinci’s robotic technology equips the surgeon to operate through a single small incision, delivering minimal pain and scarring and a dramatically shorter recovery.

Second course

Even after her husband’s positive experience with Single-Site, Andrews was unsure whether she wanted it for herself — until another attack and round of gallstones struck.

“At that moment, Melanie’s condition wasn’t an emergency, but waiting for the

pain to get worse could have caused some serious health issues for her down the line,” Dr. White says.

Andrews had her Single-Site procedure in September 2013, went home the same day, and is glad to be free of her unhealthy gallbladder.

Sweet rewards

Since surgery, the Andrewses have been able to enjoy a richer life without worrying about painful complications.

“We don’t eat rich meals that often, but when we do, it gets to be our treat and we don’t have to worry about having an attack,” Andrews says. “Life is richer in a healthier way, and I have Methodist and Dr. White to thank for that.”



Melinda Kianpour (left) and Suzanne Grayson, pictured with their brother, John Harvey, have a bright future ahead of them. Because they had aneurysm coiling at Methodist Dallas, they no longer have to live in fear.



DISCOVER THE NEW METHODIST RICHARDSON

Methodist Richardson now features advanced neuro suites for elective coiling procedures. Find a physician to refer you to the Methodist Brain and Spine Institute at MethodistHealthSystem.org/FindAPhysician.

incision near the groin and navigate with X-ray imaging to the brain. Recovery is shorter, and Suzanne didn't need to have her head shaved or deal with facial bruising and swelling."

While Grayson was having the coiling procedure at Methodist Dallas Medical Center, her siblings were being tested for aneurysms.

Three weeks later, Kianpour learned that family history had struck again: She, too, had an aneurysm — twice the size of her sister's.

"Melinda is five years younger than me with children in grade school," Grayson says. "The coiling procedure saved her life and helped those children keep their mother."

Brain bling

Two sisters are grateful for advanced aneurysm treatment that saved their lives

On a June day in 1990, Suzanne Grayson, Melinda Kianpour, and John Harvey drove their mother to the airport and wished her a safe journey to Scotland to visit family.

Unfortunately, those goodbyes were their last. During the vacation that kicked off her retirement, Rosemary Harvey had a ruptured brain aneurysm at age 61.

"For 24 years, this hung over our heads," Kianpour, 50, says, knowing that aneurysms can be hereditary, especially in women.

Even migraine headaches brought on fear. "My mother had migraines occasionally, so every time I got one, I thought, 'Uh oh, this might be it,'" says Grayson, 54.

That's what happened in February 2013. Her headache was so bad that she went to the emergency department at Methodist

Richardson Medical Center, where she works as director of cardiopulmonary, neurodiagnostic, and rehabilitation services and as stroke coordinator. Neurologist Ron Bell, MD, ordered tests that confirmed Grayson's worst fear.

An easy fix for an aneurysm

Dr. Bell referred Grayson to neurosurgeon Ben Newman, MD, on the Methodist Health System medical staff and among the few neurosurgeons in the Metroplex who perform an advanced procedure called aneurysm coiling.

"While the alternative, surgical clipping, is safe and effective, it requires full brain surgery," Dr. Newman says. "With coiling, we make only one small

A family free from fear

Grayson says she and her sister have done extremely well, and they were relieved to learn their brother did not have an aneurysm.

"It's a total game changer," Kianpour says. "The worst fear of my life is gone.

"Anyone with a family history should get tested. It's remarkable what they can do now, and Methodist was incredible."

Now accessorized with "brain bling" — as Kianpour calls the platinum coil — the sisters are enthusiastic about coiling now also being available at the new Methodist Richardson Medical Center.

"I lived with worry from age 26 to 49," Kianpour says. "Knowing that coiling is available and convenient and that my kids won't have to live with the fear that I did — that's priceless."



RICHARDSON MEDICAL CENTER

We're in your neighborhood

Medical Centers



Methodist Richardson Medical Center
2821 E. President George Bush Turnpike (at Renner Road)
Richardson, TX 75082
469-204-1000



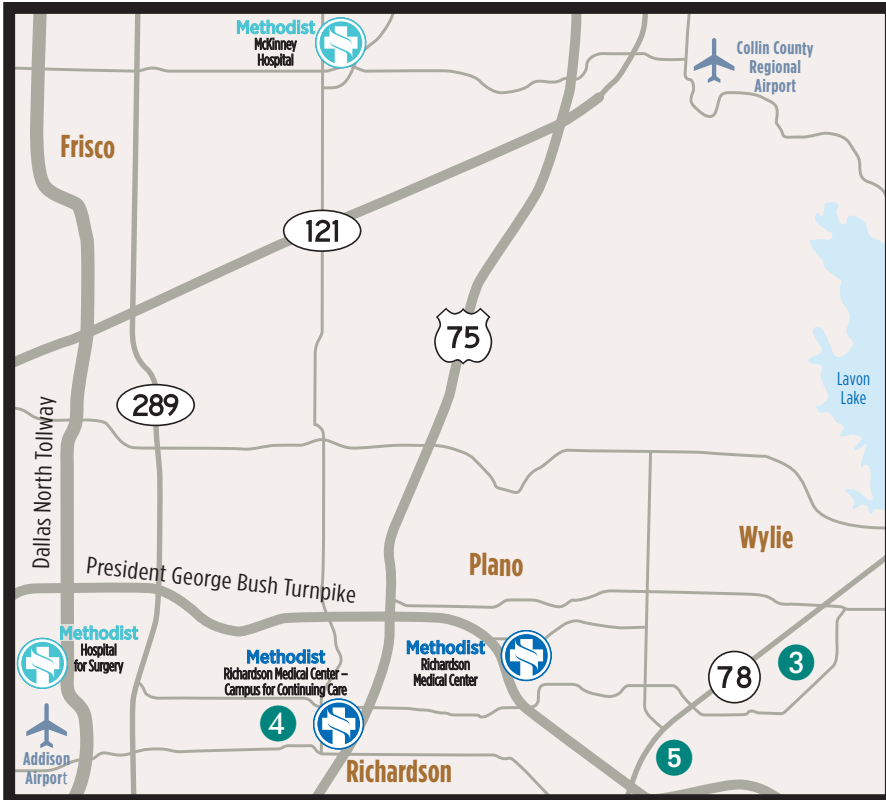
Methodist McKinney Hospital
8000 W. Eldorado Parkway
McKinney, TX 75070
972-569-2700



Methodist Richardson Medical Center – Campus for Continuing Care
401 W. Campbell Road
Richardson, TX 75080
469-204-1000



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



Methodist Family Health Centers and Medical Groups



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



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



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



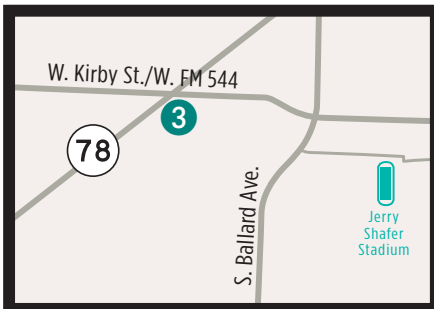
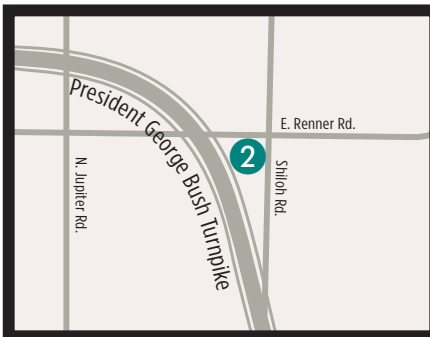
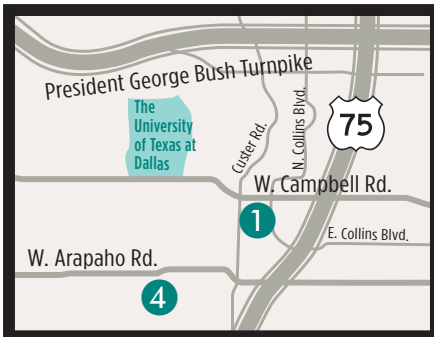
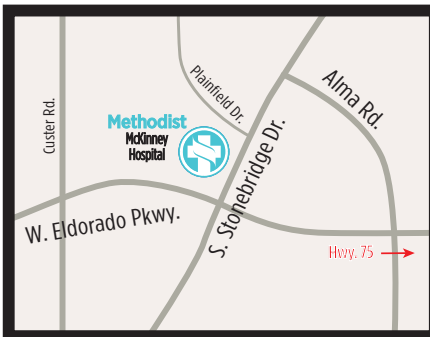
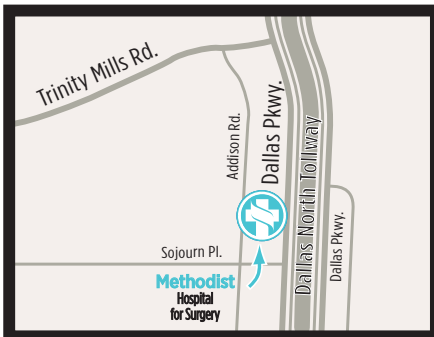
First Aid Family Care
613 S. Highway 78, Suite 200
Wylie, TX 75098
972-941-8700



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



Firewheel — open Aug. 4!
4430 Lavon Drive, Suite 350
Garland, TX 75040
972-530-8590

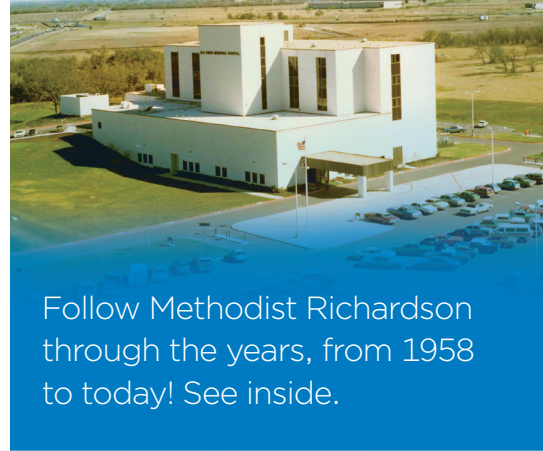


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Follow Methodist Richardson through the years, from 1958 to today! See inside.

R

Where excellence is delivered daily.



One-of-a-Kind Maternity Care

Enjoy exceptional treatment from the very beginning at the new Methodist Richardson Medical Center. Our comprehensive maternity care is highly rated by moms-to-be for safety, innovation, and satisfaction. With online childbirth education, expert medical staff and L&D nurses, a Level III NICU, 24/7 neonatologists and OB hospitalists, personal lactation consultants, and well-appointed LDR suites, you can expect the very best when you're expecting at Methodist Richardson.

Where life shines bright.SM



MethodistHealthSystem.org/RichardsonWomen



GEORGE BUSH TURNPIKE AT RENNER
Now Open