

# shine

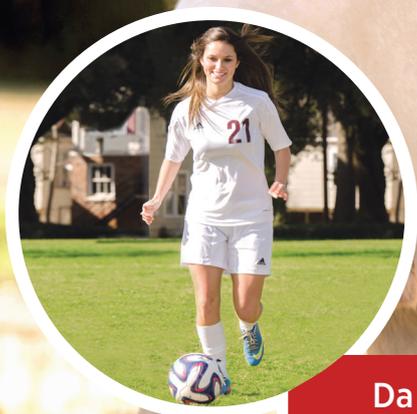
Your healthy-living magazine

Now with a new  
knee, Nancy  
Elliot finds life  
pretty awesome

## ALSO INSIDE

How we're saving  
lives with lung  
cancer screening

Methodist  
Richardson is  
growing again!  
Expansion  
details inside



Da Vinci gives a red  
card to Madeline Stokes'  
gallbladder pain

SUMMER 2015



**Methodist**

RICHARDSON MEDICAL CENTER



# Mark your calendar

Registration is required for most events. To register, call **972-4 DR LINE** (972-437-5463) or visit [MethodistHealthSystem.org/Events](http://MethodistHealthSystem.org/Events).

## Cancer Caregiver Support Group

**Second Wednesday of each month, 2 to 3 p.m.**

**Methodist Richardson Cancer Center, first-floor conference room**

This group is open to all patients and caregivers going through the cancer journey.

Support group members:

- ▶ Experience a safe and caring place to share feelings and learn self-care skills
- ▶ Develop coping skills and discover how one lives life fully in the midst of cancer
- ▶ Have the opportunity to share concerns, frustrations, challenges, milestones, achievements, and successes.

For questions, please call Aline Williams, LCSW, OSW-C, at **469-204-6123**.

## Diabetes Self-Management Support Group

**First Tuesday of each month (except January and July), 6:30 to 7:30 p.m.**

**Methodist Richardson Medical Center – Campus for Continuing Care, Medical Plaza 1, Conference Center**

No registration required. For questions, call **469-204-6961**.

## Get ready for baby at Methodist Richardson

All classes are at Methodist Richardson Medical Center, 2831 E. President George Bush Highway in Richardson. Questions can be emailed to [childbirthrichardson@mhd.com](mailto:childbirthrichardson@mhd.com) or left at **469-204-9429**.

### Baby Care Class\*

**Saturdays, June 13, July 18,**

**Aug. 8**

**10 a.m. to 4 p.m.**

**\$70, includes registration for both mom and partner and course materials**

Come join us for a fun and interactive class about taking care of baby! With lots of hands-on activities, we cover care in the hospital and at home, safety and babyproofing your home, diapering, feeding, and bathing.

### Breastfeeding

**Tuesdays, June 9, Aug. 11**

**7 to 9:30 p.m.**

**\$40, includes registration for both mom and partner**

Breastfeeding class is for parents who plan to offer nature's best nutrition to their newborn or have questions about the art of breastfeeding. This class is taught by an International Board Certified Lactation Consultant® or a registered nurse with specialized breastfeeding training. Topics include skin-to-skin contact, breastfeeding positions, latch-on techniques, prevention of and solutions for common problems, pumping and storage of milk, and returning to work.

## Connect with us



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[MethodistHealthSystem.org](http://MethodistHealthSystem.org)



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Methodist Family Health Centers and Medical Groups are owned and operated by MedHealth and are staffed by independently practicing physicians who are employees of MedHealth. The physicians and staff who provide services at these sites are not employees or agents of Methodist Richardson Medical Center, Methodist Health System, or any of its affiliated hospitals.

Methodist Hospital for Surgery and Methodist McKinney Hospital are independent legal entities separate from Methodist Health System and Methodist Hospitals of Dallas.

\* We recommend registering during the third month of pregnancy and taking this class during the seventh month of pregnancy, but it can be taken at any time.

# ONLINE AND INSIDE

Summer  
2015

# Answers<sup>2</sup>

## The power of 2

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

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

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

2

### WHAT DOES IT MEAN FOR YOU?

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



SHINE MAGAZINE

### TO YOUR HEALTH

#### 4 By the numbers

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

#### 5 Prenatal preparation

Protect your baby even before birth — give vaccines a shot!

### SPOTLIGHT

#### 13 Expanding your options

There's a new range of services at Methodist Richardson Medical Center — Campus for Continuing Care.

### FEATURES

#### 7 Game on

Gallbladder problems had Madeline Stokes hurting on the field, but robot-assisted surgery at Methodist Richardson gave her a shot at her goals.

#### 8 525,600 minutes

Look how we measure a successful year.



### On the cover

Nancy Elliot's knee pain was taking over her life. Then last summer, she had a joint replacement procedure at Methodist Richardson. Now, she says, "Life is pretty awesome."

Read her story on page 6.



# Every calorie counts

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

## Monday

### LUNCH

 Swap a 16-ounce cola for water.  
Skipping the soda =

**182 calories saved**

### EXERCISE

 A walk with a co-worker.  
15 minutes =

**70 calories burned**

### DINNER

 Substitute 2 cups of vegetable soup with pasta for beef stew.  
Making it a meatless Monday =

**200 calories saved**

## Tuesday

### BREAKFAST

 Grab a yogurt, not a fast-food breakfast sandwich.  
Avoiding the drive-through =

**131 calories saved**

### DINNER

 Forgo the cheesy topping to your casserole.  
Omitting the cheddar =

**229 calories per serving**

### EXERCISE

 A brisk, after-dinner walk.  
30 minutes =

**140 calories burned**

## Wednesday

### BREAKFAST

 Order your medium latte with nonfat instead of whole milk.

Switching to nonfat =

**71 calories saved**

### LUNCH

 Pick the small fries instead of the supersized serving.  
Exercising portion control =

**351 calories saved**

### EXERCISE

 Zumba® class.  
1 hour =

**480 calories burned**

## Thursday

### LUNCH

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

Working-through-lunch quick swap =

**279 calories saved**

### SNACK

 Exchange two chocolate chip cookies for an orange.  
Smart snacking =

**75 calories saved**

### DINNER

 Choose spaghetti with tomato sauce instead of fettuccine Alfredo.

Serving pasta sans cream =

**168 calories saved**

## Friday

### BREAKFAST

 Go for a banana instead of banana bread.  
Trying the whole food =

**111 calories saved**

### DINNER

 Order veggie instead of meat-lover's pizza.  
Deleting the meat =

**232 calories saved**



**WANT MORE HEALTH AND WELLNESS TIPS?**  
Connect with us on Twitter @methodistrich.

## Saturday

### LUNCH

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

Good dressing decision =  
**69 calories saved**

### EXERCISE

 Light yard work.

1 hour =  
**330 calories burned**

*Just lost a pound!*

In total, that's 3,703 calories cut. Your weight-loss goals are just a series of simple, smart choices away.

Sources: Centers for Disease Control and Prevention, U.S. Department of Agriculture

# Baby on the way? You may need a shot in the arm!

When a baby is on the way, there's much to do. Denisse Holcomb, MD, on the medical staff at Methodist Richardson Medical Center, says one of the most important tasks for expectant mothers is to get up to date on immunizations.

Immunizations don't only help mothers, but their babies as well. In some cases, the mothers' antibodies can pass through to their infants and protect them until they receive their own vaccines.

Because live vaccines, such as measles, mumps, and rubella (MMR), must be administered at least one month prior to conception, it's best to start talking with your physician about vaccines before you become pregnant. This chart lists all the vaccines you'll need and when it's safe to get them.

## IMMUNIZATIONS FOR EXPECTANT MOTHERS

VACCINE	SAFE TO GET BEFORE PREGNANCY	SAFE TO GET DURING PREGNANCY
HepA (hepatitis A)	Yes	Yes
HepB (hepatitis B)	Yes	Yes
HPV (human papillomavirus)	Yes	No
Influenza IIV (inactive)	Yes	Yes
Influenza LAIV (active)	Yes	No
MMR (measles, mumps, rubella)	Yes, at least 4 weeks prior to conception	No
Tdap (tetanus, diphtheria, pertussis)	Yes	Yes
Varicella (chickenpox)	Yes	No



### ARE YOU CAUGHT UP?

You can find a physician to get your immunizations up to date at [MethodistHealthSystem.org/FindAPhysician](http://MethodistHealthSystem.org/FindAPhysician).



# It's **time** to be pain-free

**There** once was a time when Nancy Elliott was extremely active. She played in an adult softball league, cycled, and did tai chi.

That was 15 years ago, before she tore the meniscus in her left knee. Surgery fixed the tear, but Nancy made a detrimental mistake: She skipped her physical therapy. In no time, new pain formed, this time in her kneecap.

“It got to the point that it was all I thought about,” the Garland resident says. “I didn’t want to go anywhere or do anything because it hurt.”

A CT scan revealed that Nancy’s knee joint was bone on bone, but she was apprehensive about knee replacement surgery. Finally, in 2012, Nancy found Diane Litke, MD, on the medical staff at Methodist Richardson Medical Center.

Because Nancy still wasn’t quite ready to choose surgery, Dr. Litke first prescribed some conservative therapies, such as steroid injections and weight loss. But what Nancy really needed was a new knee.

“I never once thought that the surgery wouldn’t be a success; I had the utmost confidence in Dr. Litke,” Nancy says. “I just had to be ready to go through the process.”

That time came in summer 2014.

## What’s new about new knees

Knee replacements today are far more effective than in years past, now lasting 25 to 30 years. Dr. Litke says that starts with the quality of the replacement itself.

“We do 100 percent custom-built knees for our patients,” Dr. Litke says. “The knees fit exactly, and people are recovering more quickly and experiencing more natural movement.”



### ARE YOU READY?

Methodist Richardson’s hip, knee, and shoulder replacement programs are all certified by The Joint Commission. If you’re ready to consider a new joint, call **214-947-6926** today.

The day after surgery, the team at Methodist Richardson was already helping Nancy walk.

“The more quickly patients get moving, the fewer complications and less pain they experience and the faster they get out of the hospital,” Dr. Litke says.

Nancy went home two days after her procedure, and within weeks, her Great Pyrenees mix, Belvedere, was enjoying his nightly walks again — and Nancy was enjoying being 40 pounds lighter from the exercise.

“Life is pretty awesome,” she says.

## No time like the present

Dr. Litke encourages anyone with persistent knee pain to seek medical care.

“It doesn’t mean you need a joint replacement, but we might be able to delay getting a new joint with other treatments,” she says.

For people whose pain is truly unbearable, both she and Nancy share one piece of advice: Don’t be afraid of a new knee.

“You’ll be able to take control of your life and not let pain be the focus,” Nancy says. “It will change your life for the better.”



## ROBOTS IN THE OPERATING ROOM?

Learn more about the benefits of robotic surgery with the da Vinci® Surgical System at [MethodistHealthSystem.org/DaVinci](http://MethodistHealthSystem.org/DaVinci).

# Da Vinci for the goal!



**In** August 2014, when Madeline Stokes took the field for her junior year on the Centenary College soccer team, she couldn't believe how great she felt.

"We have two-a-day practices, and usually I would have some kind of issue with my stomach that kept me from performing my best that day," the 21-year-old Dallas native says. "But that season, I didn't feel uncomfortable during my practices and games, and I didn't need bathroom and water breaks as often. My coach even noticed the difference."

The difference was the robotic da Vinci® Surgical System.

### Being heard, being helped

Madeline had struggled for years with stomach problems: shooting pains, chronic nausea, heartburn. Other doctors had brushed it off as irritable bowel syndrome, but Madeline knew there was more to the problems. So last summer, when Ramsey Stone, MD, general surgeon on the medical staff at Methodist Richardson Medical Center, diagnosed her with an inflamed gallbladder, Madeline was relieved to finally have an answer.

"Dr. Stone actually listened to what I was saying and trusted me as a patient," she says.

The surgeon scheduled a Single-Site® gallbladder removal with the da Vinci robot just a couple weeks later.

### Fast healing

The main benefit of Single-Site is that it requires only one incision, usually through or near the patient's belly button.

"The cosmetic result is minimal scarring, because there is one incision instead of four," says Dr. Stone, who has eight years' experience working with da Vinci. "We also see that most people experience less pain and return to work and activity faster."

That was the goal for Madeline, who had a nursing internship and part-time job that summer, not to mention a 2014 soccer season to get ready for.

"The recovery time was amazing," she says. "I only needed mild pain medication for a couple of days and was back to my workouts in a month. With an open procedure, it would have taken even longer to get back to my training. And it's remarkable how little scarring I have. You can't even see it."

As she gets ready for her senior year and the 2015 season, she can trust that stomach pain won't be holding her back.

# We've had a **busy** year

**When** Methodist Richardson Medical Center opened its new flagship facility in northern Richardson last April, we had high hopes of living our mission to save and improve lives with compassionate, quality care — better than ever.

A year since its doors opened, the hospital has more to celebrate than just an anniversary. The past year has seen a series of successes and service growth, all benefiting Richardson and its surrounding communities.

# 25

more beds on the way

Methodist Richardson will be finishing out more space on its second floor to accommodate the hospital's patient population.



# 92

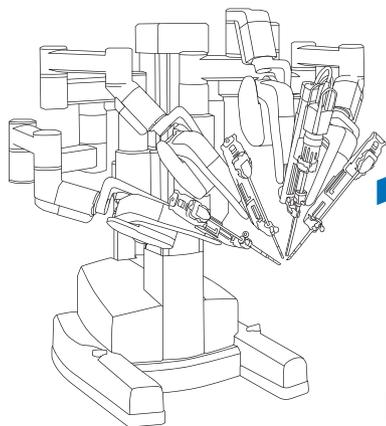
new physicians  
on the medical staff

# Doubled

in volume:  
intensive care  
universal care

Average babies born per month rose from

# 50 to 150



# 1,000<sup>th</sup>

robotic surgery performed

# 1 new CT scanner

to accommodate  
growth in the  
emergency department



## WE'RE JUST GETTING STARTED

To stay on top of the exciting things happening at Methodist Richardson, like us on Facebook and follow us on Twitter. Learn more at [MethodistHealthSystem.org/SocialMedia](http://MethodistHealthSystem.org/SocialMedia).



**Free** Wi-Fi and charging ports help families maintain work-life balance while visiting loved ones.

# 40%

more inpatient surgeries

# 22%

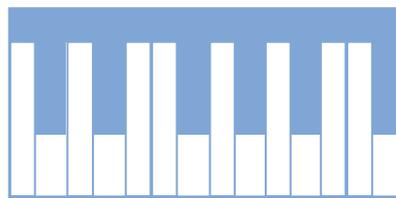
more outpatient surgeries

# 3 NICU

times busier than a year ago

# 300

new jobs created



Peaceful, frequently visited chapel with  
1 new piano donated and  
1 new stained glass window

## National and local recognition

Comprehensive Joint Center certified by The Joint Commission for hip, knee, and shoulder replacement

One of only 11 facilities in Dallas-Fort Worth to receive Cycle IV Chest Pain Center accreditation from the Society of Chest Pain Centers

2014 Area Business of the Year Award from Sachse Chamber of Commerce

Hospital Safety Score of "A" from The Leapfrog Group®



# A true gem

After a lung cancer diagnosis, John Martin found hope at Methodist Richardson Cancer Center

**In** 1966, John Martin graduated from high school and went straight to work in the jewelry business.

“I planned to work a bit before attending college,” he says. “But I loved



**CANCER DOESN'T HAVE TO HAVE THE LAST WORD**

Learn more about the Methodist Richardson Cancer Center at [MethodistHealthSystem.org/RichardsonCancer](http://MethodistHealthSystem.org/RichardsonCancer) or by calling 469-204-6100.

“From the day of my diagnosis to my first meeting with Dr. Bibawi, my outlook changed dramatically.” — John Martin

the jewelry business, had a lot of fun, and never considered school again.”

He went from being a factory worker to opening his own manufacturing business in 1982. In the last 48 years, he has mastered almost every facet of the jewelry industry.

He also acquired the fear that lung cancer might be part of his future.

“I was a smoker for many years and quit about 10 years ago after a heart attack,” John says. “But for anybody who’s been in my industry, especially as long as I’ve been in it, there are other damaging factors, such as being around a lot of asbestos and

chemicals that are not healthy. And 30 years ago, they weren’t as controlled as they are today.”

So when John was diagnosed with a stage III lung tumor in spring 2014, he wasn’t surprised. His fear had become a reality, and John reached what he calls the lowest point of his life.

### From low to high

Both John’s primary care physician and pulmonologist referred him to Sam Bibawi, MD, medical oncologist at Methodist Richardson Cancer Center.

— Continued on page 12

## LUNG CANCER SCREENING

# It could save your life

**You** know that mammograms can catch breast cancer and colonoscopies can catch colorectal cancer. But did you know that there is now a screening for lung cancer?

Methodist Richardson Medical Center now offers low-dose computed tomography (CT) scans to detect lung cancer at its earliest stages, when it’s easier and more cost-effective to treat.

### The benefits of screening

“Lung cancer is the leading cause of death related to cancer in the United States,” says Anthony Boyer, MD, pulmonologist on the medical staff at Methodist Richardson Medical Center. In fact, the American Lung Association reports a death rate hovering around 50 percent, depending on race and gender.

Fortunately, the results of a study published in 2011 in *The New England Journal of Medicine* give us hope. The National Lung Screening Trial compared the effectiveness of chest X-rays and low-dose chest CT scans in detecting lung cancer at an early stage, when it was most treatable.

“Those screened using a low-dose chest CT scan resulted in a 20 percent reduction in death from lung cancer,” Dr. Boyer says. “Now the screening

is endorsed by the American College of Chest Physicians and the U.S. Preventive Services Task Force. Plus, just this February, the U.S. Centers for Medicare & Medicaid Services decided to cover annual lung screening in the appropriate patient population.”

### Who can be screened

To be eligible for the low-dose CT lung screening, you must be between ages 55 and 77 and have one of the following smoking histories:

- ▶ Current smoker with a 30-pack-year smoking history (smoked one pack a day for 30 years or two packs a day for 15 years)
- ▶ Former smoker (quit less than 15 years ago) and have a 30-pack-year history.

While most insurance companies do not cover the screening, Methodist Richardson is happy to offer it at a reduced cost of only \$249 — a cost that Dr. Boyer says is worth it.

“I would encourage anyone who has smoked for a long period of time to consider getting screened,” Dr. Boyer says. “Talk to your primary care provider or pulmonologist before having the scan so you can discuss the risks and benefits. This screening could save your life.”



### SCHEDULE YOUR SCREENING

To learn more about low-cost, low-dose lung screenings, call 469-204-6100 or visit [MethodistHealthSystem.org/Lung-Cancer-Screening](http://MethodistHealthSystem.org/Lung-Cancer-Screening). To schedule a screening, call 469-204-2140.



### ARE YOU CARING FOR SOMEONE WHO HAS CANCER?

Join us once a month for our Cancer Caregiver Support Group. Learn more on page 2.

# A true gem

— Continued from page 11

“From the day of my diagnosis to my first meeting with Dr. Bibawi, my outlook changed dramatically,” John says. “I went from a very real low to a very real high — if you can feel high about having this disease. Dr. Bibawi was so confident. I left that meeting much more upbeat than when I went in.”

Dr. Bibawi first credits his positive outlook to the Cancer Center’s multidisciplinary approach. Professionals from multiple areas of medicine collaborate to form the best treatment plan. In John’s case, that included six rounds of chemotherapy, starting only a few days after his first appointment, followed by 35 treatments of radiation.

Dr. Bibawi also credits the advances in technology.

“Targeted therapy has changed the scene of lung cancer therapy,” he says. “For example, highly guided radiation therapy helps us concentrate the radiation therapy on the tumor, which minimizes complications and prevents damage to surrounding healthy tissue.”

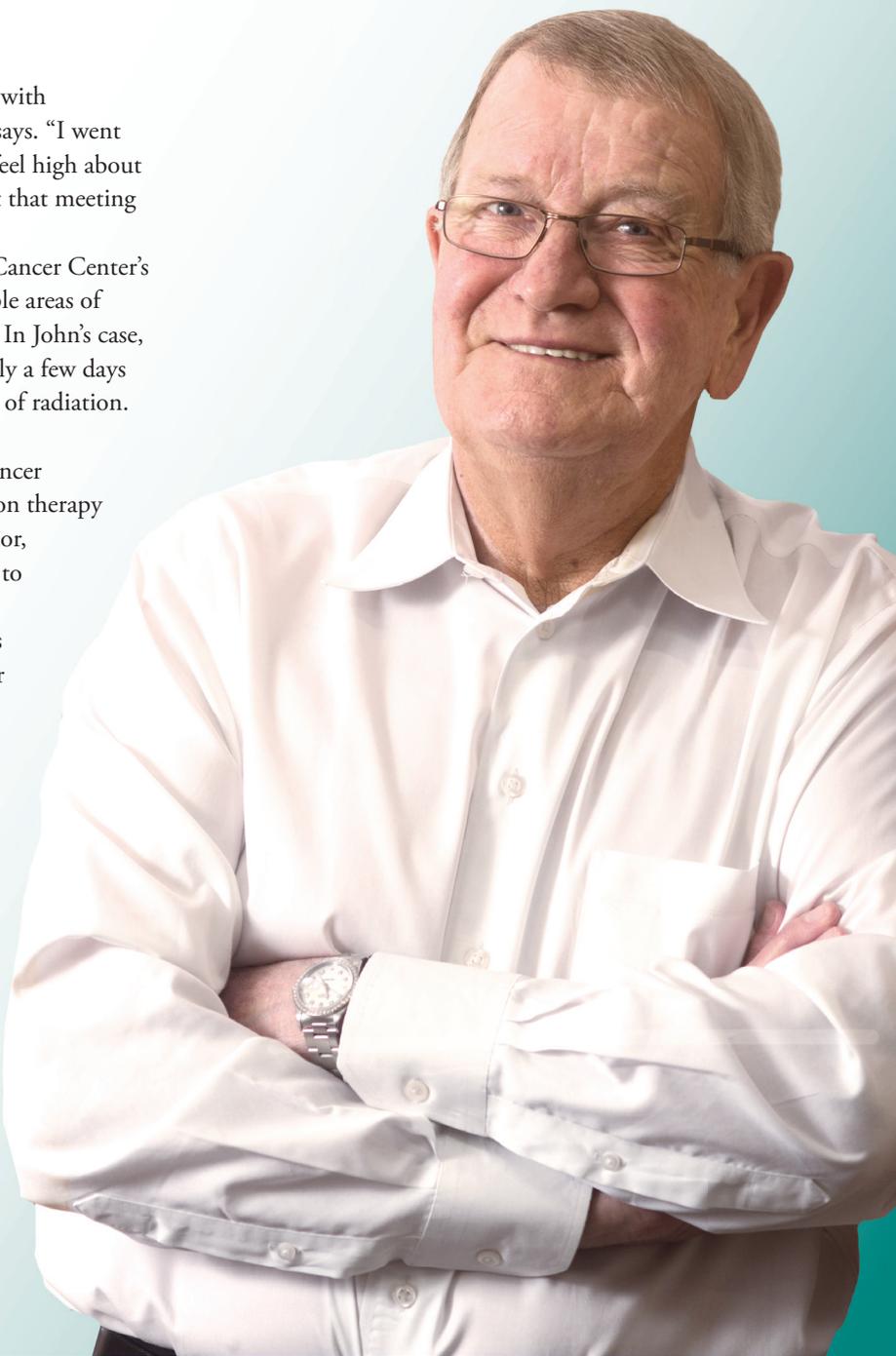
John benefited from this advanced treatment and is now free of cancer activity. Dr. Bibawi and the Cancer Center team continue to monitor him closely.

## A treasure found at Methodist Richardson

John says he now feels the best he has in years. Looking back on his cancer journey, he gives God the credit for bringing an amazing support system into his life for his cancer journey. That includes his family, friends, neighbors, church family, and, of course, Methodist Richardson Cancer Center.

“From day one, the staff was and continues to be just first-class,” John says. “There’s a warmth — the feeling that they care for me, John Martin, and not a patient. Everyone over there, I absolutely love ’em.

“I would never go anywhere else, if I had a choice, than Methodist Richardson.”



John Martin gives God the credit for bringing an amazing support system into his life for his cancer journey.



## HERE FOR YOU

To learn more about the new services coming to Methodist Richardson, visit [MethodistHealthSystem.org/Richardson](http://MethodistHealthSystem.org/Richardson).



# New services have arrived

**Expanding** its range of services to the community, this spring the Methodist Richardson Medical Center – Campus for Continuing Care began offering expanded behavioral health services and became the new home to our Sleep Disorders Center.

## Sleep Disorders Center

The new home for our accredited Sleep Disorders Center is designed to make patient sleep studies more effective than ever.

“The rooms are large and beautiful, with brand-new equipment that can be relocated and adjusted as needed for different sleep tests and patient comfort,” says Suzanne Grayson, director of neurodiagnostic services.

The new technology includes a pan-zoom-tilt camera that allows sleep technicians to get better video and physicians to more easily diagnose sleep disorders that involve movement. We also now offer continuous blood pressure

monitoring, which helps patients better understand how sleep affects their overall health.

“People don’t always understand how important sleep is, but they do understand that high blood pressure is bad,” Grayson says. “When they see that adjustments to their sleep actually help lower their blood pressure, they’re more likely to stick with their treatment plans.”

Methodist Richardson is one of the only sleep centers in the area accredited by the American Association of Sleep Medicine and now offers accredited home sleep services, as well.

## Older adult behavioral health services

This July, Methodist Richardson will open a new 22-bed inpatient unit dedicated to helping older adults with psychiatric disorders, such as depression, bipolar disorder, chemical dependency, and dementia. It will also expand outpatient services to better serve these patients.

The unit has a warm, homelike atmosphere, and with a full-service emergency department just down the hall, patients are safer and have support they wouldn’t receive at a freestanding facility.

The staff includes board-certified psychiatrists, all with experience caring for the geriatric population; medical psychiatric registered nurses, some certified in dementia treatment; and licensed chemical dependency counselors and social workers, among others.

“We know that these patients are somebody’s mother or father, grandmother or grandfather, sister, brother, cousin, and we treat each patient as an individual,” says Kim Branum, BSN, BA, RN, CDP, director of behavioral health and addiction recovery at Methodist Richardson. “If I can say this program is good enough for my family, then that’s saying a lot, and I would definitely send my family here. We have a team of people who truly care about what happens to these patients and about their successes.”



# Breast imaging goes 3-D

**The** fight against breast cancer has a new ally: 3-D tomosynthesis.

This advanced imaging technology, now available at Methodist Richardson Medical Center, offers radiologists a 3-D view of the breast, as opposed to the 2-D images seen by traditional digital mammography.

“Studies have shown that there is a 30 to 35 percent increase in the early detection of breast cancers, especially in patients with dense breasts,” says Thomas Johnson, MD, breast radiologist and medical director of women’s imaging services at Methodist Richardson.

In fact, women with dense breasts, almost half of the female population, are those who’ll benefit most from the tomosynthesis, Dr. Johnson says, because the technology allows the radiologist to see through their dense breast tissue.

While a 3-D tomosynthesis screening operates and feels like a normal mammogram, the good news is that women — again, especially those with dense breasts — will need fewer of them.

“Women are occasionally called back so we can do additional mammography views from other angles,” Dr. Johnson says. “But with tomosynthesis, we’ll be able to capture all those views on the first try.”

## LET’S HEAR IT FOR THE ‘GIRLS’

Schedule your 3-D tomosynthesis screening at Methodist Richardson today by calling 469-204-2140.



## We’re growing again!

Methodist Richardson expands new hospital less than a year after opening

**Less** than one year after opening Methodist Richardson Medical Center’s new facility at President George Bush Highway and Renner Road, the Methodist Health System board of directors approved an \$8 million expansion to increase the number of patient beds at the hospital by 20 percent.

“This expansion is our immediate response to the overwhelming use of our new hospital by our community and physicians,” says Ken Hutchenrider Jr., FACHE, president, Methodist Richardson. “Since it opened, we have been full, and patient admissions have increased by 56 percent.

“Our medically advanced facility was designed with the patient in mind — and it is evident, from continuous growth and consistently high patient satisfaction scores, that we are meeting and surpassing our community’s medical needs.”

Construction begins immediately to finish out an existing medical unit shell on the hospital’s second floor. The expansion will add 25 patient rooms for general medical and surgical care by the end of the year.



### WE’RE GROWING WITH YOU

To learn more about the advancements and programs available at Methodist Richardson, visit [MethodistHealthSystem.org/Richardson](http://MethodistHealthSystem.org/Richardson).





RICHARDSON MEDICAL CENTER

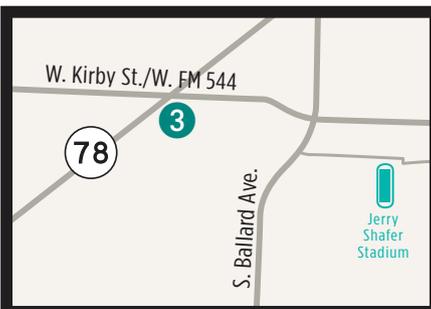
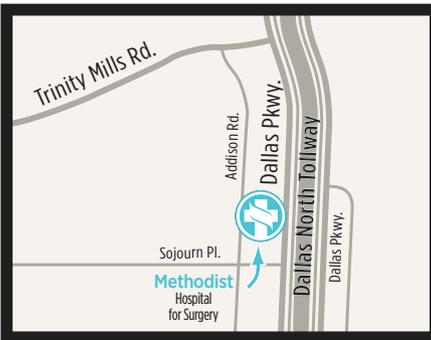
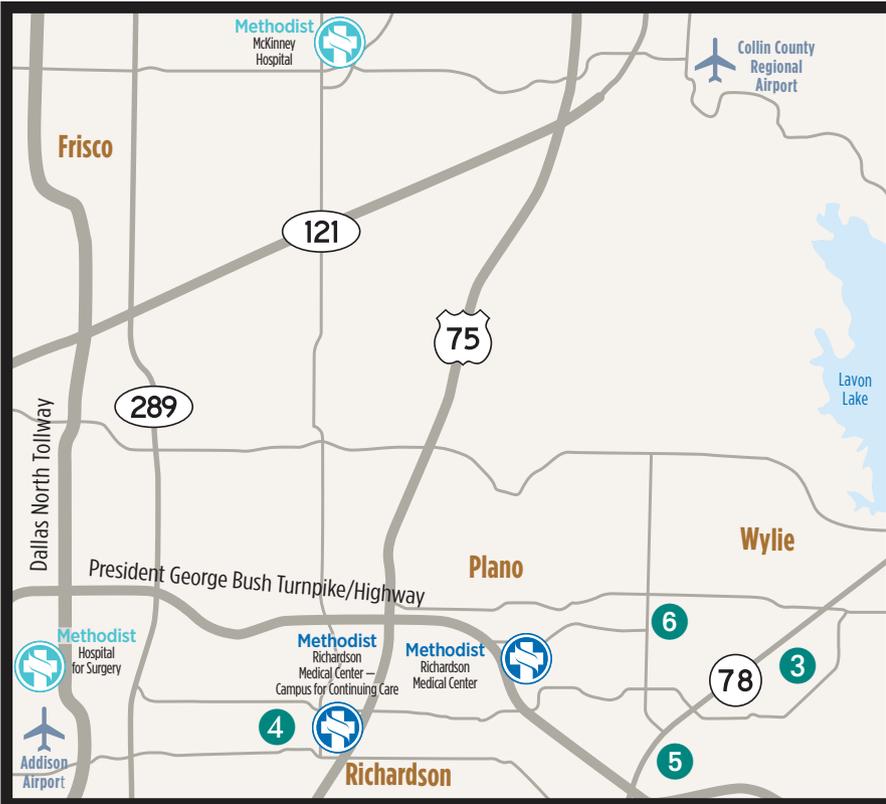
We're in your neighborhood

Medical Centers

- Methodist Richardson Medical Center**  
2821 E. President George Bush Highway (at Renner Road)  
Richardson, TX 75082  
469-204-1000
- Methodist McKinney Hospital**  
8000 W. Eldorado Parkway  
McKinney, TX 75070  
972-569-2700
- 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

- 1 Richardson Family Medical Group**  
399 W. Campbell Road, Suite 101  
Richardson, TX 75080  
972-238-1848
- 2 Richardson Medical Group**  
2821 E. President George Bush Highway, Suite 103  
Richardson, TX 75082  
972-792-7300
- 3 First Aid Family Care**  
613 S. Highway 78, Suite 200  
Wylie, TX 75098  
972-941-8700
- 4 Richardson Health Center**  
820 W. Arapaho Road, Suite 200  
Richardson, TX 75080  
972-498-4500
- 5 Firewheel**  
4430 Lavon Drive, Suite 350  
Garland, TX 75040  
972-530-8590
- 6 Murphy – coming soon!**  
170 East FM 544, Suite 112  
Murphy, TX 75094





2831 E. President George  
Bush Highway  
Richardson, TX 75082

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## Success by the numbers

Methodist Richardson Medical Center  
celebrates its first year in our new facility.  
See page 8.

R

# Answers<sup>2</sup>

Methodist Richardson and  
Mayo Clinic – two respected  
names, one purpose.

Today, doctors here at Methodist Richardson are collaborating  
with physicians at Mayo Clinic, working together to find  
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