

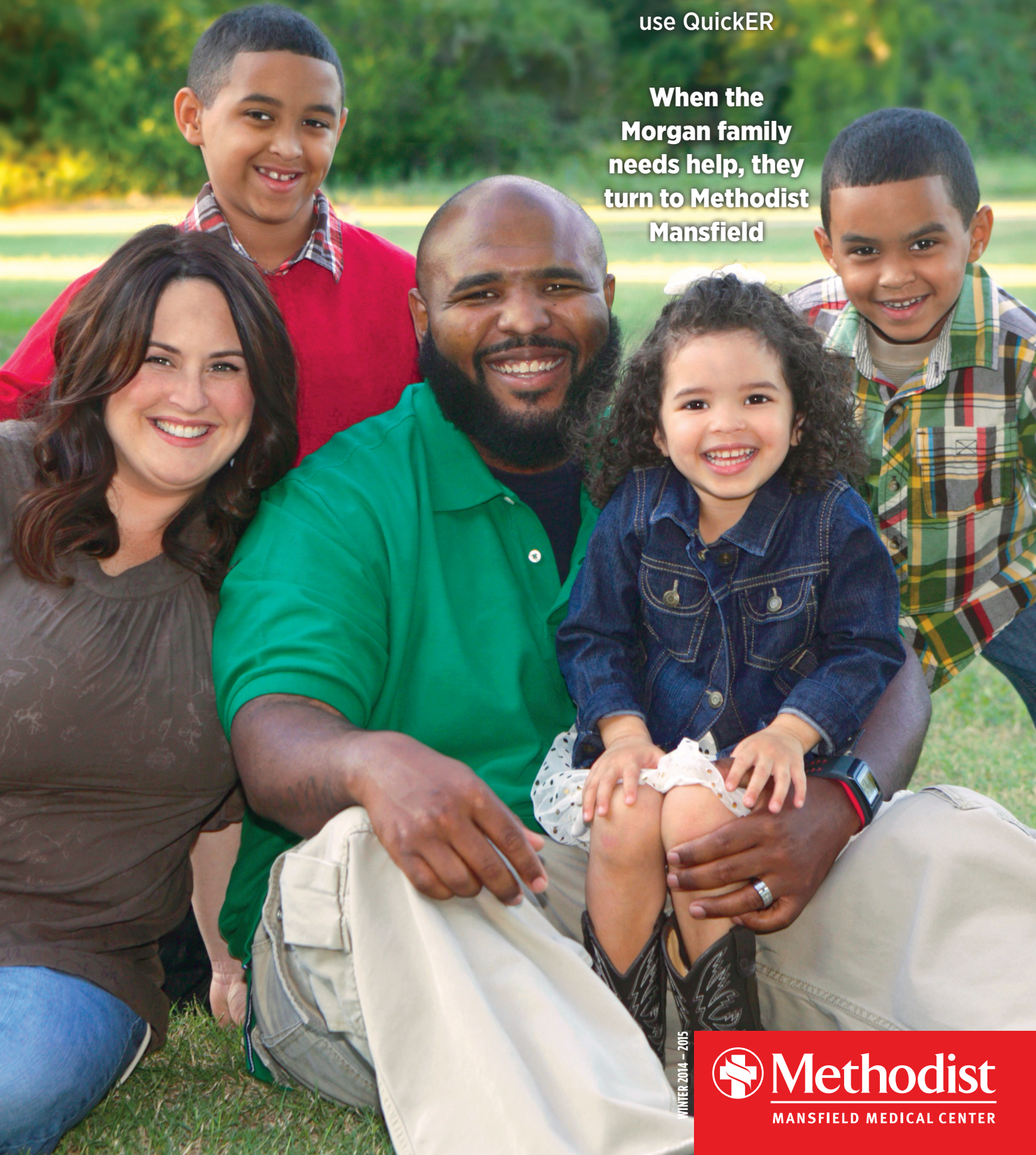
shine

Your healthy-living magazine

Festive-food
tips for people
with diabetes

Don't wait
around —
use Quicker

**When the
Morgan family
needs help, they
turn to Methodist
Mansfield**



WINTER 2014 - 2015



Methodist

MANSFIELD MEDICAL CENTER

Answers²

Methodist Health has joined forces with Mayo Clinic.

Today at Methodist Health System, our patients are experiencing the power of two renowned health care systems—and discovering how we can provide answers to the toughest health questions. As the first member of the Mayo Clinic Care Network in Texas, Methodist and its physicians are collaborating with the physicians of Mayo Clinic, ensuring world-class diagnostics and treatment. Learn how we're working together at MethodistHealthSystem.org/Mayo.



Two respected names, one purpose. You.SM



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ONLINE AND INSIDE

Winter
2014 – 2015

 **WEB**

What's the buzz about Mayo Clinic? Methodist Health System is the first hospital in Texas to be a member of the Mayo Clinic Care Network. What does this mean for you? At MethodistHealthSystem.org/Mayo, you can check out frequently asked questions, the official launch video, and a *Good Morning Texas* interview with Stephen L. Mansfield, PhD, FACHE, Methodist president and CEO, and David Hayes, MD, medical director, Mayo Clinic Care Network. Turn to page 14 for more information, as well!



December is Safe Toys and Gifts Month. There's nothing like seeing a child's face light up when you give him or her a gift — whether it be for a holiday, a birthday, or even just because. But you want to make sure you're giving the right gifts — ones that are safe and age-appropriate. At MethodistHealthSystem.org/HealthLibrary, a search for "toys" will offer lots of guidelines and tips for buying, giving, and even storing toys safely.

 **BLOGS**

Is your parenting style under fire? Family members, friends, even complete strangers seem to have their opinions on how you should parent your children. This December, our *Art of Balance* blog, dedicated to working moms, comes to your defense, providing strategies for how to respond to others' judgment. Point your browser to ArtOfBalance.MethodistHealthSystem.org.

Cook up something new in 2015! If healthy eating is on your list of New Year's resolutions, check out the healthy recipes at Health.MethodistHealthSystem.org. Here you'll find heart-healthy breakfasts, delicious soups, and a twist on tailgating from *Top Chef's* Tre Wilcox.



On the cover

The Morgan family has a lot of love, a lot of laughs — and their share of health issues. They count on Methodist Mansfield Medical Center.

Read their story on page 12.

 **SHINE MAGAZINE**

TO YOUR HEALTH

4 Dining well with diabetes

You can still enjoy holiday gatherings while keeping your blood sugar in check.

SPOTLIGHT

6 Help for hernias

When Dick Keigley was ready to put an end to his pain, Methodist Mansfield was ready to help.

FEATURES

8 Ditch the waiting room

With QuickER.org, Carlotta Davis got the quick care she needed without the wait she dreaded.

10 Keeping the beat

Barbara Hanson's new MRI-safe pacemaker will keep her heart steady for years to come.



Eggnog and stuffing and oh, no!

Handling holiday meals when you have diabetes

If you have diabetes, the holidays can be a tough time to stick to your meal plan. Tough — but not impossible.

“You can always enjoy the occasional treat; you just have to make sure you don’t make every day a special occasion,” says John Willis, DO, MMM, FACOI, internal medicine physician at Methodist Mansfield Medical Center. “Save your cheat days for gatherings with family and friends. If you know you’ll be tempted by the sweets, limit your carbohydrates for rest of the day.”

Heading home for the holidays?

Pack a pen and paper

The holidays have a way of bringing relatives together.

With such a captive audience, it makes this a good time to learn about which health problems run in your family. Doing so can help protect your own health.

For example, if a close relative has a condition such as heart disease, high blood pressure, or diabetes or has had colorectal polyps or women’s health issues, you may be at risk, too.

So bring a pen and notebook to this year’s gathering. Ask your relatives — particularly your parents, siblings, children, and grandparents — which health conditions they have and how old they were when they developed them.

Knowing your family health history can help you and your doctor take steps to reduce your risk.



TAKE NOTE

A great place to find a primary care provider is MethodistHealthSystem.org/FindAPhysician or by calling 877-637-4297.

cookies —

You'll still want to monitor your sugars closely, as everyone responds differently to extra carbs, and stick to your exercise plan. Perhaps most important, let food take a backseat to what the holidays are really about: friends and family.



HERE TO HELP

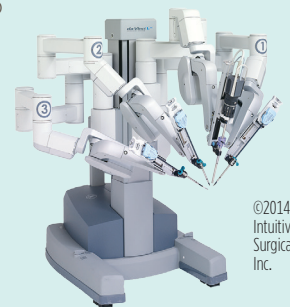
For some extra support and health tips, check out the Mansfield Diabetes Education Group at Methodist Mansfield. Visit MethodistHealthSystem.org/DiabetesSupport for more details.



Surgery then and now

The average American will undergo seven operations during a lifetime. But surgery has come a long way over the centuries. Here's a look at the history of innovation that brought surgery to its current, highly efficient state:

- **1730s** European surgeons claim their own profession, leaving behind their status as “barber-surgeons.”
- **1842** The first patient is anesthetized when a dentist in New York uses ether for a tooth extraction.
- **1865** With a successful procedure on a boy with a compound leg fracture, Joseph Lister shows that using antiseptic can prevent infection.
- **1902** The first successful surgery in the U.S. on a beating heart is performed to repair a knife wound. The 13-year-old patient survives.
- **1930s - 1940s** Antibiotics such as sulfa drugs and penicillin make surgeries safer.
- **1952** The first artificial heart valve is implanted.
- **1954**
 - ▶ The first bariatric surgery is performed.
 - ▶ The first hip replacement surgery is performed. Today, 327,000 total hip replacements are done each year.
 - ▶ The first successful organ transplant, a kidney, takes place. The success rate for transplant surgeries will be low until the 1980s.
- **1967** The first heart transplant is performed (in South Africa). The 53-year-old patient lives for 18 days.
- **1985**
 - ▶ Minimally invasive surgery advances with the first gallbladder removal.
 - ▶ The first robot-assisted surgery is performed. Today, more than 200,000 robotic procedures are performed each year.
- **1990s - 2000s**
 - ▶ Many more procedures are done with minimally invasive and robot-assisted techniques. New technologies turn some previously difficult surgeries into outpatient procedures.
 - ▶ In 1992, Methodist Health System performs the first combined heart-kidney-pancreas transplant.
- **TODAY** At least 50 million surgeries are done each year in the U.S., including more than 2,500 different procedures.

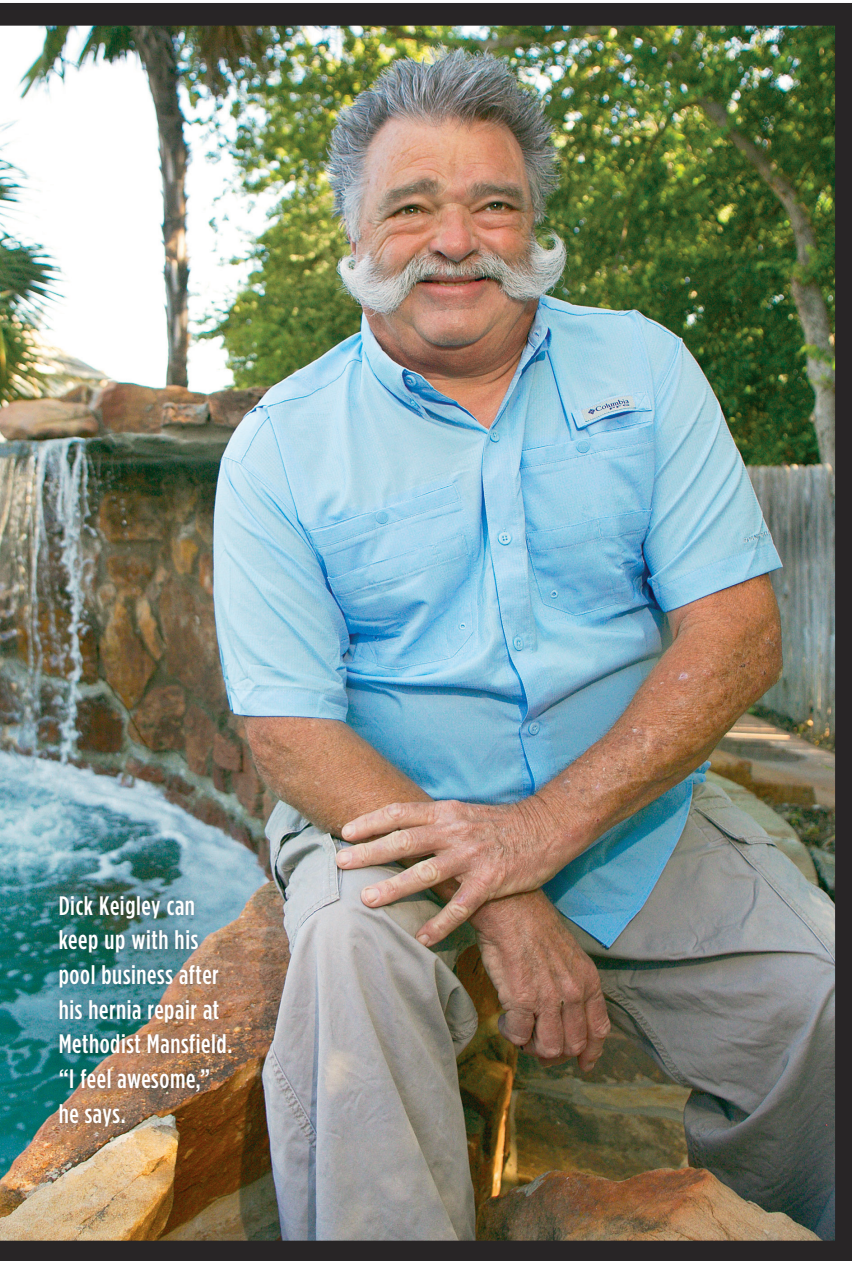


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The da Vinci® Surgical System robot



Closing the gap



Dick Keigley can keep up with his pool business after his hernia repair at Methodist Mansfield. "I feel awesome," he says.

Hard work. Heavy lifting. Long hours.

Dick Keigley knows them all too well. He spent more than two decades running Italian restaurants throughout the country. After that came a full-time pool construction and maintenance business.

Then about two years ago, pain in his left groin started slowing him down.

"At first it was just a little twinge," the Kennedale resident says. "I thought it would subside, but I was wrong.

"The pain hindered my work. In the end, it was so excruciating I could hardly walk."

An MRI found an inguinal hernia, which is a gap in the muscle near the groin. In Dick's case, part of the bowel protruded through the gap near the testicle.

Dick turned to general surgeon Gary Alexander, MD, FACS, at Methodist Mansfield Medical Center, who had treated him in the past.

"He's such a good guy, and his technique is awesome," Dick says. "He'll give you all the time you need and explains things very thoroughly and to the point."

A common concern

Dr. Alexander says inguinal hernias are common in both men and women, because the groin is a naturally weak space in the human anatomy.

"We usually recommend surgery, because once you have a hernia, it doesn't go away," Dr. Alexander says. "If your job requires heavy lifting, as Mr. Keigley's does, the hernia will just get bigger, leading to more complications."

Dr. Alexander performed a classic hernia repair, which required only one 4-centimeter incision near Dick's waistline. During the outpatient procedure, the surgeon places mesh over the gap in the muscle, and over the next couple months, scar tissue forms to keep the gap closed.

Life without pain

Dick was only in the hospital a few hours, and as the weeks passed, his pain disappeared.

"I feel awesome," he says. "It used to be that every day I'd dread getting up, even walking down the hallway. And now I get up and get ready and go to work and do my thing, and I'm pain-free. I'm happy with the surgery and especially with the outcome."



READY FOR RELIEF

If you live with hernia pain, the surgeons on the Methodist Mansfield medical staff can help. Find one today at MethodistHealthSystem.org/GeneralSurgery.

Q & A

Questions & Answers
with Melinda Velez, DO



Are there questions you'd like to ask your OB-GYN but you're too embarrassed? Here Melinda Velez, DO, OB-GYN at Methodist Mansfield Medical Center, steps up to offer a few of the answers you wanted.

Q I've always had a tough time wearing tampons. Most of the time they don't feel comfortable. Is that normal?

A For women who have never been sexually active, tampons may not initially be comfortable. However, it may be a matter of finding the right tampon. There are slim tampons and tampons with plastic applicators. These are generally much more comfortable than a standard-size tampon with a cardboard applicator.

In some cases, women may never be completely comfortable using a tampon for cultural reasons or because they just don't like the idea of something in the vagina.

However, if the problem is not being able to insert a tampon at all because of a perceived obstruction, then you should see a gynecologist for a physical evaluation to determine if there is something causing difficulty with insertion.

Q Is it normal for me to leak urine, even if I'm not my mom's age?

A It is not normal, but it is also not uncommon in younger women, especially if you have had children. Being pregnant causes changes in the tissue, muscles, and nerves and can contribute to stress incontinence — urine leakage that occurs when you cough, laugh, sneeze, lift something, or exercise.

If you've had a baby recently, stress incontinence will most likely improve with time. But no matter your age or situation, if incontinence is affecting your day-to-day activities or self-esteem or causing skin irritation or infections, talk to your doctor. There are helpful treatments, like pelvic floor rehabilitation offered through Methodist Mansfield Medical Center's physical therapy department (MethodistHealthSystem.org/MansfieldPhysicalMedicine).

Q Should I douche?

A Douching is generally not recommended and actually increases the risk for developing bacterial vaginosis (BV), the most common cause of vaginal discharge in women of childbearing age. In the vagina, "good" bacteria balance out the "bad" bacteria. But douching can wipe out the "good" bacteria, throwing off the good-bad ratio and resulting in infection.



NO NEED TO BLUSH

Methodist Mansfield's medical staff boasts dozens of providers to answer your questions and make sure you get the care you need. Find one today at MethodistHealthSystem.org/FindAPhysician, or call 877-637-4297.

No time wasted



QuickER.org helps speed up emergency care

Back in June, Carlotta Davis was taking antibiotics for a sore throat that would not go away.

“I felt like I was swallowing glass,” she says.

So Carlotta did what 35 percent of Americans do: She looked up her symptoms on Google.

“The more I Googled, the more I panicked,” she says. “I wanted a second opinion.”

As she had just moved to the Arlington area, she sought her colleague’s recommendations.

“She told me she always goes to Methodist Mansfield,” Carlotta says. “I asked, ‘Are they good? Are they quick?’ She said, ‘Yes, I only go to them.’”

So she Googled again — this time for Methodist Mansfield Medical Center. There she found a link to QuickER.org.

Out the door in no time

At QuickER.org, patients can schedule emergency department (ED) appointments at a time that is convenient for them. Until then, they can wait in the comfort of their own homes.

“Our patients have been extremely satisfied with QuickER.org,” says Ketan Trivedi, MD, FACEP, ED medical director. “If they’re not

experiencing a true emergency but still need to see a physician, this saves them a lot of time.”

Carlotta can testify to the expedient care.

“When I got to my appointment, it was like boom, boom, boom, boom, done,” she says.

“From the time I signed in to the time they told me I could leave, it was probably an hour and 15 minutes. That’s a record.”

Carlotta says she was also impressed with the physician’s thoroughness.

“My sore throat ended up being a virus, which just had to run its course, but the doctor gave me some tips for other things I could do to help,” she says. “He sat there and answered any questions and made sure I was completely satisfied before I left.”

New health care home

Carlotta still plans to use Google to help her find her way around her new city, but she doesn’t have to look for a hospital anymore.

“I was truly satisfied, and I’ve found a new hospital facility for any type of medical emergencies for me and my family,” she says. “It was a really great experience.”

Additional source: Pew Research Internet Project

“I’ve found a new hospital facility for any type of medical emergencies for me and my family.”

— Carlotta Davis





FIND US ONLINE

Learn more about emergency care at Methodist Mansfield at MethodistHealthSystem.org/MansfieldEmergency.

After using QuickER.org to schedule an emergency department appointment, Carlotta Davis has found her new family hospital: Methodist Mansfield. "It was a really great experience," she says.



FAMILY MATTERS

Taking your parent to the ED

If you ever went to the emergency department (ED) as a kid, chances are mom or dad was by your side, answering doctors' questions and providing comfort.

Now that they're older, you may find yourself doing the same things for your parents — especially in the case of a fall.

Falls are so dangerous because they put older adults at risk not only for broken bones and dislocated joints, but also for brain injuries, says Richard Meyrat, MD, neurosurgeon with the Methodist Brain and Spine Institute.

"As you get older, the brain shrinks, increasing the space between the brain and the skull," Dr. Meyrat says. "Even hitting your head lightly in a fall can cause the brain to slosh around inside the skull. Little veins on the covering of the brain can tear and lead to blood clots."

Dr. Meyrat suggests that anyone over age 65 who falls should come to the ED, especially if there is bruising or breaking of the skin.

Before an emergency ever occurs, however, there are some ways you can be prepared:

Take notes.

Have a ready-to-go written list of your parents' medical histories, including allergies, surgeries, and medications.



Have the talk.



Though it can be difficult, it's wise to discuss a living will with your parents. In case they become unable to communicate, it can help ensure that their wishes regarding medical care are carried out.

Be observant.



This way you can let the physician know about your parent's behavior, such as memory loss or trouble walking, in recent months. "Family members offer another side of the story and help the physician make the correct diagnosis and best treatment recommendations," Dr. Meyrat says.

Source: American College of Emergency Physicians



READY TO TREAT STROKES, TOO

As an Advanced Primary Stroke Center, Methodist Mansfield is capable of treating patients experiencing a stroke. Learn how to recognize stroke symptoms in someone you love at MethodistHealthSystem.org/FAST.

Keeping up with

Barbara Hanson received the first MRI-safe pacemaker in North Texas. The pacemaker will keep her heart steady and won't interfere with any future MRI scans she might need.



your heart

Methodist Mansfield is the first hospital in North Texas to offer an MRI-safe pacemaker

Barbara Hanson has been teaching visually impaired students for 22 years, helping to address their special needs while inspiring their natural curiosity and joy of learning. At age 74, she's as engaged as she was on her first day of teaching.

But recently, fatigue and vertigo nagged her.

"When I got up in the morning, I felt dizzy and had trouble keeping my balance and catching my breath," Barbara says. "It was a struggle just to get out of bed. I was tired all the time.

"After a few months, I realized that this wasn't going away and that it was preventing me from doing the things that I love."

A friend recommended that Barbara see Alan Taylor, MD, cardiologist on the medical staff at Methodist Mansfield Medical Center.

Moving to a steady beat

After conducting a number of tests, Dr. Taylor diagnosed Barbara with a low resting heartbeat. A pacemaker would help to keep her heartbeat steady — and, in turn, help keep her steady on her feet.

Darien Bradford, MD, implanted the pacemaker on May 15, and Barbara was home within 24 hours.

"I can keep up with my grandchildren now, and I'm not worried about falling down," she says. "I'm not going to miss a beat. And I won't be called 'weeble-wobble grandma' anymore."

Going strong for years to come

Also good news for Barbara is that she won't have to worry about the pacemaker interfering with future medical care. Methodist Mansfield was the first hospital in North Texas to implant the new Entovis ProMRI® System, and Barbara was the lucky recipient. This pacemaker is proven safe for patients receiving magnetic resonance imaging (MRI).

"Many cardiology patients are at a higher risk for other vascular diseases, and they may need an MRI scan during their lifetime," Dr. Taylor says. "For patients with pacemakers, this is problematic



Now that her new pacemaker has stabilized her heartbeat, Barbara Hanson can enjoy her work teaching visually impaired students again.

because the MRI equipment can damage traditional pacemakers. With this advanced pacemaker device, MRI is possible. It is a significant breakthrough."

MRI scans serve as a primary diagnostic tool for many patients who have chronic atrial fibrillation or moderate to severe injuries, like hip fractures and head traumas. They are also used for patients who have had a stroke, lost consciousness, or fallen.

Since receiving her MRI-safe pacemaker, Barbara is once again on the go, enjoying long walks, water aerobics, and the quilting she missed so much.

"I'm back traveling from school to school teaching Braille, and I've visited my son and daughter-in-law in England," Barbara says. "Nothing is stopping me now."



DID YOU KNOW?

As an accredited Cycle IV Chest Pain Center, Methodist Mansfield is prepared to care for hearts in trouble, including yours. Find a board-certified cardiologist on our medical staff at MethodistHealthSystem.org/FindAPhysician or by calling 877-637-4297.



Meet

This growing family knows they can trust Methodist Mansfield

When Shannon Walters handed her number to Tyrone Morgan back in April 2004, she was expecting the Office Max employee to call with information about phone lines, which he did.

“But he called again the next night, and we talked for 3½ hours on the phone,” Shannon says. More than 10 years later, the couple is married with three beautiful children — Trey, 7; Jordan, 5; and Tatum, 3 — and a fourth on the way.

As with most families, the Morgans have seen their share of health issues, but Methodist Mansfield Medical Center has been there to help.

“I think of it as our family hospital,” Shannon says.

Here for new babies

The Morgans’ first experience with Methodist Mansfield was for Jordan’s birth.

“There was this one nurse — I can’t even tell you how wonderful she was,” Shannon says. “She just made me feel so comfortable.”

Two years later, Shannon and Tyrone welcomed Tatum, and they’re already looking forward to their experience with baby No. 4 in April.

“My friends try to get out of hospitals as fast as possible, but with Methodist Mansfield, I’m like, ‘How many days can I stay?’” Shannon says. “It’s the greatest vacation ever.”

Tyrone and Shannon Morgan and their kids, Trey, 7; Jordan, 5; and Tatum, 3, have all experienced great care at Methodist Mansfield. They’re sure that baby No. 4 (due in April) will, too!

the Morgans

Here for children

Methodist Mansfield's emergency department (ED) has also helped the Morgan children. While Shannon was delivering Tatum, Jordan slammed his little finger in a bathroom door and broke it. Once the ED team had it taped up, Jordan was ready to meet his new little sister.

Tatum had her own health scare in fall 2013. The then-2-year-old had mild allergies to eggs and peanuts. After a family picnic, Shannon found her munching on a leftover peanut butter sandwich.

"I gave her medicine and called the allergist, but I just could not get a peace about it," Shannon says. "I rushed her to the ED, and they took us right in and checked her out. She was fine, but instead of making me feel like I was being dramatic, the staff made me feel like I had a valid concern and reassured me."

Here for parents

Tyrone has also benefited from the Methodist Mansfield ED, starting with a gallbladder attack in 2011.

"I was having small pains here and there, but it kept getting worse and worse," he says. "I have a pretty high pain tolerance, but I was miserable."

The family, including a pregnant Shannon and two sleepy-eyed boys wrapped in blankets, walked into the ED at 1:30 a.m. Methodist Mansfield's team ran tests and eased Tyrone's pain, and the family was headed home in just a few hours.

"Our latest adventure was this past March," Shannon recalls. "Tyrone calls from work and says, 'I'm on the floor and I can't get up.'" His co-workers brought him to Methodist Mansfield, where he was diagnosed with a torn meniscus in his knee that ultimately required surgery. Fully recovered, he now has no trouble keeping up with the kids.

A perfect fit for our family

The Morgans feel that every step of the way, the physicians, nurses, and staff members at Methodist Mansfield have been helpful and supportive.

"We just feel so comfortable there," Shannon says. "It's nice to know our family has a hospital we can trust."



QUICK AND CONVENIENT

Caring for your family is easier than ever with **Quicker.org**. For non-life-threatening emergencies, schedule your ED appointment online and wait in the comfort of your own home until then.



Introducing Healing²

Methodist and Mayo Clinic team up

On Sept. 8, at a private event at the Perot Museum of Nature and Science, Methodist Health System made an announcement that will change health care in Dallas–Fort Worth exponentially: Methodist is now a member of the Mayo Clinic Care Network (MCCN).

What does this mean for you?

Your physicians on the Methodist medical staff can collaborate and consult with Mayo Clinic specialists on any medical condition to help plan the best course of treatment.

We also have access to more than 2,500 pieces of health care literature that Mayo Clinic developed to help educate patients on a wide range of conditions.

“The Mayo Clinic Care Network is about strengthening existing relationships with high-quality, like-minded health care institutions for the benefit of our patients,” said MCCN Medical Director David Hayes, MD, at the Perot event. “Our colleagues at Methodist are well-known for their excellent patient care in the Dallas–Fort Worth area. We are proud to welcome them to the network and look forward to continued collaboration.”



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

Celebrating Methodist’s membership in the Mayo Clinic Care Network are (from left) Alan Blankenship, MD; Compton Broders, MD; and John Phillips, FACHE, president, Methodist Mansfield.



MORE ABOUT MAYO

Watch for our new “The Power of 2” commercials, radio spots, and advertisements throughout the Metroplex! To learn more about our collaboration with Mayo Clinic, visit MethodistHealthSystem.org/Mayo.



MAKING HISTORY

To learn more about our emergency services, visit MethodistHealthSystem.org/MansfieldEmergency.



Methodist Mansfield emergency staff members along with Mansfield Fire Department and CareFlite first responders gather on the hospital’s helipad for a photo in honor of CareFlite’s 35-year partnership with Methodist Health System.

After 35 years, we’re still flying high

In 1979, Methodist Dallas Medical Center co-founded CareFlite, the nation’s first joint-use air medical program.

In the past 35 years, the nonprofit has grown to include nine helicopters, an air ambulance, a ground fleet of 65 vehicles, a training center, and more than 100 medical campuses — including Methodist Mansfield Medical Center — and has driven or flown more than 750,000 patients to emergency medical treatment.

Methodist Mansfield has been a part of the CareFlite system since we opened in 2006. We are proud to still partner with an organization dedicated to bringing citizens of Mansfield and the surrounding communities to the appropriate medical care quickly and safely.





MANSFIELD MEDICAL CENTER

We're in your neighborhood

Medical Centers



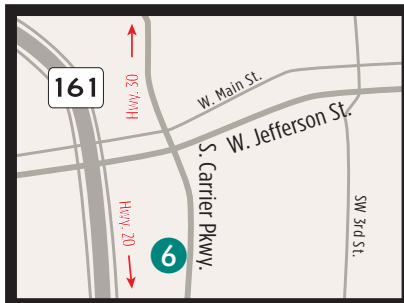
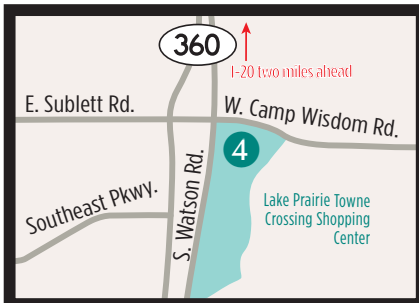
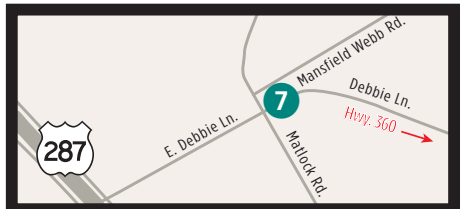
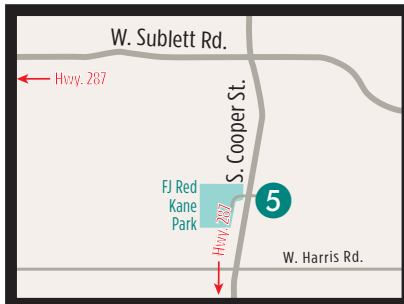
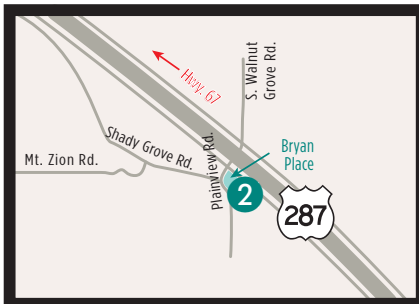
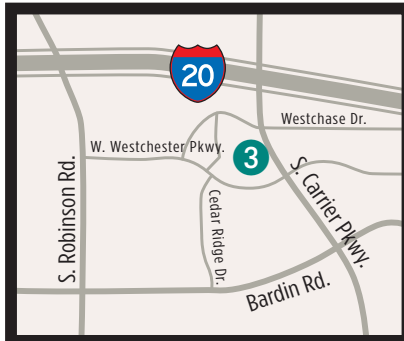
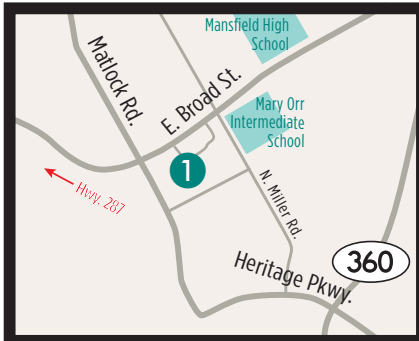
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Dallas, TX 75237
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Too embarrassed to ask? Meet
 an OB-GYN with the answers.
See page 7.

M

Healing²

Methodist Health has joined forces with Mayo Clinic.

Today at Methodist Health System, our patients are experiencing the power of two renowned health care systems – and our ability to take healing to the next level. As the first member of the Mayo Clinic Care Network in Texas, Methodist and its physicians are collaborating with the physicians of Mayo Clinic, ensuring world-class diagnostics and treatment. Learn how we’re working together at MethodistHealthSystem.org/Mayo.



Two respected names, one purpose. You.SM