

# shine

Your healthy-living magazine

Goodbye, gallstones!

Does being  
well-rested seem  
like a dream?

**Diagnosed with  
breast cancer  
at 29, Alicia Lewis  
wouldn't give  
up — and trusted  
her care to  
Methodist Charlton**

WINTER 2014 - 2015



**Methodist**

CHARLTON MEDICAL CENTER

# Answers<sup>2</sup>

## 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](http://MethodistHealthSystem.org/Mayo).



Two respected names, one purpose. You.<sup>SM</sup>



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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](http://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](http://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](http://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](http://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

When Alicia Lewis was diagnosed with breast cancer at 29, it was definitely a shock. But she and her fiancé (now husband) refused to give up, and neither did Methodist Charlton.

**Read her story on page 7.**

 **SHINE MAGAZINE**

## TO YOUR HEALTH

### 5 **Happy, healthy holidays**

Have diabetes? Savor your holidays and enjoy your favorite foods with these simple tips.

## SPOTLIGHT

### 6 **The heart and soul of a hospital**

Wondering what that is? It's the nurses. Here, meet Annie Jones, LVN, one of our finest.

## FEATURES

### 8 **Fact versus myth**

When it comes to high-quality sleep, can you separate what's true from what's false? Some of the facts may surprise you.

### 12 **Courageous heart**

Michael Cole took charge of his health, and after a close call, cardiac rehabilitation at Methodist Charlton helped him regain his confidence.



#### YEAR-ROUND CONTROL

If you have severe, persistent asthma, a new treatment called bronchial thermoplasty might offer you long-term relief. Learn more at [MethodistHealthSystem.org/BronchialThermoplasty](http://MethodistHealthSystem.org/BronchialThermoplasty).

## Can your asthma take on flu season?

Cold and flu season poses risks to everyone. But for people with asthma, it's particularly dangerous.

Try this action plan from pulmonologist Stephen Mueller, MD, medical director of respiratory therapy at Methodist Charlton Medical Center, to keep you and your family safe.

- 1.** Get vaccinated. Make sure you get the influenza vaccine every year and the pneumonia vaccine every five years.
- 2.** Take medications as prescribed. "Your physician may increase your medications during the winter, a higher-risk season for anyone with a respiratory condition," Dr. Mueller says.

# 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 way to find a primary care provider is at our website. Just go to [MethodistHealthSystem.org/FindAPhysician](http://MethodistHealthSystem.org/FindAPhysician).

## DIABETES

# A new take on holiday favorites

Just because you have diabetes doesn't mean you can't enjoy your favorite holiday foods. Put a healthy spin on your recipes with these substitutions:



Instead of this	Try this
Broccoli and rice casserole	Steamed broccoli using chicken stock instead of water. Top the broccoli with a little shredded cheese instead of a cheese sauce.
Dehydrated fruits	Fresh fruits.
Traditional macaroni and cheese	Use low-carb pasta, such as the Dreamfields brand.
Turkey legs or thighs	Turkey breast for a lower-fat option.
Mashed potatoes	Mashed cauliflower.

An extra tip: "Grab the smaller plate instead of the full-sized plate, and fill most of your plate with nonstarch vegetables, salad, and white or lean meat," says Shyama Gandhi, MD, family medicine physician at Methodist Family Health Center - Preston Hollow. "With a little planning, you can be in control of your diabetes, so it does not control you."



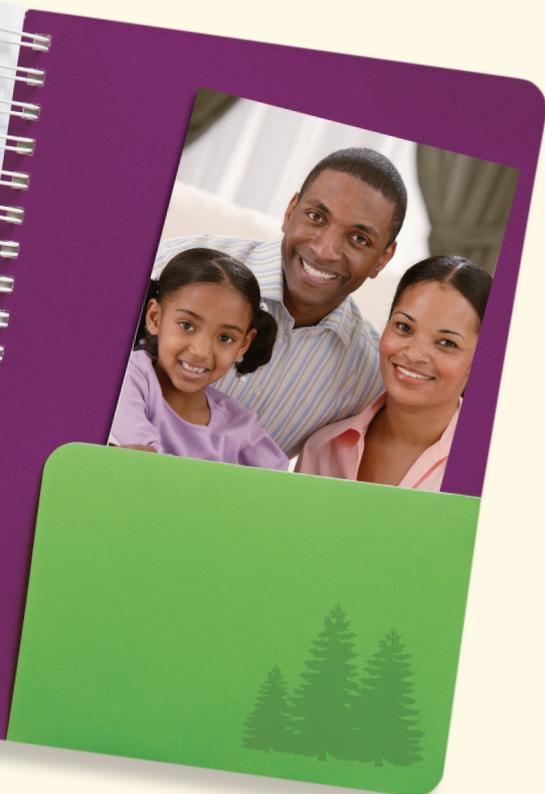
### WANT MORE MEAL IDEAS?

Check out the Diabetes Self-Management Program at Methodist Charlton. Learn more at [MethodistHealthSystem.org/Diabetes](http://MethodistHealthSystem.org/Diabetes), or call 214-947-7262.

**3.** Change your air filters to help keep allergens out of your home. Dr. Mueller explains that allergens set the stage for sinus troubles that then set the stage for viruses to become more active.

**4.** Tell your doctor if you get sick. "People with asthma are more likely to have bacteria crop up on top of a virus, which will exacerbate their asthma," Dr. Mueller says. Your doctor can prescribe antibiotics early on to reduce this risk.

**5.** Bundle up. "Cold weather is harder on folks with respiratory conditions," Dr. Mueller says. He recommends using a mask or scarf to warm the air coming into the body.



# Nursing with **heart** and **soul**



Annie Jones, LVN, has been caring for patients at Methodist for more than 50 years.

**Because** they have the most direct patient contact, nurses play an important role in hospital quality and patient satisfaction.

“That’s why Methodist Charlton Medical Center fosters a culture of continued education and collaboration that allows nurses to give and receive effective feedback that directly influences patient care,” says Chief Nursing Officer Fran Laukaitis, MHA, RN.

These efforts are working. Methodist Charlton has received national quality awards, and its nurses have been recognized locally and regionally as Nurse.com Nursing Excellence Awards finalists, DFW’s Great 100 Nurses, and *D Magazine* Excellence in Nursing Award finalists.

Also contributing to Methodist Charlton’s culture of excellence are nurses like Annie Jones, LVN. During the hospital’s National Nurses Week celebration in May, she was recognized for her more than five decades in nursing.

## An ability to help

Fifty-three years ago, Annie began as a nurse’s aide at what is today Methodist Dallas Medical Center. After a few years, she took advantage of the Dallas Methodist Hospital School of Nursing to become a licensed vocational nurse (LVN).

“I was helping nurses, so I decided, if I can help, I can be a nurse, too,” she says. Annie remained at Methodist Dallas for 18 years, working in the surgical recovery unit. In 1984, she transferred to the medical-surgical nursing unit at Methodist Charlton, where she still serves today.

Annie recalls nurses wearing the white dresses and hats, although as a nurse in the surgical recovery unit, she was able to wear scrubs.

“I still wore my white hat, though,” Annie says. “I worked hard to earn the right to wear that hat.”

## A desire to serve

Annie has led a full life. Her 12 great-grandchildren include a grandson who plays for the Seattle Seahawks, 2014 Super Bowl Champions. She enjoys meeting patients and seeing them progress, recover, and return home.

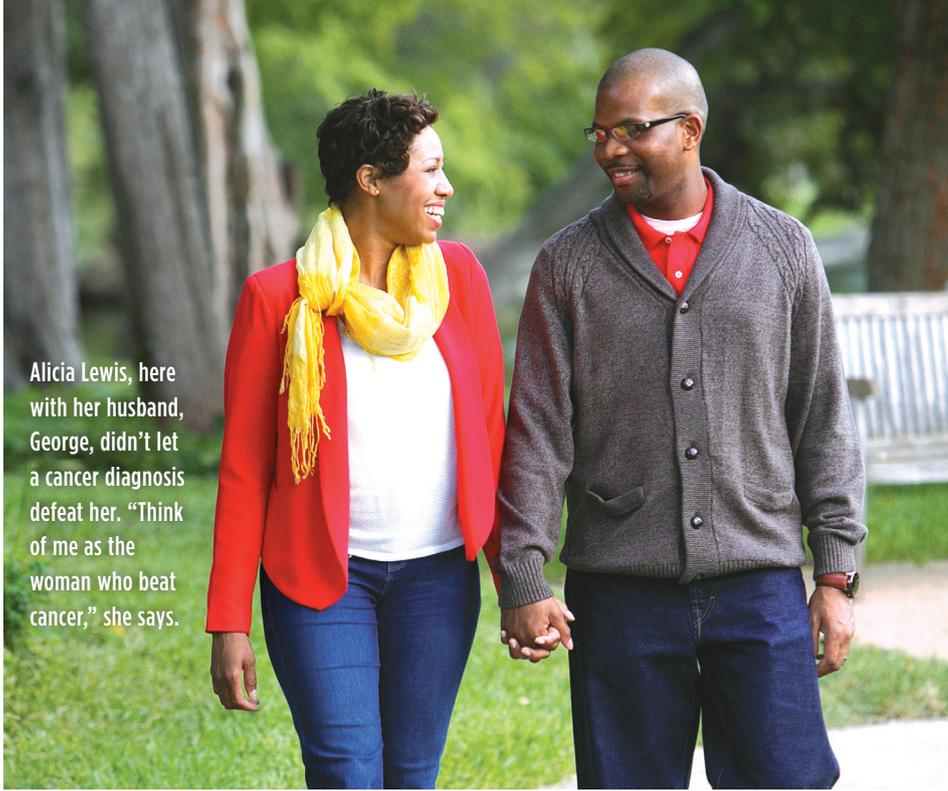
At 79 years young, she has no plans to slow down. One thing that hasn’t changed in nursing, she says, is the care and dedication nurses provide to their patients every day.

Annie says the rewards of being a nurse do not come from monetary gain but from helping others. And by that measure, Annie says she “feels like a millionaire.”



### STRIVING FOR EXCELLENCE

Methodist Charlton’s awards don’t stop with nursing. Learn more about our quality achievements at [MethodistHealthSystem.org/Awards](http://MethodistHealthSystem.org/Awards).



Alicia Lewis, here with her husband, George, didn't let a cancer diagnosis defeat her. "Think of me as the woman who beat cancer," she says.

## ◀ BREAST CANCER



### TAKE ACTION

Has it been awhile since your last mammogram or your last well-woman exam? Find an OB-GYN on our medical staff to put you on the path to wellness: [MethodistHealthSystem.org/FindAPhysician](http://MethodistHealthSystem.org/FindAPhysician).

# Don't give up

How a young woman found the support to overcome breast cancer

**Alicia** Lewis once confided to her boyfriend (now husband), George, "I've always felt that there'd be something that would change me, that I could tell people, 'I went through this and now I'm here.'"

She just never imagined that that "something" would be breast cancer — diagnosed at age 29, no less.

"I've learned cancer does not discriminate," she says. "You can be 5, you can be 55, you can be 29. It doesn't care."

But fortunately for Alicia, when she found the lump by her right breast in early 2013, there were many people who did care, including the team at Texas Oncology – Methodist Charlton Cancer Center.

### A positive attitude

Alicia was referred to Lakshmi Kannan, MD, hematologist and oncologist at Texas Oncology.

Because the stage II tumor was fast growing, Dr. Kannan prescribed two cycles of chemotherapy to shrink the tumor before breast surgery.

"We see a lot of women like Alicia who have no real first-degree family history with breast cancer, and we're seeing breast cancer at a younger and younger age," Dr. Kannan says. "My youngest patient yet was 20."

Alicia's loved ones, co-workers, and care team rallied to motivate her throughout her treatment's physical, emotional, and spiritual challenges.

The "best thing ever" was the blue coconut snow cone with "a splash of banana" that her mom brought her after each treatment.

And George reassured her with his words, his presence, and his commitment, best demonstrated when he proposed to Alicia at her birthday party that September.

### Guard your body

On Oct. 24, Alicia's journey to beating cancer continued with a double mastectomy and breast-conserving reconstructive surgery at Methodist Charlton Medical Center.

Life after cancer has had its challenges, but Alicia is grateful that she found the lump when she did. Dr. Kannan adds that one-third of her breast cancer patients found their cancers through a self-exam.

"I think it's very important for all women to be aware of their bodies and be aware of anything outside the norm at all times," Dr. Kannan says.

### A true overcomer

George and Alicia married on May 3.

"Throughout my treatment, George said, 'If you won't give up, I won't give up,'" Alicia says. "So in my vows, I said: 'I promise not to give up. I won't give up on you, I won't give up on me, and I won't give up on us.'"

The pink ribbon tattoo on her forearm is a reminder of these commitments — and of how far she has come.

"Don't think of me as the girl who had cancer," she says. "Think of me as the woman who beat cancer."



### FIND A PHYSICIAN

If you are in need of a primary care provider, visit [MethodistHealthSystem.org/FindAPhysician](http://MethodistHealthSystem.org/FindAPhysician) or call 214-947-0000.

# The truth about sleep

Counting sheep?  
Find out how to rest easier

**If** you've had a bad night's sleep, you may see it in your face the next morning. But chances are, the rest of your body — including your brain — is paying for it, too.

“Sleep improves your memory and decision-making abilities,” says Stephen Mueller, MD, medical director of respiratory therapy at Methodist Charlton Medical Center. “It also helps prevent illness.”

If you're not sure you believe in the benefits of a good night's sleep, these facts just might change your mind.



“Sleep improves your memory and decision-making abilities.”

— Stephen Mueller, MD

**MYTH:** I only need a few hours of sleep.

**FACT:** Adults typically need seven to nine hours of sleep per night. Sleeping less can affect your mood, memory, energy level, and productivity. A chronic lack of sleep is also linked to serious health conditions, such as diabetes, obesity, depression, and heart disease. And once you have these problems, getting too little sleep can make it harder to manage them.

**MYTH:** If I'm not sleeping enough during the week, it's okay to catch up on the weekend.

**FACT:** While sleeping in on Saturday may seem like a sound strategy, keeping a regular sleep schedule — and sticking with it on the weekends — is a better plan. Changes in that schedule, even if you're “catching up,” can interfere with your sleep cycle, which may mean more lost sleep and fatigue in the long run.

**MYTH:** Exercising before bed will help me sleep.

**FACT:** Physical activity can be a sleep aid — but only if you time it right.

Exercising close to bedtime can invigorate you and make getting to sleep more difficult. Try to time your workout for at least three hours before you hit the sheets.

### Get more shut-eye

If you're having trouble drifting off, Dr. Mueller and other experts recommend these simple changes:

- ▶ Relax before bed with a good book or a warm bath.
- ▶ Avoid naps, particularly after 3 p.m. If you do nap, keep it short — no more than 20 minutes.
- ▶ Don't eat or drink too close to bedtime.

Source: National Institutes of Health

## More than bad habits?

Sometimes problems sleeping are caused by sleep disorders. Most sleep disorders are treatable, but for a proper diagnosis, a sleep study at the Methodist Charlton Sleep Diagnostic Center may help.

“During the study, you wear a variety of sensors as you sleep,” says Stephen Mueller, MD, medical director of respiratory therapy at Methodist Charlton. “The sensors can help identify many things, including how often you awaken during the night and if you stop breathing as you sleep. This information can help your doctor define your sleep problem and the best treatment for you.”



### SLEEP STUDIES

If you're struggling to catch those ZZZs, talk to your doctor about a physician referral to the Methodist Charlton Sleep Diagnostic Center. For more information, call at **214-947-0575** or visit [MethodistHealthSystem.org/CharltonSleepCenter](http://MethodistHealthSystem.org/CharltonSleepCenter).

## Sleep journals: Track your sleep

You should see your doctor if you have any sleep problem that recurs or lasts longer than a week. It may help to keep a sleep journal for a few weeks beforehand and bring it to your appointment.

Take note of:

- ▶ How many hours you generally sleep at night, if you have a regular bedtime and wake time, and if your sleep is often disrupted
- ▶ Recent life changes or stresses
- ▶ What time of day you exercise, eat your last meal before bedtime, or use caffeinated products
- ▶ Whether you smoke or drink alcohol
- ▶ Whether you snore and how often or loudly
- ▶ If you know or have been told that you gasp for air or stop breathing while you sleep
- ▶ If you are sleepy during the day, fall asleep when reading or watching TV, or have dozed off while driving or during work or school
- ▶ Whether you are using sleeping pills or any other means to help you sleep better.



## SINGLE-SITE

# A surgery worth singling out



### OH, THE GALL!

Is your gallbladder acting up? Single-Site might be a solution for you.  
Learn more at [MethodistHealthSystem.org/DaVinciSS](http://MethodistHealthSystem.org/DaVinciSS).

**March** 2014 didn't end well for Julia Mijares. Pain in her abdomen had forced her to go to the Methodist Charlton Medical Center emergency department (ED), and tests revealed that she had gallstones — lots of them.

"I found out later that my gallbladder was packed with them," Julia says. "I was in total shock after seeing the X-ray images."

Julia was referred to Anil Tibrewal, MD, general surgeon on the medical staff at Methodist Charlton.

While there are treatments for the gallstones themselves, Dr. Tibrewal suggested Julia have her gallbladder removed to prevent recurrence of the painful condition. But before scheduling the elective surgery, he suggested she first try a low-fat diet.

"Fatty foods increase the number of gallstones blocking the bile duct during digestion," Dr. Tibrewal says. "Avoiding

Julia Mijares (far left) is glad she had Single-Site gallbladder removal with the da Vinci Surgical System at Methodist Charlton. Now she can enjoy cooking and baking — and quality time with her family — again without pain.

fatty foods means fewer stones, less blockage, and less pain.”

No matter what Julia tried, however, the pain only worsened. Within a few days, she was back in the ED. This time she not only had gallstones but also pancreatitis from gallstones blocking the pancreatic tube. Surgery was inevitable.

### A robotic solution

Dr. Tibrewal was able to offer Julia a new minimally invasive surgical technique for gallbladder removal: Single-Site™ with the robotic da Vinci® Surgical System.

Julia admits she was a little skeptical of robotic surgery, even though she knew the surgeon would be in complete control. She says it was comforting to know that Dr. Tibrewal is specially trained in operating with da Vinci, which gives surgeons increased visibility, dexterity, and precision when operating.

“The outcome was awesome!” Julia says about her Single-Site procedure, which required only one incision through her belly button, instead of the four incisions with traditional laparoscopic surgery.

Recovery was extremely fast. By the third day she was out of the hospital, and she returned to work within a week. With the pain gone, the month of April ended much better than March had.

“No one could believe how I recovered so fast, pain-free, and with almost no visible scar,” Julia says. “I would refer anyone to Dr. Tibrewal and Methodist Charlton.”

### Pay attention to your body

Since the surgery, Julia doesn't have diet restrictions. The busy mother of five is back to enjoying activities with her family, like cooking and baking.

She advises people to pay attention to their symptoms: “Follow up with your physician, especially if you have pain. Your upset stomach could be telling you something.”



### KEEPING UP

Many innovative surgical techniques are available at Methodist Charlton. Learn more about our services at [MethodistHealthSystem.org/Charlton](http://MethodistHealthSystem.org/Charlton).

# 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.

# The real rehab

How Methodist Charlton helped Michael Cole trust his heart again

**You** could say a lot of things about Michael Cole: encouraging, committed, friendly, giving, and always moving. He's not exactly the kind of guy to let life pass him by.

"I've been with Coca-Cola for the past 39 years as an account executive for the national retail sales team," Michael says before quickly adding one of his other passions.

"I've also helped support the Dallas Cowboys public relations department for 23 seasons. I manage the phones on the sidelines for the visiting NFL teams."

But that's not all Michael dabbles in. He also has a colorful past in the music industry — one that says a lot about his present.

"In the early '90s, I was 320 pounds," he says. "Now I'm 230, but back then, I was big. I mean, I played Bubba in Shenandoah's 'If Bubba Can Dance (I Can Too)' video."

## A close call

Back then, Michael knew he needed to take charge of his health if he wanted to keep going. Through diet and exercise, he dropped the weight and gained another life, but still, family history worked against him.

"My sister died at 42 from a heart attack, and my mom had two stents placed after a heart attack of her own," he says.

These factors culminated for Michael on Martin Luther King Jr. Day this year. He was eating with his wife when he started to feel a lot of pressure in his chest. Paramedics got him to the hospital just in time to be stabilized and hold off a full-on heart attack.

## Rehabilitated confidence

Michael had three stents placed to restore blood flow to his heart, but the difference between a healthy future and a heart attack depended on lifestyle changes — ones that he learned in the Methodist Charlton Medical Center cardiac rehabilitation program.

"Our patients experience a shift in both their physical lifestyle and their emotional and mental outlook," says Mike Crayton, RN, CCRN, supervisor of cardiac rehabilitation. "Even 10 years after completion of the program, the majority of our patients are still reaping the benefits of what they have learned."

Crayton says he saw a shift in Michael's physical appearance as he adopted heart-healthy eating habits and an exercise routine. But more important, he saw Michael's attitude change.

"Here's the key: They aren't just a rehabilitation facility for your body," Michael says. "They rehabilitate your confidence, too."



Trusting his health, Michael Cole is taking walks with his wife, Donna, again.

"I used to walk with my wife almost every day, and I was honestly afraid to get back to it. But they teach you not to be afraid, and they're with you every step you take."

Now many months past his stent placement and that close call, Michael is back to walking, golfing, working, volunteering with the Cowboys — and doing it all with the confidence of a healthy man with a healthy future.

"I got a second chance, and I'm not even close to done yet."





**HERE FOR YOUR HEART**

Learn more about our innovative cardiac services by visiting [MethodistHealthSystem.org/CharltonCardiology](http://MethodistHealthSystem.org/CharltonCardiology).



Thanks to cardiac rehab, Michael Cole is back on the field helping the Cowboys.



“I got a second chance, and I’m not even close to done yet.”

— Michael Cole

Photos by Michael C. Hebert, New Orleans Saints, and James D. Smith, Dallas Cowboys (inset)



# Introducing Healing<sup>2</sup>

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.”

Attending the MCCN announcement event are (from left) John Collins, Methodist board vice president; Stephen Mueller, MD, Methodist Charlton; David Hayes, medical director, MCCN; Stephen L. Mansfield, PhD, FACHE, Methodist president and CEO; John Trifone, senior vice president strategic priorities; the Rev. Sheron C. Patterson, DMin, Methodist board member; Martin Koonsman, MD, chief medical officer, Methodist Dallas; and Jonathan Davis, FACHE, president, Methodist Charlton.



## 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](http://MethodistHealthSystem.org/Mayo).



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 Vanderoref on *Good Morning Texas*.

## 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 Charlton Medical Center — and has driven or flown more than 750,000 patients to emergency medical treatment.

Methodist Charlton joined CareFlite that first year, and we are still proud to partner with an organization dedicated to bringing citizens of the Best Southwest and beyond to the appropriate medical care quickly and safely.



Methodist Charlton emergency staff members along with Cedar Hill Fire Department and CareFlite first responders gather on the hospital's helipad in honor of CareFlite's 35-year partnership with Methodist Health System.



CHARLTON MEDICAL CENTER

We're in your neighborhood

### Medical Centers



**Methodist Charlton Medical Center**  
3500 W. Wheatland Road  
Dallas, TX 75237  
**214-947-7777**



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

### Methodist Family Health Centers and Medical Groups

**1**

**College Street**  
401 College St.  
Grand Prairie, TX 75050  
**972-262-1596**

**2**

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

**3**

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

**4**

**Charlton**  
7979 West Virginia Drive  
Dallas, TX 75237  
**972-780-8400**

**5**

**Charlton Medical Group**  
Physician Office  
Building II, Suite 340  
Dallas, TX 75237  
**972-780-1796**

### Other facilities

**6**

**Methodist Charlton Medical Center QuickCare Clinic**  
3500 W. Wheatland Road  
(in the Outpatient Center)  
Dallas, TX 75237  
**855-75-QUICK**  
**(855-757-8425)**

**7**

**Methodist Charlton Family Medical Center**  
3500 W. Wheatland Road  
Dallas, TX 75237  
**214-947-5400**

**8**

**Cedar Hill West**  
326 Cooper St.  
Cedar Hill, TX 75104  
**972-291-7863**

**9**

**Cedar Hill East**  
950 E. Belt Line Road,  
Suite 100  
Cedar Hill, TX 75104  
**972-291-7863**

**10**

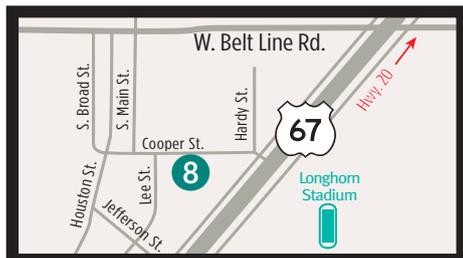
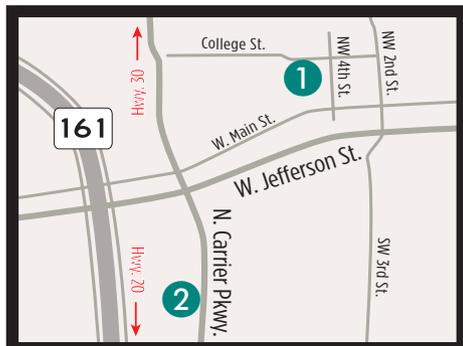
**Midlothian**  
2230 Bryan Place,  
Suite 200  
Midlothian, TX 76065  
**972-775-4132**

**11**

**Waxahachie**  
1410 W. Jefferson St.  
Waxahachie, TX 75165  
**972-937-1210**

**12**

**Methodist Charlton Senior Care — opens Nov. 17!**  
3450 W. Wheatland Road, Physician Office  
Building II, Suite 440  
Dallas, TX 75237  
**972-283-1700**





**Have  
asthma?**

Learn how to get ready for flu  
season. **See page 4.**

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# Healing<sup>2</sup>

## 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](http://MethodistHealthSystem.org/Mayo).



Two respected names, one purpose. You.<sup>SM</sup>