

shine

Your healthy-living magazine

**'Car guy' Larry
Pipkins is racing
back to health after
a heart attack**

Five facts you might
not know about
breast cancer

Methodist and
Mayo Clinic are
working together
for you

SPRING 2015



Methodist

CHARLTON 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.



Find a physician at Answers2.org or 214-947-6296.



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ONLINE AND INSIDE

Spring
2015

Win a **\$250** gift
certificate!



With our e-newsletter, we bring health information you can trust right to your email inbox. But now we're making some updates to better meet your needs.

In other words, we want to know what you want to know!

Just take a quick survey and provide your email address. We'll draw one name to **win a \$250 gift certificate for the Ben Franklin Apothecary** in Duncanville.

Take the survey today at
Info.MethodistHealthSystem.org/JoinUs.



SHINE MAGAZINE

TO YOUR HEALTH

4 **Nothing to sneeze at**

Asthma and allergies don't mix. Try these tips to stay safe this spring.

SPOTLIGHT

8 **Heed your heart**

Do you know the risk factors that affect your heart health?

9 **Listen to this!**

You can take steps to prevent hearing loss. Find out how.

FEATURES

6 **A recipe for excellence**

Methodist + Mayo Clinic means enhanced care. Two specialists are better than one.

10 **Easing inflammation**

The right diagnosis and treatment from Methodist Charlton helped Jodee Sedalnick take control of her ulcerative colitis.



On the cover

Larry Pipkins loves racing cars, but a heart attack in 2013 left him in the dust. Learn how the team at Methodist Charlton Medical Center saved Larry's life — and set him on the road to a healthier lifestyle.

Read his story on page 12.



Primary care

Seniors in the Best Southwest area of Dallas now have a new primary care clinic dedicated to their needs. The health care providers at Methodist Charlton Senior Care are internal medicine specialists with a focus on geriatric health care.

Among these providers is internal medicine specialist Angela Bentle, MD,



LONG-TERM RELIEF

Methodist Charlton offers bronchial thermoplasty (BT), the newest and only nondrug procedure for severe asthma patients approved by the U.S. Food and Drug Administration. Ask your asthma specialist how BT can help you breathe easier. For more information, visit MethodistHealthSystem.org/BronchialThermoplasty.

Don't let your asthma get mixed up with allergens

It's spring in Texas, and that means allergy season is here. Most people can manage through the runny noses and dry coughs with a few tissues. But for those with asthma, allergies are nothing to sneeze at. Seasonal allergies can trigger an asthma attack.

"Allergies acting up can be difficult for anyone, but for someone with asthma, it's 10 times harder," says Stephen Mueller, MD, pulmonologist on the medical staff at Methodist Charlton Medical Center. "By avoiding allergens, you can help prevent an asthma attack and infections."

Unfortunately, some allergens, like mold or trees, can't be avoided. That's why it's important to not ignore allergy symptoms, but rather be prepared.

Short of avoidance, Dr. Mueller suggests that those with asthma:

- ▶ Use a saline nose spray or humidifier to make sure sinuses and nasal cavities are moist.
- ▶ Take antihistamines or steroid nasal sprays to treat allergies.
- ▶ Keep their surroundings tidy by dusting surfaces, removing stuffed animals, and cleaning heavy carpets.
- ▶ Replace furnace filters as recommended.
- ▶ Try an air purifier.
- ▶ Keep in close contact with your physician and asthma specialist. In some cases, they may suggest allergy shots as a treatment.

just for seniors



CALL TODAY!

Methodist Charlton Senior Care is located in Physician Office Building II on the Methodist Charlton campus at 3450 W. Wheatland Road, Suite 440, in Dallas. To schedule an appointment, call **972-283-1700**.

who has more than 12 years of medical experience treating senior adults. For Dr. Bentle, geriatric care is more than her profession — it's her passion.

"I love providing health care to seniors so they can remain healthy both physically and mentally," she says. "I am grateful to be aligned with a hospital like Methodist

Charlton Medical Center, which not only recognizes the special needs of adults 65 years old and older, but also addresses those needs."

In addition to treatment for colds and flu, skin disorders, urinary tract infections, and other conditions, patients at Methodist Charlton Senior Care also receive help managing

chronic conditions like diabetes, hypertension, depression, sleep apnea, and asthma.

Preventive care for women and men is available, as well as annual physicals and weight management. The center also has its own on-site laboratory services, and Medicare patients are welcome.

5 things you should know about breast cancer

There are few things women fear as much as a breast cancer diagnosis. But if "knowledge is an antidote to fear," as Ralph Waldo Emerson reminds us, then the more you know about your breast health, the better.

Here are five facts to get you started:

- 1.** Since 2000, the rate at which women in the U.S. are being diagnosed with breast cancer has decreased, and the rate at which they are dying from the disease has dropped, too.
- 2.** Being physically active and maintaining a healthy weight decrease the risk of getting breast cancer. "For both men and women, a body mass index of 30 or more is a risk factor for breast cancer," says Darshan Gandhi, MD, medical oncologist and hematologist at Methodist Charlton Medical Center.
- 3.** Researchers are studying the genetic differences between women who get breast cancer and those who don't, which may lead to better treatment options. Dr. Gandhi recommends that people with a family history of breast cancer consult their doctors about genetic testing to check for some of these differences.



GET THE FACTS

Four doctors from Methodist Health System clear up the confusion about mammography. Click the box above to watch the brief video.

- 4.** With early-stage breast cancer, life expectancy is the same for all women, whether they have breast-sparing surgery — also known as a lumpectomy — or a mastectomy.
- 5.** No two cancers are the same, and all are treated differently. "We're in an era of personalized, centralized cancer treatment, where specialists collaborate to make sure each patient's treatment is tailored to her needs," Dr. Gandhi says.

Sources: Centers for Disease Control and Prevention; National Cancer Institute



Methodist and **Mayo** Clinic

Collaboration means enhanced care for you

Now that Methodist Health System is a member (the first in Texas!) of the Mayo Clinic Care Network, we have the opportunity to collaborate with Mayo Clinic specialists and bring an enhanced level of care to our patients.

The international network comprises high-quality medical organizations who collaborate with Mayo Clinic to bring best practices, research, and expertise directly to patients.

Here are a few mock scenarios depicting how patients at Methodist might benefit from our relationship with Mayo Clinic.



TEAMING WITH MAYO CLINIC

Learn more about the benefits of our collaboration with Mayo Clinic at Answers2.org. And to find a participating Methodist physician, call 214-947-6296.

Carolyn had experts in her corner

Carolyn was excited to find out that she was expecting her third child. But shortly into her second trimester, the 38-year-old discovered a lump in her left breast.

Carolyn's medical oncologist reviewed her case with Methodist Charlton Medical Center's tumor board. The team of specialists in medical and radiation oncology, surgery, radiology, pathology, and other areas met to determine the best way to treat Carolyn's cancer while not harming her unborn child.

Because Carolyn's situation was so unique, the Methodist team decided to present her case at Mayo Clinic's eTumor Board conference for further discussion. This panel is similar to Methodist Charlton's, but it includes Mayo Clinic specialists and is open to physicians throughout the Mayo Clinic Care Network. This access to Mayo Clinic expertise is one of the benefits that comes from being part of the network.

The experience of these physicians offered additional valuable input. The collaboration among specialists at Methodist Charlton and Mayo Clinic resulted in a thorough, personalized course of treatment for the mother-to-be, giving both patients — Carolyn and her baby — the best-possible chances.



Two respected names, one purpose. You.SM

“Membership in the Mayo Clinic Care Network is exciting as it confirms that Methodist Health System is providing the most current and superior medical treatment available to our patients. It allows Methodist physicians to obtain another world-class opinion for our patients.

“No longer is it necessary for our patients to travel away from the comforts of our community to obtain another opinion or search for answers. Each patient can be reassured that he or she is receiving the best care and gaining the additional expertise of one of the leaders in health care, all the while remaining where they are the most comfortable — at home, surrounded by their loved ones.”

— Frank Vittimberga, MD, chief medical officer, Methodist Charlton

Javier found tools for change

Javier, a father of two, had just been diagnosed with type 2 diabetes. He and his wife, Elena, decided they wanted to start making healthy changes for the whole family, especially when it came to nutrition.

In addition to other resources through the Methodist Diabetes Self-Management Program, Javier learned that he has access to Mayo Clinic’s library of more than 2,500 education materials in English (and nearly 300 in Spanish).

Mayo Clinic physicians produced the materials to help patients understand various conditions and their treatments so that patients could be more involved in their health care.

As a member of the Mayo Clinic Care Network, Methodist is able to share Mayo Clinic’s education materials with patients like Javier. And proven resources, like the latest tips on controlling diabetes, helped Javier and Elena make positive changes for their family.

Michael’s eConsult saved time and money

Thirty years as a professional tennis instructor had taken their toll on Michael’s back, and a spine-fusion procedure was inevitable.

Michael feared that the procedure could affect his active career, however, and decided to seek a second opinion from Mayo Clinic. While it would be physically and financially challenging to travel to their facility in Rochester, Minnesota, Michael felt it was worth the risk.

Fortunately, Michael’s neurosurgeon at Methodist could consult directly with a Mayo Clinic specialist by using an eConsult. The Mayo Clinic specialist was able to evaluate Michael’s imaging results and collaborate with his surgeon on the best course of action.

Michael was thrilled about the convenience of the eConsult — and grateful to skip the hours of travel.

Turns out the Mayo Clinic physician agreed with the neurosurgeon’s suggestions and was able to speak to the medications and physical therapy regimens that had helped in similar cases.

This extra perspective gave Michael the reassurance he needed. He scheduled his surgery at Methodist for the following week. In no time, he was back on the court and back pain-free.



Listen to your heart

Heart disease. It's the leading cause of death among men and women in the U.S. In fact, more than 2,150 Americans die of heart disease every day.

You can help get that number down by keeping these numbers at healthy levels: your cholesterol, blood pressure, blood sugar, and weight. These four factors, along with cigarette smoking, have a big effect on your heart health.

Work with your primary care provider to learn more about your risk factors for heart disease. Together, the two of you can come up with ways to keep your ticker in top form.

Sources: American Heart Association; Centers for Disease Control and Prevention



DO YOU ♥ YOUR HEART?

To find a Methodist physician participating in the Mayo Clinic Care Network to help you take control of your heart health, call **214-947-6296**.

Cardiovascular disease is responsible for 1 in every 3 deaths in the U.S.



735,000

The number of Americans every year who have a heart attack.



About 49 percent of Americans have at least one of the major risk factors for heart disease — high blood pressure, high LDL (bad) cholesterol, and smoking.

140/90

Either number indicates high blood pressure, a major risk factor for heart disease.

10

 minutes

3

 times a day

5

 days a week

A 10-minute walk, three times a day, five days a week can help you protect your heart.



30,900,000

The number of American adults who have cholesterol levels at or above 240 mg/dL — raising their risk for heart disease.

80%

You can reduce your risk of heart attack by this amount by controlling your blood pressure, cholesterol, and weight and avoiding smoking.

2014 Community Highlights

Methodist Health
HOSPITAL MEDICINE

Emergency Medicine
CONSULTANTS, Ltd.


Methodist

CHARLTON MEDICAL CENTER

Where life shines bright.™

Putting our hearts into great care

In recent years, Methodist Charlton Medical Center has stepped up to invest in the hearts of the Best Southwest community. We've established an open heart surgery program, redesigned our cardiac intervention facilities for greater efficiency, worked with local schools through our Heart of the Community Challenge, and received recognition from the American Heart Association for fast heart attack response times.

The year 2014 was no exception for Methodist Charlton's legacy of great heart care. Here are some highlights:

Record-breaking heart attack treatment times. In the fall, Methodist Charlton set another record for fast heart attack treatment with a door-to-balloon (D2B) time of only 13 minutes. D2B time is measured from the patient's arrival in the emergency department to the opening of the blocked artery following a severe heart attack. Our average time is 54 minutes, well below the national standard.

Platinum Performance recognition. For the second year in a row, Methodist Charlton received the American College of Cardiology Foundation NCDR ACTION Registry®-GWTG™ Platinum Performance Achievement Award. We were one of only 256 hospitals in the nation to earn this recognition.

Diamondback 360® Coronary Orbital Atherectomy System. This new technology sands down severe calcium buildup in arteries, unclogging them so that blood can flow freely. The system is especially helpful for people at increased risk for heart issues, such as those with diabetes.

Learn more about our [cardiology services and support groups](http://MethodistHealthSystem.org/CharltonCardiology) at MethodistHealthSystem.org/CharltonCardiology.

TOP: Members of the cardiology team at Methodist Charlton take a break from volunteering at the CardioShack Open golf tournament before cardiologist Russell Canham, MD, tees off. The Oct. 24 event benefited Methodist Charlton's Heart and Vascular Institute as well as Cedar Hill Chamber of Commerce programs.



Methodist Health System Foundation Board Chair R. Stephen Folsom; Ray and Nancy Ann Hunt; Methodist Foundation President April Box Chamberlain, CFRE; 2014 Folsom Award recipient Bobby B. Lyle; and Methodist President and CEO Stephen L. Mansfield, PhD, FACHE

Forming the physicians of tomorrow

For decades, Methodist Health System has trained the next generation of medical professionals, and the proceeds from this year's Robert S. Folsom Leadership Award went toward that very endeavor. Currently, Methodist has four residency programs and four fellowship programs, all of which are thriving and growing.

Bobby B. Lyle was honored as the recipient of this year's Folsom Award for his commitment to education and other philanthropic endeavors in North Texas and beyond. An event in his honor on Nov. 19 raised more than \$1.5 million toward graduate medical education.



METHODIST CHARLTON MEDICAL CENTER ADVISORY BOARD:
 (from left) Dick Griner; Kevin Fegan, EdD; Ronald T. Brown, PhD; Dan Eddy; Michael Hurtt; Ed Harrison; Curtistene McCowan; Marcus Knight; Jonathan Davis, FACHE; the Rev. Marie Mitchell; Allen Schneider, DO; Ken Weaver; Margie Waldrop; Boyce Whatley; and John Hubbard. Not pictured: Wade Emmert and Felix Zamora.

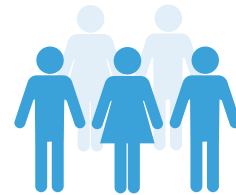
Numbers to **know**

8,502

The number of people Methodist Health System employed throughout the Metroplex in 2014.

1,844

The number of people employed by Methodist Charlton Medical Center, making the hospital one of the largest employers in the Best Southwest cities.



We are proud to support these local chambers

- Cedar Hill Chamber of Commerce
- Dallas Black Chamber of Commerce
- DeSoto Chamber of Commerce
- Duncanville Chamber of Commerce
- Greater Southwest Black Chamber of Commerce
- Lancaster Chamber of Commerce
- Midlothian Chamber of Commerce

\$135.8 million

How much Methodist Health System provided in unreimbursed charity care in fiscal year 2014.

\$1.1 billion

2014 economic impact, including from income and benefits provided for Methodist Health System employees.

5

Methodist Health System's ranking among the Largest North Texas Nonprofit Organizations by the *Dallas Business Journal*. Methodist Charlton Medical Center ranked as the 18th-largest hospital.

2016

By this year, Methodist Health System aims to be the healthiest health system in America. In 2014, we were ranked fourth among large companies in the *Dallas Business Journal's* Healthiest Employers in North Texas. And the American Heart Association again recognized us as a Platinum-Level Fit-Friendly Worksite.

11

The number of consecutive years that Methodist Health System has been named among the Best Places to Work by the *Dallas Business Journal*. Methodist was the highest-ranked health system in the large business category and the only health system to place as a finalist for 11 years of the 12-year program. For the fourth year in a row, the health system was also named one of the 100 Great Places to Work in Healthcare by *Becker's Hospital Review*.



A nonprofit 501(c)(3) organization, Methodist Health System is affiliated by covenant with the North Texas Conference of the United Methodist Church. To support any of Methodist's vital health care and community programs, call Methodist Health System Foundation at 214-947-4555. Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System or Methodist Charlton Medical Center. ABO30923

To your health

Methodist Charlton Medical Center is committed to creating and supporting events that improve our communities by inspiring people to make changes toward a healthier lifestyle, including:

- Heart to Heart and 1st Day of Summer free women's health events
- His and Hers event focused on the health of couples
- Best Southwest Partnership 2014 TGIF Legislative Breakfast Series
- DeSoto Chamber of Commerce Fall Business Showcase and Wellness Expo
- American Heart Association Dallas Heart Walk 2014.



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.



The keynote speaker at Methodist Charlton's annual Pastor Appreciation Luncheon was the Rev. Bryan Carter, senior pastor at Concord Church Dallas (second from right). The event is our way of saying thank you to local pastors and spiritual leaders for their enduring spiritual service to patients and their family members.



Ronya Green, MD (center), fields questions from All-Pro NFL player Tim Brown and his wife, Sherice, emcees of Methodist Charlton's fun-filled His and Hers health event for couples.

The difference starts here

These initiatives are making a healthier community:

Golden Cross Congregational Health Ministry. Through partnering churches, Methodist Health System provides education and health outreach, including flu shots and biometric screenings.

Life Shines Bright Pregnancy Program. This program aims to lower the preterm birth rate for expectant mothers.

Methodist Generations. This program offers a variety of wellness activities, social events, and educational outreach for people age 55 and older.

Mobile mammography. In partnership with Susan G. Komen® Dallas County, Methodist Health System's mobile mammography unit brought breast cancer screening directly to 3,336 women this year, including 1,051 in the Methodist Charlton Medical Center service area.

Prostate Screening and Awareness Program. In the last year, 2,083 men in the Methodist Charlton service area benefited from this free service, which provides more prostate screenings than any other hospital-based program in the nation.

We also support these and other community endeavors:

- The Cedar Hill, DeSoto, Duncanville, and Lancaster ISDs
- Cedar Hill Rotary Club Bike Rally
- DeSoto Health Care Symposium
- Duncanville Chamber of Commerce Auction and Gala
- Lancaster Chamber Gala and Golf Tournament
- Leadership Southwest
- March of Dimes
- Taste of Duncanville
- Volley 4A Cure.

Healing?



Methodist and Mayo Clinic team up

The distinctive Perot Museum of Nature and Science served as the backdrop for a monumental announcement in September from Methodist Health System to its medical staff: Methodist became the first Texas member of the Mayo Clinic Care Network.

The collaboration allows the expertise of Mayo Clinic specialists to complement and support the care provided by physicians on our medical staff. Now patients who might seek care from a leading research organization, like Mayo Clinic, can access that same expertise right here close to home.

Methodist strives to be a trusted provider of quality health care in North Texas. Similarly, Mayo Clinic's approach to health care is rooted in the idea that the best patient care is achieved when experts from a variety of medical specialties can work together, focused on the patient. The organizations' shared vision keeps the patient at the center of everything we do — and the result is clinical excellence.

Learn more about how Mayo is furthering Methodist's role as a health care leader in our community at Answers2.org.



Methodist leaders (from left) Sam Bagchi, MD; April Box Chamberlain, CFRE; Stephen L. Mansfield, PhD, FACHE, president and CEO; and Pam Stoyanoff are joined by David Hayes, MD, of the Mayo Clinic Care Network for the announcement of the Methodist-Mayo Clinic collaboration at the Perot Museum on Sept. 8.

TOP RIGHT: Methodist President and CEO Stephen L. Mansfield, PhD, FACHE (right), and the Methodist medical staff give Mayo Clinic Care Network Medical Director David Hayes, MD, a warm Texas welcome at the Perot Museum event.

Shining achievements

Methodist Health System

- Among *Hospitals & Health Networks* magazine's "Most Wired" in the nation for the fifth consecutive year
- 15 Methodist Family Health Centers and Medical Groups recognized by the National Committee for Quality Assurance
- Nine nurses among the DFW Great 100 Nurses
- Dallas-Fort Worth Hospital Council Employee of the Year
- 127 physicians among the *D Magazine's* Best Doctors in Dallas
- Celebrated 35 years with CareFlite.

Methodist Charlton Medical Center

- American College of Cardiology Foundation NCDR ACTION Registry® - GWTG™ Platinum Performance Achievement Award
- 2014 Nurse.com Nursing Excellence Awards winner
- Two *D Magazine* Excellence in Nursing Awards finalists
- Texas Ten Step Facility for the fifth consecutive year
- Best Medical Facility (Methodist Charlton QuickCare Clinic) in the *Focus Daily News* Readers' Choice Awards
- Quality Respiratory Care Recognition for the fifth consecutive year.

Visit MethodistHealthSystem.org/Awards to learn more.

Now hear this!

Why younger adults are losing their hearing ability

“Wait. What?”

Do you find yourself saying those words more often these days? If so, you could be among the millions of Americans with some degree of hearing loss. But is what you’ve heard about hearing loss the truth? Take this quiz and find out.

True or false? Hearing loss is always a sign of aging.

False. Hearing loss is a common condition, especially as we age. But age isn’t the only reason hearing can go bad.

“Many adults experience hearing loss in their 20s, 30s, and 40s,” says Jinhee Choi, MD, otolaryngologist — ear, nose, and throat (ENT) specialist — at Methodist Charlton Medical Center.

True or false? There is only one cause of hearing loss in younger adults.

False. “Reasons for hearing loss among younger adults vary and can include genetics, illness, and external factors,” Dr. Choi says.

Causes include:

- ▶ Being exposed to loud music and noise from things like lawn mowers, motorcycles, or work equipment. Those who served in the military may have experienced loud noises associated with combat
- ▶ Taking certain medications



HAVE YOU HEARD?

Methodist Charlton has board-certified ENT doctors on our medical staff, many of whom are participating in the Mayo Clinic Care Network collaboration. Methodist Health System is the first member of the network in Texas. Just call **214-947-6296** to find a physician right for you.

- ▶ Having a health condition, such as recurrent ear infections, a head injury, or a brain tumor
- ▶ Chemotherapy or long-term IV antibiotic therapy
- ▶ Having fluid or wax buildup in the ears
- ▶ Genetics or a family history of chronic ear disease
- ▶ Otosclerosis, a condition that affects the middle ear conduction system, causing hearing loss over time
- ▶ Congenital causes, including maternal infection with cytomegalovirus (CMV) or syphilis.

Hearing loss can also be idiopathic — meaning it has no apparent cause.

“This type of hearing loss usually occurs only in one ear, and the patient may have a spontaneous recovery within three weeks,” Dr. Choi says. “If hearing does not return within three weeks, the patient should see a physician to rule out the possibility of a brain tumor.”

True or false? Hearing loss can be treated.

True. If you lose your hearing, there are treatments available, as well as assistive devices, such as hearing aids and surgical implants.

True or false? You can help prevent hearing loss.

True. If your hearing is still going strong, you can take steps to keep it from fading in your younger years.

“The best way to prevent hearing loss is to avoid loud noise exposure,” Dr. Choi says. “Wear protective gear at work or when mowing the lawn to decrease exposure. Also keep the volume low on your headphones to minimize the effect that loud music may have on hearing later on.”

Sources: American Academy of Otolaryngology—Head and Neck Surgery; National Institute on Aging



Quenching the flames of

Several years ago, Jodee Sedalnick experienced unusual abdominal pain.

“It was abdominal pain and cramping that would not go away,” Jodee says. She sought help from her physician, Charles Lostak, DO, gastroenterologist on the medical staff at Methodist Charlton Medical Center, who ordered a colonoscopy with a biopsy. The diagnosis was ulcerative colitis (UC).

“I read somewhere that the average age of people who get this condition is somewhere between 15 and 30,”

Jodee says. “I was 39 years old when I was diagnosed.”

A three-alarm fire

UC is an inflammatory bowel disease that causes sores and inflammation in the lining of the colon and rectum.

In addition to abdominal pain, symptoms include cramping, diarrhea, and rectal bleeding. It is a chronic condition that can cause severe dehydration and anemia due to a loss of blood. Ultimately, it can lead to cancer.



SOOTHE YOUR STOMACH

To learn more about treatment for ulcerative colitis and other digestive diseases, visit MethodistHealthSystem.org/GIWhatWeTreat.



abdominal pain

“The dehydration and blood loss resulted in a couple of hospital stays for me,” Jodee says. During severe flare-ups, the symptoms can include a strong sense of urgent and frequent diarrhea. It is not uncommon to have to use the restroom 15 to 20 times a day.

Regaining control

Fortunately, medication helped Jodee control the disease. She initially started with steroids but was switched to an anti-inflammatory

medicine with fewer side effects.

These days, Jodee enjoys a full life with no restrictions from the disease. She is grateful to Dr. Lostak for his compassion and attentiveness, and she makes sure to schedule a follow-up colonoscopy every two to three years.

“I know a lot of folks are very uncomfortable with the idea of a colonoscopy, but the alternative could be an undiagnosed cancer,” Jodee says. “I think that is good motivation to have it done!”

ULCERATIVE COLITIS

Q&A with gastroenterologist Charles Lostak, DO

Q: What is ulcerative colitis (UC)?

A: UC is a disease that causes inflammation and ulcers in the digestive tract. It typically appears before age 30, but it is not uncommon to develop the disease at an older age.

Q: What are the symptoms?

A: Symptoms tend to be abdominal cramping, diarrhea, and rectal bleeding. Some people may also encounter fever, fatigue, and weight loss.

Q: How is it diagnosed?

A: UC is usually diagnosed through a colonoscopy with a biopsy of intestinal tissue.

Q: How is UC treated?

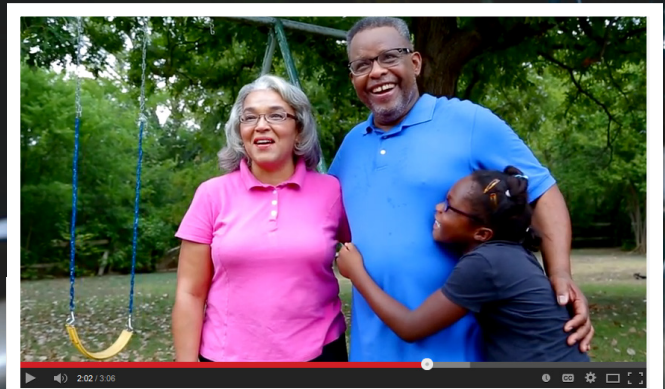
A: Our goal is to reduce the signs and symptoms of UC with the hope of actual remission of the disease. It's exciting in medicine today to see the new medications being developed to do just that.

Initial treatment usually includes anti-inflammatory medications or steroids. If needed, further medications include immune suppression agents as well as the newest medications, known as biologics. These drugs target specific parts of the immune system to fight inflammation.

We also follow patients with ulcerative colitis closely to evaluate the possibility of developing colon cancer.

Because treating ulcerative colitis is a long-term commitment, which can be challenging for the patient, I really try to emphasize the need for patience. We can work together to find the right solution for you.

Angel



IN HIS WORDS

Larry Pipkins gives all the glory to God for sending the team at Methodist Charlton to save his life. Click the box above to watch him share his story.

S on his side

Larry Pipkins thanks God that he was brought to Methodist Charlton when a heart attack struck

Larry Pipkins is a “car guy.”

“I have race cars. I build race cars. I race race cars,” he says. “It’s something my daddy and I shared since I was 10 years old.”

But one day in June 2013, what was racing was Larry’s heart.

He had just gotten out of the shower after doing some yard work. All of a sudden, he started sweating profusely and struggled to catch his breath.

“It felt like there was an elephant sitting on my chest, the pressure was so great,” he says.

His wife, Paula, came in to find him lying on the floor. Larry told her to call 911.

A fast heart attack response

Duncanville Fire paramedics rushed Larry to Methodist Charlton Medical Center, where he was diagnosed with a 100 percent blockage in his left anterior descending coronary artery — what doctors have nicknamed a “widow maker” for its deadliness.

Methodist Charlton has been recognized for its fast heart attack treatment times by the American Heart Association Dallas Caruth Initiative.

“I tell you, the experience that I had was so unbelievably smooth,” Larry says. “When those guys delivered me to the emergency department, it was God orchestrating every person who had anything to do with my care. There were angels all around me doing their thing.”

One of those angels was Manish Patel, MD, FACC, interventional cardiologist at Methodist Charlton, who

performed a cardiac catheterization procedure to restore blood flow to Larry’s heart.

“Because heart and vascular disease is the major cause of death and disability in our community, Methodist Charlton has committed to providing high-quality cardiovascular services,” Dr. Patel says.

He says the team works with organized, streamlined processes to make sure each heart attack patient is treated correctly and within the national goal of 90 minutes. In Larry’s case, the time was 50 minutes.

Living with a mission

Once Larry arrived in recovery, Dr. Patel came to check on him.

“If you quit smoking ...,” Dr. Patel started, but before he could finish the sentence, Larry fist-bumped him and said, “I’m done smoking.” He hasn’t smoked since, and after he completed cardiac rehabilitation, he continued to exercise and eat well.

Larry gives all the glory to God for sending the team at Methodist Charlton to save his life. He hopes that the life he lives echoes the love and peace he has experienced through his faith and at the hands of his caregivers.

“There are some people in this world who realize that God gave them talent and what they’re supposed to do with it; others have talent but are misusing it,” he says. “The people at Methodist Charlton clearly understand why God gave them their talent. They’re using it to care for people, and He’s happy about that. All I can say is thank you and that I love them.”



HOW’S YOUR HEART DOING?

Find out if your heart is in danger of heart disease. Take our quiz at MethodistHealthSystem.org/HeartHealthLibrary.

Setting records, saving lives

Methodist Charlton Medical Center recently set a record for fast heart attack care with a door-to-balloon (D2B) time of just 13 minutes.

D2B time is measured from the patient’s arrival in the emergency department to the opening of the blocked artery after a severe heart attack.

Thirteen minutes is a record not only for Methodist Charlton but also for southern Dallas County. Methodist Charlton’s average D2B time is 54 minutes, which beats the national average of 60 minutes.

Thanks go to Dallas Fire-Rescue 46 for their teamwork in making the record possible.



Fighting hunger, supporting health

The Methodist Patient-Centered Accountable Care Organization (MPCACO) and the North Texas Food Bank partnered in a free produce and health event at Methodist Charlton Medical Center in October. Close to 6,000 pounds of potatoes, onions, and cabbage were distributed to low-income patients served by Methodist Health System. The Diabetes Self-Management Program, Methodist Generations senior services, and Methodist Charlton volunteer services also participated in the event.



Methodist employees and volunteers aim to inspire healthy dietary choices by handing out fresh vegetables to about 500 low-income families.



All-Pro NFL player Tim Brown and his wife, Sherice, served as emcees at Methodist Charlton's His & Hers couples event in October.

NFL player Tim Brown hosts His & Hers event at Methodist Charlton

All-Pro NFL player Tim Brown and his wife, Sherice, hosted the His & Hers event at Methodist Charlton Medical Center on Oct. 9, 2014. Whether newly married or with a few milestone anniversaries under their belts, couples of all ages benefited from the event's informative *Newlywed Game*-style program.

His & Hers included healthy food choices and cooking demos; education about proper exercise and sleep habits; medical checkups and screenings; swing out and line dance lessons; fun prizes; massages; and gifts.

WFAA Channel 8, KTVT Channel 11, and KDAF Channel 33 were on hand to cover the event.

CardioShack Open scores for heart programs

Methodist Charlton Medical Center employees and physicians were among those who teamed up for the annual CardioShack Open on Oct. 25, 2014, at the Golf Club of Dallas.

Methodist Charlton and the Cedar Hill Chamber of Commerce partner to hold the tournament that will benefit both the Methodist Charlton Heart and Vascular Institute and Cedar Hill Chamber programs.



Members of the cardiology team at Methodist Charlton (from left) Ingrid Kindipan, Lisa Hartman, Sharon Washington, and Mike Crayton welcome cardiologist Russell Canham, MD (right), to the CardioShack Open.



Methodist Charlton employees and physicians get ready to tee it up in the CardioShack Open in Dallas.



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



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



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



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



3 South Grand Prairie
4116 S. Carrier Parkway, Suite 250
Grand Prairie, TX 75052
972-263-5272



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



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



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



5 Charlton Medical Group
3450 W. Wheatland Road, Physician Office
Building II, Suite 340
Dallas, TX 75237
972-780-1796



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

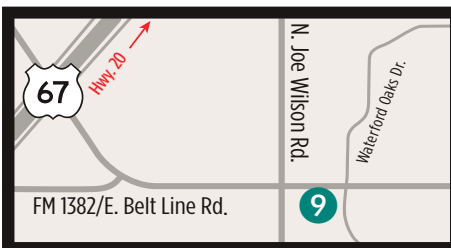
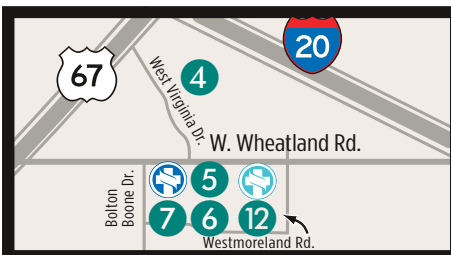
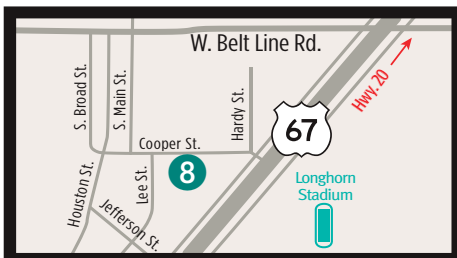
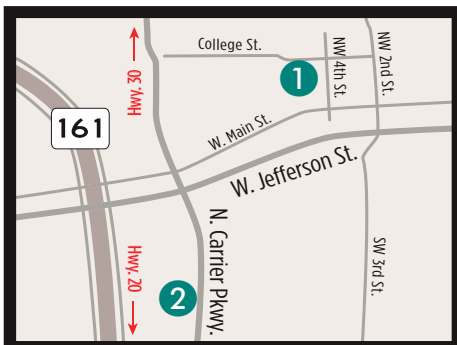


12 Methodist Charlton Senior Care
3450 W. Wheatland Road, Physician Office
Building II, Suite 440
Dallas, TX 75237
972-283-1700

Other facilities



6 Methodist Charlton Medical Center QuickCare Clinic
Moving in April to:
3335 W. Wheatland, Suite 120
Dallas, TX 75237
972-298-9600





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

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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.



Find a physician at Answers2.org or 214-947-6296.