

SHINE

 **Methodist**
DALLAS MEDICAL CENTER

YOUR HEALTHY LIVING MAGAZINE
SUMMER 2016

WE'VE GOT YOUR BACK

**Tips to stave off
neck and back pain**

GOING FOR GOLD

**Olympians share
summer workout tips**

Mission2 Medicine

**A look into how
clinicians live
the call to serve**



>> **PATIENT STORY**

LIFE WITH A NEW LIVER

The Liver Institute's
satellite clinics make
care easier for transplant
patients like Frances
Bussey of Longview.

- Choosing the right summer sandal
- Take time for you • 5 myth busters
for a healthier summer

LOVE YOUR SUMMER



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New recipe:
Cool off with a
blueberry mint fizz!

The perfect summer playlist

Looking for the quintessential soundtrack for your summer activities?

Stephen Tedder, vice president and assistant general counsel for Methodist Health System, is here to help. "There are so many good songs to choose from," he says.

This lawyer by day, DJ by night has been lending his skills to Methodist events since 2008. He took some time to comb through his 20,000-plus song library to help us put together a few summer-themed playlists to get you started.

ARE WE THERE YET?

Perfect for parents and kids on their family road trips.

"Hit the Road Jack," Ray Charles

"7 8 9," Barenaked Ladies

"Rhode Island Is Famous for You," Mandy Patinkin

"Sing!" *Glee* Cast Version

"Sweet Caroline," Neil Diamond

"Life Is a Highway," Rascal Flatts

"Rusty Old American Dream," David Wilcox

"Pink Cadillac," Natalie Cole

"Uptown Funk," Mark Ronson, featuring Bruno Mars

"Shot Me in the Heart," Christina Perri

"Happy," Pharrell Williams

"Dancing Queen," ABBA

"Adventure of a Lifetime," Coldplay

"Girl on Fire," Alicia Keys

"This Could All Be Yours," Guster

"Brave," Sara Bareilles

"Thinking Out Loud," Ed Sheeran

"Just One of the Guys," Jenny Lewis

"Shake It Off," Ryan Adams

"Moving On," Mat Kearney

"Every Little Thing She Does Is Magic," Sleeping at Last

"Where the Boat Leaves From," Zac Brown Band

SUN, SAND, AND SWEET TUNES

Laid-back listening for the shore and swimming pool.

"Budapest," George Ezra

"Traveller," Chris Stapleton

"Water Under the Bridge," Adele

FITSPIRATION

Great for beating the heat during your summer workout.

"Rollercoaster," Bleachers



Methodist Vice President and Assistant General Counsel Stephen Tedder also steps in as the DJ at many hospital events.

now online

ON OUR BLOG

Answers.MethodistHealthSystem.org

Breast cancer and its genetic link


The last two decades of scientific research have revealed multiple genes and their links to breast cancer. In her blog article, "Genetics and Breast Cancer: What You Need to Know," Allison DiPasquale, MD, breast surgeon on the medical staff at Methodist Charlton Medical Center, debunks myths and offers clear information about the role genetics might play in your health. Read more at Answers.MethodistHealthSystem.org/Genetics-and-Breast-Cancer.

ON FACEBOOK

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READ THIS

Yes2Living: A User's Guide to Understanding the Liver

The liver plays a vital role in living a healthy life. Do you know where the liver is located? Do you know what it does for the body? Download our ebook *Yes2Living: A User's Guide to Understanding the Liver* to learn more about the liver's daily functions and how it contributes to your overall health. Download the ebook at Info.MethodistHealthSystem.org/Yes2Living-ebook.

DOWNLOAD OUR APP!

Read the mobile version of *Shine* easily through our new app, available for Apple and Android devices.



Specialized care for women available 24/7

Whether delivering a baby or assisting in surgery, the new OB hospitalists at Methodist Charlton Medical Center are offering specialized OB-GYN services for women whenever they need them.

The OB hospitalist program ensures that a board-certified OB-GYN physician is available at the hospital at all hours, exclusively dedicated to caring for hospitalized patients. For women in labor or with other obstetrics or gynecologic concerns, it's an additional layer of care on which patients coming to Methodist Charlton can rely.

"Each of us is a specialist in women's health," explains Gary D. Wright, MD, medical director of the program and OB-GYN on the Methodist Charlton medical staff. "We're board certified with several years of experience, capable of handling a number of OB-GYN issues, both low-risk and high-risk, ranging



Among the OB hospitalists serving at Methodist Charlton are (from left) Mercy I. Amua-Quarshie, MD; Gary D. Wright, MD; and Nicholas J. Perez, MD.

from everyday obstetrics care to an emergency cesarean section."

The OB hospitalist program launched in December 2015 with in-house specialists typically providing care to around a dozen patients each day, including some whose private doctors are temporarily unavailable.

"No matter when you come to Methodist Charlton, there is a board-certified physician waiting here to take care of you," says Fran Laukaitis, MHA, BSN, RN, FACHE, president of Methodist Charlton. "We couldn't be happier to make this level of care available to women in our community."

>> INTRODUCING THE NEWEST ADDITION TO YOUR FAMILY!

Learn more about having your baby at Methodist Charlton at MethodistHealthSystem.org/CharltonWomens.



>> CHECK OUT OUR NEW ICU
Take a virtual tour at MethodistHealthSystem.org/Charlton-ICU.

NEW ICU BRINGS MORE SPACE, TECHNOLOGY TO METHODIST CHARLTON

There have been some exciting changes to the intensive care unit (ICU) at Methodist Charlton Medical Center. This past March, the ICU moved to the hospital's newest patient tower, Tower A, and increased the number of beds from 24 to 32.

Spacious new rooms are specifically designed for the care and comfort of patients and their families, with larger sitting areas and separate lighting for visitors.

The new ICU also has special features that enhance patient safety and patient care. For example, specially designed workspaces promote coordination and communication among the critical-care team. The unit is now home to the Prismaflex® System, which provides dialysis for patients with kidney disease. Playing a key role in saving the neurological function of heart attack patients is the Arctic Sun® 5000 Temperature Management System. This technology induces hypothermia to lower a patient's body temperature and reduce the body's demand for oxygen while recovering.

Complementing the new unit is the ICU's team of intensivists, physicians specializing in care for the critically ill. These providers are in the ICU 24 hours a day, 7 days a week, which studies have shown to result in better patient outcomes. You can feel more at ease, knowing that you or your loved one is in good hands.



Welcoming guests to the ICU open house on March 22 are (from left) Methodist Charlton President Fran Laukaitis, MHA, BSN, RN, FACHE; Chief Medical Officer Michael Finch, MD; Medical Staff President Manuel Tellez, DO; and Vice President of Nursing and Chief Nursing Officer Teresa Land, MBA, BSN, RN.

Tips to stave off summertime neck and back pain

Why settle for a sore back this summer? Nimesh H. Patel, MD, neurosurgeon with Methodist Brain and Spine Institute, offers these tips so that neck and back pain don't spoil your summer plans.

At the ballpark

Sitting for hours in the stands with no support can lead to prolonged back pain, also called "bleacher back." Here are three key ways to prevent it:

- Sit on a cushion to ease the tension off your back.
- Stand up every 45 minutes and stretch to realign your posture.
- Remove your wallet or smartphone from your back pocket to even out your posture and prevent sciatica, often experienced as a weakness, numbness, or pain in the leg or foot.

On a roller coaster

As fun as they are, roller coasters forcefully throw your neck in different directions.

"Whiplash is not limited to fender benders," Dr. Patel says. "If you have known neck problems, you shouldn't ride roller coasters, period. Thrill-seekers without preexisting issues can minimize risk of injury by doing neck stretches and strengthening exercises before and after their amusement park rides."

On the golf course

Walking the links — not to mention a not-so-perfect golf swing — can stress the neck and spine and lead to other injuries over time.

"The most common complaint from golfers is low-back pain," Dr. Patel says. "Because your muscles are all connected, though, you need to stretch more than your back. Shoulders, hips, and hamstrings — stretch them all."

Dr. Patel also suggests:

- Choosing a golf bag with dual straps and a stand. If you walk the course, dual straps will even the load on your back, and bag stands will reduce repetitive bending.
- Starting your warm-up with small-iron swings and working your way up to large woods.
- Reducing inflammation for your next round with postgame stretching, hydration, and anti-inflammatories.

On the beach

You might be in the water, but you also need to drink water.

"Keeping yourself hydrated means you're detoxifying your body and decreasing inflammation," Dr. Patel says. "Water also helps get rid of excess lactic acid — a byproduct of muscle waste — that can cause stiffness and soreness." •

DID YOU KNOW?

TREATING THE PAIN: HOT OR COLD?

First 24 hours: **Ice.** It decreases the inflammation.
After 24 hours? **Heat.** It loosens tight muscles.

>> HOW'S YOUR BACK DOING?

Take our online quiz at
Answers2.org/Back-and-Neck.





Take our **Back and Neck Health Risk Assessment** today. It's a quick and easy way to assess your pain and get answers on how serious your pain is, risk factors, treatment options, and more. Get cracking!



Check your risk today.
Go to Answers2.org/back-and-neck

Going 3-D

Advanced technology helps to detect breast cancer more accurately

After getting a mammogram, there may be nothing more concerning to a woman than getting a call to come back for a second one. Now 3-D mammography is reducing these “callbacks” — and the anxiety that comes with them.

“When trying to search the breast for abnormalities, radiologists often run into the problem of breast tissue overlapping,” says Doug Hammons, MD, on the medical staff at Methodist Mansfield Medical Center and medical director of the hospital’s department of radiology. The overlapping tissue can obscure abnormalities, making it more difficult to identify cancers.

However, 3-D mammography makes a 15-degree sweep over the breast, and software reconstructs it into 1-millimeter slices. Radiologists are then able to view the breast layer by layer, as if it were slices of bread. Because these layers aren’t hidden by other layers of tissue, this technology increases the cancer detection rate. With such improved accuracy the first time around, women will rarely need a second mammogram or have to deal with the anxiety of false positives.

WHO SHOULD GET A 3-D MAMMOGRAM?

“Any woman who can should get a 3-D mammogram, especially if she has extremely dense or mostly dense breast tissue,” Dr. Hammons says.

If you don’t know what kind of breast tissue you have, ask your OB-GYN. He or she can determine your density based on your past mammogram results.

Methodist Mansfield and Methodist Richardson Medical Centers both offer 3-D mammography, but not all insurance companies are covering the technology. Dr. Hammons recommends that women with all breast densities have a 3-D mammogram if it’s not financially prohibitive. It improves a woman’s chance of catching cancer early and with only one mammogram.

>> GET THIS ON YOUR CALENDAR!

Why wait another minute to look out for your breast health? To schedule a 3-D mammogram at Methodist Mansfield, visit MethodistHealthSystem.org/SaturdayMammos or call **682-622-7210**. To schedule at Methodist Richardson, visit MethodistHealthSystem.org/RichardsonMammographyRequest or call **469-204-2140**.

LOVE YOUR
SUMMER

GOING FOR GOAL

★★★ Olympians share their tips for a safe summer workout

The 2016 Summer Olympics are almost here, so who better to share their summertime fitness safety tips than some of North Texas' very own former and current Olympians? Check out what the best of the best do to stay safe and fit in the summer heat.

>> HEADS UP!

Dallas Mavericks head athletic trainer Casey Smith serves on the U.S. Olympic Committee medical staff as an athletic trainer for men's basketball. In our *answers2* blog, he shares why it's not a good idea to ignore sports injuries. Check it out here: Answers.MethodistHealthSystem.org/Sports-Injuries.



Jeremy Wariner

Holding the world's third-fastest time in the men's 400-meter is Irving-born Jeremy Wariner. With three Olympic games and three gold medals under his belt, the Baylor University graduate who still calls Waco home is again on the quest for gold in the upcoming Rio games.

FAVORITE SUMMER WORKOUT: Running. I do an 8-x-100 meter relay with a walk-back rest. It's quick and effective and doesn't require me to be out in the heat very long.

HOW JEREMY STAYS

SAFE: Besides drinking plenty of water throughout the day, using sunscreen, and wearing my sunglasses, I also make sure I get plenty of electrolytes into my system. I have to have a hat and shade when I rest.

WHY HE LOVES SUMMER WORKOUTS:

Growing up in the area, I'm used to the heat, so it doesn't bother me. I enjoy getting out on the track when it's hot.

Tamika Catchings

Duncanville High School graduate Tamika Catchings has spent the last three Summer Olympics winning gold medals in women's basketball for Team USA. She hopes to add a fourth at the Rio games this August and then retire from her WNBA career with the Indiana Fever.

FAVORITE SUMMER WORKOUT: Outdoor yoga classes. I enjoy hot yoga, and the outdoor class incorporates nature while stretching my body and providing a workout at the same time.

HOW TAMIKA STAYS SAFE:

I burn a lot of calories, so I have to make sure I am overly prepared with water, electrolytes, and snacks. Also, the right clothing can help keep you cooler.

WHY SHE LOVES SUMMER

WORKOUTS: Being outside just makes me feel free. I definitely like to incorporate a fitness component into whatever summer activity I may be doing.



>> ANOTHER WAY TO BEAT THE HEAT

Try an indoor workout at Methodist Health System's fitness facilities. Learn more at MethodistHealthSystem.org/Fitness.



Louise Ritter

Three-time Olympian Louise Ritter was the first American woman to win a gold medal in the high jump in 32 years when she won at the 1988 Olympics in Seoul. She went on to coach track at Southern Methodist University and Texas Tech University after retiring from competition.

FAVORITE SUMMER WORKOUT: Doubles tennis, walking, and throwing the softball with my daughter.

HOW LOUISE STAYS SAFE: I use a cool towel to wipe my body down during a workout.



WHY SHE LOVES SUMMER

WORKOUTS: Getting outside for fitness makes me feel alive and connected to nature.

WORKOUT WISDOM: Know your limits and listen to your body. Your body shows signs of dehydration before it fully sets in, so learn the signs (see "Dehydration Danger Ahead" below).



Dennis Bowsher

Dallas native and U.S. Army Staff Sgt. Dennis Bowsher competed in the modern pentathlon at the 2012 Summer Olympics in London and hopes to represent Team USA again in Rio. Originally a competitive swimmer, he switched to the five-event sport and has never looked back. He is also a member of the U.S. Army World Class Athlete Program and trains in Colorado Springs.

FAVORITE SUMMER WORKOUT: Swimming laps.

HOW DENNIS STAYS SAFE: Staying hydrated. Try freezing a half-full water bottle on its side. When you fill the rest of the bottle with water, the ice will keep it cold through your workout.

WORKOUT CHALLENGES: I don't like a lot of liquid in my stomach during a workout, but I have to hydrate. I add a powdered electrolyte mix to my water to help me retain more fluid. That way I am taking fewer sips, but still staying hydrated.

WORKOUT WISDOM: Make sure you are having fun and taking care of your body before, during, and after a workout. That means the proper food and rest to recover.

DID YOU KNOW?

DEHYDRATION DANGER AHEAD

Know the signs of dehydration before you get moving out in the heat this summer:

- Dry, sticky mouth
- Thirst
- Dizziness
- Headache
- Sleepiness/tiredness.





LOVE YOUR
SUMMER

Take time for you

Summer is here, and it's supposed to be a carefree, fun-filled season. So why are you often left feeling exhausted and burned-out by August? Women tend to put others before themselves and overlook their own needs. Don't let another summer get the best of you. It's time to take back your summer with these tips!

Find positive outlets to manage stress

To be at your best, figuring out ways to de-stress is key. Daily meditation — even just five minutes — can make a huge difference in your overall stress levels.

Sunshine and fresh air can also help you decompress, clear your head, and recharge.

"Even though the temperatures may be hot, make it a point to get outside," says Nancy Georgekutty, MD, family medicine physician on the medical staff at Methodist

Mansfield Medical Center. "Just remember to use sunblock and stay hydrated."

>>SIGN UP!

Want to learn more meditation techniques? Check out the [Physiology of Meditation class at Methodist Dallas and Methodist Charlton Medical Centers: **MethodistHealthSystem.org/Events.**](#)

Balance your datebook

There is no shortage of fun activities during the summer, but the danger is in overbooking. Sometimes it's okay to say no to a backyard barbecue, a Saturday afternoon Little League game, or an elaborate family vacation and instead give you and your family the freedom to move at a slower pace. Consider using that free time to soak up local fun without all the hassle of trip planning.

>>PIN THIS!

Our "[DFW Family Activities](#)" board on Pinterest offers lots of ideas.

Invest in some rest

Are you getting the recommended seven to eight hours of good sleep each night? If not, your lack of zzz's may be the culprit for lingering malaise. Make it a point to turn off the TV and put down your cellphone an hour before bedtime to help you get to sleep and stay asleep.

Experts now concur that a bedtime snack with a small amount of complex carbs (such as plain popcorn, whole-wheat bread, and fruit) can aid in a good night's sleep.

Check these off your list

One of the best gifts women can give themselves is peace of mind about their health. It's common to put off making the necessary doctor appointments, but stalling just adds to your anxiety.

Take charge of your health this summer and get these routine exams off your to-do list: well-woman exam with Pap test, mammogram (after age 40), eye exam, and annual physical.

>> THE EASIEST WAY TO FIND A PHYSICIAN

Visit [Answers2.org](#) or call **214-947-6296** to find a physician for your annual physical or well-woman exam.

Spa night? Yes, please!
Does a relaxing spalike environment complete with aromatherapy and hand and chair massages sound nice? Monday Night Mammos at Methodist Dallas Medical Center is changing the way women are getting mammograms. Reserve your spot today at MethodistHealthSystem.org/MondayMammos.

this summer

Get in a groove for moving

Getting fit not only tones your body but also improves your mental outlook. It's essential to incorporate exercises for flexibility, strength, and cardiovascular health. One of the best ways to do that is finding regularly scheduled classes that can help you stay dedicated to being active this summer. ●

>> **MEGA GYMS NOT YOUR SCENE?**
Head over to MethodistHealthSystem.org/Fitness to learn more about our facilities at Methodist Dallas and Methodist Charlton Medical Centers.





LOVE YOUR
SUMMER

Fashionable and foot-friendly

CHOOSING THE RIGHT SUMMER SANDAL

Sandals feel comfortable, look cute, and are incredibly convenient and easy to wear. Unfortunately, they aren't always the healthiest choice for your body. "Not all sandals provide the support and cushioning to properly protect the foot and the body's alignment," says Clinton Bell, MD, orthopedic surgeon on the medical staff at Methodist Charlton Medical Center. "The more supportive and protective the shoe, the better it is for your whole body." So what's the right sandal for you?

1. If you have diabetes

Proper foot health is critically important for people living with diabetes. With physician approval, people with diabetes may wear sandals; however, there are some necessary precautions that should be taken.

People with diabetes should consider sandals made with:

- Soft insoles and a seamless interior to protect the foot from infection.
- Leather, canvas, or suede material to protect the foot, but with vents or cutouts to allow for air circulation. Plastics and synthetic materials prevent the shoe from breathing and may rub and irritate the foot.

Fisherman-style sandals, which feature a T-strap and an ankle strap as well as strips of leather enclosing the toe — like the below André Assous Liliana espadrille sandal (No. 1) — are a good choice. But



above all, avoid thong sandals and flip-flops, as both leave the foot susceptible to trauma, blisters, and open wounds.

2. If you have back pain

People experiencing back pain can often trace the source of their pain to the feet. For low-back pain, the best sandal is one with good support and cushioning, Dr. Bell says. Look for sandals that offer:

- Arch support that conforms closely to the actual arch of the foot.
- Heel cups to reduce heel pain while

stabilizing the foot.

- A contoured foot bed that creates alignment among the foot, ankle, knees, hips, and back.

Activity sandals, like the Teva® and Vionic brands (No. 2), as well as hybrid sandals that mimic sneakers, offer comfort and support.

3. If you have foot issues

Fallen arches, plantar fasciitis, and bunions can wreak havoc on the feet and body. For people with chronic foot pain, consider sandals with:

- A foot bed that conforms to the foot, which creates balance from the heel to the arch to the ball of the foot.
- A roomy toe box to reduce discomfort and prevent toe deformities.
- An adjustable heel strap to stabilize the foot.

Crocs™ sandals like the Isabella T-strap (No. 3) feature a molded foot bed, no-slip soles with extra cushioning, and heel cups, and many provide heel and toe straps.



ARE FLIP-FLOPS EVER A GOOD IDEA?

According to orthopedic physician Clinton Bell, MD, the answer is no. Their completely flat foot beds do not support the foot or joints and can contribute to long-term discomfort. And without an ankle strap, even the sporty flip-flops fail to stabilize the foot and keep it from sliding and twisting.

>> HELP FOR FOOT WOUNDS THAT WON'T HEAL

Methodist Health System offers a Wound Care and Hyperbaric Center at each of its hospitals. Visit MethodistHealthSystem.org/WoundCare for more information.

SUMMER
2016

Events

mark your
calendar

Check out some of the happenings at Methodist Health System this season. Find more events and RSVP at **MethodistHealthSystem.org/Events**, unless otherwise noted.

FALLING FOR PINK

Saturday, Sept. 10, 10 a.m. to 12:30 p.m.
Auditorium, Methodist Charlton Medical Center, 3500 W. Wheatland Road, Dallas, TX 75237
Free

This women's health event focuses on breast health education. Attendees will learn about nurse navigation, hear testimonials from survivors, and qualify for prizes. The program features a panel of cancer specialists on the Methodist Charlton medical staff — Allison A. DiPasquale, MD, breast surgeon; Darshan G. Gandhi, MD, medical oncologist and hematologist; Kesha Harris-Henderson, MD, radiation oncologist; and David R. Knight, radiologist — who will welcome questions from the audience about breast cancer.

>> Save your spot at this free event by calling **214-947-0046** or registering at **Info.MethodistHealthSystem.org/Falling4Pink**.

HEALING AND PREVENTING COMPASSION FATIGUE: A WORKSHOP FOR CAREGIVERS

Saturday, Sept. 17, 8:30 a.m. to noon
Weiss Auditorium, Methodist Dallas Medical Center, 1441 N. Beckley Ave., Dallas, TX 75203
Free

Professional caregivers, like doctors, nurses, social workers, counselors, and police officers, aren't the only ones who can get burned out from putting the needs of others first. Anyone caring for a child or adult can experience challenges, one of the most common being a loss of a sense of compassion. This loss is usually accompanied by numerous other reactions that can damage relationships and make life pretty miserable. In this workshop, Charles Gaby will teach simple tools that can help you recover compassion and develop the self-care needed to thrive as a caregiver.

>> Reservations are required for this event. Call Katie Mosteller at **214-947-0017** today.

DON'T MISS

Robert S. Folsom Leadership Award Dinner

Honoring R. Gerald Turner, PhD
Wednesday, Oct. 19, 6:30 to 9 p.m.
Grand Ballroom, Hilton Anatole Hotel, 2201 N. Stemmons Freeway, Dallas, TX 75207
\$250 per ticket

>> Learn more at **Foundation.MethodistHealthSystem.org/Folsom**. For ticket information, call **214-947-4555**.



R. Gerald Turner,
president, Southern
Methodist University

LUNCH AND LEARN

Caregivers of Family Members Who Have Been Diagnosed With Diabetes

Wednesday, Aug. 24, 11:30 a.m. to 1 p.m.
Classroom C, Methodist Mansfield Medical Center, 2700 E. Broad St., Mansfield, TX 76063
Free

Presented by Rina Inta, RD, LD, CDE.
>> Register online or by calling **682-242-7132**.

MAD HATTER TEA PARTY

Saturday, Sept. 17, 10:30 a.m. to 1 p.m.
Women's Services entrance, Methodist Richardson Medical Center, 2831 E. President George Bush Highway, Richardson, TX 75082
Free

Don't be late for this very important date! Come help us celebrate breast cancer survivors and fighters at this special event in their honor.

>> Registration is required; just go to **Info.MethodistHealthSystem.org/Tea-Party-Registration**.

SCAM JAM

Saturday, July 23, 8:30 a.m. to 12:30 p.m.

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

Free
Every day, millions of Americans lose their hard-earned money to identity theft, investment fraud, and other types of scams. Learn how to protect yourself and your family at Scam Jam. Free document shredding will be available.
>> Reserve your spot at **214-947-0017** or visit **Info.MethodistHealthSystem.org/ScamJam**.

SHOP, EAT, DRINK, PINK!

Thursday, Oct. 6, 6 to 9 p.m.
Bishop Arts District, Dallas
\$25

Don't miss this event to raise awareness and funds for the early detection of breast cancer. Your ticket gets you access to discounts and specials at participating merchants throughout North Oak Cliff. All proceeds will fund early detection programs and mammograms for those unable to afford them at the Breast Center at Methodist Charlton Medical Center. Don't miss the Style Show at 7 p.m.!
>> For ticket information, visit **shopeatdrinkpink.com**.



LOVE YOUR
SUMMER

5 myth BUSTERS FOR A HEALTHIER SUMMER

Don't miss out on a healthier, safer summer by falling for these common misconceptions

MYTH 1: Pregnant women shouldn't wear bug spray with DEET.

Questions about DEET's safety circulate every year. Some articles refer to the chemical as a poison that kills mosquitoes; others imply that the pesticide can be absorbed deep into the skin, potentially putting a pregnant woman and her unborn child at risk. The truth is far less ominous.

Carol Norton, MD, OB-GYN and chief of the medical staff at Methodist Richardson Medical Center, says DEET is safe and approved by the Environmental Protection Agency, even for pregnant women.

"DEET is exactly what we would recommend pregnant women wear, especially with the Zika virus scare right now," she says. "The benefit of using a repellent with DEET far outweighs the risk of contracting

a mosquito-borne illness like Zika."

DEET does not absorb into the skin but emits an odor that repels insects. So when you're outdoors this summer, cover up and don't shy away from the safety that DEET offers.

MYTH 2: All sunscreens are created equal.

What sets one sunscreen apart from another is the protection it offers from both UVA and UVB rays emitted by the sun.

The sun's UVA rays penetrate deep into the skin and are the chief cause of wrinkles and aging. UVB rays, on the other hand, damage the skin's upper surface and are the source of sunburn, potentially leading to skin cancer.

Bill Way, DO, dermatologist on the medical staff at Methodist Charlton Medical Center, suggests a broad-spectrum sunscreen of SPF 30 or higher for the best protection.

>> **SUNSCREEN SHOPPING**

Learn what to look for on a sunscreen bottle with our new infographic on our [answers2 blog](http://answers2.blog.at.answersonline.org/Sunscreen) at Answers.MethodistHealthSystem.org/Sunscreen.



MYTH 3: Avocados are unhealthy.

It's true that one of summer's favorite fruits — the avocado — is high in fat. One cup of avocado has 21 grams.

But Caroline Susie, RD, employee wellness manager at Methodist Health System, says there's no reason to feel guilty about this superfruit.

"The fat is actually good fat," she says. Avocados are full of monounsaturated fatty acids that not only boost HDL ("good") cholesterol levels but also decrease the risk of heart disease.

Avocados also contain 40 percent of the daily allowance of fiber, 18 amino acids, and fat-soluble vitamins K and E. "So it's okay to enjoy that guacamole — as long as it's not with too many chips," Susie says. "Everything in moderation."

MYTH 4: You can pass on the sunglasses.

There's a lot more to sunglasses than fashion. Sylvia Hargrave, MD, ophthalmologist on the medical staff at Methodist Dallas Medical Center, considers them to be sunscreen for the eyes. Long-term exposure to ultraviolet (UV) rays can damage the eyes, causing cataracts or benign growths and potentially contributing to macular degeneration.

To block a lot of those harmful rays, she recommends grabbing a pair of sunglasses with both UVA and UVB protective coating before heading outdoors.

MYTH 5: Drinking water is the only way to hydrate.

Staying hydrated isn't only about water; it's also about electrolytes, particularly for those who work outside and athletes. Electrolytes are minerals in the blood and body fluids that help muscle function at its optimal level.

Luckily, there are tons of ways to hydrate, Susie says. Fruits and vegetables like melons, citrus, kiwis, cucumbers, peaches, pineapple, and tomatoes contain high levels of electrolytes.

The best way to stay hydrated this summer? Start in the morning with yogurt, kefir, or fruit. Snack on fruits and vegetables throughout the day. And for those who get bored with plain water, try unsweetened ice tea or flavored water. ●

RECIPES

KEEP COOL WITH
THESE HEALTHY
SUMMER RECIPES

CLIP & SAVE

CHILLED HEIRLOOM TOMATO SOUP WITH SPICED AVOCADO MOUSSE

Number of servings: 4 | Serving size: 6 ounces

INGREDIENTS FOR THE SOUP

- 6 heirloom tomatoes
- 1 shallot
- 1 garlic clove
- 2 ounces olive oil
- 1 lemon, juiced
- Salt and pepper to taste

INGREDIENTS FOR THE MOUSSE

- 2 small avocados
- 1 tablespoon lemon juice
- 1 tablespoon fresh cilantro (or a few sprigs)
- 1/4-1/2 teaspoon cayenne pepper
- Dash salt
- 1/4 cup sour cream

INSTRUCTIONS

- 1 Place tomatoes, shallot, and garlic in a blender and blend until pureed thoroughly.
- 2 With blender on, slowly add the olive oil and lemon juice.
- 3 Pass mixture through a cheesecloth, and season with salt and pepper.
- 4 Pulse the avocados, 1 tablespoon lemon juice, cilantro, cayenne pepper, and dash of salt in a food processor or blender until smooth and thick.
- 5 Remove the avocado mixture from blender and fold in sour cream. Pipe or spoon onto tomato soup. (It's also great on grilled bread!)



BLUEBERRY MINT FIZZ

INGREDIENTS FOR SIMPLE SYRUP

Yield: 2 cups

- 1 cup blueberries, plus extra for garnish
- 1 cup sugar
- 1 cup water
- 1 cup mint leaves (stems are fine)

INGREDIENTS FOR EACH BEVERAGE

Serving size: 8 ounces

- 3 tablespoons simple syrup
- 8-10 mint leaves, plus sprigs for garnish
- 1/2 lime, juiced, plus slices for garnish
- Ice
- Lemon-lime sparkling water

INSTRUCTIONS

- 1 To make the simple syrup, combine all of the ingredients in a small saucepan. Bring the mixture to a boil, then reduce heat to low and simmer for 15 minutes or until sugar is fully dissolved. Cool completely. Take out mint stems if used.
- 2 For each beverage, place 3 tablespoons of the simple syrup plus the mint leaves in the bottom of an 8-ounce glass. Using a muddler or the end of a wooden spoon, muddle the mint and blueberries together in the bottom of the glass.
- 3 Add lime juice, enough ice to fill the glass, plus the sparkling water to top it off. Garnish each glass with a lime wedge, a sprig of mint, and a couple of blueberries.



Recipes courtesy Bolsa Mercado Catering Chef Beau Frye



PATIENT
STORY

Room to breathe

How the team at Methodist Richardson helped one girl **breathe easier during an asthma attack**



“If you could order up a perfect doctor, it would be Dr. Tate.” — Judy Heckler

10:30 that night very upset, asking if she should do a breathing treatment,” Judy recalls, still with a little worry in her voice even months after the event.

“After she finished her breathing treatment, she came back into my room crying. I asked her if she was crying because she was scared about how she felt, and she nodded. I knew at that moment we needed to take her in.”

5 minutes after

At 11:45 p.m., they arrived at Methodist Richardson’s ED.

“We were taken care of immediately,” Judy says. “It couldn’t have taken more than five minutes till we were back in a room.”

Thanks to the new Children’s Health® and Methodist Richardson Pediatric Services, Justine was able to receive the personalized pediatric care needed for her condition. Starting this past winter, Children’s Health physicians are working alongside nurses and other clinical staff at Methodist Richardson to provide unmatched care to those 18 and younger.

Michael Tate, MD, vice chairman of pediatrics and medical director of the new pediatric services, determined next steps.

“While still in the emergency department, we put Justine on breathing treatments and an IV of magnesium and gave her an EKG, since she had an abnormally rapid

heart rate,” Dr. Tate says. “She improved but was still having chest tightness and trouble breathing. We then ordered a bronchodilator, which increases air flow to the lungs, and a round of steroids. She responded very well to them, and we were able to continually lessen the dosage.”

By morning, Justine had fallen asleep in the hospital room, breathing soundly.

“If you could order up a perfect doctor, it would be Dr. Tate,” Judy says with a smile. “I never felt like Justine’s treatment was rushed or stressful for anyone up at Methodist Richardson.”

After Dr. Tate saw Justine, protocol was for her to stay for at least another eight hours at the hospital for two sets of four-hour breathing treatments.

“I felt so much better after just the first treatment,” Justine says.


“My chest was still tight, but I could breathe again.”

But her favorite part: “They let me play *Minecraft* on the TV in the room!”

The present

Justine hasn’t had another incident since that night in February. She continues with her breathing treatments, is still breathing easily, and looks forward to soccer tryouts this winter.

“We were both scared that night,” Judy says. “But Children’s Health and Methodist knew how to take care of Justine, from the moment we walked in to the moment we left.” ●



“Are you crying because you’re scared?” Judy Heckler recalls saying these words to her 12-year-old daughter, Justine, before taking her to the emergency department at Methodist Richardson Medical Center this past winter.

Breathing issues, asthma, and severe allergies had plagued sweet Justine from a very young age. With the help of doctors, she and her mother had created a system to help manage the symptoms. After all, the young athlete couldn’t let those breathing problems slow her down.

“I have breathing exercises that I do, and I have an inhaler,” Justine says. “Normally those work for me, but that night, they just weren’t.”

7 days before

A week earlier, Justine had experienced increasingly bad allergies that led to a sinus infection. Instead of getting better, the infection became progressively worse, and on Feb. 15, she hit a breaking point.

“She came into my room at about

>>> JUST FOR KIDS

The new Children’s Health® and Methodist Richardson Pediatric Services unit is designed with kids in mind. To learn more, visit MethodistHealthSystem.org/ChildrensHealth.





‘The best thing that ever happened to me’

The Liver Institute is saving lives across the state

Frances Bussey thinks her liver is younger than she is. The 67-year-old from Longview says she feels decades younger than her age and credits the new organ she received last fall. Before then, a healthy future looked improbable for the wife, mother, and grandmother.

Frances was diagnosed with primary biliary cirrhosis (PBC) in her late 30s, and by 2013, the illness had taken over her digestive system. PBC is a chronic disease that slowly destroys the medium-sized bile ducts within the liver. The resulting scar tissue affects the liver’s ability to perform. The condition had debilitated Frances, destroying her ability to walk or function without full-time care. She spent that entire year homebound with few options for treatment — until her doctors in East Texas referred her to The Liver Institute at Methodist Dallas Medical Center.

Convenient, compassionate care

Parvez Mantry, MD, hepatologist on the medical staff at The Liver Institute, evaluated Frances. Dr. Mantry is also medical director of research and of the hepatobiliary tumor program at the Institute.

“Dr. Mantry told me, ‘You will not get better unless you have a transplant,’” Frances says. Unfortunately, she wasn’t sick enough to qualify for a transplant at that time. That meant she had to get worse

before she got better.

Dr. Mantry began seeing Frances in both his Dallas office and his clinic in Tyler, which he opened in 2008.

“We are the only liver transplant program with a substantive and regular presence in the East Texas area,” Dr. Mantry says. “We provide an expert level of service at these patients’ doorstep without them having to drive hours to Dallas, for which they are very grateful.”

A turn for the worse

While 2014 showed improved health for Frances, that glimpse of relief was short-lived. Starting in January 2015, she was admitted to Methodist Dallas three times for various issues related to her cirrhosis.

“Once I was told I only had 10 percent of my liver left,” Frances says.

It took an accident in the middle of the night to put her on the transplant list. On Sept. 8, Frances got up to use the restroom. Her slipper got caught, and she fell and broke her hip. An ambulance took her to a local hospital, then her husband drove her back to Methodist Dallas.

“Bringing Frances to Methodist for a higher level of care when she had the fracture allowed us to see her liver was sick enough for a transplant,” Dr. Mantry says. “We optimized her medical condition to better receive a

new liver when one would be available. Fortunately, our strategy worked.”

Nine days later, her new liver arrived. Stephen S. Cheng, MD, FACS, transplant surgeon on the medical staff at The Liver Institute and medical director of transplant informatics, performed the surgery.

“I love The Liver Institute,” Frances says. “I love the people, I love the nurses, I love the doctors. I told everybody, ‘I’m going to trust that these doctors are going to do the best for me.’ And they did.”

Life with a new liver

Frances spent 51 days in the hospital and rehabilitation before returning home to Longview for good. A retired physical therapy office manager, Frances says she hasn’t felt this good in years, but she still sees Dr. Mantry for monthly checkups at the Tyler clinic.

“I can’t believe how many things corrected in my body — my stomach, my coordination, my mental and emotional strength — and the itching all over my body disappeared,” she says.

She credits the whole team at Methodist Dallas for giving her renewed energy and life.

“I told Dr. Mantry and Dr. Cheng, ‘I want you to know the best thing that ever happened to me was when my doctor sent me to The Liver Institute.’” •

>> WE’RE IN YOUR NEIGHBORHOOD

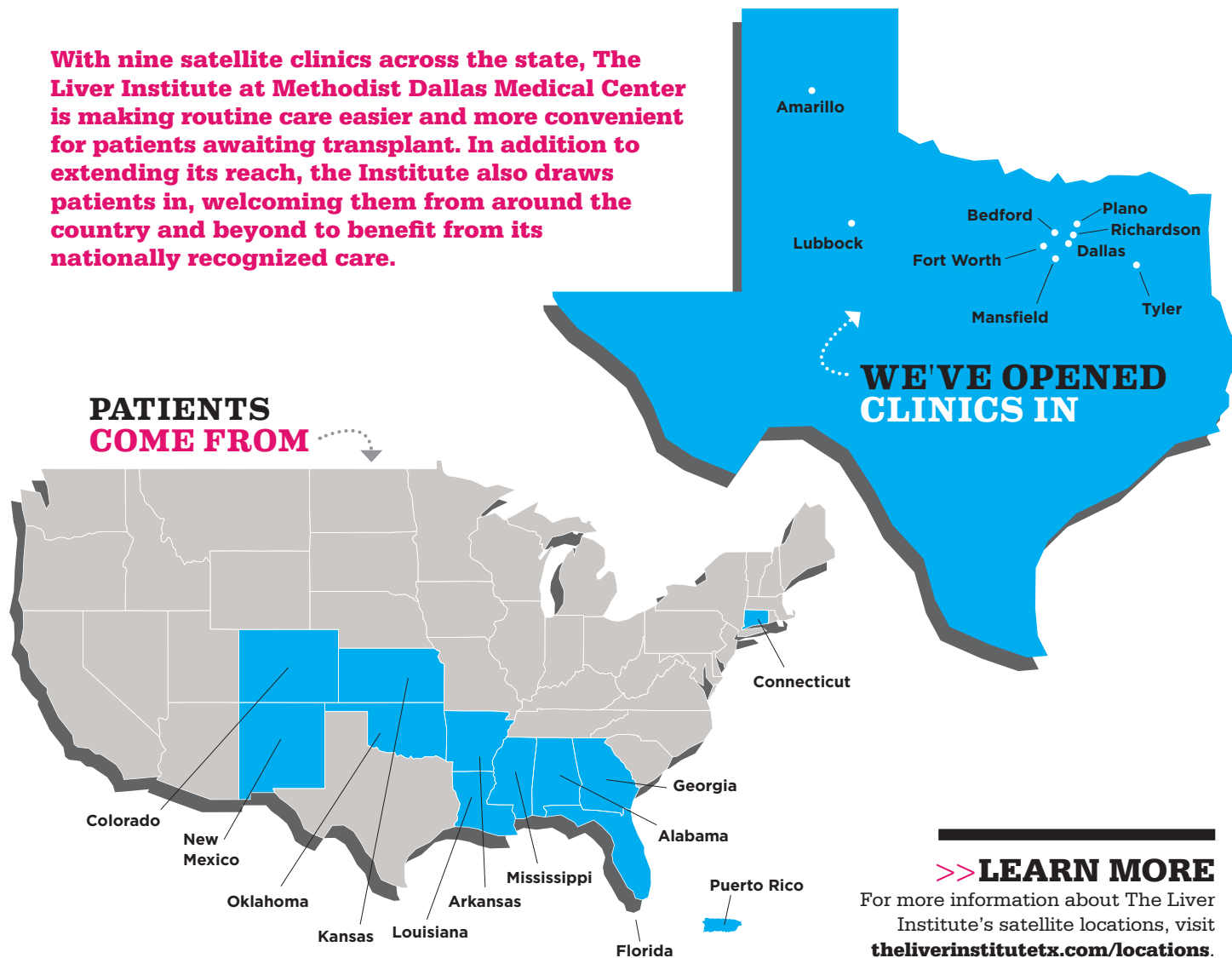
The Liver Institute has nine satellite clinics throughout Texas. For a referral to one close to you, call **214-947-6296**.

Frances Bussey has plenty of energy to go fishing with her husband, Rix, after receiving a lifesaving liver transplant.



THE LIVER INSTITUTE'S FAR REACH

With nine satellite clinics across the state, The Liver Institute at Methodist Dallas Medical Center is making routine care easier and more convenient for patients awaiting transplant. In addition to extending its reach, the Institute also draws patients in, welcoming them from around the country and beyond to benefit from its nationally recognized care.



>> LEARN MORE

For more information about The Liver Institute's satellite locations, visit theliverinstitutetx.com/locations.

YOUR BEST CHOICE: QUESTIONS TO ASK WHEN CONSIDERING

With all of the websites and pamphlets of information to read and digest, choosing a transplant program can feel overwhelming. Fortunately, asking these key questions can make that choice easier for you and your family.

Q: HOW SUCCESSFUL IS THE PROGRAM?

A: When doing your research, you want to pick a program with an experienced team of physicians, often evidenced by the program's track record of good patient results. For example: How many successful transplants have they done? Are they meeting expected survival rates? Do they have

high survival rates for patients with more severe transplant circumstances?

"We have one of the most experienced and dedicated multidisciplinary teams of liver and transplant professionals," says Tracy Giacom, MBA, MSN, RN, vice president of transplant at Methodist Dallas Medical Center. "That includes hepatologists,

surgeons, anesthesiologists, dietitians, pharmacists, and more — all dedicated to transplant alone."

Q: DO THEY WORK WITH MY INSURANCE?

A: Your policy may vary from transplant center to transplant center, so check which affords you the best medical coverage.

METHODIST DALLAS: HOME TO TRANSPLANT SUCCESS

Transplant has become more than a specialty at Methodist Dallas Medical Center. In the 12 years since the hospital began transplanting livers, Methodist Dallas has become a medical destination because of the high-level expertise of the physicians on its medical staff and its percentage of positive patient outcomes.

According to the Scientific Registry of Transplant Recipients, patients transplanted at Methodist Dallas are more likely to survive and thrive a year after their liver transplants than any other hospital in Dallas. The Liver Institute at Methodist Dallas performs more than 50 liver transplants a year, and patients have a 93 percent survival rate one year after transplant, compared to the expected rate of 88 percent.*



A liver transplant patient places a medal around the neck of one of her physicians, Jeffrey S. Weinstein, MD, medical director of liver transplantation at The Liver Institute.



Physicians, hospital staff, and past patients and their families gather to celebrate Methodist Dallas' successful liver transplant outcomes.

Celebrating lifesaving care

Methodist Dallas' excellent results for liver transplant patients inspired the hospital's recent Yes2Living campaign. While other hospitals in the Dallas-Fort Worth Metroplex may see more patients, patients at Methodist Dallas do better long term, and that should be celebrated.

On Thursday, March 3, at Poggenpohl Studio in Dallas, a dozen transplant patients thanked their doctors at a special lifesaver ceremony. Patients spoke about their transplant journeys and the team of doctors, nurses, and staff members who cared for them. The patients then placed medals around their doctors' necks and embraced them. It was a great night to celebrate patients, physicians, and the incredible team at The Liver Institute! ●

*Per most recent Scientific Registry of Transplant Recipients data (July 2012 to December 2014)

>> SAY YES2LIVING

If you think you might benefit from the high-level care available at The Liver Institute, call **214-947-6296** for a physician referral. You can also learn more at **MethodistHealthSystem.org/LiverTransplant**.

A TRANSPLANT PROGRAM

"At Methodist Dallas, our social workers and financial coordinators are highly experienced in helping patients understand all the costs and insurance benefits available based on a transplant patient's specific situation," Giacomini says. "They develop a social and financial plan with every patient. Affording medical care is the last thing we want on a

patient's mind, and we make a great effort to keep it that way."

Q: HOW WILL THIS PROGRAM SUPPORT ME BEFORE AND AFTER MY TRANSPLANT?

A: You'll have many physical, emotional, and mental needs when going through the transplant process. Determine if a program is prepared to

care for you on the full spectrum of your recovery, including before and after receiving your new organ.

"We answer any questions, make referrals for programs that we think can help our patients, and see that they stay healthy after the transplant itself for the rest of their long lives," Giacomini says.

>> LIVES CHANGED

Meet some of the patients who've benefited from transplants at Methodist Dallas in a video at **MethodistHealthSystem.org/LiverSuccessStories**.





PATIENT
STORY

Au naturel

METHODIST RICHARDSON NOW
OFFERS BREAST RECONSTRUCTION
WITHOUT IMPLANTS



In late summer 2015, Lisa Wright was finally getting back on track. She and her husband had recently moved back to Texas, and it was time to make up the doctor appointments she'd missed during the transition. One of those included her annual mammogram.

Unfortunately, the results were not as she'd hoped.

"Lisa had calcifications sprinkled throughout the breast," says Jenevieve Hughes, MD, FACS, breast

surgeon on the medical staff at Methodist Richardson Cancer Center. "Most of them ended up being benign, but there were multiple areas of concern."

The moment Lisa met Dr. Hughes, she knew the surgeon could help her make the best choices for her cancer care. "I was in a mode of gathering information and wanted to find out what I needed to do to eradicate this disease from my body," she says.

A mastectomy for the left breast was recommended, but Lisa had

choices for the reconstruction. She chose an advanced procedure newly offered at Methodist Richardson called DIEP flap.

Working with your body

Lisa's plastic surgeon, Frederick Duffy Jr., MD, FACS, on the medical staff at Methodist Richardson Medical Center, calls the DIEP flap procedure the "Cadillac of breast surgery operations" because of its 97 percent success rate and positive results for women.



Lisa Wright is now cancer-free after an advanced breast reconstruction procedure at Methodist Richardson Medical Center.

During the procedure, skin and fat are removed from the abdomen and are used to form a new, healthy breast. There are cosmetic benefits as well, like a flatter stomach, as the abdominal portion of the procedure works like a tummy tuck.

What makes the procedure possible is advanced microsurgery technology, which enables surgeons to transfer not only tissue but also the blood vessels that keep it alive.

Many things appealed to Lisa

about the DIEP flap. "Implants don't last forever, and I didn't like thinking there would be other surgeries down the road to replace them," she says. "Plus, I felt more comfortable using my own tissue, part of my own body."

Dr. Duffy says the goal is to "replace whatever part of the body we're reconstructing with something that is very similar. Abdominal tissue is so similar to breast tissue that many women say they can't feel a difference."

Not just any breast surgery

Dr. Hughes says DIEP flap is only possible with a highly specialized team approach. That's how she came to collaborate with the practices of both Dr. Duffy and Joshua Lemmon, MD, also on the hospital's medical staff. Between them, the surgeons have performed 1,500 DIEP flap procedures and know the benefits DIEP flap offers women.

Nevertheless, the surgery is not for everyone, Dr. Lemmon says.

"You have to meet the patient and take into consideration her goals, medical history, and lifestyle."

When it comes to DIEP flap, women who commonly qualify are those who are younger than 65 and who have enough soft tissue in their abdomen. It's an ideal procedure for patients following radiation therapy or who currently have implants and want to transition to a more permanent breast option.

Cancer is gone, a new breast is here

Lisa has recovered well since her DIEP flap surgery and knows without a doubt that it and Methodist Richardson were the right choices for her.

"I feel confident I made the best decision for my health," she says. "Now that my surgeries are complete, I'm considered cancer-free, and it feels good to be able to say that." ●

>> YOU HAVE A CHOICE

Methodist Health System has fellowship-trained breast surgeons and plastic surgeons at multiple campuses to give women options for breast surgery and reconstruction. Find one to help you in your cancer journey at [Answers2.org](https://www.methodisthealthsystem.org/answers2) or by calling **214-947-6296**.

Turn the page to learn more about Methodist Richardson's cancer services. >>



Beyond medicine

Art and music
help cancer
patients cope

When you think of cancer treatment, words like “chemotherapy” and “radiation” might come to mind. But at Methodist Richardson Cancer Center, “crafting,” “massage,” and “classical music” also make the list.

The Cancer Center features a host of alternative therapies to complement traditional treatments. According to

several clinical trials, the result is reduced anxiety and improved well-being for cancer patients.

An artistic flair

Katherine Baronet is the artist-in-residence at the Cancer Center. Three days a week, she and her rolling office, decorated and filled with art supplies, make the rounds to each patient receiving chemotherapy treatment. Alan Trumbly, DO, medical oncologist on the medical staff at the Cancer Center, says Baronet's presence is a comfort to many patients.

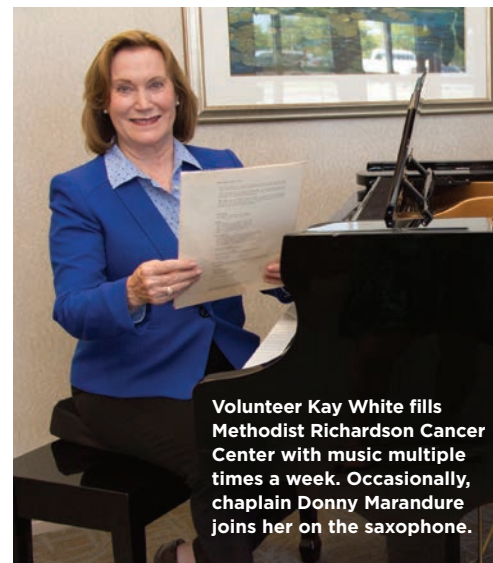
“Patients don't want to leave the infusion center to come to my side of the clinic because they're so engrossed in the projects Katherine has them doing,” Dr. Trumbly says.

Sit back and relax

The Cancer Center also offers programs to help patients relax in the midst of an often stressful season in their lives.

A licensed massage therapist is here twice a week, and twice a month, the “Relaxation Class” welcomes cancer patients and community residents for stretching and breathing techniques.

The Cancer Center's warm and inviting lobby boasts a grand piano, where Methodist Richardson volunteer Kay White plays most days



Volunteer Kay White fills Methodist Richardson Cancer Center with music multiple times a week. Occasionally, chaplain Donny Marandure joins her on the saxophone.

of the week. The music contributes to a peaceful atmosphere for cancer patients and their families.

“It makes the treatment go by a lot faster,” Dr. Trumbly says. “The benefit of achieving relaxation, a better mental state, and an overall better quality of life is extremely important.” ●

>> HOW YOU CAN HELP

The Artist-in-Residence and massage therapy programs are made possible by donations to Methodist Richardson Medical Center Foundation. Learn how you can give at MethodistHealthSystem.org/RichardsonFoundation.



Artist-in-residence Katherine Baronet (left) brings adult coloring books to Nancy Pugh's chemotherapy treatment to help her pass the time.

NEWS

NEW TOOL TO HELP IN FIGHT AGAINST CANCER

A new high-precision radiotherapy treatment has advanced Methodist Richardson Cancer Center in the fight against cancer. The hospital has invested in the Varian TrueBeam™ linear accelerator, which can treat many different types of complex cancer cases.

Oncologist Paul DeRose, MD, on the medical staff at Methodist Richardson Medical Center, says the TrueBeam is able to deliver high doses of radiation to tumors while minimizing exposure to surrounding healthy tissue.

“This is a fully integrated system that improves patient safety and allows physicians to perform precise, image-guided radiotherapy and radiosurgery anywhere in the body,” he says. “Patients also appreciate the comfort and ease of shorter treatments.”





PATIENT
STORY

Calling all *angels*

**How Methodist Charlton's
cancer team came to
Lorena Herrera's rescue**

Most people wouldn't call a workplace accident "lucky," but Lorena Herrera considers her minor mishap to be one of the luckiest things that ever happened to her.

"If it hadn't happened, it might have been a long time before I discovered that I had breast cancer," she says.

An unexpected diagnosis

Last spring, the 47-year-old Garland resident was making her way through an ordinary day at her temporary warehouse job. Suddenly, a box she was lifting caused another box to fall on her right breast.

"There was a bruise, but I didn't worry about it," Lorena says. "A few weeks later I felt a strange burning pain in the area; then I started having pain from my underarm to my breast. So I went to see my doctor."

Lorena's doctor immediately recommended a mammogram, which led to a biopsy and, a few weeks later, to a devastating phone call: The results were positive for breast cancer.

"I began crying so hard that I had
continued on the next page >>

Lorena Herrera and her husband, Francisco Perez, feel lucky to have found direction and support with the breast cancer team at Methodist Charlton.



to pull over,” recalls Lorena, who was driving home from work when her doctor called with the news. “I said, ‘What’s going to happen to me? What am I going to do now?’”

Finding direction and support

Lorena was referred to Maria Juarez, MD, oncologist on the medical staff at Methodist Charlton Medical Center, which was recently recognized by the National Accreditation Program for Breast Centers. The same afternoon that Lorena learned she had cancer, she got a call from the hospital’s breast cancer nurse navigator, Vicki Hallum, RN, CBCN.

“Vicki said she would be there to help me with everything, and she was right,” Lorena says. “Every step of the way, she was there to answer questions and make appointments. She even helped arrange counseling sessions with a therapist.”

Ultimately, Dr. Juarez diagnosed Lorena with high-grade ductal stage carcinoma in situ (commonly known as DCIS), an early-stage breast cancer. Though it is highly treatable, people with DCIS are at greater risk of cancer recurrence down the road.

“In collaboration with our breast center’s multidisciplinary team, I recommended that Lorena undergo a lumpectomy (surgery to remove the cancerous growth) followed by six weeks of daily radiation therapy,” Dr. Juarez explains. “We then placed her on a surveillance program that calls for physical exams every three to six months for the next few years and annual mammograms. With this treatment, her chances of survival and of the cancer not reoccurring are excellent.”



Lorena Herrera is looking forward to a fun-filled summer with her family.

Where she needed to be

Today Lorena is back to her normal routine — and full of gratitude.

“I believe that God put me where I needed to be to get help and also sent angels to take care of me, like Vicki and Dr. Juarez and my friends

and family — and especially my husband and my mother, who cried with me and worked around the clock to take care of me after surgery,” she says. “I couldn’t have gotten through this without them.” ●

>> HELP WOMEN GET THE CARE THEY NEED

Join us for Shop, Eat, Drink, PINK on Oct. 6 to help raise funds to support uninsured or underinsured women in need of annual mammograms. For more details, turn to page 13. You can also support these women anytime by making a donation at **Foundation.MethodistHealthSystem.org/Give**.

Above and beyond in *cancer care*

Methodist Charlton team earns national accreditation

It's one of the best for a woman's breasts. Methodist Charlton Medical Center is the latest Methodist Health System hospital to achieve recognition from the National Accreditation Program for Breast Centers (NAPBC), joining the ranks of breast cancer programs at Methodist Dallas and Methodist Richardson Medical Centers.

During a yearslong accreditation process, the hospital was required to demonstrate that it met or exceeded rigorous standards in more than 90 areas that relate to diagnosis, treatment, and follow-up care for breast cancer patients.

A team of specialists working for you

Methodist Charlton's multidisciplinary treatment approach was a primary contributor to the hospital's new accreditation, says Allison DiPasquale, MD, breast surgeon on the medical staff.

"We convene on a regular basis for a meeting of the minds conference that includes multiple members of the patient's care team — oncologists, surgeons, pathologists, radiologists, radiation oncologists, and nurses," she explains.

"Everyone has a chance to weigh in or ask questions as we develop treatment plans. It means that patients get the benefit of a one-stop shop with multiple perspectives and opinions."

Dr. DiPasquale says that Methodist's

participation in the Mayo Clinic Care Network provides an extra dimension to the big picture of a patient's care.

"In complicated cases that require more research, we have access to some of the most respected specialists in the world through our relationship with Mayo Clinic," Dr. DiPasquale says.

World-class care, minutes from home

Another noteworthy aspect of Methodist Charlton's breast cancer program that contributed to the NAPBC recognition is the hospital's nurse navigation program, which pairs patients with an oncology nurse who provides customized guidance, information, and emotional support throughout all stages of treatment.

Additionally, the accreditation noted the hospital's on-site breast surgery and radiation services, genetic testing and counseling program, and survivorship clinic.

"It took a vision and tremendous hard work from our multidisciplinary team to bring this breast center of excellence to life," says Darshan Gandhi, MD, MBA, medical director of oncology at Methodist Charlton. "It is an honor to be recognized among the highest level of breast treatment centers in the nation. This will help us provide the best-quality comprehensive breast care to our patients, ranging from benign breast diseases to cancers."

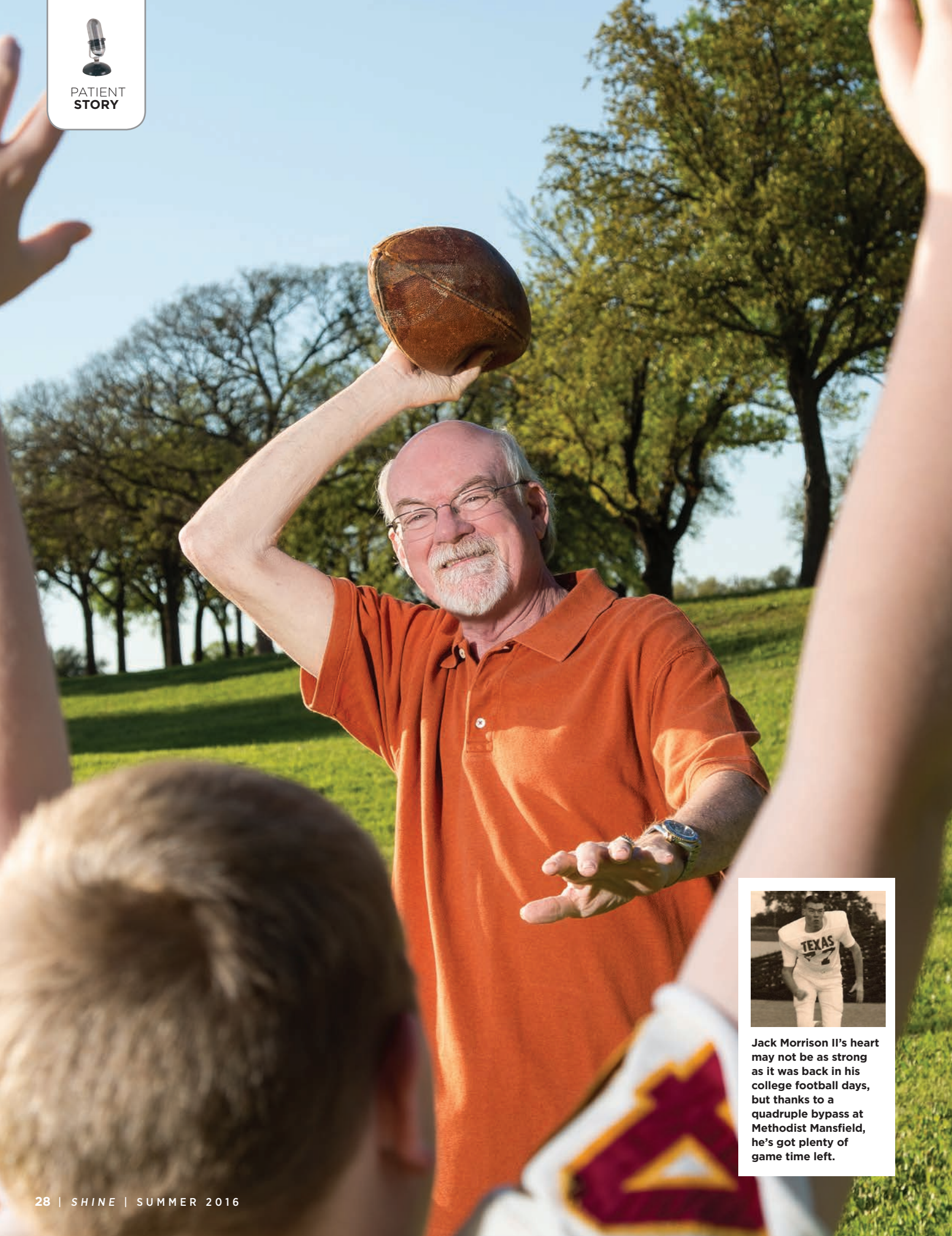
>> WE'RE HERE FOR THE JOURNEY
Methodist Charlton can help you face a breast cancer diagnosis. Find a physician at Answers2.org or by calling 214-947-6296.

NAPBC[®]
NATIONAL ACCREDITATION PROGRAM
FOR BREAST CENTERS

A QUALITY PROGRAM
OF THE AMERICAN
COLLEGE OF SURGEONS



PATIENT
STORY



Jack Morrison II's heart may not be as strong as it was back in his college football days, but thanks to a quadruple bypass at Methodist Mansfield, he's got plenty of game time left.



>> TAKE THIS QUIZ TO LEARN YOUR RISK

All it takes is a couple of minutes to find out if your heart might be at risk for a heart attack or other cardiac event. Just go to Answers2.org/Heart.

Back in the game *of life*

The new Amon G. Carter Foundation Heart and Vascular Center called the play that saved **Jack Morrison's** life

Considered one of the most important roles on the football field, the left tackle is charged with protecting the quarterback.

Jack Morrison II played that position one year as a walk-on at the University of Texas, then another three years at Austin College before a knee injury forced him to give up the game he loved. Jack went on to earn bachelor's degrees in business, economics, and physical education. For 30 years he traveled the country selling everything from diamonds to chemicals.

During this time, Jack met his wife, Darla, at their 25th high school reunion. The couple, with four sons and eight grandchildren, will soon celebrate their 28th anniversary.

Now retired from sales, for the last five years Jack has helped transport special needs children in the Arlington ISD.

"It was when I went for my annual transportation stress test on Dec. 31 that I was told I had failed," Jack says.

He underwent a coronary angiogram with Shoaib Saya, MD, interventional cardiologist on the medical staff at Methodist Mansfield Medical Center, who discovered that Jack had an 80 to 90 percent blockage in four of his arteries.

This time, Jack decided to play offense, preparing his next move and tackling his health for his family.

Heart care with a personal touch

The day after his angiogram, Jack underwent a quadruple bypass with Darien Bradford, MD, cardiothoracic surgeon on the medical staff at the Amon G. Carter Foundation Heart and Vascular Center at Methodist Mansfield.

While Jack was concerned about the procedure, he felt sure that he had picked the right medical team. Just a 10-minute drive from his home in Arlington, Methodist Mansfield's reputation for award-winning cardiac care had preceded it.

In the first few hours after surgery, the Morrisons met another member of

Jack's care team, Emily Forbes, MSN, MHA, WHCNP, FNP-C. As a cardiac nurse practitioner, Forbes was there to answer the couple's questions and

continued on the next page >>

>> DO YOU HAVE A HEART FOR GIVING?

The new Amon G. Carter Foundation Heart and Vascular Center was made possible by Methodist Health System Foundation. You can support cardiology services at Methodist Mansfield by donating at **Foundation.MethodistHealthSystem.org/Give** and selecting "**Methodist Mansfield Tower Two**" in the drop-down menu.



Jack Morrison II enjoys the time he gets with his grandchildren Sydney and Robert Looper.

take care of anything they needed.

"Emily was my touchstone," Jack says. "Everything would glow when she came in the room to check in on me and my wife. We immediately felt a connection with her, like she was my quarterback helping me get to the goal line."

Star player

Dr. Bradford credits much of the Morrisons' experience to the new Heart and Vascular Center, which

opened in December 2015 with some of the most advanced medical technology available. Jack was one of the first heart patients to be treated there.

"The new center offers a warm and inviting setting for patients and is home to the advanced equipment and technology that enable our heart and vascular team to provide high-quality cardiac care," he says. "We'll be able to improve the lives of patients for generations to come in this new facility."

Jack spent 11 days in the hospital and completed his cardiac rehabilitation. He continues to work out and enjoys the quality time he has with his grandchildren.

"I am feeling so much better now," Jack says. "I have a lot more energy. I can mow my half-acre lawn, trim the shrubs, and use a push broom without breaking a sweat. My breathing is also back to normal.

"Thanks to Methodist Mansfield, I'm still going strong and in the game." ●

More care for *your heart*

People in Mansfield and surrounding communities now have increased access to advanced cardiovascular care with the opening of the Amon G. Carter Foundation Heart and Vascular Center at Methodist Mansfield Medical Center.

The facility is part of the hospital's new 110,000-square-foot Tower Two patient care expansion.

"The Heart and Vascular Center is now the front door to our diagnostic and interventional cardiac program, which last year performed more than 28,000 testing and diagnostic procedures, open heart surgeries, and other advanced surgical procedures," says Marcus Jackson, RRT, FACHE, director of cardiopulmonary services. "The new center provides emergent and scheduled cardiac catheterization, interventional radiology, electrophysiology, pulmonary testing, and pre-procedure testing."

MRI-SAFE PACEMAKERS

The center's opening also means that the hospital can offer new cardiovascular services to patients, such as implantation of the Entovis ProMRI®, a pacemaker that is approved by the U.S. Food and Drug Administration for use with MRI scans.

"We were one of the first hospitals in North Texas to offer the MRI-friendly pacemaker option, which is a significant benefit for our patients," Jackson says. "Not being able to have an MRI can get in the way of accurate, timely diagnoses of dozens of medical conditions, and this can present a problem for people with pacemakers, who have traditionally been prohibited from undergoing MRI."

MORE ADVANCED TECHNOLOGY

The Heart and Vascular Center is also proud to offer the Impella® heart pump. Currently the world's smallest heart pump, the Impella provides blood flow for critical heart and vascular support. Another noteworthy outcome of the heart center's opening is the new electrophysiology (EP) lab, the only one available in the Mansfield area.

"The EP lab offers testing, diagnosis, and treatment for patients with heart arrhythmias, such as atrial fibrillation, commonly known as AFib, a condition that affects up to 2 million Americans," Jackson says.

"The Heart and Vascular Center at Methodist Mansfield offers high-quality cardiac care, medical expertise, and a positive patient experience for the communities of Tarrant, Johnson, Ellis, and Dallas counties."



>> MORE ABOUT HOW WE'RE HELPING HEARTS

Learn more about heart care available to you at Methodist Mansfield when you visit **MethodistHealthSystem.org/MansfieldCardiology**.

HEART CARE THAT'S DISTINCTIVE

Methodist Mansfield Medical Center was recently honored as a Blue Distinction® Center for Cardiac Care by BlueCross BlueShield of Texas for providing exceptional cardiac care.

To earn this award, a hospital's cardiac program had to exceed rigorous standards in cardiac patient outcomes, physician qualifications, and overall success.

"We are honored to be among programs nationally recognized by BlueCross BlueShield," says Tim Taylor, RN, cardiac manager. "The evidence-based award recognizes the Amon G. Carter Foundation Heart and Vascular Center team for our ability to provide advanced cardiac care."



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Restoring hope

Program provides comfort and care in the wake of sexual assault

More than 200 Dallas residents have sought help from Methodist Dallas Medical Center's Sexual Assault Nurse Examiner (SANE) Program since it launched in January 2014. It's a heartbreaking statistic — but also an inspirational one. Without the SANE Program, these survivors would have one fewer reason — and one fewer resource — for hope and healing.

"We treat survivors with dignity, care for their injuries, and offer a shower and fresh clothes," says Courtney Brewer, RN, CA-SANE, program coordinator. "We talk to them about choices and next steps. By the time survivors walk out, they've transitioned from someone who was discouraged to a person with a head held high."

Ready around the clock

The Methodist Dallas SANE Program is one of only three of its kind in Dallas County. It offers around-the-clock, rapid-response services for sexual assault survivors ages 14 and older.

All care is supervised by a specially certified nurse who sees the survivor in a dedicated private treatment area and remains with him or her through discharge and follow-up.

"We refer survivors to partnering community organizations who provide counseling, shelter, or financial services, as needed," Brewer says.

Justice for victims

An important aspect of the SANE examination is the option for survivors to share the details of their assault, go through the evidence-collection process, and report to law enforcement. In one case, a forensic exam was performed while emergency department doctors fought to save the life of a victim who sustained a gunshot wound during the attack.

"Sadly, the victim didn't survive, but the SANE exam provided evidence that helped law enforcement bring the victim's family some justice," Brewer says.

Not all survivors will seek or receive justice — but that doesn't mean they can't take back control of their lives.

"Some survivors come back to thank us for helping them when they were at their worst," Brewer says. "That's what this program is about. We help them take back their control and their power. We give them hope that this terrible thing that's happened isn't going to define them forever." ●

>> HELP US HELP SURVIVORS

Methodist Health System Foundation is working to cover medical care costs for survivors of sexual assault. To lend your support, visit **Foundation.MethodistHealthSystem.org/Give**. To learn more about the program, visit **MethodistHealthSystem.org/SANE-Program**.

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READY *for the unexpected*

When an emergency led to a premature delivery, Methodist Mansfield rose to the occasion

Dianna and Matt Kleeman thought everything was on schedule for the arrival of their first child back in 2010. Then one morning, the unexpected happened.

"I woke up and couldn't feel my baby kicking," Dianna says.

Dianna's OB-GYN sent her straight to Methodist Mansfield Medical Center. Not only did Dianna have pre-eclampsia and require a cesarean section, but her premature infant would need the advanced care of the hospital's Level III Neonatal Intensive Care Unit (NICU).

At 3:24 p.m. on Dec. 29, 2010, Miles Matthew Kleeman was born at 28 weeks, weighing only 2½ pounds.

"He was so tiny, but he was fighting for his life," Dianna says.

Dianna's fight begins

A week after she was discharged from the hospital, Dianna's health took a dangerous turn. The new mom had developed blood clots and was experiencing heart failure.

The medical team at Methodist Mansfield went to work providing interventional medicines and treatments to help her get back on track. They also provided emotional support.

"Here I had married the man of my dreams, had the perfect baby, and now I'm going to die," Dianna remembers saying to her nurse. "She hugged me and said: 'I am not going to let you die. I am going to see you through this, and you are going to survive.'"

Similar encouragement helped Matt in the days to come.

"I went back and forth from visiting my wife on the fourth floor to my baby in the NICU, who were both struggling for life," he says. The nurses were always reassuring, telling me about the improvements that my wife and baby were making."

The NICU nurses collaborate with a whole team of providers, including respiratory therapists, educators, and board-certified neonatologists,

hospital, she spent as much time as she could with Miles in the NICU and realized how much the nurses had been there for him during her illness.

"They loved my son as I did," Dianna says.

Safe and sound

Miles, the earliest preemie on record at Methodist Mansfield, stayed 77 days in the NICU. On March 15, 2011, he went home with a heart monitor. That first year, Miles saw numerous specialists

"Here I had married the man of my dreams, had the perfect baby, and now I'm going to die." — Dianna Kleeman

to care for infants born as early as 28 weeks gestation.

"Methodist Mansfield's NICU provides parents with reassurance that their fragile, preterm infant is receiving individualized care 24 hours a day," says Sarah Northrop, DO, Dianna's current OB-GYN, who serves on the medical staff at Methodist Mansfield. "Equipped with the latest technology, the NICU offers an intimate environment where light, temperature, and noise are controlled to stimulate babies' growth." When Dianna was released from the

and underwent physical therapy.

Then when he turned 1, "everything seemed to fade away," Dianna says. "Now 5, he can cite words, write his name, and color, and he was at the head of his pre-K class."

Every year on Miles' birthday, the family returns to the hospital with homemade food and gifts for the NICU staff and is forever grateful.

"They not only saved our lives, but they helped us in our time of need," Dianna says. "I cherish every triumph we've had. We are alive because of Methodist Mansfield." ●

>> HEALTHY MOMS, HEALTHY BABIES

To find an OB-GYN committed to helping you through your pregnancy, call **214-946-6296** or visit **Answers2.org**.



Matt and Dianna Kleeman, here with prematurely born son, Miles, survived one of the most challenging seasons of their lives with the support of the NICU nurses at Methodist Mansfield.



PATIENT STORY



Collaboration between the Cedar Hill Fire Department and Methodist Charlton achieves 16-minute heart attack treatment time

Fast action

Every day in Dallas County, approximately 30 people have a heart attack, according to the American Heart Association, and their survival and quality of life depend on the seamless delivery of emergency medical services (EMS).

Just ask 56-year-old Maudie Wayne, who survived a massive heart attack last December thanks to the

fast action and collaboration of the Cedar Hill Fire Department and Methodist Charlton Medical Center.

"I just remember the paramedic saying, 'Maudie, you're having a massive heart attack, but we're going to take care of you,' Maudie says. "He told me he was sending the hospital my symptoms so the doctors would be ready when I arrived. It was all so fast!"

By fast, Maudie means she had a door-to-balloon time of 16 minutes. Door-to-balloon (D2B) time is measured

from the patient's arrival at the hospital to the opening of the blocked artery. Reducing this time is key to increasing chances of survival and to do that, the whole emergency heart attack response system in Dallas County needs to collaborate.

Starting treatment sooner

"In 2010, every hospital and EMS agency in Dallas County came together and created one protocol for when an EMS team was dispatched to

>> GET MORE ANSWERS

Find a cardiologist to help manage your heart health by calling **214-947-6296** or at **Answers2.org**.



>> STOP A HEART ATTACK BEFORE IT STARTS

Take our heart health risk assessment at Answers2.org/Heart to see if your heart needs a checkup.

a possible heart attack call to the patient arriving at the hospital," says Dudley Wilcoxson, EMS liaison at Methodist Charlton.

Cedar Hill EMS Chief Kevin Cunningham says the coordinated efforts and improved training have resulted in teams being able to spot heart attack symptoms and perform an electrocardiogram out in the field.

"The paramedics detected that Maudie was having a massive heart attack and immediately transmitted the information to Methodist Charlton, where the catheterization lab team could prepare for her arrival," he says.

Tim Issac, MD, interventional cardiologist on the medical staff at Methodist Charlton, led the hospital's cardiac cath lab team that day.

"The early activation by the paramedics was integral in preserving Maudie's heart function," Dr. Issac

explains. "This process is a team approach and gives heart attack patients the greatest chance of recovery."

Success is saving lives

Six years after this countywide collaborative effort started, Methodist Charlton has achieved countless awards, become an accredited Chest Pain Center by The Joint Commission, and been recognized as a STEMI (heart attack) receiving facility by the American Heart Association.

"It's an honor to receive these recognitions, especially since Methodist Charlton has doubled its patient volume all while maintaining our D2B times," Wilcoxson says. "But none of this would have been possible — saving Ms. Wayne's life might not have been possible — without the collaboration of the hospital systems and EMS agencies in Dallas County." •



Maudie Wayne celebrates life after surviving a heart attack as she reunites with members of the Cedar Hill Fire Department and Methodist Charlton medical staff.

DON'T DRIVE: 3 REASONS TO CALL 911

1 Time saved.

Emergency medical services (EMS) can work with the 911 dispatcher to identify that a person is having a heart attack before they arrive at the scene. EMS can get equipment ready en route to the patient, then begin treatment immediately and continue on the way to the hospital. That time saved equals heart muscle saved.

2 Lifesaving training.

EMS teams are trained to revive someone whose heart has stopped.

3 Hospital communication.

EMS crews communicate with on-call staff at the hospital so that patients can be fast-tracked to lifesaving treatment.

Next time you or a loved one might be experiencing a heart attack, steer clear of the roads and leave the driving to your local EMS.





Living out our mission

We marched for babies!

Methodist Health System employees headed to Norbuck Park at White Rock Lake on April 16 for the annual March of Dimes® March for Babies®. The March of Dimes is dedicated to preventing premature birth, birth defects, and infant mortality, so for weeks, the health system also held internal fundraisers to show its support. Methodist Charlton President Fran Laukaitis, MHA, BSN, RN, FACHE, was the health system's team captain, and all in all, Methodist raised about \$48,000 for the March of Dimes.



Urban gardening takes center stage in Garden2Table

In March, Methodist Dallas Medical Center hosted another Garden2Table event focusing on community-based gardening in urban environments, food preparation, and preservation of fresh produce.

More than 125 attendees learned about backyard wildlife, vegetable gardening, soil and bed preparation, and cooking healthy meals using fresh fruits and vegetables. There was even a kids' gardening clubhouse for children to get their hands dirty.

Attendees also enjoyed a healthy midmorning snack from Bolsa Mercado, and Dallas County District 4 Commissioner Elba Garcia came to speak to the group.

Methodist Charlton inspires healthy eating at Cedar Hill event

Methodist Charlton Medical Center was proud to sponsor Choose Healthy Cedar Hill in February at the Alan E. Sims Cedar Hill Recreation Center. The hospital provided free blood pressure checks and hosted a food-choice demonstration by Chef Cassandra Armstrong. The chef taught recipes that don't raise cholesterol and discussed making better food choices when it comes to sugars, sodium, and cholesterol.

Chef Cassandra Armstrong presents healthy eating tips at Choose Healthy Cedar Hill.





Get going and glowing

The Fitness Center and Fit Zone at Methodist Charlton Medical Center was glowing on Friday, Jan. 22, when the staff hosted a two-hour Neon Aerobics Party. The fun, energy-charged event motivated members and guests to start the new year focused on fitness and wellness. Instructors demonstrated various class formats, including Yogalates™, U-Jam Fitness®, Zumba®, line dancing, turbo kick-boxing, body sculpting, and total-body conditioning.

FROM A TO ZIKA: Methodist Richardson Medical Center responded to concerns about Zika virus on Thursday, Feb. 18, when a panel of experts from the hospital's medical staff answered questions in a well-attended public forum.

The panel included OB-GYNs Denisse Holcomb, MD, and Carol Norton, MD, and infectious diseases physicians Sofia Ansari, MD, and Serge Lartchenko, MD.

If you have questions about Zika, Methodist Health System has a comprehensive website dedicated to the virus: **Info. MethodistHealthSystem.org/Zika-Virus.**



Methodist Richardson President Ken Hutchenrider Jr., FACHE, and Chief Nursing Officer and Vice President of Nursing Irene Strejc, MPH, BSN, moderate a Zika virus panel so that community members could get answers to their questions.



Don't Die of Doubt campaign earns kudos for Methodist Mansfield

Mansfield City Manager Clayton Chandler and Mayor David Cook recognized Methodist Mansfield Medical Center in partnership with the Mansfield Fire Department at the Feb. 22 City Council meeting for their efforts to save lives through the Don't Die of Doubt campaign.

The American Heart Association's Don't Die of Doubt campaign encourages people in North Texas to call 911 instead of driving themselves to the hospital. This helps increase people's chance of surviving a heart attack.

Methodist Mansfield partners with numerous local fire-rescue teams to save the lives and improve the survival rate of heart attack patients in Tarrant, Johnson, and Ellis counties.



METHODIST MANSFIELD HONORED FOR COMMUNITY PARTNERSHIP:

Methodist Mansfield Medical Center was honored with the Mansfield ISD Community Partner Award at the February school board meeting.

The award was given for the hospital's significant contributions to the health of the district and its students, which included free sports physicals and echocardiograms, physician expertise, Mansfield ISD Staff Clinic, numerous education grants, and other sponsorships.

The Rev. Michael Evans, president of the Mansfield ISD School Board (left), presents the Community Partner Award to Methodist Mansfield Director of Community and Public Relations Angel Biasatti and President John Phillips, FACHE, for the hospital's community relations program with the district.



PATIENT
STORY

A wrong turn turned right

Ajit George has kept his promise to eat healthier and work out regularly after his heart attack nine months ago.



If you were having a heart attack, would you know it? An alarming number of people dismiss the warning signs. Fortunately, Ajit George wasn't one of them.

Last October, while helping a friend move, Ajit George had shortness of breath. It concerned him enough to call his primary care provider to make an appointment. An electrocardiogram found nothing abnormal, but his doctor urged him to see a cardiologist.

Ajit followed doctor's orders and made an appointment, but it wasn't for several weeks. Four days after the shortness of breath, Ajit was running errands when he had numbness and tingling in his left arm and broke out in a cold sweat.

Up until this point, he had done everything right. He had recognized the symptoms and

continued on the next page >>



A WRONG TURN TURNED RIGHT

continued from the previous page

followed up with his doctor, but then he took a wrong turn: Instead of pulling over and calling 911, Ajit drove himself to the emergency department (ED).

"I knew right where it was and I was nearby," he says. Ajit admits it was not his best decision, because just as he arrived at the ED at Methodist Richardson Medical Center, he went into cardiac arrest.

Asad Mohmand, MD, interventional cardiologist on the hospital's medical staff, was on call when Ajit arrived.

"I think he was very lucky, because his heart could have stopped while he was driving and it could have been the end — and not just for him but also for other drivers if there had been an accident," Dr. Mohmand says.

A voice of comfort

Ajit was immediately transferred to the cardiac catheterization lab, where he went into cardiac arrest again, requiring Dr. Mohmand to shock his heart back to a normal rhythm. Although he was critically ill, Ajit remembers what happened.

"When I came to, I looked up and saw a bright light, and there was a man speaking to me in my native dialect," he says. "I thought I had died and gone to heaven." Ajit didn't meet his maker that day, but he did meet the man who would save his life.

"I thought there was a good chance that he spoke Hindi, so I talked to him in that language," Dr. Mohmand says. "Fortunately, he did, which helped calm him and put him at ease."

To assess what was causing Ajit's heart attack, Dr. Mohmand performed a procedure called cardiac catheterization, in which a catheter is threaded through the artery in the groin up to the heart. Dye is injected to see if there are blockages. In this case, Ajit had two blocked arteries.

The next step was angioplasty. This procedure also uses a catheter, but to thread a small deflated balloon to the blockage. The balloon is then inflated, pressing the plaque against



>> LEARN MORE ABOUT YOUR HEART

Find healthy recipes, heart health tips, and more on our *answers2* blog at Answers.MethodistHealthSystem.org/topic/Cardiology.

the walls of the artery. A permanent tube or stent is put in place to restore blood flow.

Embracing his second chance

It's been nine months since his heart attack, and Ajit has kept a promise to himself to live a healthier lifestyle so he

can be there for his family. He follows up with Dr. Mohmand on a regular basis, and he's eating better and working out.

"I have another chance, and I want to take advantage of it," he says, adding that he now knows how important it is to call 911 if you have symptoms, because every minute matters. ●



"I have another chance, and I want to take advantage of it."

— Ajit George, heart attack patient

>> COULD YOUR HEART BE AT RISK?

Find a physician at Methodist Richardson. Call **214-947-6296** or visit Answers2.org.



Mission²Medicine

THERE IS A LOT OF EXPERTISE AMONG THE CLINICAL STAFF AT METHODIST HEALTH SYSTEM. These men and women can make split-second decisions that save lives. They put in extra hours to make sure each patient's needs have been met. They spot cancer, perform clinical trials, transplant organs, and bring new life into the world. They teach the injured how to walk again and offer comfort to those who are ill, weary, or frightened. And that's only what they do inside the hospital.

Outside these walls, physicians, nurses, and other clinical staff members continue to be the living, breathing embodiment of our mission to save and improve lives with compassionate, quality healthcare. They travel overseas on medical mission trips. They educate the community at outreach events. They volunteer to provide school physicals. They open their eyes to see where they can bring healing. In these pages, you'll read just a few stories of how clinicians on our medical staff have served in extraordinary ways. You'll see how there is a mission to the medicine here at Methodist. →

Seeing beyond the patient *to the person*



James "Jef" Fike was moved by the care Chisom Daisy Nwachukwu, MD, gave him after his stroke.

It's 4 p.m., and Chisom Daisy Nwachukwu, MD, is finally wrapping up her patient rounds at Methodist Mansfield Medical Center, long after they should have been completed. But Dr. Daisy, as she's fondly called, has taken extra time with her patients throughout the day.

"With every patient, I don't see a case; I see a person, a human being," she says. "I sit down with my patients, and we can talk about anything, like football or their dogs. I want to break the shell in the doctor-patient relationship."

Going this extra mile takes extra time, but Dr. Daisy believes it's worth it. She can see the evidence in patients like James "Jef" Fike.

Time well spent

When Jef arrived at Methodist Mansfield last June, he wasn't sure what was wrong.

"My speech was slurred and I had trouble using my right hand to fill out the paperwork, but otherwise, I felt fine," he says. Learning he'd had a stroke came as quite a shock.

Days later his stroke symptoms worsened, and he lost use of his right side. The condition also took an emotional toll on the 59-year-old husband and father. Fortunately, he had Dr. Daisy.

Wanting to make sure that Jef felt encouraged, Dr. Daisy rounded on his room four or five times a day and even gave the Fikes her personal phone number so they could call with any questions.

"You never got the feeling that Dr. Daisy was just there to do a job and move on," Jef says. "The biggest thing was that she took the time; you don't forget people like that."

A chance to say thanks

When Jef left Methodist Mansfield for rehabilitation last summer, he lacked all movement in his right side. When he returned in January this year to thank Dr. Daisy in person, he was able to walk up to her, give her a hug, and say “thank you” without slurred speech. The improvement in his condition floored the hospitalist.

“I got very emotional,” she says. “I was so impressed with him, so proud of him.”

Jef fights back his own tears when he speaks of his experience and of the physician who took the time to not only care for him but also know him as a person.

“You kind of hope that you get the right doctor, and I believe I did.” ●

Giving the gift of *confidence*

“**T**hey’re my heroes.” These are the words Darla Perkins uses to describe D. Rohan Jeyarajah, MD, FACS, and David R. Kang, MD, DDS, MS, FACS. In fact, she credits these surgeons on the Methodist Dallas Medical Center medical staff with saving her life.

Darla’s story goes back eight years. She was living in Australia, running a jewelry company, and in a happy relationship.

Then one morning, she noticed a small lump on the lower left side of her face. At first, she chalked it up to a bug bite or an allergic reaction, but it was diagnosed as a benign fatty tumor called a lipoma. Surgeons both abroad and in the U.S. refused to remove it, afraid of causing facial paralysis.



Darla Perkins’ appearance was dramatically improved after surgery.

“One doctor said he wouldn’t touch it with a 10-foot pole,” Darla says.

As the tumor grew to softball size, Darla slipped into a deep depression, and daily migraines from the stress had her on disability for more than two years. In 2009 she moved back to the U.S. to be closer to family, but she still struggled.

“I was afraid to go out,” she says. “I became a total recluse. If I hadn’t had to go to work to feed myself, I probably wouldn’t have done that.”

To avert people’s stares and rude remarks, she grew her hair long, stopped wearing jewelry that would draw attention to her face, and unknowingly began walking with her head tilted down to one side.

From shrinking to standing tall

Last summer, Darla finally decided it was worth risking paralysis to no longer live in misery.

She learned one of her clients at Massage Envy in Las Colinas, Dr. Jeyarajah, was a surgeon. One day she summoned the courage to ask his opinion about the lump. He immediately offered to make some calls. The first was to Dr. Kang.

“I just think he does amazing work, and I wanted Darla to be seen by the best,” Dr. Jeyarajah says of the head

continued on the next page >>

OH, THE PLACES WE GO!

New blog series features physicians, nurses on medical missions

How far would you go to help someone in need?

What about the shores of the Amazon River in Brazil, or a clinic along the Kenya-Tanzania border, or an orphanage in Guatemala?

For the clinicians at Methodist Health System participating in medical missions — whether religiously affiliated or not — traveling thousands of miles was worth it. It was their opportunity to bring the compassionate, quality care they give to patients in North Texas to some of the remotest and poorest places in the world.

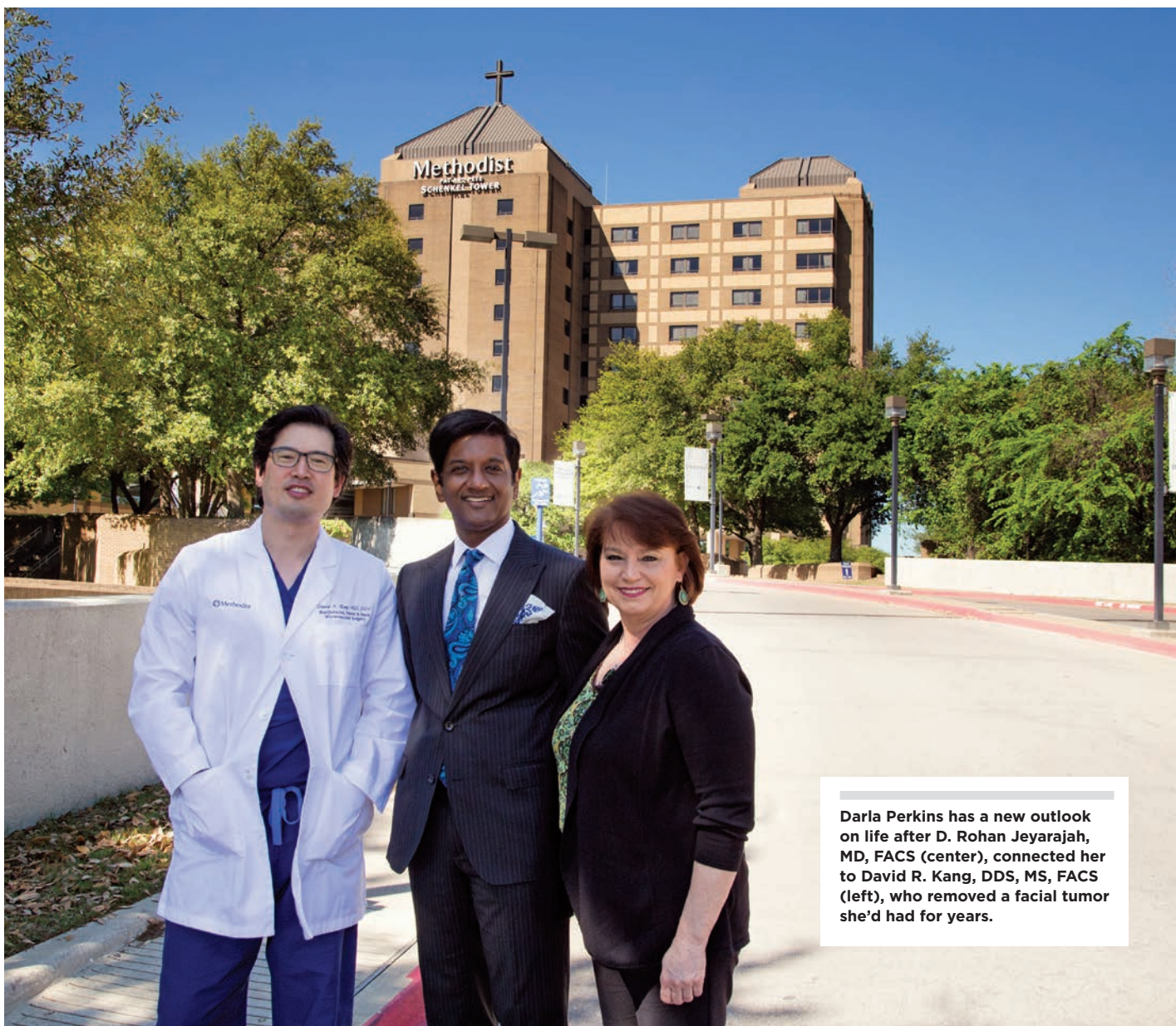
Now we want to bring the stories of their service experiences to you. The *answers2* blog is launching a new series, Mission2Medicine. Here you can read the inspiring stories of



Janice Stone, BSN, RN, CBN, bariatric coordinator at Methodist Dallas Medical Center, teaches girls in Hyderabad, India, about nutrition, exercise, and emotional health on a January mission trip.

Methodist employees going out into the world — both stateside and abroad — to deliver life-changing medical care to men, women, and children in need.

The blog kicks off on Aug. 16 at **Answers.MethodistHealthSystem.org/Mission2Medicine**.



Darla Perkins has a new outlook on life after D. Rohan Jeyarajah, MD, FACS (center), connected her to David R. Kang, DDS, MS, FACS (left), who removed a facial tumor she'd had for years.

and neck, maxillofacial, and oral surgeon. Dr. Jeyarajah arranged for Darla, who is uninsured, to have an MRI and see Dr. Kang that very week.

"I just feel like it was a God thing that Darla and I had that discussion that day," Dr. Jeyarajah says. "You can't stand by and watch somebody suffer in any way. It's part of being a human being, but it's also part of being a doctor."

Inspired by Dr. Kang's confidence that he could indeed remove the tumor safely, Darla agreed to the

procedure. Dr. Kang not only successfully removed Darla's lipoma, but he also waived all of his fees. Payment enough was seeing her come in to his office the following week.

"She was standing up straight, her hair was pulled back, her earrings were on — her life had changed dramatically," Dr. Kang says.

"She had no complications from a facial nerve injury, and everything turned out really well for her.

"This was one of the most gratifying surgeries ever. Being a

surgeon is not just a job for me; it's an honor and a privilege to take care of patients."

A LIFE SAVED

Darla says that without the intervention of Drs. Jeyarajah and Kang, she wouldn't be here today.

"They literally saved my life; I don't think I could have lived with the lump any longer," she says. "My confidence level has gone through the roof. I'm not afraid to live anymore." ●



Medical Centers



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Dallas, TX 75203
214-947-8181



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



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



Methodist Southlake Hospital
421 E. Texas 114
Frontage Road
Southlake, TX 76092
817-865-4400

Methodist Family Health Centers and Medical Groups



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3000 Blackburn St., Suite 130
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Dallas, TX 75204
214-599-8624



2 Kessler Park
1222 N. Bishop Ave., Suite 300
Dallas, TX 75208
214-941-1353



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



4 Preston Hollow
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Dallas, TX 75220
214-750-5100



5 Timber Creek
6243 Retail Road, Suite 500
Dallas, TX 75231
214-361-2224



6 Highland Park
4101 Lomo Alto Drive
Dallas, TX 75219
214-522-2700

Other facilities



7 Methodist Urgent Care - Inwood Village
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