

SHINE

*Nature
therapy*

NURTURES

WELLNESS

LUNCH IDEAS
to pack a
health punch

**FACING TWO
MAJOR HEALTH
SCARES** before
age 35

**GETTING
HER GROOVE
BACK**
after thyroid
surgery

RALLYING AFTER
a heart attack





▲ Beverly Grindele won't let thyroid surgery slow her down. From Jazzercise to international travel, **her courage and energy is inspiring.**

↓
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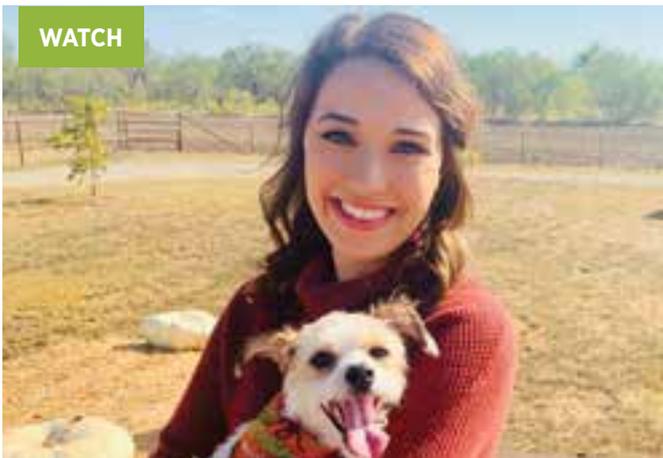
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**Here are three stories
people are talking about.**

AWAKE BRAIN SURGERY



Watch the Facebook Live video of Jenna Schardt **smiling and chatting her way through brain surgery.**

ALL IN THE FAMILY



Four kidney transplants **in one family** at one hospital

KOMBUCHA: GOOD FOR YOUR GUT OR FAD TO FORGET?



Kombucha is praised by many for its gut health benefits, **but is it really as healthy as you think?**

At your fingertips

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ONLINE

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Sign up at MethodistHealthSystem.org/shine-e-news-registration



Events

Check out some of the happenings around Methodist Health System this season.

SPRING

2020

ALL OUT TRINITY

8 A.M. SATURDAY, MARCH 28

*100 Singleton Blvd.
near Trinity Groves*

Methodist Dallas is proud to be the premier sponsor for All Out Trinity on March 28. The nature-infused fitness event draws thousands to enjoy a fun run, half marathon, bike ride, yoga on the bridge, and a community marketplace featuring local artisans and businesses. Proceeds help support Trinity Park Conservancy.



To register for one or more events, visit allouttrinity.com/get-started.

BE CANCER AWARE

10 A.M. TO NOON SATURDAY, MARCH 28

*Methodist Charlton Medical Center
3500 W. Wheatland Road in Dallas*

Methodist Charlton will host a colorectal cancer awareness event March 28 in the auditorium at the hospital. Come hear physicians discuss the importance of screening and treatment options. Refreshments will be served.

Call 214-947-0046 to register.

CALLING ALL CANCER SURVIVORS

6 TO 7:30 P.M. EVERY MONDAY IN APRIL

*Weiss Auditorium
Methodist Dallas Medical Center
1441 Beckley Ave.*

Cancer survivors and their loved ones are invited to take part in an interactive and educational series designed to support and empower them in all aspects of life and wellness and connect them with other survivors. An expert team will address how to exercise after treatment, provide nutritional workshops, and discuss how to manage medication side effects, stress, and emotional changes. Light refreshments will be served.

Space is limited, so please register by calling 214-947-1781.

METHODIST MANSFIELD SPORTS PHYSICALS AND ECHO'S

8 A.M. TO NOON SATURDAY APRIL 18

2700 E. Broad Street in Mansfield

Methodist Mansfield is partnering with Mansfield ISD to offer UIL sports physicals and echocardiograms to middle and high school student-athletes. Parents must accompany their teens during this painless, non-invasive test. Appointments are required and on a first come, first served basis.

To register, search "sportsphysicals" at MethodistHealthSystem.org.

BARKS AND REC 5K

8 A.M. SATURDAY, APRIL 18

*Katherine Rose Memorial Park
303 N. Walnut Creek Drive in Mansfield*

Combine the best of Mansfield's parks with dogs for a unique combination of fitness and furry fun.

For more information, visit MansfieldTexas.gov.

SKIN CANCER SCREENING

9 A.M. TO 1 P.M. SATURDAY, APRIL 18

*Methodist Richardson Cancer Center
2805 E. President George Bush Highway*

Get your skin summer-ready with a free skin cancer screening at Methodist Richardson Medical Center. Did you know that 1 in 5 Americans will develop skin cancer by the age of 70? If detected early, it's highly treatable. Board-certified dermatologists will be on hand to do full-body screenings. No appointment needed.

WILDFLOWER! ARTS & MUSIC FESTIVAL

MAY 15 TO 17

*Galatyn Park
2351 Performance Drive in Richardson
Sponsored by Methodist Richardson Medical Center*

Mark your calendar for the third weekend in May for entertainment on five stages, including the Methodist Richardson Amphitheater. Wildflower is one of the most anticipated festivals in North Texas and includes plenty of family friendly activities for everyone!

Learn more at WildflowerFestival.com.



WHERE TO FIND US:

Methodist Charlton Medical Center

3500 W. Wheatland Road
Dallas, TX 75237
214-947-7777

Methodist Dallas Medical Center

1441 N. Beckley Ave.
Dallas, TX 75203
214-947-8181

Methodist Mansfield Medical Center

2700 E. Broad St.
Mansfield, TX 76063
682-242-2000

Methodist Richardson Medical Center

2831 E. President George Bush Highway
Richardson, TX 75082
469-204-1000



Pushing through a fitness plateau

If you no longer see progress with your fitness routine, it might be time to make some changes

IF YOU HAVE reached a fitness plateau, congratulations! A fitness plateau is a sign that your workout is working. The fact that your exercise routine has become easier for you is an indicator that your body has adapted to your training. That means you are getting stronger and healthier.

According to the American Council on Exercise, your body becomes accustomed to a workout routine after six to eight weeks of regular, repetitive training, which can lead to a fitness plateau.

If you are seeking to maintain your fitness level, a plateau can be a good thing. However, if you want to see more progress,

making even small changes to your exercise routine can increase your workout's effectiveness.

"It's good to take inventory of your goals," says **Ginnie Emmott**, ACSM, EP-C, manager, Folsom Fitness and Rehabilitation Center at Methodist Dallas Medical Center. "Take a pause and ask yourself: What am I trying to accomplish here?"

VARIETY IS THE SPICE OF EXERCISE

To push through your plateau, you may need to add variety to your workout routine. Changing your exercise routine may also help you stay motivated to exercise and enjoy your workouts more. To switch things up, Ginnie suggests you:

- **Boost the intensity.** If you walk for exercise, add intervals of jogging or walk uphill. You will work your muscles in a different way, requiring them to adjust to the new level of exercise.
- **Cross-train.** The American Heart Association recommends cross-training, or alternating between different types of cardio and strength-training exercises, to help prevent plateaus and banish boredom.
- **Step outside of your comfort zone.** A plateau may be the result of you getting used to a routine. Try taking a class, such as dancing, yoga, or kickboxing, to keep fitness fresh.
- **Stay strong.** Your plateau may be caused by the kind of exercise you do. Performing only intense cardio exercise routines may cause your body to burn muscle instead of build it. This limited approach may also increase your body's cortisol levels, which can cause you to store fat, according to the American Council on Exercise. To combat this, add strength-training to your fitness routine up to two times each week.
- **Eat, sleep, repeat.** A healthy diet and a good night's sleep are also important to maintaining a healthy fitness routine. Recovery time matters. "If you are overtraining and not giving yourself ample recovery time, you will not make progress," Ginnie says.

Search "fitness" at ShineOnlineHealth.com.

FLORALS JUST MIGHT BE YOUR CUP OF TEA



IN TEXAS, TEA is often coupled with words like iced or sweet. But this spring, while everything is in bloom, consider florals. Not only do floral teas look and smell beautiful, they pack plenty of health benefits.

“Some contain powerful nutrients like antioxidants,” says **Nancy Georgekutty, MD**, family physician on the medical staff at Methodist Mansfield Medical Center. “Most are also decaf. So if you have a history of heart palpitations, they’re a good fit.”

Here are a few you want to steep:

CHAMOMILE

One of the oldest herbal remedies is also one of the most consumed — more than one million cups of chamomile tea are consumed each day! Technically, chamomile is an herb, but it comes from a daisy-like flower. It contains the flavonoid apigenin that can help reduce blood pressure and packs in plenty of “anti” benefits: anti-inflammatory, antiviral, antibacterial, and anti-cancer. Research also suggests chamomile may ease colic in breastfed infants.

“When my baby had colic, I added a little chamomile to their milk,” Dr. Georgekutty says. The longtime home remedy is said to ease intestinal spasms.

PEPPERMINT

Not only helpful with oral health, the menthol in peppermint oil, which comes from inside the leaves, can help with irritable bowel syndrome. “Peppermint’s menthol has a relaxing effect on the intestinal smooth muscle,” Dr. Georgekutty says.



Chamomile has **anti-inflammatory, antiviral, antibacterial, and anti-cancer** benefits.



JASMINE

This highly fragrant tea was popularized during China’s Ming dynasty, which was passionate about anything floral. Jasmine green tea, even though it has caffeine, is high in polyphenols, micronutrients from certain plant-based foods. Serving as antioxidants, polyphenols offer protection against the development of chronic diseases such as cardiovascular disease, cancer, diabetes, infections, aging, and asthma.



LAVENDER

One of the world’s most beloved plants, lavender’s subtle, calming oil is often used as aromatherapy. Brew a hot pot to soothe tension and relax.

“I also recommend lavender tea for insomnia and anxiety,” Dr. Georgekutty says. “It decreases your body’s stress hormone, cortisol.”

MAKE YOUR OWN

Simply put, tea is a drink made by infusing tea leaves (and potentially other aromatics) in boiling water. Try it yourself by using fresh chamomile blossoms, lavender buds, mint, or your own combination. The reward will be much better than the dried version, which can often have a hint of bitterness.

10,000 steps a day

The health benefits and science behind getting your steps in



WITH THE RISE of fitness trackers, we often hear people say “Gotta get my 10,000 steps!” Staying active is important and walking is one of the easiest ways to get moving. But even if you park a little farther away or always take the stairs, 10,000 steps can seem like a daunting number to achieve on a daily basis.

“The concept of counting steps is rooted more in the idea of increasing activity,” says **Jeff McDaniel, MD**, family physician on the medical staff at Methodist Mansfield Medical Center. “Sedentary people will only get a few thousand steps a day, closer to 2,000 or 3,000. If someone starts counting their steps, they are more likely to create goals and increase their movement.”

So, where did the number 10,000 come from, and is it a hard and fast rule?

A STEP BACK

The goal of reaching 10,000 steps a day does not have any research or medical studies behind it. According to Harvard Medical School, during the mid-1960s, a Japanese company created a pedometer with a name that translated into “10,000 steps meter,” and it stuck.

“Ten thousand steps isn’t a magic number,” Dr. McDaniel says. “We still don’t know what the exact number is, but you can see benefits before reaching 10,000. At 7,500 steps, risk of cardiovascular disease starts to decline.”

Increased steps can also strengthen and stabilize the muscles around your joints and help keep bones strong. Walk daily during cold and flu season to boost your immune system and be less susceptible to illness.

STEP TO IT

Dr. McDaniel recommends creating alarms on your phone to get up and get moving if you don’t already have a tracker that does this. To add steps into your day, you could also eat lunch outside instead of at your desk, walk over to a coworker’s desk to chat instead of emailing or calling, and take advantage of an on-site gym at work, if available.

“Not all steps are created equal,” Dr. McDaniel says. “The intensity and speed of the walk makes a difference. If you are out of breath but can still hold a conversation, your activity will be more impactful.”

On average, a brisk pace will be close to a 20-minute mile. It’s OK if you are newer to exercising and have to start at a slower pace. You can build a foundation and increase your intensity as you feel comfortable.

At the end of the day, it really is just about getting moving — one step at a time.

Search “fitness” at ShineOnlineHealth.com.

THE LUMP

in her THROAT

Thyroid surgery keeps Beverly Grindele on the move

Beverly Grindele is a peppy, proud grandma who likes to stay active. You might see the 72-year-old at an exercise class, at the international terminal of DFW International Airport headed on a family trip, or gardening in her yard. What you won't see her doing is letting unexpected surgery slow her down.

SURPRISE FINDINGS

Beverly was all set for a trip to Australia to visit her oldest granddaughter when persistent back and neck pain started interfering with her plans. She put her weekly Jazzercise on hold, stopped gardening, and followed her doctor's advice to get an MRI. It showed a pinched nerve, which explained her back pain. It also showed something no one expected — a golf-ball-sized mass on Beverly's thyroid.

The thyroid is a gland at the base of your throat. Its function is to regulate your energy levels and control other hormones necessary for metabolism.

Beverly was concerned, so she turned to **Mark Bailey, MD**, general surgeon on the medical staff at Methodist Richardson Medical Center, for help. "When a mass is that large, there's always the possibility it could be cancerous," Dr. Bailey says. "Some doctors use 4 centimeters as the minimum threshold for removal, but I recommend surgery to my patients any time

there is a mass larger than 3 centimeters." He says the bigger the tumor, the bigger the risk for complications.

DOWN UNDER

The location of Beverly's mass made things even more complicated. It was hiding under her collarbone, which is why she never saw or felt it. Beverly also learned that her low-intensity coughing, difficulty swallowing, and occasional choking were all caused by the mass.

Beverly also hid her diagnosis from her family. "Telling my grandkids about the surgery was hard," she says, tearing up. "I wasn't worried at all, but my son survived throat cancer a few years ago, and that was a tough journey for us all. I wanted to be sure they knew this wasn't like what their Daddy had."

So, she waited to tell them. Dr. Bailey cleared Beverly for travel, and just like that, her Australia trip was back on.

OUT AND ABOUT

When Beverly returned home, it was time to face the surgery. She put her trust in Dr. Bailey and the Methodist Richardson staff.

"Thyroid surgery is very technically demanding. Removing masses like these means working around the voice box and windpipe to reduce the likelihood of affecting the voice. Since the incision site is in the front of the throat, we also need to minimize scarring," Dr. Bailey explains.

The surgery was a success. Dr. Bailey was able to isolate the mass and remove it. The outpatient surgery had her sleeping soundly in her own bed that night.

Without any symptoms, Beverly was back to her favorite hobbies two weeks later. "Dr. Bailey said, 'If you feel like going and it doesn't hurt, go to Jazzercise,' so that's what I did," she says.

Beverly hasn't looked back. "I'm so grateful they found it when they did. I don't even think about it now," she says. Routine pathology reports confirmed the lesion was benign, so Beverly is now cleared for as much Jazzercise, gardening, and travel as she can handle.



Beverly Grindele and her granddaughter, Amanda, pose in front of the Sydney Opera House during their trip to Australia.

To find a physician, visit [MethodistHealthSystem.org/FindADoctor](https://www.methodisthealthsystem.org/FindADoctor).

Beverly Grindele went right back to Jazzercise **two weeks after thyroid surgery.**

Vascular disease that goes unchecked can lead to serious life-threatening medical emergencies such as heart attack and stroke.



7

UNUSUAL SYMPTOMS OF VASCULAR DISEASE

Know the signs to avoid this silent threat

Vascular disease can hide in plain sight. It often goes undiagnosed for many years because patients have no or very few symptoms, according to **Manavjot Sidhu, MD, FACC, RPVI**, medical director of cardiology administrative services at Methodist Dallas Medical Center.

The vascular network of veins and arteries extends throughout the body and covers many different organ systems. So when patients develop symptoms of vascular disease, they can manifest in unusual ways in a number of different areas.

Vascular disease that goes unchecked can lead to serious, life-threatening medical emergencies, such as heart attack and stroke. To stay ahead of the curve, watch for the following symptoms that might indicate you have vascular disease.

- 1 Aching or cramping in the legs** can be an indication that you're suffering from peripheral artery disease (PAD), a condition where the extremities don't receive the proper amount of blood flow because of a narrowing and hardening of the arteries due to fatty deposits (atherosclerosis).
 "This type of pain is especially common in the calves," says **Robert Corn, MD, RPVI**, a vascular surgeon on the medical staff of Methodist Dallas. The pain associated with PAD can be caused by walking or another form of exercise, or completely unrelated, according to Dr. Sidhu.
- 2 Cold hands and feet** could also point to PAD or blocked blood vessels in the arms and legs. "Patients may feel that their hands and feet are cold even though it's hot outside," Dr. Sidhu says.
- 3 Hair loss on calves** can be a sign of vascular disease progression. "There's just not enough blood flow to support hair growth," Dr. Corn says.
- 4 Wounds that won't heal** or heal poorly, especially on the feet, can also be a sign of vascular disease. "Many people don't anticipate this symptom," Dr. Corn says. "People might stub their toe, and there's not enough blood flow to heal it sufficiently."
- 5 Uncontrolled blood pressure** can happen when there are blockages in the vessels that supply the kidneys with blood. "Sometimes patients present to the hospital with shortness of breath due to flash pulmonary edema," Dr. Sidhu says. That's a serious medical condition where the lungs fill with fluid as a result of the blood vessel blockages to the kidneys.
- 6 Becoming full quickly** with small amounts of food or abdominal cramps, especially after eating, could indicate that there is a blockage of the blood vessels to the gut area, according to Dr. Sidhu.
- 7 Pain in buttocks** or impotence in men is often due to poor blood flow to the pelvic area, Dr. Corn says.

With such a broad spectrum of symptoms, vascular disease isn't always the first diagnosis that comes to mind for many healthcare practitioners.

"Once we do some investigating with vascular ultrasound and see differences in the blood flow, that's our 'aha' moment," Dr. Sidhu says. "These symptoms are caused by critical blockages in the blood vessels."

That's why he recommends patients who experience any of the above symptoms consult with a specialist trained in cardiovascular care.

Curious about your heart health? Take our quiz at [MethodistHealthSystem.org/Heart](https://www.methodisthealthsystem.org/Heart).



LEGAL DRAMA **URNS INTO** MEDICAL DRAMA

How others helped an attorney when he had a stroke in a Dallas courtroom

Roy Atwood is an attorney, so he's no stranger to having a commanding presence in a courtroom. But last fall he had to rely on others for help when he started showing signs of a stroke.

Roy was taking notes inside of the George Allen Dallas County Civil Courthouse when he dropped his notepad. He recalls struggling to pick it up. Another lawyer recognized something was wrong and alerted the judge. Everyone joined in to help Roy.

"People I didn't even know in the courtroom reacted quickly and immediately called 911," Roy says. "They didn't listen to me when I kept telling them I was fine. They knew the symptoms; they knew something wasn't right, and they were insistent I get some medical attention."

ATTENDING TO AN ATTORNEY

Dallas Fire-Rescue responded to the call and took Roy to Methodist Dallas Medical Center, where he was met by **Robert Simonson, DO**, emergency physician on the hospital's medical staff.

"He couldn't tell us his name," Dr. Simonson recalls. "We had to find his driver's license and call his wife. He was still in a suit with his court documents and everything. He literally left the courtroom and showed up like that."

Roy had no previous stroke symptoms, but Dr. Simonson says that's the case for many stroke patients.

"Even if the symptoms start to resolve, it doesn't mean it wasn't a stroke," Dr. Simonson says. He suggests taking someone to the hospital if you notice their face is drooping or their speech is slurred.

Roy was struggling to get his words out and was unable to move the left side of his body when he arrived at the emergency department that morning. According to Dr. Simonson, most strokes happen early in the day because that's when our blood pressure is at its lowest.



A day in court turned into a medical scare for Roy Atwood.



According to Dr. Simonson, **most strokes happen early in the day** because that's when our blood pressure is at its lowest.

A CT scan showed a clot blocking one of Roy's carotid arteries, limiting blood flow to his brain. **Joseph Hise, MD**, an endovascular radiologist on the Methodist Dallas medical staff, placed a catheter in and through the clot to remove it.

"Dr. Hise called me within 45 minutes to an hour after he had retrieved the clot, and actually his words to me were, 'You're not gonna believe this, but he's talking and moving completely,'" Dr. Simonson says.

SPECIALIZED CARE HELPS STROKE PATIENTS

Methodist Dallas is a Comprehensive Stroke Center, which means there is a streamlined process of stroke care for every patient who comes in with symptoms.

"For example, a neurologist and an endovascular radiologist must be on call 24/7 at Comprehensive Stroke Centers so all facets of a patient's care can take place immediately," Dr. Simonson says.

The day Roy arrived at the hospital, it took only three minutes for his medical team to get him off the ambulance, place him on a CT table, and call a "code stroke," which activated the stroke team and allowed him to get prompt treatment.

LEARN THE SIGNS

Roy was in the hospital for only a few days. In a matter of weeks, he was flying across the country for depositions and preparing for a trip to Europe with his wife to visit one of his five children. Thanks to the team at Methodist Dallas, the attorney is back doing what he loves and spending time with his family — something he's very grateful for.

"I got an awesome result. I have no continuing impacts or effects from the stroke, and I attribute that to someone up above looking out for me," Roy says.

He also encourages others to learn more about the moments that lead up to a stroke.

"Everybody needs to make themselves aware of the symptoms and signs and never hesitate if you notice something," Roy says. "Get to a stroke center that knows what to do."

Methodist Dallas is a Certified Comprehensive Stroke Center. Learn more about what that means at [MethodistHealthSystem.org/DallasStrokeCenter](https://www.methodisthealthsystem.org/DallasStrokeCenter).

TRUSTED CARE FOR ALLERGIES.



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- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in certain other formats if available.
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters via a contracted service provider
 - Information written in other languages.

If you need these services, please ask your nurse, the house supervisor, or other hospital personnel for assistance.

Alternatively, you may call the hospital's operator directly for assistance at the following numbers.

Methodist Charlton Medical Center • 214-947-7777
 Methodist Dallas Medical Center • 214-947-8181
 Methodist Mansfield Medical Center • 682-242-2000
 Methodist Richardson Medical Center • 469-204-1000

If you believe that Methodist Health System has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, please discuss this with your care team, or you can file a grievance (complaint) with:

Methodist Health System's Discrimination Grievances Coordinator via phone messaging at 214-947-5119 or email at discriminationcomplaints@mhd.com.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocrportal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
 200 Independence Ave., SW
 Room 509F, HHH Building
 Washington, DC 20201
 800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

NOTICE OF PROGRAM ACCESSIBILITY

ATTENTION: If you speak English, language assistance services, including TTY, are available to you free of charge:

Methodist Charlton Medical Center • 214-947-7777
 Methodist Dallas Medical Center • 214-947-8181
 Methodist Mansfield Medical Center • 682-242-2000
 Methodist Richardson Medical Center • 469-204-1000

Español (Spanish)

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Tiếng Việt (Vietnamese)

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn.

繁體中文 (Chinese)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電。

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اردو (Urdu)

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ລາວ (Lao)

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Русский (Russian)

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните

فارسی (Farsi)

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با تماس بگیرید.

Deutsch (German)

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung.

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PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad.

हिंदी (Hindi)

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। पर कॉल करें।

ગુજરાતી (Gujarati)

સૂચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો

日本語 (Japanese)

注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。まで、お電話にてご連絡ください。

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FIGHTING BACK TO HEALTH ...

twice



Roy Whittington
and his pug,
Gertrude.

When Roy Whittington felt drunk without drinking, it was just the first medical mystery he'd have to solve

There aren't many people who have navigated not one but two complicated gastrointestinal problems before their 35th birthday. North Texas native Roy Whittington has done just that and considers himself lucky. At 34, he became one of the youngest patients at Methodist Richardson Medical Center to have the Whipple procedure (also known as a pancreaticoduodenectomy).

"When I tell people my story, they are surprised at how positive I am," Roy says. "The way I see it, I'm lucky to be alive. Being upbeat is just part of making the most out of life."

ACTING DRUNK

Roy's first health challenge was the most unusual. In 2015, he had episodes when he'd act drunk without having consumed any alcohol. Over the next few years, the people closest to him began to think he had secretly become addicted to alcohol.

"You can't imagine what it's like to try and explain your 'drunk' symptoms when you haven't been drinking," Roy says. "Not knowing what was going on with my body, not being believed by my loved ones, not wanting to go out in public or drive because I was fearful I'd have an episode ... it was all very depressing."

When he began having small seizures on the right side of his body, he knew it was time to find answers. After dozens of appointments and tests, Roy was diagnosed with an extremely rare condition known as auto-brewery syndrome (ABS).

Roy was shocked to learn that his gut was turning carbs and sugar into alcohol.

"Once I was diagnosed, everything changed," Roy says. "My family and friends finally understood. I went on a keto-like diet, and after two rounds of a strong antibiotic, I was cured of ABS."

A SECOND MEDICAL MYSTERY

After feeling healthy and normal for a few years, Roy didn't know what to think when he started having painful attacks in his upper abdomen.

"I just chalked it up to stomach pains," Roy says. "Even as the months went by and the attacks got worse and started to include vomit and diarrhea, I never thought it was something serious."

Then an attack came that had him bedridden for five days.

"I knew I had to get help, so I went to a nearby urgent care," Roy says. "They informed me I had symptoms of chronic pancreatitis, which means your pancreas is inflamed. They advised me to see my primary doctor for a CT scan. When it was discovered I had three suspicious cysts in my pancreas, I was referred to Dr. Osman."



MY CARE
WAS NOTHING
SHORT OF
INCREDIBLE,
AND I'M
FOREVER
GRATEFUL.

— ROY WHITTINGTON



Houssam Osman, MD, surgeon on the medical staff at Methodist Richardson Medical Center, ordered a battery of tests to help determine what was happening in Roy's pancreas. The results were shocking.

"I was floored when Dr. Osman told me that there were abnormal, precancerous cells in the cysts," Roy says.

Dr. Osman explained to Roy that his greatest concern was that the cells could turn into pancreatic cancer cells at any point. He then detailed Roy's best option for staying cancer-free — a complex surgery called the Whipple procedure.

"I never want my patients to feel as though I've made a treatment decision for them, especially when we are talking about a technically challenging surgical procedure like Whipple," Dr. Osman says. "My goal is to help them thoroughly understand their disease and the benefits and risks of their treatment options."

THE RIGHT PLACE FOR A HARD CHOICE

After learning the details of the Whipple procedure, Roy was very concerned. Dr. Osman would have to remove the head of his pancreas, duodenum (the first part of the small intestine), gallbladder, bile duct, and half of his stomach.

"The most controllable factor of a Whipple procedure is choosing the right hospital," says Dr. Osman. "A high-volume hospital with a multi-disciplinary surgical team, including postoperative care staff, is going to be the biggest contributor to a patient's successful recovery."

When Roy agreed to have surgery, he knew he wasn't just trusting Dr. Osman, he was also placing his trust in Methodist Richardson.

On May 3, 2019, Dr. Osman performed the six-hour surgery, which was made even more challenging due to significant scarring around his pancreas from his previous pancreatitis attacks.

"Recovering from the surgery was intense," Roy says. "Looking back, it makes sense why Whipple patients need a skilled team for proper care after the procedure. My care was nothing short of incredible, and I'm forever grateful."

Now that he is healthy again, Roy spends as much time with his loved ones as he can. Cooking as a group, family game nights, and getting their pups together are the things that make life good again for Roy.

"I've definitely not had the greatest luck with my health, but I refuse to be anything but positive," Roy says. "All I wanted was to wake up from my surgery to see my brother and parents again. I got my wish, and I don't intend to waste it."

Methodist Richardson is a regional leader in diagnosing and treating digestive disorders. Read more at [MethodistHealthSystem.org/RichardsonGI](https://www.methodisthealthsystem.org/RichardsonGI).

MASTER MIGRAINES BY UNDERSTANDING TRIGGERS

As anyone who suffers from migraines knows, the nausea, dizziness, and sensitivity to light and sound can leave you feeling like you want to crawl to the nearest dark room.

NEARLY 20% of women suffer from migraines, along with nearly 10% of men and even 10% of children. In other words, migraines are “very common,” says **Roberto Nieto, MD**, neurologist on the medical staff of Methodist Mansfield Medical Center.

GET TO KNOW YOUR MIGRAINE

“It helps to know your triggers,” Dr. Nieto says.

Some common triggers include:

- **Stress**, whether emotional, mental, or physical (like a lack of sleep)
 - **Intolerances and allergies** to substances like foods, alcohol, and chemicals
 - **Sensitivity** to smells and sounds
- “Everyone has different triggers — red wine, aged cheese, or going too long without eating are a few common ones,” Dr. Nieto says. “The scent of perfume is a common trigger, too.”

Hormones released before and during a woman’s menstrual cycle can also set off migraines. Women who experience hormone-related migraines might need to avoid taking hormonal birth control, which can be a trigger.

BEFORE A MIGRAINE STRIKES

There are various signs that can point to an upcoming migraine. The first is often a visual disturbance called an aura, which affects about 20% of migraine patients, Dr. Nieto says. An aura could involve black or white dots, flashing lights, or blurred or distorted vision.

“Migraines begin in the occipital lobe of the brain, which processes vision,” Dr. Nieto adds. “It makes sense that it would affect the vision first.”

Other signs include irritability, hunger, or restlessness in the hours before the migraine hits.

HOW YOU CAN TELL IT’S A MIGRAINE

The disabling nature of migraines is what sets them apart from other types of headaches, Dr. Nieto says.

“The hallmark of a migraine is that it changes a person’s behavior,” he says. “There is some disability associated with the headache.”

Migraines tend to gravitate to one area of the head, which could be behind the eyes, in the temple areas, on the back of the head, or even in the jaw or face, mimicking a sinus infection.

“People will take sinus medication thinking it’s a sinus problem, but they don’t get better because it’s a migraine,” Dr. Nieto says. “The pain can really be anywhere in the head.”

He says because migraine pain can be different for everyone, more serious disorders that need immediate medical attention can be mistaken for migraines. Head to the nearest emergency room if you experience any of these symptoms:

- **Thunderclap headache** or **marked sudden pain**, which could indicate that a brain aneurysm has bled into the brain tissue
- **Trouble speaking, loss of vision, or numbness or weakness** on one side of the body, which could all be signs of a stroke
- A **headache related to trauma**, such as an injury from a fall, that could indicate a concussion

FINDING HELP FOR THE PAIN

If you’re one of the 28 million Americans who suffer from migraines, many treatment options are available. One of these options, which can prevent migraines from ever occurring, is calcitonin gene-related peptide (CGRP) inhibitors. These injectable medications were just approved in 2018.

“This novel therapy has changed the game for migraine treatment,” Dr. Nieto says. “It’s a really exciting time for the treatment of migraines with all of the tools we have available.”



JUST WHAT HER *heart needed*

Dana Brown felt tired, but there were plenty of ways to explain that away. After all, the jail supervisor for the DeSoto Police Department was also busy pursuing her master's degree in social work.

“I was really tired and exhausted all the time, and I was hardly getting any sleep,” she remembers, noting that her symptoms were very relatable for many other women in their late 40s.

Still, Dana Brown knew there was something more going on.

“I would notice my heart would beat extremely fast, to the point of me feeling dizzy,” Dana says.

It would happen while she was in the kitchen baking or simply doing dishes, even while she was driving. For years, doctors told her it was stress, and that she was probably just tired.

Thinking she had the flu, Dana visited her doctor and found out that she didn't have the flu — nor did she have stress or fatigue. Her heart was racing at a whopping 230 beats a minute. Dana was diagnosed with supraventricular tachycardia (SVT), a big name for a condition that's surprisingly simple to understand. **Amit Guttigoli, MD**, a cardiac electrophysiologist on the medical staff at Methodist Charlton Medical Center, describes it as “a short circuit in the heart's electrical system that makes the heart rate really fast.”

And there was good reason it took Dana so long to get a diagnosis.

“In order for a doctor to pick up SVT on an EKG, it has to be happening as you're being seen. In fact, they couldn't pick it up for a long time because it would never 'SVT' while I was there,” Dana explains.

ONE STEP FORWARD

At Methodist Charlton, Dana was given the option of taking a pill for the rest of her life or having a cardiac ablation, a minimally invasive procedure to zap or burn the extra pathway that was causing the heart to race.

“I decided to stay on the pill for a while,” Dana says, hesitant

to have anyone “messing around” with her heart. After all she had been through, who could blame her?

But about a year later, she was driving home from work and started to get dizzy. She called OnStar, and the operator instructed her to pull over while they called the paramedics.

“The paramedics came and got me in the Applebee's parking lot,” Dana recalls. “They noticed my heart rate was at 250. It was going up and down, up and down, from 250 to 190, and then it would shoot back up again to 230, then go back down.”

NEW LAB OPENS JUST IN TIME

The medicine was no longer working, so Dana opted for a cardiac ablation. Methodist Charlton had just opened an electrophysiology lab, specially equipped to enable an electrophysiologist to diagnose and treat arrhythmias such as atrial fibrillation, atrial flutter, and SVT.

While arrhythmias have traditionally been treated with medication, the lab — just minutes from home for Dana — allows many of these conditions to be treated through minimally invasive procedures. “The EP lab brings the latest technology in heart rhythm management to the community, allowing them to have the procedures they would previously have had to travel far to receive,” says Dr. Guttigoli, who performed the outpatient procedure on Dana in August.

These days, Dana is back in the kitchen without the fear that plagued her for so many years. Because she gave up caffeine early in her SVT journey, she had one last question for Dr. Guttigoli.

“Every now and then can I have a chocolate brownie?” she asked.

“You can have a chocolate brownie anytime you want,” he replied. “There are no restrictions. Your life is back to normal. You're cured.”

Methodist Charlton offers a wide array of cardiovascular services for its patients. Learn more at MethodistHealthSystem.org/Charlton-Heart.

**Methodist
Charlton's new
electrophysiology
lab, where Dana
Brown was treated,
is equipped for
physicians to
diagnose and treat
atrial fibrillation,
atrial flutter,
and SVT.**



DRAGON

fruit.

UNIQUE IN LOOK,
TASTE, AND
HEALTH BENEFITS



Thought to be native to Central and South America, this large tropical fruit grows on the *Hylocereus* cactus

The cactus itself is a sight: Octopus-like vines host large flower blossoms that grow to nearly a foot long. The resulting fruit tastes like a cross between a melon, a pear, and a kiwi. There are three varieties: Red dragon fruit has pink skin with red flesh, white dragon fruit has pink skin with white flesh, and yellow dragon fruit has yellow skin with white flesh. When choosing, you can test ripeness by pressing slightly on the outer peel, much like you do with an avocado.

“Dragon fruit has prebiotic fiber that’s good for your gut, digestion, and balancing blood sugar,” says **Carey Shore, MS, RD, LD**, dietitian at Methodist Health System.

It also contains antioxidants that help your immune system, help prevent inflammatory diseases, and have been linked to a reduced risk of cancer and heart disease.

“Dragon fruit has more magnesium than a lot of other fruits — which can help promote bone health, fight depression, and may lower blood pressure,” Carey says.

HOW TO EAT IT

Dragon fruit is perfect plain. Cut it in half and eat with a spoon (like a kiwi), or remove the skin and dice it into cubes. It’s also a great addition to salad, or add it to an açai bowl and watch those nutrients multiply. Smoothies are another option — try pairing

Dragon fruit is a great addition to your morning açai bowl.



Make-your-own dragon fruit smoothie

STEP 1: CHOOSE YOUR FRUIT

Add one cup of frozen fruit of your choice to a blender.

Ideas: mango, raspberry, blueberry

STEP 2: ADD THE DRAGON FRUIT

Add one cup of dragon fruit cubed and frozen or one package of frozen dragon fruit puree (check to make sure it doesn't have added sugar).

STEP 3: CHOOSE YOUR MILK

Add 3/4 to 1 cup of milk to the blender. Start with less and add more if it's too thick.

Ideas: 2% milk, almond, coconut

STEP 4: ADD A PROTEIN (OPTIONAL)

This step is optional, but it thickens the smoothie and adds a bit of protein.

Ideas: hemp seeds, chia seeds, protein powder (about 1-2 tablespoons of one of these)

Blend in a high-speed blender for about one minute, adding more liquid if you want it thinner and ice if you want it colder. Additionally, you could omit the ice and freeze the liquid in popsicle molds to enjoy a healthy treat on a hot day. Serves four.

dragon fruit cubes with juice, a banana, berries, and even spinach if you don't mind the color changing a bit. Because of its mild, sweet taste, dragon fruit is a good substitute for kiwi.

While very rare, allergic reactions have happened, so as with anything you add to your diet, talk with your doctor about what foods are safe for you to eat.

Find recipes under the "EAT" tab on ShineOnlineHealth.com



Dragon Fruit Nutritional Information

(3.5 ounces, or 100 grams)

| | |
|--------------------|--|
| Calories: 60 | Vitamin C: 3% of the Reference Daily Intake |
| Protein: 1.2 grams | Iron: 4% of the Reference Daily Intake |
| Fat: 0 grams | Magnesium: 10% of the Reference Daily Intake |
| Sugar: 7.65 grams | |
| Carbs: 13 grams | |
| Fiber: 3 grams | |



DIAGNOSIS DETOURS JET-SETTERS— BUT NOT FOR LONG!

Timing is everything and for Mark Barulich, the timing couldn't have been worse

The 69-year-old found out he had a brain tumor the size of a softball last spring, just weeks before he and his wife, Linda, were scheduled to leave for Italy.

The Mansfield couple, who've been married 37 years, had to ditch their vacation and form a plan to save Mark's life.

THE FIRST SIGNS

Mark says he had a few headaches in the days before his diagnosis, but nothing severe enough to raise any alarms.

"Everything seemed perfectly normal," Mark says. "I was just taking over-the-counter medicine."

He even felt good enough to hit the links with a friend. But, Mark's golfing buddy noticed something wasn't right. Mark's speech was slurred and he was having difficulty walking.

“”

THEY WERE
COMPASSIONATE
AND THERE WHEN
WE NEEDED
THEM. I'VE NEVER
EXPERIENCED
ANYTHING LIKE IT.

— LINDA BARULICH,
DESCRIBING THE TEAM
AT METHODIST DALLAS

"He kept telling me that I needed to go to the hospital. I said, 'No. I don't need to go to the hospital.' Instead, I called my doctor and he urged me to go to the emergency room," Mark says.

Mark and Linda went to Methodist Mansfield Medical Center, where a CT scan revealed a large mass in the front part of his head.

"It didn't seem real. You hear it, you understand it, but your emotions haven't caught up with you," Linda says.

Mark was immediately transferred to Methodist Dallas Medical Center where he met with **Nimesh Patel, MD**, medical director of neurosurgery at Methodist Dallas.

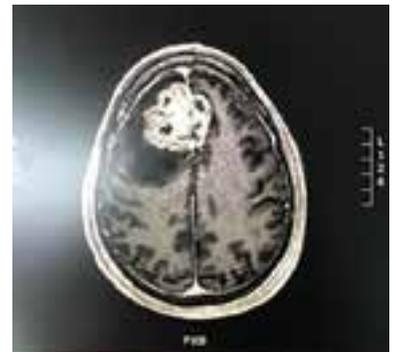
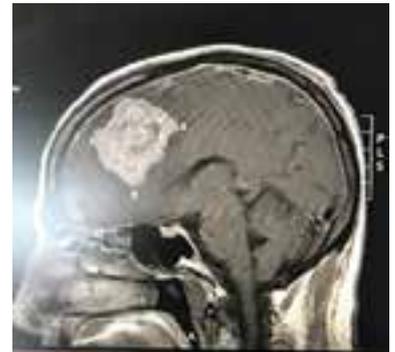
"They knew what was going on right away in Dallas and were expecting Mark," Linda says. "From the moment we stepped in, the team didn't waste a second."

Dr. Patel was concerned about the size of the tumor. "It had been slow-growing over the span of about 20 years," Dr. Patel says. "It was putting extra pressure on his brain."

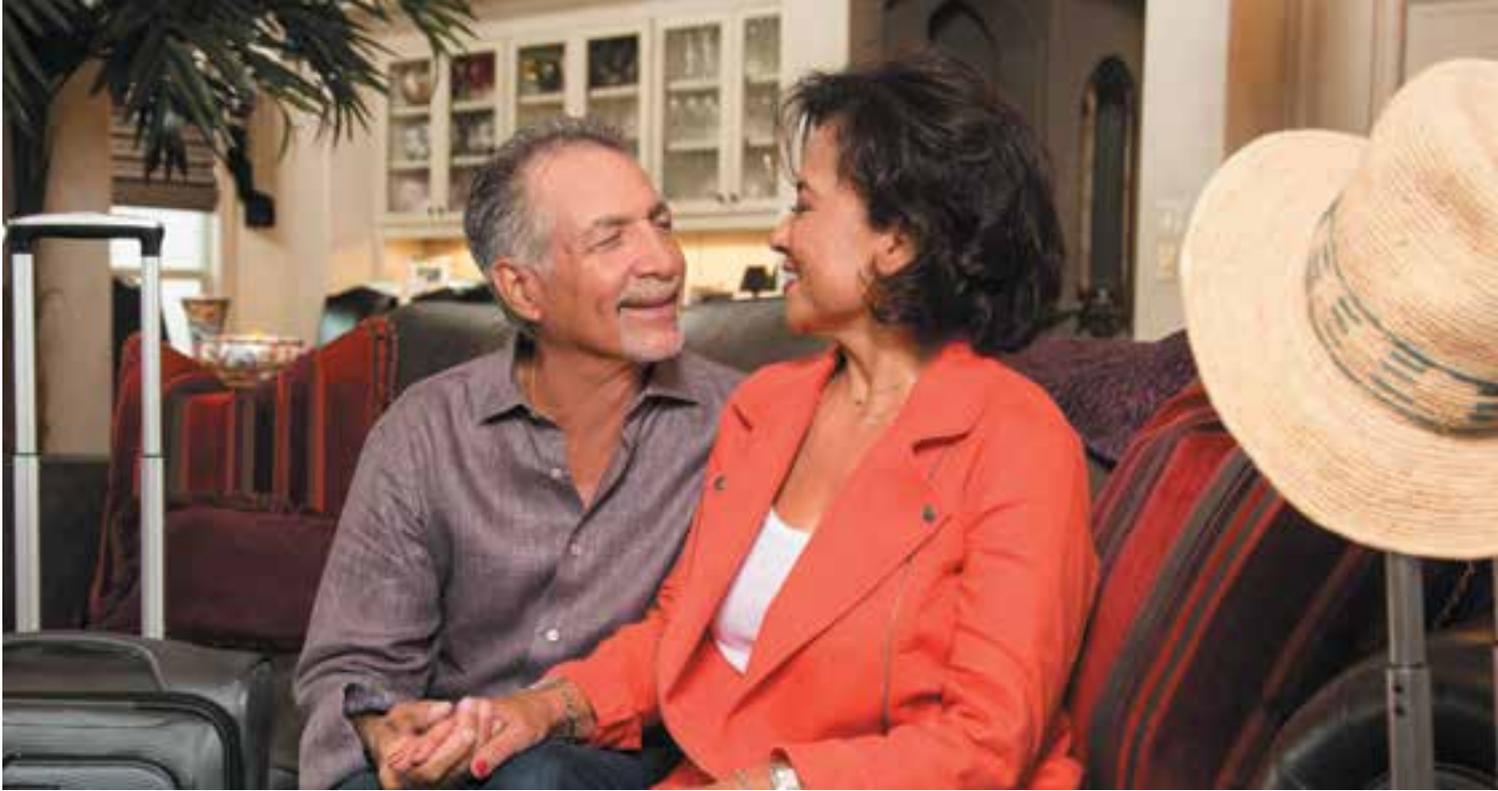
Dr. Patel had another worry. The tumor was rock solid after years of deposits.

"Our job is to educate patients about what is going on, what the plans are, and what are the options," Dr. Patel says. For Mark and Linda, they knew surgery was the best answer.

"I just needed him to get better and come home," Linda says.



Mark Barulich's CT scans revealed a large mass in the front part of his head.



DELICATE SURGERY

Removing Mark's brain tumor took four hours of delicate work by the surgical team.

"We had to remove the front area of his skull and shift both parts of his frontal lobes to get to the tumor buried underneath," Dr. Patel says. "We were able to take out 100% of the tumor, and we were able to do it safely."

Although Mark doesn't remember much of that day in April, he says he knows he was in good hands.

"They took really good care of me," he says. Linda was by his side every step of the way, along with a team of nurses. "They're compassionate and were there when we needed them. I've never experienced anything like that," she said.

ROAD TO RECOVERY

One week later, Mark left Methodist Dallas and began rehabilitation. It was quite a challenge.

At first, Mark had trouble carrying on a conversation and using parts of the left side of his body. Linda made it her full-time job to ensure he had the support and encouragement he needed to become stronger. It worked. In a matter of months, the couple got the news they had been waiting for.

"I was clear," Mark says. "Dr. Patel told me I wouldn't have to come back for another year and by then if I'm still clear, I won't have to see him for another five years."

Mark and Linda celebrated in the best way they knew how: A trip to Bali and the Maldives, a vacation that almost wasn't.

"Methodist Mansfield and Methodist Dallas have great people and great facilities," Mark says. "They have heart."



Find more brain and spine news under the "LEARN" tab at ShineOnlineHealth.com

Giving the gift of life

Stories of organ donation from two generous families

WHAT WOULD YOU give to save the life of someone you love? How about someone you haven't met? About 114,000 people are on the waiting list for a lifesaving organ transplant in the U.S. — and 20 people die every day because of a shortage of transplant organs. In this article, we'll share two stories from families of organ donors and why they chose organ donation, as well as what it meant to them.

Richard Dickerman, MD, surgical director of kidney and pancreas transplant at Methodist Dallas Medical Center, has performed more than 3,000 transplants in his career.

"Organ donors are heroes because they save lives," Dr. Dickerman says. "They are giving a part of themselves to help someone else, and that makes them very special."



BRYCE MONTGOMERY'S STORY

Losing a child is a tragedy most parents can't imagine. Mark and Danita Montgomery were devastated when they lost their son, Bryce, at the age of 18. Kind and intelligent, Bryce enjoyed computer programming and was planning a career in video game design. He was riding his bicycle to work when he was hit by a vehicle. After learning

Bryce would not recover, Mark and Danita elected to honor his memory and save others' lives by donating his organs.

"It was a very difficult decision, after losing our son," Danita says. "We made the choice because he was young and healthy, and we wanted to help someone else."

Bryce's organs saved the lives of five people. With tissue and bone grafting, even more individuals were helped.

"Bryce would be happy to know that he helped so many people, and that his heart and other parts of him could live on in other people," Danita says.

While organs and tissues may be transplanted between people of different races, success rates are higher when organs

are matched with recipients of similar ethnic backgrounds. African Americans make up 29.8% of the candidates on the organ transplant waiting list — however, only 13.5% of donors are African American.

"I want to encourage the African American community to consider organ donation," Danita says. "Think about it, pray about it, and understand how it could change someone's life. Eventually, all our organs will turn to dust. Why not donate them to people who need them?"

AARON GONZALEZ'S STORY

Gama Gonzalez is deeply loved by his family — and he has the kidneys to prove it. In 1998, when hypertension and diabetes caused kidney failure, his sister donated her kidney to save his life. Twenty years later, Gama's donated kidney began to fail, and he was placed on dialysis. His body weakened and his vital signs diminished. That's when his son, Aaron, stepped in, giving his kidney to save his life.

"It wasn't a difficult decision. Your parents give you everything," Aaron says. "Donating an organ is a big sacrifice, but it isn't anything love wouldn't do."

Before his transplant, Gama spent three days each week at a dialysis center. Now, he is relieved to have his health back, along with his free time. He has returned to regular activities, spending time with his family, and gardening with his wife.

"I am so grateful to my son, and grateful to God, because it is such a blessing," Gama says. "I love my son, and I wouldn't be here without him."



About 114,000 people are on the waiting list for a lifesaving organ transplant in the U.S.



Read more about transplants under the "LEARN" tab at ShineOnlineHealth.com

RALLYING TO SURVIVE

Methodist Richardson gives Ott Siluangkhot a shot at a new life

The last day of 2018 was nearly Ott Siluangkhot's last day alive. On Dec. 31, Ott took a quick water break after playing one set of tennis.

"I collapsed when I bent down to get a bottle of water," the 53-year-old life insurance salesman recalls.

His tennis partner immediately started CPR, and it worked.

"God was on my side and watching over me," Ott says.

Ott regained consciousness to find dozens of members of his tennis club standing over him, crying tears of joy. An ambulance rushed Ott to Methodist Richardson Medical Center. Upon arrival, **John George, MD**, cardiologist on the medical staff at Methodist Richardson, was there to meet him.

ACTING FAST

Dr. George determined Ott had the most serious type of heart attack, one where one or more coronary arteries becomes completely blocked.

"Ott arrived in critical condition. If the brain loses oxygen for more than 5 minutes, brain death is certain, and regardless of whether you open and fix an artery, the patient will not recover," Dr. George says.

Blood flow to Ott's two main coronary arteries was blocked by more than 90%. A third artery had a 75% blockage. He required three separate procedures to place three stents in his heart. The small mesh tubes now hold Ott's narrowed arteries open, allowing adequate blood to flow to the heart.

“”

GOD WAS ON
MY SIDE AND
WATCHING
OVER ME.

- OTT SILUANGKHOT

"Ott recovered well and came back electively a few weeks later to have the other two arteries opened," Dr. George says. "He had very minimal damage on follow-up testing."

Ott spent about a week and a half having stent procedures performed.

"The entire staff at Methodist Richardson was wonderful," Ott says. "They know what they're doing and took good care of me. I received personal, individualized care."

THE BEST OUTCOME

Ott says his heart attack came without warning. He didn't have any of the common heart attack symptoms, such as tightness in the chest, dizziness, or shortness of breath.

"I'd had a normal physical and bloodwork in October before my heart attack," he says. "That's the reason it was so mind-boggling. My blood pressure was a little high, but I was taking medicine for it."

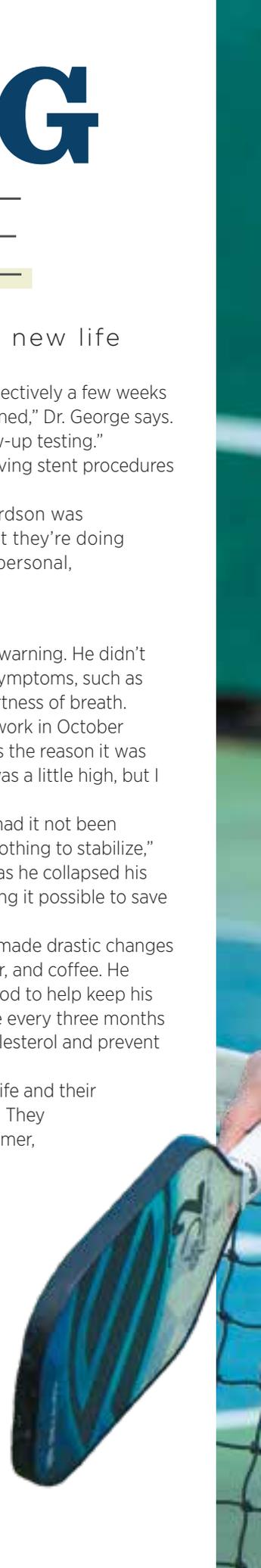
"Had bystanders not known CPR, or had it not been started immediately, EMS would have nothing to stabilize," Dr. George says. "In Ott's case, as soon as he collapsed his resuscitation started immediately, making it possible to save his life."

Since his major health scare, Ott has made drastic changes to his diet, eliminating fried foods, sugar, and coffee. He eats more plant-based meals and seafood to help keep his cholesterol in check. He sees Dr. George every three months and takes medication to control his cholesterol and prevent future heart problems.

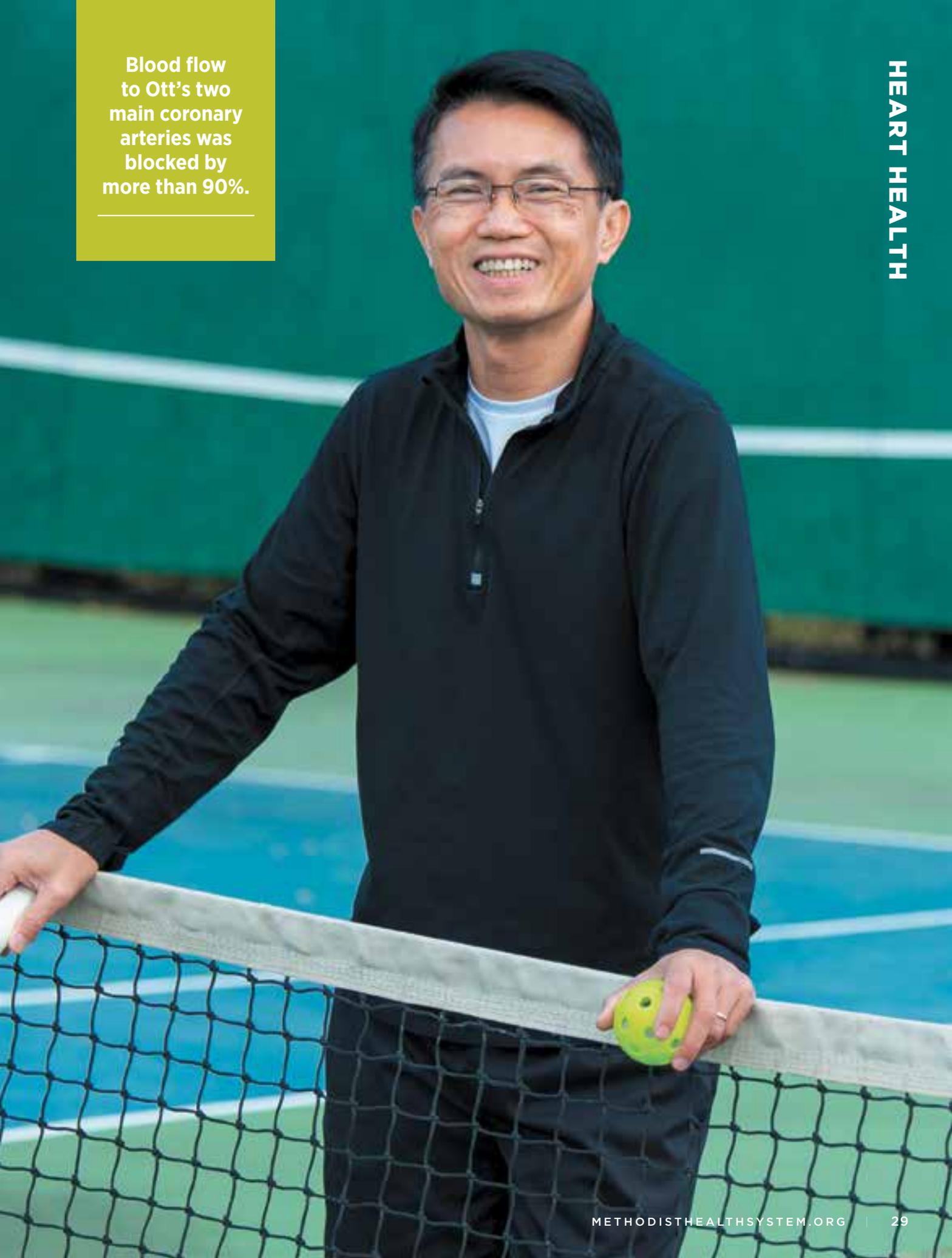
Today, Ott enjoys traveling with his wife and their adult daughters, Catherine and Cassidy. They enjoyed an Alaskan cruise over the summer, and Ott is back to playing tennis in his free time.

"I play at a more relaxed pace now, not to the extreme," he says. "I don't push myself as hard."

To read more compelling patient stories like this, visit ShineOnlineHealth.com.



Blood flow to Ott's two main coronary arteries was blocked by more than 90%.





Studies have shown
pets can increase
their owners'
**physical, mental,
and emotional
health.**

Stacy Covitz enjoys
walking her pups at
White Rock Lake.



BUILDING YOUR BOND THROUGH EXERCISE

Pets can provide the motivation you need to get a proper workout each week

Does your fitness tracker frequently shame you for not getting enough steps? If you can't bring yourself to work out for yourself, think about pounding the pavement for your pup.

"Most people should get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week," says **Ashley Burdex, DO**, family medicine physician on the medical staff at Methodist Charlton Medical Center. Dr. Burdex, who has two dogs herself, says walking the dogs is a great way to get in at least 30 minutes of moderate activity a day. She says walking or running with your dogs can bring additional health benefits like:

- Decreased blood pressure
- Decreased cholesterol
- Decreased feelings of loneliness.

"Dogs are wonderful companions, and studies have shown pets can increase their owners' physical, mental, and emotional health," Dr. Burdex says.

AH, formerly the American Human Society, says active time together provides an opportunity for the dog and its owner to establish a strong bond of affection. AH points out that in addition to the physical health benefits exercise brings your dog, walking will also give your dog's mind a workout, and a bored dog can be a destructive dog.

Because boredom isn't good for dogs or humans, it's important to mix up your route. **Stacy Covitz**, vice president of marketing and public relations at Methodist Health System, frequently looks for new places to walk her Shih Tzu, Maddie, and Schnoodle mix, Posey. Here are some of her favorite hiking spots:

Cedar Ridge Preserve — Cedar Hill. "There are multiple trails at the Cedar Ridge Preserve, so you can take an easy, flat hike or a more advanced hike. My favorite is the Cedar Brake Trail, which is pretty steep and hilly for Texas," Covitz says.

Katy Trail — Dallas, from American Airlines Center to the SMU area. "The dogs and I hike this route at least once a week," Covitz says. "It's shaded, there are multiple water fountains at dog level, benches for when Maddie needs a break, and you can always stop at Katy Trail Ice House for a snack!"

Spring Creek Nature Area — Richardson. "I love how shaded this trail is," Covitz says. "Maddie gets hot easily, so shade is a must."

Fish Creek Linear Park Trail — Arlington to Grand Prairie. "This is called the 'Trail of Two Cities,' and it connects several parks. It's more than seven miles, so you can get a great hike in without having to loop."

The same way humans should consult a physician before starting a new exercise program, make sure to speak with your veterinarian to make sure your dog is in proper shape to hike. Remember that hot pavement can hurt dogs' paws

and to pack enough water and snacks for your pups! Your vet can also tell you how to recognize the signs that your dog has had enough and about canine first aid.

A PEACEFUL HI

CardioMEMS gives peace of mind to heart patients

Polly Johnson just returned from a cruise to Jamaica, Mexico, and Cozumel. She enjoyed spending time with her daughter, soaking in the sun, and walking along the beach. One thing she didn't have time for? Worrying about her heart. Thanks to the CardioMEMS™ HF System, a dime-sized implant that sends real-time heart pressure readings to her care team at the Methodist Charlton Heart Failure Clinic, she could enjoy her vacation with peace of mind.

SIGNS OF A PROBLEM

In 2018, Polly was admitted to the hospital twice in two weeks, the second time for heart failure.

"Back-to-back admissions are dangerous for heart patients, so we knew it was important to prevent future admissions," says **Riya Thenayan, APRN, FNP-C**, nurse practitioner at the Methodist Charlton heart clinic.

Thenayan prescribed medication and began monitoring Polly's heart function. Heart failure patients often gain weight quickly due to fluid buildup, which increases blood pressure and causes the legs to swell. Thenayan noticed Polly's weight fluctuated rapidly, but her legs weren't swollen, so it was unclear whether the changes were due to fluid or diet.

"Not everyone is a good candidate for CardioMEMS, but I knew Polly was, because the readings could provide insights to improve her care," Thenayan says. "Now if her weight changes, I can check her readings and adjust her medication if needed."

FEWER HOSPITAL VISITS. BETTER HEART HEALTH.

William E. Posligua, MD, director of the Methodist Charlton Medical Center Heart Failure Clinic and interventional cardiologist on the hospital medical staff, performed Polly's CardioMEMS procedure in June 2019.

"Statistically, with every heart-failure-related hospital admission, the patient's health gets worse, and mortality increases," says Dr. Posligua. "CardioMEMS prevents future admissions, which can save lives."

According to a clinical trial, patients using CardioMEMS had a 57% reduction in mortality and a 43% reduction in heart failure hospitalizations compared with patients receiving typical heart failure management with medication alone. Polly has not been hospitalized for heart failure since she began using CardioMEMS.

BACK TO LIFE

Before CardioMEMS, Polly didn't go far from her home or doctor's office because she was worried about her heart health. She canceled a much-anticipated trip to Germany, and even cut her daily walks short.

"I walk three miles in the morning, and three in the evening, but I couldn't do it when I got sick," Polly says. "I had to walk around the same streets in my neighborhood, staying near my daughter's house so she could see me out her window. Now I can go wherever I want."

PEACE OF MIND

The CardioMEMS device is implanted into the pulmonary artery, which connects the heart to the lungs. It wirelessly uploads pulmonary artery pressure readings and sends those daily statistics directly to the Methodist Charlton team so they can monitor patients in between their regular clinic visits. If the clinic receives an alert over the weekend, they can call patients and ask them to come in the next weekday or visit a doctor immediately.

"Not only do I worry less, but my daughter worries less, too," Polly says. "CardioMEMS definitely gives me and my family peace of mind."

Read more about Methodist Charlton's Heart Failure Clinic at [MethodistHealthSystem.org/Charlton-HFC](https://www.methodisthealthsystem.org/Charlton-HFC).

HEART

**57% reduction
in mortality**
for patients using
CardioMEMS

Polly Johnson
(right) walks with
her daughter
Jessica Bewana.

WHEN IT COMES TO COLON CANCER DETECTION, 45 IS THE NEW 50.



If you're in your mid-40s and haven't had your colon checked, it might be time. Screening guidelines have changed.

The American Cancer Society's guidelines for colon cancer screening now recommend that adults at average risk get screened starting at age 45 instead of 50. Getting screened is the first step in prevention.

Methodist Health System facilities currently have some of the most technologically advanced screening tools to help detect cancer at earlier stages, and its care providers offer personalized healthcare services for every stage of life and every state of health. **Trust. Methodist.**

To find a gastroenterologist or colorectal specialist, please call 877-637-4297.

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System. Methodist Health System complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



CLEARING THE AIR ON **VAPING**

Turn on the news and you'll be bombarded by stories about vaping and its tragic fallout, including a Texas teen who died. But the facts about e-cigarettes can seem as hazy as those puffs of vapor.

ONCE BILLED AS a safer alternative to smoking, vaping and its consequences are making headlines nationwide and prompting healthcare professionals to speak out.

"It's absolutely frightening," says **Stephen Mueller, MD**, pulmonologist on the medical staff at Methodist Charlton Medical Center. He says teens are more susceptible to getting hooked on nicotine. "There are younger people who had never smoked or who thought that vaping was safer than smoking. Vaping has never been safe, for anyone."

LET'S START WITH THE BASICS. WHAT IS VAPING?

Vaping involves a handheld electronic device that burns liquid containing nicotine, and sometimes artificial flavoring, that creates a vapor the user inhales. Previously, vaping was offered as an alternative to smoking cigarettes due to the belief that it is less carcinogenic.

"We don't completely understand the long-term effects of vaping, and the industry has not been well regulated. While vaping may be less carcinogenic, I would still not consider it safe to inhale liquid chemicals into one's lungs," says **Anthony Boyer, MD**, pulmonologist on the medical staff at Methodist Richardson Medical Center.

HOW DOES VAPING IMPACT MY HEALTH?

"In several cases that I have seen, patients have shortness of

breath, cough, fever, fatigue, and nausea, and symptoms have usually progressed over a 1 to 2 week period," Dr. Boyer says.

Many of these patients are young, healthy teens and adults who show signs of severe respiratory illness.

Through imaging, Dr. Boyer says he has seen significant changes in lung health among patients who vape. "The lungs are diffusely inflamed and appear similar to acute respiratory distress syndrome, which is life-threatening. It's not what you would expect to see in a typical smoker's lungs," he says.

One factor many of these cases have in common is the use of tetrahydrocannabinol (THC)-containing liquids, the ingredient found in marijuana, and artificial flavoring.

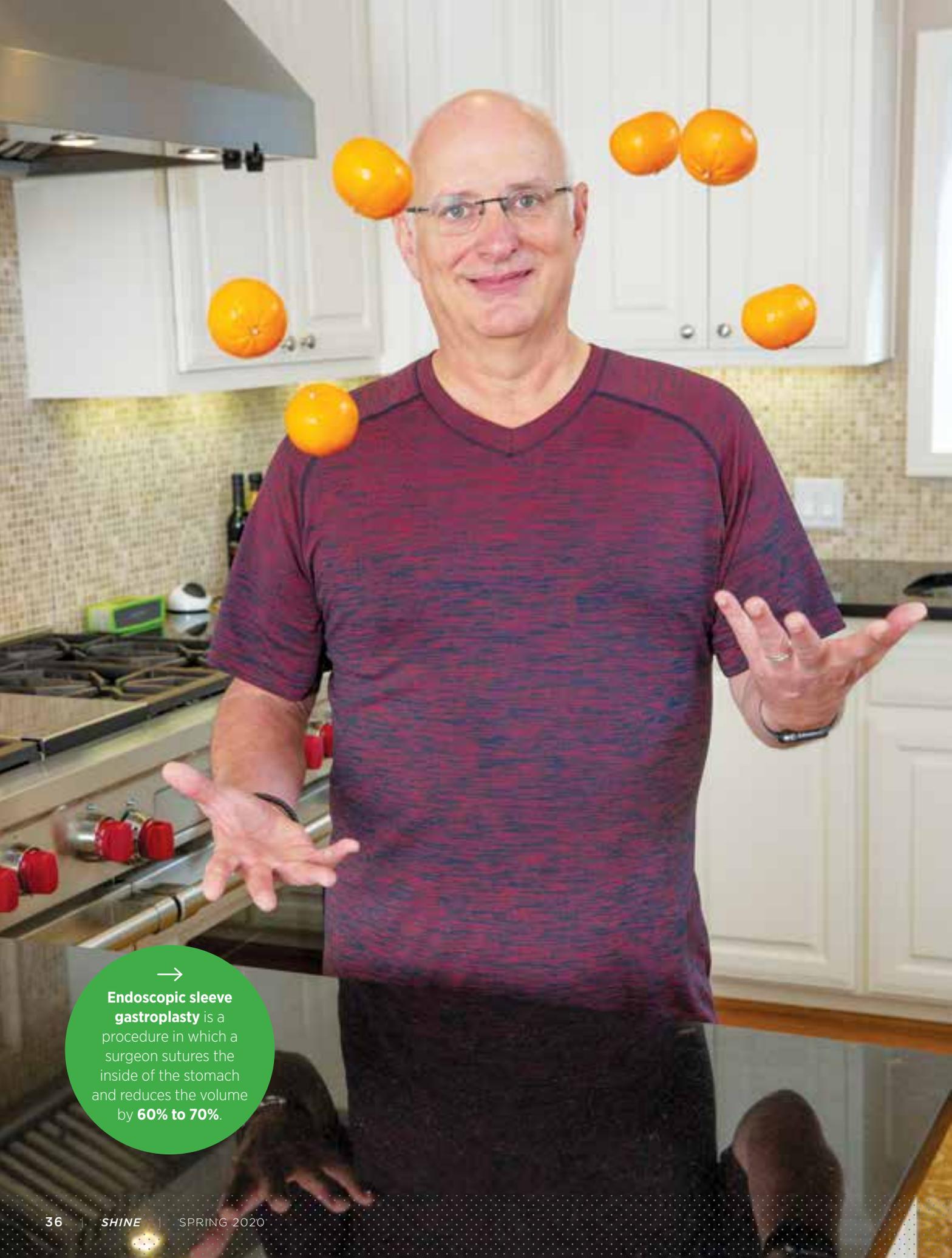
SIGN OF THE TIMES

Dr. Mueller feels so strongly about the need to stop vaping, he put up signs around his office at Methodist Charlton.

"In the past, I would tell patients if they have to use vaping to stop smoking cigarettes, then do it," Dr. Mueller says. "No more! The signs make the point crystal clear."

Dr. Boyer agrees: Put down the vaping pens until we have more information.

"If any of my patients develop symptoms associated with vaping, especially with THC products, I will advise them to be evaluated by a medical professional immediately," Dr. Boyer says.



**Endoscopic sleeve
gastroplasty** is a

procedure in which a
surgeon sutures the
inside of the stomach
and reduces the volume
by **60% to 70%**.

WEIGHT OFF HIS SHOULDERS

Dallas man undergoes a nonsurgical procedure in which a doctor sutures the inside of the stomach to reduce its volume by 60% to 70%

Tracy Edwards lives the kind of hard-charging lifestyle that tends to not be very forgiving.

“I own two businesses and also sell real estate,” he says. “So, I’m on the go usually from 7 a.m. to about 9 p.m. every night.”

That type of schedule doesn’t allow much room for proper meal planning, and Tracy fell into a familiar trap.

“What’s the quickest way to eat? Let’s do fast food for breakfast, lunch, and dinner,” says Tracy, remembering his old thought patterns.

Junk food, chased by endless diet sodas, led to health problems.

“I was taking medication for type 2 diabetes, cholesterol, and for a couple of other health issues,” he says. “Then reality struck that I was doing so because I was fat.”

Another motivation hung over Tracy’s head.

“My dad passed away when he was 55 years old, so that age has always been the year I dreaded,” he says.

With his 55th birthday fast approaching, Tracy told himself it was time for a change.

TUNING IN FOR ANSWERS

Around that time, Tracy saw a TV news story about a new, minimally invasive procedure to treat obesity being performed at Methodist Dallas Medical Center. The news story featured **Prashant Kedia, MD**, gastroenterologist on the medical staff at Methodist Dallas, and **Sachin Kukreja, MD**, bariatric surgeon on the medical staff at Methodist Dallas. Together, the doctors performed the first endoscopic sleeve gastroplasty (ESG) in North Texas.

“The concept of the procedure is to mimic a laparoscopic sleeve surgery in which the volume of the stomach is significantly reduced,” Dr. Kedia says. “Instead of doing a surgery to cut away a large portion of the stomach, we use a tool that is passed through the mouth to suture the inside of the stomach and reduce the volume by almost 60% to 70%. We change the shape of the stomach from a big, football-sized organ down to a skinny banana.”

After the 60- to 90-minute procedure in the endoscopy suite — as opposed to the operating room — patients wake up with no cuts, incisions, or scars, and go home the same day. That really appealed to Tracy.

While many bariatric surgeries require a patient to have a body mass index (BMI) of 40 or more, alternative procedures,

such as ESG, target people with a BMI of 30 to 40, which, for the average patient, means being about 50 pounds overweight.

STAYING POWER

Dr. Kedia says most patients can expect to lose 15% to 20% of their original total body weight within the first year, which has been the case for Tracy.

“Methodist Dallas provided a dietitian to help me understand how to eat better and what to eat,” Tracy says.

A year later, he’s still getting the support he needs.

Losing that weight, Dr. Kedia points out, can also reduce the risk of cardiovascular disease, hypertension, diabetes, and even fatty liver disease.

Just in time for that big birthday he once dreaded, Tracy says he’s taken control of his life, thanks in large part to the ESG procedure.

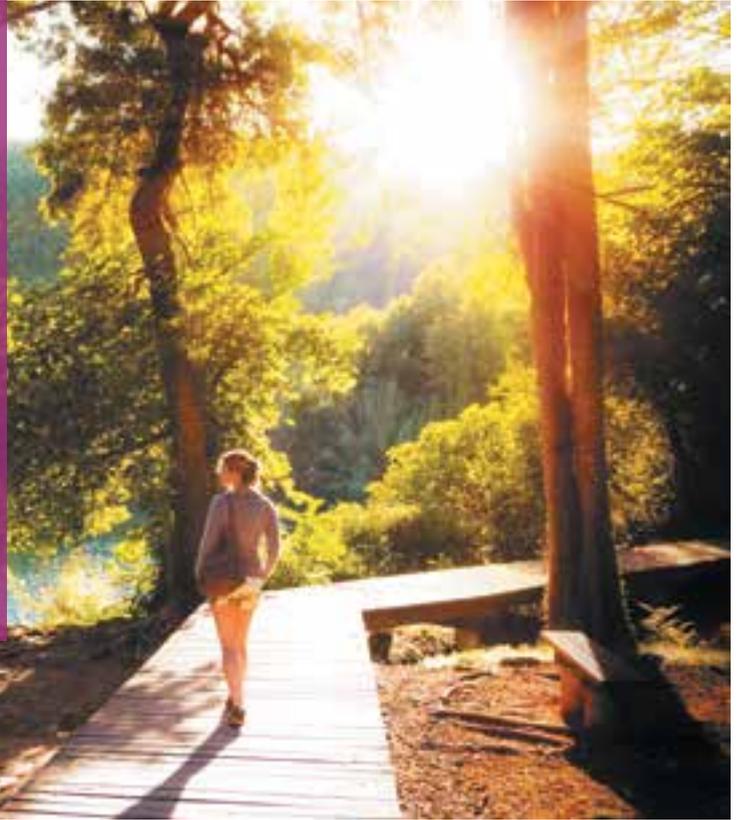
“I told Dr. Kedia, ‘I don’t know why everyone doesn’t do this. It’s the simplest, easiest thing in the world,’” Tracy says. “It’s been a great journey for me.”

For more weight-loss options, search “weight management” on [ShineOnlineHealth.com](https://www.ShineOnlineHealth.com).



Nature therapy

Get outside and get healthy



A NATURE HIKE could be the best medicine for improving your health. In fact, it may just be what the doctor ordered. That's because forest bathing, also known as nature therapy, is gaining acceptance as a viable medical treatment.

But leave your clothes on and your bubble bath at home. Think sunbathing and you're on the right path. Practiced in Japan as *shinrin-yoku*, forest bathing connects the individual to nature, opening the senses and bringing about calm and relaxation. Evidence supports the theory. Spending time in nature increases our bodies' "natural killer" cells, which help improve immunity and increases the endorphin levels resulting in a sense of well-being.

"We always talk about lifestyle changes to improve health," explains **Denise Johnson, MD**, family physician with Methodist Family Health Center in Murphy. "Forest bathing is sort of like what yoga was to us 30 years ago. Flash forward to now and different forms of yoga are incorporated everywhere for health benefits. Forest bathing is similar. I see us incorporating it as part of a healthy lifestyle."

Dr. Johnson currently prescribes forest bathing for her patients living with anxiety and depression. With a prescription to get out in nature and unwind for 30 minutes a day, five days a week, she often sees benefits like lowered blood pressure, better sleep habits, and an overall improvement in well-being.

"Our senses are receptive to nature around us, but in today's world, we lose some of our connectivity to nature," Dr. Johnson says. "Being in nature can be a healing process when we stop and reconnect, when we unplug from technology and plug in to nature."

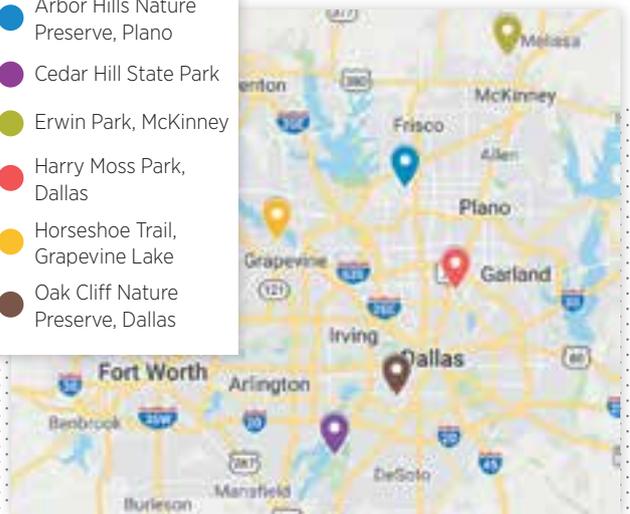
So where can we find a bit of nature in the DFW Metroplex?

Actually, there are several options. Here are just a few:

- Arbor Hills, Plano
- Cedar Hill State Park, Cedar Hill
- Erwin Park, McKinney
- Harry Moss Park, Dallas
- Horseshoe Trail, Grapevine Lake
- Oak Cliff Nature Preserve, Dallas

Learn more by searching "quiet spaces" at ShineOnlineHealth.com.

- Arbor Hills Nature Preserve, Plano
- Cedar Hill State Park
- Erwin Park, McKinney
- Harry Moss Park, Dallas
- Horseshoe Trail, Grapevine Lake
- Oak Cliff Nature Preserve, Dallas



Need healthy lunch ideas? Save time, money, and calories by packing a nutritious and delicious salad for lunch.

THINK OUTSIDE THE TAKEOUT BOX

By packing your lunch instead of buying it, even just one day a week, you save:



More than **\$1,600 a year**



An average of **700 calories per day**



Time on your lunch break:
No waiting on your food!

BUILD A BETTER BOWL

Mix and match the ingredients in this guide to create a salad filled with protein, colorful carbohydrates, healthy fats, and other nutrients.



GO GREEN
Spinach, arugula, romaine, green leaf lettuce, kale

ADD CRUNCH
Peppers, carrots, broccoli, Brussels sprouts, cucumber

FIT IN HEALTHY FAT
Nuts, seeds, avocado

GET YOUR GRAINS
Whole-wheat couscous, wild rice, quinoa

SPICE IT UP
Jalapeños, hot sauce, dried or fresh herbs, such as parsley, rosemary, or basil

MAKE IT SWEET
Berries, apples, peaches, strawberries

PACK IT WITH PROTEIN
Hard-boiled eggs, salmon, turkey, chicken, beans

SPLASH SOME COLOR
Red cabbage, red leaf lettuce, radicchio, tomatoes



FORMULA FOR VINAIGRETTE

2 parts healthy oil (olive, walnut, avocado) + 1 part acid (vinegar, citrus) = VINAIGRETTE

Add garlic, spices, and herbs for variety.

Serving size = 2 tablespoons

A WINNING PARTNERSHIP HAS BEEN A GAME-CHANGER



The personalized care Mansfield ISD student-athletes get from the Methodist Mansfield team has made an incredible difference for Timberview High football coach Guy Humes and his two sons Zach and Zuric

When it comes to school athletics, the fear of injury is ever-present. But what if school districts and health systems worked together to make the health and safety of student athletes a priority? That's exactly what Methodist Mansfield Medical Center did last year when the hospital became the preferred healthcare provider for Mansfield ISD.

"Methodist Mansfield and this district have a long-standing relationship," says Philip O'Neal, athletic director for Mansfield ISD. "This additional, substantial commitment from the hospital is a game-changer for our student athletes."

A FAST TRACK FOR INJURIES

If it's not clear what "preferred healthcare provider" means, just ask Gysamuell (Guy) Humes, varsity football coach at Timberview High School in Arlington, Texas.

"As a coach of nearly 20 years and a parent of two student athletes, I can tell you the access we now have makes an incredible difference," Coach Humes says. "College and pro teams have a dedicated team of doctors and trainers working to keep their athletes healthy and recover from injuries. Now, my players, sons, and every other student athlete in the district does, too."

Shaun Garff, DO, sports medicine physician on the medical staff at Methodist Mansfield, who oversees all the Mansfield ISD athletes, was the first and only call Coach Humes had to make when his oldest son, Zach, a junior at Timberview High School, suffered a foot injury during preseason football practice.

"We know the importance of getting injured athletes in to see a qualified sports medicine physician in the shortest amount of time," Dr. Garff says. "By blocking off time each day to see student athletes, we have the ability to treat sports injuries and help kids return to sports quicker."

Coach Humes agrees. Within a day of Zach's injury, he was diagnosed with a strain, fitted for a walking boot and crutches, and given recovery instructions. He was back to health by the time the season kicked off and hasn't missed a game.

“ ”

WE HAVE
THE ABILITY TO
TREAT SPORTS
INJURIES AND HELP
KIDS RETURN TO
SPORTS QUICKER.

— DR. GARFF

Mansfield ISD's Vernon Newsom Stadium bears the Methodist Mansfield logo as part of the school district's partnership with the hospital.



A FEELING OF SAFETY

Not only do the athletes have quick access to quality care in the event of an injury, they also enjoy a newfound sense of safety during training and games.

"When my younger son, Zuric, noticed his hand kept hurting during practices, a licensed athletic trainer was on site to examine and make recommendations," Coach Humes says. "Players and parents are excited to have skilled personnel present at more games thanks to Methodist Mansfield."

Additionally, Methodist Mansfield provides an ambulance service at games as well as a subscription to real-time inclement weather monitoring technology for outdoor sporting events.

EDUCATING AT ALL LEVELS

What is one of Dr. Garff's favorite parts about the expanded collaboration? Working with the newly created district position of head athletic trainer to ensure that every campus is consistently using the most current injury treatment and prevention protocols.

"We are working hard to lessen the inherent risk of participating in sports," Dr. Garff says. "Injury prevention is just as important as treatment and recovery practices. Athletic trainers throughout the district will be continually increasing their knowledge, which underscores the commitment of this collaboration."

The education and training doesn't stop there. Student athletic trainers (students who want to pursue athletic training as a possible career) are included in training seminars and assisting at athletic events.

UNQUANTIFIABLE VALUE

Coach Humes and his sons are quick to point out just how valuable this opportunity has been for them this past season.

"This partnership is more than I could have hoped for," Coach Humes says. "When my boys sustained injuries, Methodist took care of them. When I lost three offensive linemen to injuries, Methodist took care of them. The value of getting these kids back to health quickly and correctly can't be counted. It's that important."

To read more about sports medicine at Methodist Health System, visit [MethodistHealthSystem.org/SportsMedicine](https://www.methodisthealthsystem.org/SportsMedicine).



A NEW LEVEL of Women's Care

The Breast Center at Methodist Mansfield Medical Center offers an array of comprehensive women's health services in one place

Women living in southeast Tarrant County now have access to cutting-edge women's health services under one roof: The Breast Center at Methodist Mansfield. The center, which opened in November, provides 3D screening and diagnostic mammograms, ultrasound, biopsies, bone density scans, physical therapy, and treatment for pelvic health dysfunction.

Mammogram patients receive screening mammogram results within 48 hours and their diagnoses immediately.

As a way to provide emotional support for women diagnosed with cancer, the center employs a breast nurse navigator, who also assists with setting up appointments. Women diagnosed with breast cancer can receive radiology and chemotherapy treatments right across the street at Texas Oncology.

TOP-RATE TEAM

The new center brings three breast surgeons and fellowship-trained radiologist **Magda Rizer, DO**, a full-time breast specialist on the medical staff at Methodist Mansfield, together for faster, top-quality health services.

"The hospital, which is a beacon in the community, offers all-encompassing breast services for women," Dr. Rizer says. "Patients are getting access to the most up-to-date, efficient, advanced breast health practices."

Housed in a professional office suite, The Breast Center boasts a tranquil waiting room, a resource library for patients, aromatherapy, a coffee bar, an herbal tea selection, and infused water. Before The Breast Center opened, women in the Mansfield area didn't have access to a comprehensive breast center.

"Mammography was part of the radiology department in the hospital, but there was not a dedicated breast imaging center,"

says **Bridget Flaherty**, director of physician development at Methodist Mansfield. "Patients came into the main hospital area and waited with a group of people. It wasn't very personal or comforting."

SAVING LIVES

Early detection is key in providing the best possible breast care and quality of life for women.

"If we catch a grade 1 cancer early, when it is small and before it spreads, patients have a 90% to 95% survival rate five years after diagnosis," Dr. Rizer says. "The point of screening mammograms is catching the cancer early so that it's not a terminal illness. It can be managed and cured."

To schedule a breast exam, click on "mammography" at [MHS.InQuicker.com](https://mhs.inquicker.com).

The Breast Center at Methodist Mansfield Medical Center opened in November 2019.



Community



WOMEN IN MINISTRY BRUNCH EDUCATES AND HONORS LEADERS

Methodist Charlton Medical Center hosted its 10th annual Women in Ministry Brunch on Aug. 24, with more than 200 leaders in attendance. The goal is to connect and empower women as well as educate them about hospital services.

The program included a roundtable discussion on how to attract and retain millennial women in the faith, a Q&A with guests, and live music from Dallas-based singer and songwriter Niya Cotton.

THE POWER OF PUPPY LOVE!

The “puptials” of two therapy dogs at Methodist Mansfield Medical Center made big news all over the country. Peaches and Duke are said to be inseparable, so having a wedding ceremony was only fitting.

It was officiated by Caesar Rentie, vice president of pastoral care services at Methodist Health System.

The two golden retrievers celebrated with puppuccinos at the hospital’s Starbucks along with a custom-made doggy cake. The story aired more than 130 times all across Texas, as well as New York, Los Angeles, Chicago, and CNN’s Headline News.



YELLOW AND BLACK TIE GALA CELEBRATES RECORD YEAR

Hundreds of guests turned out for the Yellow and Black Tie Gala at the Renaissance Dallas Richardson Hotel on Nov. 9. It was a record-breaking soiree with a sold-out crowd and successful fundraising night, with nearly half a million dollars raised for the Behavioral Health program at Methodist Richardson Medical Center. The hospital seeks to raise \$2.3 million for a chemical dependence, partial-hospitalization program.

The event also presented the Legacy Award to Sam Bibawi, MD, medical director of the Methodist Richardson Cancer Center and his wife, Lisa, who are both longtime supporters of the hospital.

MULTIMILLION DOLLAR EXPANSION PROVIDES MORE SPACE FOR PATIENTS

Methodist Richardson celebrated the opening of its \$85 million dollar expansion on Dec. 18. The expansion includes a multi-level parking garage, the addition of floors five and six, and a ninth operating room. The new floors will add 150 private patient suites.



LIVING OUT OUR MISSION

PATIENTS FIRST ... ALWAYS!

Dozens of former patients and their families, including some from previous *Shine* issues, are now part of the first-ever recognition wall at Methodist Dallas Medical Center. On Dec. 18, the hospital had its official unveiling, which displayed hand-written letters from patients about their experiences coupled with a large collage of patient photos. Guests were treated to specialty macaroons and refreshments and given a chance to mingle with fellow former patients and medical staff.

The idea was prompted by Methodist Dallas President John Phillips as an important reminder that patients are seen, heard, and valued.



NURSING TEAM CONNECTS WITH FAMILIES AT BOO BASH

To promote the wellness of women and children, the labor and delivery nursing team at Methodist Dallas hosted a large booth at the Boo Bash event at Rosemont Elementary on Oct. 26.

Hundreds of young families visited the booth, which featured a pumpkin decorating station and a cornhole game for the kids, plus parents could register to win a free relaxing spa gift set. Parents also had the chance to have a one-on-one chat with Theresa Patton, MD, OB-GYN, on the medical staff at Methodist Dallas to ask health-related questions.

CHECK GIFTED FOR NEW ONCOLOGY UNIT

The Methodist Charlton Medical Center Auxiliary presented a check for \$10,000 to the Methodist Health System Foundation to help construct the Dr. Stephen and Marilyn Mansfield Oncology Unit at Methodist Charlton Medical Center. This unit will enable more than 700 patients a year to have their cancer treatment in a space designed specifically to meet their unique needs.

In the nine years since the auxiliary was formed, they have provided grants of more than \$95,000 to various areas of the hospital.



Linda Harris, auxiliary president, presents the check to John Mitchener, vice president, Methodist Health System Foundation.



EYES WATCHING OVER YOUR ANGEL

Parents who have a child in the Neonatal Intensive Care Unit (NICU) aren't always able to visit their baby daily. That's why Methodist Mansfield Medical Center is stepping up to bring some comfort to families when they're away from their little ones.

Angel Eyes is a secure video system that allows families to livestream footage of their newborn using an app. A tiny camera is attached to each child's bedside so parents can securely log in and talk to their care team or baby. The system also provides relevant clinical updates in real time. Parents say the addition is convenient and provides a new way to bond with their newest family member.

PULLING US *together*

Methodist Dallas Medical Center achieves coveted Magnet designation

CHANCES ARE, YOU don't choose friends and hospitals the same way. But when a hospital has a Magnet designation, those choices may have more in common than you think. Quality of care, commitment, and passion earned Methodist Dallas Medical Center its first-ever Magnet designation last July.

The official phone call came to an auditorium full of nurses, physicians, and administrators. "That call with everyone in the room was so exciting," says **Barbara Madden, MSN, RN**, vice president and chief nursing officer at Methodist Dallas. "To hear the commissioners say 'you've made it' is probably one of the highlights of my nursing career."

FORCES THAT ATTRACT

Magnet — as in, something that attracts — is a designation sponsored by the American Nurses Credentialing Center (ANCC). It means a hospital nursing program has arrived, that it attracts both patients and nurses alike, and often for the same reasons: exceptional quality of patient care, a commitment to leading-edge treatment, and a passion for melding the art and science of nursing in every detail of the day.

Fewer than 10% of hospitals in the United States have achieved this level of success and recognition. Magnet hospitals have documented proof, followed by on-site verification, of high quality and a safer environment based on evidence and best practices. They give front-line nurses a voice to impact change throughout the hospital system — in how patients are treated and in the treatments they receive.

SIMPLE BUT NOT EASY

Methodist Dallas' Magnet practices were four years in the making. When nurses have more opportunities, it makes for a better outcome for their patients, from improving maternal mortality rates to creating innovative summer programs for high-schoolers.

Madden notes that producing the evidence was simple (although certainly not easy). "We've been living it, but to actually have that stamp of approval is an honor," she says.

The honor must be continually earned. Methodist Dallas will redesignate in another four years. Methodist Richardson and Methodist Mansfield are already Magnet facilities, and Methodist Charlton is working toward the designation.



We're in your neighborhood



MEDICAL CENTERS

 **Methodist Richardson Medical Center**
 2831 E. President George Bush Highway (at Renner Road)
 Richardson, TX 75082
469-204-1000
Mothers' Milk Bank of North Texas drop-off site

 **Methodist McKinney Hospital**
 8000 W. Eldorado Parkway
 McKinney, TX 75070
972-569-2700

 **Methodist Richardson Campus for Continuing Care**
 401 W. Campbell Road
 Richardson, TX 75080
469-204-1000

 **Methodist Hospital for Surgery**
 17101 Dallas Parkway
 Addison, TX 75013
469-248-3900

METHODIST FAMILY HEALTH CENTERS AND MEDICAL GROUPS

2 Richardson Family Medical Group
 399 W. Campbell Road, Suite 101
 Richardson, TX 75080
972-238-1848

3 Richardson Medical Group
 2821 E. President George Bush Highway, Suite 103
 Richardson, TX 75082
972-792-7300

3 Breckinridge Family Medical Group
 2821 E. President George Bush Highway, Suite 404
 Richardson, TX 75082
214-576-2227

4 First Aid Family Care
 613 S. Highway 78, Suite 200
 Wylie, TX 75098
972-941-8700

5 Richardson Health Center
 820 W. Arapaho Road, Suite 200
 Richardson, TX 75080
972-498-4500

6 Firewheel
 4430 Lavon Drive, Suite 350
 Garland, TX 75040
972-530-8590

7 Murphy
 170 E. FM 544, Suite 112
 Murphy, TX 75094
469-626-3215

OTHER FACILITIES

1 Methodist Allen Surgery Center
 1125 Raintree Circle, Suite 200
 Allen, TX 75013
972-569-4500

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Methodist Richardson Medical Center
2831 E. President George Bush Highway
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TRUST YOUR GUT. TRUST METHODIST FOR DIGESTIVE CARE.



If you suffer from heartburn, GERD, ulcers, or other digestive issues, talk to the trusted specialists at Methodist Richardson Medical Center. We treat a host of problems, from colon and pancreatic cancers to issues with the stomach, intestines, esophagus, and liver. Many are treated with the revolutionary robotic da Vinci[®] Surgical System, a minimally invasive option that can result in shorter hospital stays and quicker recoveries. **Trust. Methodist.**

MethodistHealthSystem.org/RichardsonGI

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Health System medical staff are independent practitioners who are not employees or agents of Methodist Health System or Methodist Richardson Medical Center. Methodist Health System complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.