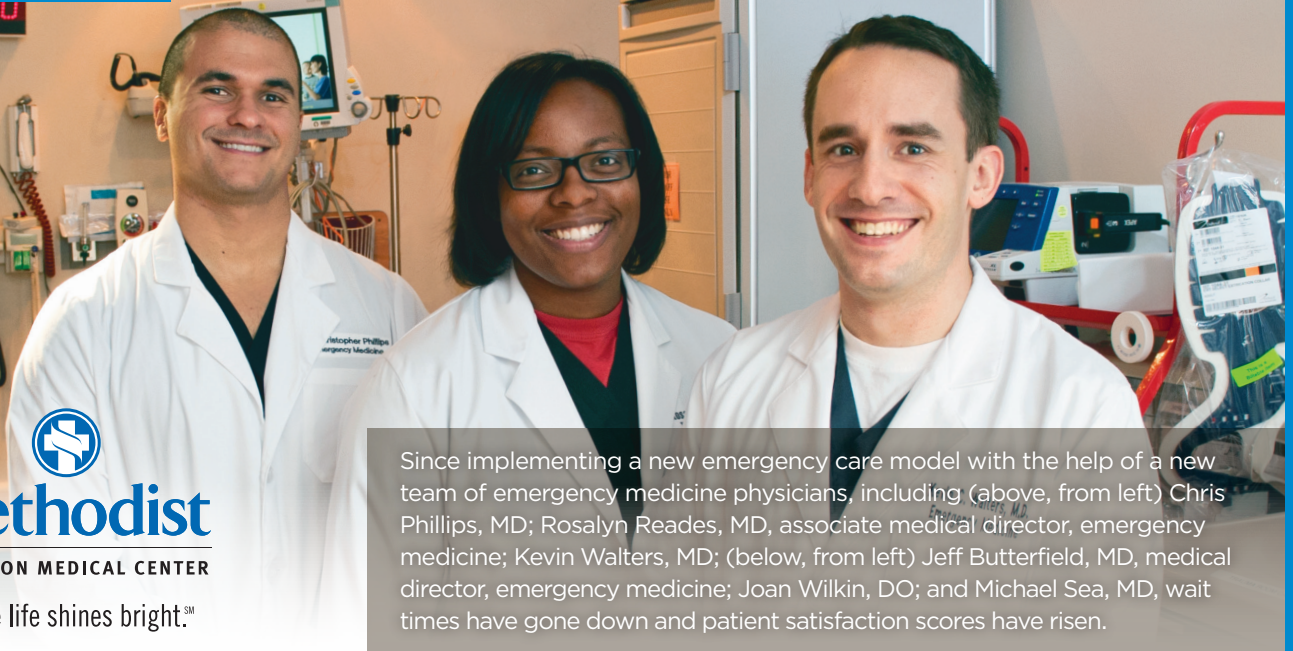


# 2013

# Community Highlights



  
**Methodist**  
CHARLTON MEDICAL CENTER

Where life shines bright.™

Since implementing a new emergency care model with the help of a new team of emergency medicine physicians, including (above, from left) Chris Phillips, MD; Rosalyn Reades, MD, associate medical director, emergency medicine; Kevin Walters, MD; (below, from left) Jeff Butterfield, MD, medical director, emergency medicine; Joan Wilkin, DO; and Michael Sea, MD, wait times have gone down and patient satisfaction scores have risen.

## Expanding health care in the Best Southwest

Methodist Charlton Medical Center is excelling as it grows to meet patient needs with advanced technology and compassionate, quality care. We're proud to share some highlights from 2013:

### New emergency team proves exceptional

The hospital welcomed two new physician groups to the campus this year: a TeamHealth hospitalist group and Emergency Medical Consultants. With these groups, a new innovative level of service comes to Methodist Charlton, along with new technologies and services to improve efficiency.

### You can have a better night's sleep

The Methodist Charlton Sleep Diagnostic Center opened this year to help identify and evaluate sleep disorders in adults and children, including sleep apnea, insomnia, restless legs syndrome, narcolepsy, snoring, and sleepwalking. The center offers two private hotel-like rooms for sleep studies, which are available every night of the week.

### Breathe easier with bronchial thermoplasty (BT)

For patients with asthma, this treatment offers relief through a series of three minimally invasive outpatient procedures. BT is the first nondrug procedure approved for the treatment of severe persistent asthma in patients 18 years and older.



### We're giving moms and babies a great start

The Methodist Charlton Life Shines Bright Pregnancy Program is the only one of its kind in the Best Southwest. It aims to lower the preterm birthrate for its participants, while providing expectant moms with a community of support that empowers them to make healthy choices throughout their pregnancies and beyond.

### Businesses benefit from Live Bright

As an extension of our mission to improve and save lives, Methodist is bringing our wellness solutions to local businesses. We offer patient-centered medical homes to manage and improve the health of employees, comprehensive wellness programs, and clinic services to address all levels of health.



**Methodist Charlton Medical Center Advisory Board:**

(from left) Marcus Knight; Ed Harrison; Kevin Fegan, EdD; Allen Schneider, DO; Felix Zamora; Chairman Dick Griner; Curtistene McCowan; Methodist Charlton President Jonathan Davis, FACHE; Margie Waldrop; Boyce Whatley; Wade Emmert; Ken Weaver; the Rev. Jim Bowden, DMin; John Hubbard; and Michael Hurtt

**We are proud to support these local chambers**

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

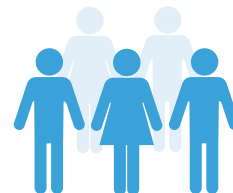
# Numbers to **know**

## 8,017

The number of people Methodist Health System employed throughout the Metroplex in 2013.

## 1,830

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



## \$132 million

How much Methodist Health System provided in unreimbursed charity care in fiscal year 2013.

## \$1.1 billion

Economic impact, including from income and benefits provided for Methodist employees.

## 10

The number of consecutive years that Methodist Health System has been named among the Top 10 Best Places to Work by the *Dallas Business Journal*. For the third year in a row, the health system was also named one of the 100 Best Places to Work in Healthcare by *Becker's Hospital Review*.

## 2016

By this year, Methodist Health System aims to be the healthiest health system in America. We're well on our way, with recognition from:

- *Dallas Business Journal* — for being among the Top 5 Healthiest Employers in North Texas
- The American Heart Association, who has named us a Platinum-Level Fit-Friendly Worksite.

# To your health

Having a healthy body, mind, and spirit is important. In 2013, Methodist Charlton Medical Center hosted and sponsored a variety of events to motivate people toward healthy lifestyles and help improve our communities, including:

- Heart to Heart and 2nd Day of Summer free women's health events
- Men's Health Tune-Up free men's health event
- Leadership Texas day for health care education
- Health Occupations Discovery Day for Cedar Hill, DeSoto, and Duncanville ISD high school students
- Best Southwest Legislative Breakfast Series.



Attendees at the Men's Health Tune-Up sample healthy foods and have candid conversations with physicians about various men's health issues.

## Take a look!

These initiatives are making a healthier community

- **Heart of the Community Challenge.** Methodist Charlton welcomed 100 community households to improve their heart health through this 16-week program offering heart disease education and fun activities for the whole family. Participants also received free health screenings to gauge their progress in the program.
- **Golden Cross Congregational Health Ministry.** Through partnering churches, Methodist Health System provides health outreach and education.
- **Methodist Generations.** The program offers a variety of wellness activities, social events, and education outreach throughout the year for people age 55 and older.
- **Mobile mammography.** In partnership with Susan G. Komen® Dallas County, Methodist Health System's mobile mammography unit brought breast cancer screening directly to 3,631 women this year, including 1,313 in the Methodist Charlton service area.
- **Prostate Screening and Awareness Program.** This free service reached a milestone this year, screening its 80,000th man for prostate cancer. More than 2,661 men in the Methodist Charlton service area also benefited from this service, which provides more screenings than any other hospital-based program in the nation.
- **Certified Application Counselor (CAC) assistance.** Methodist Health System has counselors available 24/7 to assist anyone wanting to enroll in the national health insurance exchange program.

We also support numerous community endeavors and organizations, including the Cedar Hill, DeSoto, Duncanville, and Lancaster ISDs; Cedar Hill Rotary Club Bike Rally; DeSoto Health Care Symposium; Duncanville Chamber of Commerce Auction and Gala; Lancaster Chamber Gala and Golf Tournament; Leadership Southwest; March of Dimes; Taste of Duncanville; and Volley 4A Cure.



Televangelist James Robison was the guest speaker for Methodist Charlton's annual Pastor Appreciation Luncheon. KCBI Radio news anchor Chris Howell served as emcee for the event honoring those who offer spiritual support to patients and their families.



For women with questions about nutrition, skin care, and feeling and looking their best, Methodist Charlton's free 2nd Day of Summer event had the answers.



Samuel Ramos, DDS, Methodist Charlton's 100th open heart surgery patient (center), says everything turned out "better than he could have imagined." Now he can keep up with his kids on the basketball court. Read his full story at [MethodistHealthSystem.org/SamRamos](http://MethodistHealthSystem.org/SamRamos).

## Shining achievements

### Methodist Health System

- 26 Methodist Family Health Center and Medical Group physicians recognized by NCQA for patient-centered medical homes
- 25 Methodist Family Health Center and Medical Group physicians recognized by Bridges to Excellence® for diabetes care.

### Methodist Charlton Medical Center

- Dallas-Fort Worth Hospital Council Special Recognition Award
- Pioneer Award from Duncanville Chamber of Commerce for enhancing quality of life for Duncanville citizens
- Best Hospital and Best Medical Facility (Methodist Charlton QuickCare Clinic) in the 2013 DeSoto Chamber of Commerce and *Focus Daily News* Reader's Choice Awards
- STAR Community Partner Award from Cedar Hill ISD for its Heart of the Community Challenge and other school involvement
- Quality Respiratory Care Recognition for the fourth consecutive year
- Citation of Merit for the QUEST® Award for High-value Healthcare from Premier.

Learn more at [MethodistHealthSystem.org/Awards](http://MethodistHealthSystem.org/Awards).

## More help for local hearts

Methodist Charlton Medical Center is well on its way to becoming a regional leader in cardiac care. Collaboration with emergency medical services, award-winning responses to heart attacks in our cardiac catheterization lab, advanced technology in a newly renovated postcoronary intervention unit, and physicians and staff with years of experience all contribute to cardiology services that you can trust and that we're privileged to provide. Here are a few of the milestones our cardiology programs achieved in 2013:

### No. 1 in heart attack care

The American Heart Association Dallas Caruth Initiative recognized Methodist Charlton for having the fastest average door-to-balloon times in Dallas County. Door-to-balloon time is measured from the moment a patient arrives at the emergency department to the opening of the blocked artery after a heart attack. Methodist Charlton averages 50 minutes, which is far ahead of the national goal of 90 minutes. Also recognizing Methodist Charlton's heart attack care, the American College of Cardiology Foundation granted the hospital its NCDR ACTION Registry®-GWTG™ Platinum Performance Achievement Award.

### 100th open heart surgery performed

In 2013, Methodist Charlton celebrated its 100th open heart surgery milestone — only 15 months after the program's inception. The 100th patient was local dentist Samuel Ramos, DDS, who is once again enjoying time with his family after successful bypass surgery at Methodist Charlton.

### Progress toward the Heart and Vascular Institute

We are on our way to establishing this cardiac center in the Best Southwest. In fall 2013, the hospital hosted the CardioShack Golf Tournament fundraiser for the new institute.