Beyond tradition
How to safely integrate alternative therapies with modern medicine

Facing the opioid epidemic
Do you know how to protect yourself and those you love?

Meet your perfect matcha
This green tea is steeped in health benefits

So much to live for
Husband and father Kasey Hester was determined to beat testicular cancer. Methodist Dallas was determined to fight alongside him.

New molecular therapy destroys pancreatic tumors
Beyond tradition
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So much to live for
When Kasey Hester’s testicular cancer was declared inoperable, Methodist Dallas took up the fight for his life.

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You can now schedule Methodist doctor appointments online!

The service you’ve been waiting for has finally arrived! Online scheduling is now available for patients at select Methodist Family Health Centers and Medical Groups. As long as you are an existing patient and have set up a MyChart account, this service is for you.

Direct scheduling is currently available at the following practices:

• Methodist Breckinridge Family Medical Group
• Methodist Charlton Family Medicine Center
• Methodist Charlton Internal Medicine Associates
• Methodist Family Health Center – Cedar Hill East
• Methodist Family Health Center – Cedar Hill West
• Methodist Family Health Center – Charlton
• Methodist Family Health Center – Kessler Park
• Methodist Family Health Center – Murphy
• Methodist Family Health Center – Preston Hollow
• Methodist Family Health Center – Waxahachie
• Methodist First Aid Family Care
• Methodist Sports Medicine
• Methodist Uptown Medical Group.

More medical practices will be added in the coming months.

» Haven't registered for MyChart yet? Head to MethodistHealthSystem.org/MyChart to get started.

Did you catch our latest Facebook Live surgery?

More than 5,500 people have watched the robot-assisted hysterectomy procedure that Methodist Mansfield Medical Center streamed live via its Facebook page on July 9. Monica Sudbury, a wife, mom, and schoolteacher, suffered for years with polycystic ovary syndrome, commonly known as PCOS. She agreed to let Methodist Mansfield broadcast her surgery in hopes of educating other women and their families about the medical options available.

Sara Northrop, DO, OB-GYN on the medical staff at Methodist Mansfield, performed Monica’s procedure with the robotic da Vinci® Surgical System, which involves tiny incisions and enhanced precision and often results in less pain when compared to a traditional hysterectomy. Monica went home from the hospital the next day and has been doing great.

» If you missed this fascinating Methodist Live event, head to facebook.com/MethodistMansfield.
Events

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

**METHODIST RICHARDSON NICU REUNION**
- Saturday, Sept. 14, 11 a.m. to 2 p.m.
- Bistro, Methodist Richardson Medical Center
Show us how you’ve grown! All patients of Methodist Richardson’s neonatal intensive care unit are invited to our reunion.
- The fun, food, and games are all free, but please register so we know you’re coming: 469-204-9449.

**FIT FALL FUN COMMUNITY HEALTH FESTIVAL**
- Saturday, Sept. 14, 9 a.m. to noon
- Kidd Springs Recreation Center, 711 W. Canty St., Dallas, TX 75208
Methodist Dallas Medical Center and Dallas Parks & Recreation are celebrating fall with a free event featuring health screenings and family-friendly activities intended to help boost your health and wellness. Enjoy free yoga and stretching sessions, stroke and fall prevention booths, smartwatch giveaways, and “Ask the Doc” sessions, as well as a healthy lunch on us!
- Learn more at facebook.com/MethodistDallas/events.

**WEIGHT-LOSS SUPPORT FOR BARIATRIC SURGERY PATIENTS**
Methodist Mansfield
- First Tuesday of the month, 6 to 7:30 p.m.
- J. Randall Canedy Conference Room, Methodist Mansfield Medical Center
This free support group meets each month to discuss different topics and offer accountability and encouragement for those looking to have weight-loss surgery or those who have had weight-loss surgery.
- For information, call 682-242-0462.

**THE MAD HATTER TEA PARTY**
- Saturday, Sept. 21, 10:30 a.m. to 1 p.m.
- Bistro, Methodist Richardson Medical Center
Don’t be late for this very important date as we celebrate breast cancer fighters and survivors. Enjoy a special day of pampering and stay for a spot of tea.
- The event is free, but please register at MethodistHealthSystem.org/Mad-Hatter.

**DRUG TAKE BACK DAY**
- Saturday, Oct. 26, 10 a.m. to 2 p.m.
- Parking lot A, Methodist Charlton Medical Center
- Emergency department driveway, Methodist Dallas Medical Center
It’s time to clean out your medicine cabinet! Bring your outdated or no-longer-needed medications to one of the above locations to have them disposed of safely. This helps protect your community and the local environment.
- Learn more at takebackday.dea.gov.

**STRONGER AFTER STROKE**
- Second Tuesday of the month, 1:30 p.m.
- Methodist Richardson Outpatient Plaza, 1977 N. Collins Road, Richardson, TX 75080
Join us for this support group for stroke survivors and their caregivers to learn about adjusting to life after stroke.
- For information, call 469-204-6950.

**HEART HEALTH AND DIABETES WORKSHOP**
- Third Thursday of the month, 3 to 5 p.m.
- Auditorium, Methodist Charlton Medical Center
Learn how to keep your diabetes under control in these free classes led by certified educators. We’ll even treat you to lunch!
- Registration is required: 214-947-6762.

**WHERE TO FIND US**
Methodist Charlton Medical Center, 3500 W. Wheatland Road, Dallas, TX 75237
Methodist Dallas Medical Center, 1441 N. Beckley Ave., Dallas, TX 75203
Methodist Mansfield Medical Center, 2700 E. Broad St., Mansfield, TX 76063
Methodist Richardson Medical Center, 2831 E. President George Bush Highway, Richardson, TX 75082
Detoxing. Infrared workouts. Low-carb. No-carb. And in this case, the keto diet and celery juice. It seems like every week, there is a new diet fad trending on Instagram. Here, Methodist Health System’s wellness team breaks down two of the most popular health claims for you.

**The keto diet**

**The pitch:** The ketogenic (or keto) diet depends on two things: a drastic reduction in carbs and a high intake of fat. The goal is to starve your body of carbohydrates, triggering a metabolic state called ketosis. Because your body can’t use carbs for energy, it becomes efficient at burning fat for energy instead.

Eat a steak and get skinny — sounds great, right? And on social media, your friends following keto look amazing! Wellness beware: When is the last time your friends had their cholesterol checked? Carey Shore, MS, RD, LD, wellness coach and program coordinator at Methodist Dallas and Methodist Richardson Medical Centers, says some of her clients were shocked at their recent health screenings.

“They were excited about the numbers on the scale, but then they learned their LDL cholesterol numbers had shot up,” she says. “While on the keto diet, they’d eaten an unhealthy amount of saturated fat.”

Shore points out that a high level of LDL, or “bad,” cholesterol, puts you at risk for heart disease, heart attack, and stroke.

“I’m telling my clients to either get off keto or revise it and focus on lean proteins, fruits, vegetables, and healthy unsaturated fats,” she says.

**Celery juice**

**The pitch:** Loyalists say the latest miracle health elixir is fresh celery juice. Thousands of people, including celebrities, claim that sipping 20 ounces on an empty stomach is changing their lives — curing inflammation, digestive issues, skin conditions, and chronic pain. Juice stores are selling celery juice for nearly $10 a bottle!

Wellness beware: Registered dietitians and food scientists say there isn’t proof that drinking celery juice is any more beneficial than eating the vegetable. In fact, it could be the opposite.

“Juicing may remove a lot of the nutritional content from fruits and vegetables,” says Michelle Knight, CHWC, lead wellness coach and program coordinator for Methodist Charlton Medical Center. “It also takes out most of the fiber content, which is important for digestion and lowering cholesterol.”

While the juice has no research to back it up, raw celery does. Knight says it provides vitamin K, folate, potassium, and other antioxidants. “If you’re looking for the best health benefits, trade in the juice for the whole fruit or vegetable.”

» ANOTHER MYTH BUSTED

Don’t fall for the scam that cardio workouts are the way to go when it comes to losing weight. Read more at ShineOnlineHealth.com.
Do you ever feel hot or cold when others around you feel fine? Have you noticed changes in your weight? Are you feeling fatigued — or conversely, nervous and jittery? You could be among the one in eight women with a thyroid condition.

Thyroid disease can interfere with your metabolism, sex drive, and menstrual cycle and cause problems during pregnancy. The good news is, it’s treatable. We asked Lindsey VanDyke, DO, endocrinologist on the medical staff at Methodist Mansfield Medical Center, what women need to know about thyroid disease.

Q: What is the thyroid?
Dr. VanDyke: The thyroid is a butterfly-shaped gland at the base of the neck that produces the vital thyroid hormone. It controls metabolism, including heart rate and the speed at which calories are burned.

Q: What are the symptoms of thyroid disease?
Dr. VanDyke: Symptoms vary depending on your thyroid condition. Here are a few conditions and their most common symptoms:

**Hyperthyroidism (overactive thyroid)**
- Weight loss
- Rapid heartbeat
- Trembling hands
- Feeling anxious or nervous
- Lighter periods.

**Hypothyroidism (underactive thyroid)**
- Weight gain
- Getting cold easily
- Joint or muscle pain
- Feeling tired
- Heavier periods.

**Thyroid cancer**
- Swelling in the neck
- Trouble swallowing
- Hoarse voice.

Q: How can I prevent thyroid disease?
Dr. VanDyke: Researchers aren’t sure what causes thyroid disease, but genetics may play a role. The American Association of Clinical Endocrinologists recommends that women exercise, eat healthfully, and avoid heavy drinking.

Q: Can thyroid disease be treated?
Dr. VanDyke: Yes. Thyroid function can be measured accurately with lab tests, and thyroid disease can be treated with medication and monitoring. But be patient — it can take up to eight weeks for thyroid levels to stabilize after starting medication.

Q: Are over-the-counter thyroid treatments safe?
Dr. VanDyke: No. An endocrinologist can prescribe the best treatment for your particular problem.

Thyroid problems are so common, and they can have a profound effect on vitality and quality of life. An endocrinologist can help you understand what’s going on with your body and address the problems so you can feel better.

**Back off on biotin**
Many women take biotin supplements, recommended by dermatologists for hair and nail health. While there’s nothing wrong with biotin, it can interfere with thyroid testing. If you’re having your thyroid checked, don’t take biotin the week before testing.

If you’re worried you might have thyroid issues, consult an endocrinologist. Find one on our medical staff at MethodistHealthSystem.org/FindADoctor.
‘PUMP’KIN IT UP!

HOW TO ADD A SEASONAL SPIN TO FAMILY FITNESS

If Mother Nature designed a workout for families, there’s no doubt her fall routine would involve the most glorious gourd — the pumpkin! This time of year, we love pumpkin festivals, pumpkin pie, and pumpkin spice everything, so why not incorporate a pumpkin or two into a healthy celebration of the season? They’re inexpensive and readily available at the nearest grocery store or ripe for the picking at the nearest pumpkin patch.

Exercising with pumpkins has been a “growing” (pun intended) trend for the past 10 years, says Patricia Neus, MPH, CHES, CHW, program coordinator and wellness coach at Methodist Mansfield Medical Center. “In wellness, we always emphasize using what you have access to,” she says. “You don’t have to go out and buy fancy equipment or join a gym.”

Neus recommends starting with fresh medium- and large-sized pumpkins, plus little ones that can fit in the palm of your hand.

“A lot of things you can do with a typical kettlebell or medicine ball, you can do with a pumpkin,” she says. That makes sense considering the average pumpkin weighs in at 12 to 15 pounds and measures about 14 inches, roughly the same size as that equipment.

Here are a few exercises to try:

• Use your small pumpkins for bicep curls.
• Do situps while holding a larger pumpkin across your chest.
• Do the pumpkin twist: Sit down with your feet on the floor and a pumpkin in your hands. Then twist at your waist to work your core.
• Do squats while holding the pumpkin, touching it to the ground, then lifting it over your head for a total body workout.

If you and the kids might feel a little silly at first, but a good chuckle never hurt anyone. After all, laughter is the best medicine.

» NEED A DEMO?
Head to ShineOnlineHealth.com for a video showing you how to work seasonal fruits and veggies — like pumpkins and melons — into your fitness routine.

» AN ADDED SAFETY TIP:
Trim down that extra-thick, fibrous stem to avoid causing injuries.

“Throw on Halloween-themed music along with these pumpkin workouts,” suggests Neus with a smile. “It’s just a fun little spin on doing some resistance training.”

Yes, you and the kids might feel a little silly at first, but a good chuckle never hurt anyone. After all, laughter is the best medicine.
PATIENT STORY

When Kasey Hester was told his testicular cancer was inoperable, his wife and children were his greatest inspiration.
The fight of his life

WITH A WIFE AND FIVE CHILDREN, KASEY HESTER HAS MANY REASONS TO LIVE — BUT WITHOUT ONE VERY GOOD FRIEND AND METHODIST DALLAS, HE WOULD NOT BE HERE TODAY

Kasey Hester and Michael Truitt, MD, have been friends for years. Together, they have coached a boys’ basketball team, gone on family campouts, and attended countless sporting events.

So naturally, Dr. Truitt was the first person that Kasey consulted when he thought he had a hernia. Test results, however, revealed something much more serious — testicular cancer. As a husband and father of five, Kasey had so much to live for — and he relied on his friend to help him win the fight of his life.

“I knew Kasey as a 220-pound high school football player and later as a 150-pound cancer patient,” says Dr. Truitt, general surgeon on the medical staff at Methodist Dallas Medical Center. “I know the type of man he is and the family he had to return to. I couldn’t look his wife or the kids in the eye unless we did everything we could.”

The impossible made possible

After Kasey’s cancer diagnosis in June 2018, doctors recommended that the Fort Worth resident start chemotherapy and radiation to shrink the baseball-size tumor, but Kasey wanted a less aggressive treatment. He traveled to an alternative medicine center in Mexico. While there, his condition worsened rapidly and his kidneys failed.

He was rushed to the nearest U.S. hospital, in San Diego. There, surgeons deemed his care futile and his tumor inoperable. They recommended hospice. Kasey and his wife, Darla, contacted Dr. Truitt for advice.

“I don’t want to be made comfortable,” Kasey told him. “If I’m going to die, I want to die fighting.”

continued on the next page >>
Dr. Truitt arranged to have Kasey flown to Methodist Dallas. The surgery would be difficult, but Dr. Truitt knew that the tumor would be highly curable if the team was able to get him stable enough to tolerate chemotherapy.

**Overcoming obstacle after obstacle**

By the time Kasey arrived at Methodist Dallas, his tumor had grown to the size of a basketball and had perforated his intestines.

“Almost everything inside his abdomen was tumor,” Dr. Truitt says. “We removed part of the tumor, found the perforation, and rerouted the plumbing around it.”

Kasey’s recovery was still uncertain. In Dr. Truitt’s words, “We didn’t hit a home run, but we put a ball in play.” And there were still several innings to go. In fact, Kasey would come close to death several times over the next three months before he began to get better.

Following surgery, he spent 10 days recovering in the intensive care unit (ICU), then four days into chemotherapy, he stopped breathing. Caregivers placed him on breathing and feeding tubes, but Kasey developed pneumonia and his lungs continued to fail.

With Kasey in and out of consciousness and his lungs too weak to tolerate more chemo, hospice once again seemed the only option. In a last-ditch effort, the medical team tried omitting a particular drug associated with lung problems.

That change in treatment helped Kasey recover from the pneumonia, but the victory was short-lived. He had yet another incident when he stopped breathing. This time he was placed on a breathing machine. Ordinarily, this would prevent further chemotherapy, but Kasey’s doctors continued, knowing his will to fight.

On a Prayer Warriors for Kasey Facebook page, more than 5,000 others joined in the fight, as well. People from around the world were following his story and sending good thoughts and prayers his way.

Over the next several weeks, Kasey improved, graduating out of the ICU. He finished his last round of chemotherapy as an outpatient and returned to work in January 2019.

“There were a lot of dark days, but everyone at Methodist Dallas went out of their way to make me feel comfortable and loved,” he says.

**A true team effort**

Today, there isn’t a trace of cancer in Kasey’s body. “I am incredibly blessed to be alive and back with my family, my greatest motivation for getting well,” he says.

Many people were essential to Kasey’s recovery, including oncologists, nurses, and respiratory and physical therapists at Methodist Dallas.

“Every single person there took such excellent care of me,” Kasey says. “I am especially grateful to three heroes, without whom I wouldn’t be here: God, my wife, and Dr. Truitt.”

The power of Kasey’s story isn’t lost on Dr. Truitt. “To me, it’s about faith and people coming together,” he says. “He needed a place that would invest in him, when others would not, and give him a chance to live. Methodist Dallas was that place for him.”

» **LEARN MORE**

Learn more about the advanced surgical services available at Methodist Dallas at MethodistHealthSystem.org/Dallas-Surgery.
Meet your perfect matcha

Matcha madness is everywhere. In addition to being widely available as a beverage, the nutrient-packed green tea is popping up in lattes, muffins, cookies, even ice cream. What’s the hype behind this Kermit-colored powder?

Meet your matcha
Matcha isn’t just any green tea. It’s grown in the shade, which concentrates chlorophyll content and gives it a bright green color. After harvesting, the leaves are steamed and then ground into a powder.

Unlike the traditional tea bag you steep in hot water and discard, you consume the powdered leaves in your mug of matcha. So that cup contains about 30 milligrams of caffeine, more than brewed teas. By comparison, an 8-ounce cup of coffee packs about 95 milligrams. Matcha can give you the jolt without the jitters.

It’s also a rich source of the amino acid L-theanine, linked to mood enhancement, and epigallocatechin gallate (EGCG), which has antioxidant, anti-inflammatory, and anticarcinogenic properties.

“Diets rich in antioxidants may offer protective effects from chronic diseases and help reduce risk factors such as high blood pressure, elevated cholesterol, and excess body weight,” says Carey Shore, MS, RD, LD, wellness coach and program coordinator at Methodist Dallas and Methodist Richardson Medical Centers.

Not too matcha, though
One gram of premium-grade matcha powder is the recommended daily dose — with good reason. Overconsumption can trigger side effects of excess caffeine (headache, insomnia, heartburn, diarrhea) and, in extreme cases, cause liver damage from lead toxicity.

A ConsumerLab.com study found that lead from the environment stays in brewed tea leaves, which are filtered by tea bags. Depending on the source, matcha may deliver as much as 30 times more lead than a cup of brewed tea.

“You should consume no more than about half a teaspoon of matcha powder daily,” Shore says. “That includes from all sources that you drink or eat. And go for the highest-quality matcha. You want to make sure it’s bright green — the greener the better. Matcha that’s darkened may be older, and its benefits weaken over time.”

Ready to go froth?
Matcha powder is widely available in stores and online. Add half a teaspoon of matcha powder per cup of hot (nearly boiling) water. Using a matcha whisk or electric frother, blend until it becomes frothy. Then enjoy!
Passing the sniff test

WHAT YOUR SENSE OF SMELL SAYS ABOUT YOUR RISK FOR ALZHEIMER’S DISEASE

If your nose stops working, it could be time to visit the doctor. A failing sense of smell can be an early sign of Alzheimer’s disease in older adults, according to a Mayo Clinic study.

For 3½ years, researchers followed more than 1,600 adults in their 70s and 80s, regularly checking their ability to identify common scents, such as banana, cinnamon, paint thinner, and smoke. Participants with the worst sense of smell were twice as likely to begin having mild memory problems over the course of the study. Those who had memory troubles right from the start and posted low olfactory scores were five times as likely to develop Alzheimer’s disease.

Nothing to sniff at
“There is a strong correlation between the loss of smell and the transition from mild cognitive impairment to Alzheimer’s dementia,” notes Michael Finch, MD, internal medicine physician on the medical staff at Methodist Charlton Medical Center. “If the loss comes on suddenly, lasts longer than a cold, or is accompanied by symptoms of Alzheimer’s, you should see your doctor.”

Typical signs of dementia include:
• Forgetfulness that interferes with daily life
• Decreased ability to follow plans or solve problems
• Difficulty with familiar tasks
• Confusion about time or place, such as not knowing the season.

Have a nose for prevention
Regardless of sense of smell, there are things that you can do to head off Alzheimer’s disease, such as eating a healthy diet. Dr. Finch advises this plan:
• Eat a variety of fruits and vegetables every day.
• Consume legumes, such as peas, beans, and lentils, three times a week.
• Stick to whole-grain bread.
• Include foods high in omega-3 fatty acids — such as salmon, mackerel, sardines, walnuts, flaxseeds, chia seeds, and cod liver oil.
• Limit sugars, carbohydrates, and saturated fats, which are abundant in red meat, whole-milk products, fried foods, bacon and other processed meats, pizza, and baked goods.

» FINDING HELP
If you or a loved one is showing signs of dementia or Alzheimer’s disease, find a physician to help at MethodistHealthSystem.org/FindADoctor or by calling 214-444-7303.
WE’RE HERE FOR YOUR COLD AND FLU NEEDS THIS SEASON.

Call 214-947-0033 or visit MethodistHealthSystem.org/FamilyHealth. Schedule your appointment today.

NOTICE OF NONDISCRIMINATION
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. Methodist Health System does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Methodist Health System:
- 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 Chariton Medical Center • 214-947-7777
- Methodist Dallas Medical Center • 214-947-8181
- Methodist Mansfield Medical Center • 682-242-2000
- Methodist Charlton Medical Center • 214-947-7777
- Methodist Richardson Medical Center • 469-204-1000
- Methodist Health System: 800-368-1019, 800-537-7697 (TDD)


NOTICE OF PROGRAM ACCESSIBILITY
ATTENTION: If you speak English, language assistance services, including TTY, are available to you free of charge:
- Methodist Chariton 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
- Methodist Health System: 800-368-1019, 800-537-7697 (TDD)

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/ocr/central/complaint, or by mail or phone:
- Washington, DC 20201
- Room 509F, HHH Building
- 200 Independence Ave., SW
- 800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at:

Learn more about how you can protect yourself and your loved ones this cold and flu season.

Methodist Family Health Centers and Medical Groups are owned and operated by MedHealth/Methodist Medical Group and are staffed by independently practicing physicians who are employees of MedHealth/Methodist Medical Group. The physicians and staff who provide services at these sites are not employees or agents of Methodist Health System or any of its affiliated hospitals.
Whether you’re on the road for business or pleasure, travel offers a break from your usual routine. Unfortunately, that break can also wreak havoc on even the soundest sleeper’s shut-eye.

Here Stephen Mueller, MD, pulmonologist on the medical staff at the Methodist Charlton Medical Center Sleep Diagnostic Center, explains how you can get better sleep — even away from the comfort and familiarity of your own bedroom.

1. **Mimic home**
   Do you have a favorite pillow? It may be worth the suitcase space to bring it along. The feel and smell of it can help you sleep. “Also, stick with your normal before-bed routine,” Dr. Mueller says. “If you usually have a warm shower before bed, do the same while traveling to signal to your body that it’s time for rest.”

2. **Drown out sound**
   People sleep best in a cool, dark, quiet environment. A white noise machine or set of earplugs can mask the noise of a hotel or unfamiliar home.

3. **Stay on schedule**
   On vacation, you may be tempted to sleep in later than usual — or burn the midnight oil and go to bed much later than you normally do. “Altering your bedtime or wake-up time can make it more difficult to get quality sleep,” Dr. Mueller says. “The closer you stick to your usual sleep cycle, the more likely you are to sleep well.”

4. **Limit screen time**
   The light from your smartphone, tablet, or even the television can trick your brain into thinking it’s still daylight. “I recommend that people turn off their devices an hour before bed to encourage restful slumber,” Dr. Mueller says.

5. **Close the drapes**
   Keep ambient light to a minimum by closing the drapes or blinds, or use a sleep mask to keep it dark.

6. **Skip the nightcap**
   Yes, you’re on vacation, but that tropical drink can disrupt your sleep. “Alcohol may make you feel sleepy, but it also makes you more likely to wake up during the night,” Dr. Mueller says. An hour or two before bedtime, swap alcohol for decaf iced tea or sparkling water.

» **TIP NO. 7**

If these sleep tips aren’t helping whether you’re at home or on the road, talk to your doctor. You might benefit from a sleep study to see what could be interrupting your sleep. Learn more at MethodistHealthSystem.org/Charlton-Sleep or by calling 214-947-0575.
Tiny but mighty

THE NEW CARDIOMEMS™ IMPLANT IS DRASTICALLY IMPROVING HEART FAILURE MANAGEMENT

A
n unassuming little wireless device about the size of a dime is saving countless lives.
The CardioMEMS™ HF System measures pulmonary artery blood pressure in real time. This allows clinicians to treat heart failure patients long before they have visible symptoms — or worse, before they head to the hospital.

“Statistically, with every heart failure–related hospital admission, the patient simply gets worse and never quite bounces back,” explains William Posligua, MD, director of the Methodist Charlton Medical Center Heart Failure Clinic and interventional cardiologist on the hospital medical staff.

“Life expectancy decreases dramatically.”

Available through the Heart Failure Clinic, the CardioMEMS device is implanted into the pulmonary artery, which connects the heart to the lungs. It then wirelessly uploads blood pressure data from inside the patient’s heart and sends those daily statistics directly to the Methodist Charlton team so they can monitor patients in between their regular clinic visits.

“This is great for the patients who are more sensitive,” says nurse practitioner Riya Thenayan, APRN, FNP-C, who works alongside Dr. Posligua at the Heart Failure Clinic.

“It allows us to tune up the dosages on their prescription medications in real time and cuts down on hospital readmissions.”

According to a clinical trial, patients using the CardioMEMS system had a 57 percent reduction in mortality and a 43 percent reduction in heart failure hospitalizations compared with patients receiving typical heart failure management with medication alone.

Committed to helping hearts
CardioMEMS is a complement to treating patients with medication — something that’s closely managed at the Heart Failure Clinic.

“The Heart Failure Clinic is specialized for patients who need close monitoring,” Dr. Posligua says. “We also have more expertise in heart failure management. When patients are very sick, we follow them closely until they become stable and understand their drug regimen.”

Whether patients have had heart failure for years or are new to the condition, CardioMEMS can help them manage it going forward.

Patients admitted to the hospital as a result of their heart failure should visit the Heart Failure Clinic within a week of being discharged from the hospital to begin treatment and talk about the most effective options going forward, Dr. Posligua says.

“The sooner we see those patients, the longer they’ll be successful in managing their heart failure,” he says.

» IS CARDIOMEMS RIGHT FOR YOU?

If you have heart failure, talk with the pros at the Heart Failure Clinic about how CardioMEMS can help manage your condition more effectively. For a referral, call 214-444-7303.
Anyone, at any age, can develop heart disease. In fact, it’s the leading cause of death among Americans. The term heart disease refers to several kinds of conditions, the most daunting of which is the heart attack.

“A heart attack occurs when one of the three arteries that supply blood to the heart becomes blocked with a blood clot,” says Jay Wright, DO, interventional cardiologist on the medical staff at Methodist Dallas Medical Center. “This usually occurs in an artery that is partially blocked by a process called atherosclerosis, the gradual buildup of plaque in the artery. This plaque can rupture, causing a blood clot to form and closing the artery completely.”

It’s important to recognize the symptoms of a heart attack and get to the hospital as soon as possible to minimize damage to the heart muscle. It’s also important to better understand what increases your risk for a heart attack. Check out the statistics and heart-healthy tips below to help prevent and respond to this deadly condition.

**CARDIAC CARE**

1 in 5 heart attacks is silent, with no symptoms

**BUT TYPICALLY, RED FLAGS INCLUDE ONE OR MORE OF THESE SYMPTOMS:**

1. Chest pain, tightness, or pressure
2. Persistent or recurring pain in the shoulders, arms, upper back, neck, jaw, or upper stomach
3. Shortness of breath
4. Lightheadedness
5. Cold sweats

**CALL 911 RIGHT AWAY IF YOU OR SOMEONE ELSE EXPERIENCES THESE SYMPTOMS.** Getting help immediately is crucial: About 47 percent of sudden cardiac deaths happen outside a hospital.

**8 ways to help prevent heart attacks:**

- Limit alcohol use
- Don’t smoke
- Reduce stress
- Manage diabetes
- Be physically active every day
- Eat a healthy diet
- Maintain a healthy weight
- Control blood pressure and cholesterol
Who’s at risk for a heart attack?

Someone in the U.S. has a heart attack every 40 seconds.

Nearly half will have at least 1 of these 3 risk factors:

1. High blood pressure
2. High cholesterol
3. Smoking.

Diabetes and a strong family history of heart disease also put you at a higher risk.

» HOW’S YOUR HEART?

Take our Heart Health Risk Assessment to learn more about your potential risks at MethodistHealthSystem.org/Heart.
Residents of Mansfield and the surrounding areas now have a trauma center recognized by the Texas Department of State Health Services in their community. Methodist Mansfield Medical Center’s new classification as a Level III Advanced Trauma Facility means it has the necessary equipment, dedicated resources, and specially trained trauma team to care for critically injured patients.

Traumatic injuries are severe and sudden and require immediate care. They often result from serious falls, car crashes, and violence. Examples are broken bones, concussions, and gunshot wounds.

High-quality patient care
Trauma Center Medical Director Gary K. Alexander, MD, FACS, CPE, says before achieving the Level III mark, the hospital emergency department (ED) was seeing “an incredible number of injured patients.” At times, they had to be transferred to other hospitals, making it difficult to consistently track their outcomes.

“We wanted to organize, better treat, and track the care and outcomes for our trauma patients,” Dr. Alexander says. “We’ll be able to see how well we are doing and, more important, we can make changes that improve quality of care and patient satisfaction.”

In fact, Methodist Mansfield patients are already reaping the rewards of the trauma center’s Level III status. As Dr. Alexander explains, many geriatric patients are admitted to the hospital after falls. With its expanded trauma resources, the hospital has been able to implement a G60 program, which expedites the diagnosis and treatment of orthopedic injuries in older adults.

“We’ve been able to get these patients through surgery and on to rehab within 48 hours, and we’ve started community outreach to prevent falls,” he says.
A lifesaving difference
When it comes to expediting emergency response for injured patients, Mansfield Fire-Rescue Chief Michael Ross says having a Level III facility in the community will make a difference.

“Our goal is to get patients needing trauma care to definitive treatment as quickly as possible,” Ross says. “Having a trauma center within our city limits accomplishes that goal for many who would otherwise be sent to trauma centers 20 to 30 minutes away.”

Dale McCaskill, Midlothian Fire Department chief, adds that having a Level III Advanced Trauma Facility nearby allows first responders and resources to stay closer to their response areas. “This makes us more readily available for the next emergency incident,” he says.

Jim Swafford, Grand Prairie City Council member, is also on the Methodist Health System Board of Directors and Methodist Mansfield Advisory Board. He says Methodist Mansfield’s Level III trauma status gives peace of mind to local residents.

“Grand Prairie has some emergency centers and an urgent care center, but we don’t have a hospital and certainly not a trauma hospital,” Swafford says. “We have a population of nearly 200,000 people. It’s important we serve their medical needs as best we can, and Methodist Mansfield makes that possible.”

Ultimately, Dr. Alexander says he believes the Methodist Mansfield Level III trauma program will make a difference in the communities it serves.

“We are extremely proud of what we have accomplished,” he says. “We feel that we set out with the goal to be an excellent trauma center, and we have stuck to our principles.”
AFTER A CRASH AND BURN, METHODIST MANSFIELD HELPS JEFF WILLOUGHBY RETURN TO MOTOCROSS
Jeff Willoughby started riding a dirt bike at age 5. Speeding around a track and getting airborne doesn’t faze the 45-year-old father, who lives in Venus, Texas, and works as a project manager for a commercial construction company.

In his 40 years of motocross, he had been relatively lucky in the injury department, suffering only a few broken ribs. But his luck ran out on Nov. 10, 2018, during some recreational riding at the TexPlex Park in Midlothian.

“I hit a jump at about 20 mph, and the bike bucked me into the air when the foot pegs got stuck in the dirt from the rutted face of a jump,” Jeff recalls. “I landed on my head in soft sand with the bike crashing down on top of my shoulder.”

Fortunately, Jeff was wearing a helmet. Spectators rushed to his side to help, but he was able to crawl to the side of the arena on his own, catch his breath, and load his bike on his truck. He then called his wife, Mary.

“I told her I needed her to take me to the hospital,” he says. “Ten minutes later, when I got home, the shock was starting to wear off and the pain was setting in. I realized I was really hurt.”

Rapid, high-quality care
Mary drove Jeff to Methodist Mansfield Medical Center, where he was immediately admitted to the emergency department. Ketan Trivedi, MD, FACEP, was the treating emergency physician from the Methodist Mansfield medical staff on duty that day.

“We did imaging and labs and determined he didn’t have bleeding in his stomach, but he did have multiple rib fractures and a broken clavicle,” Dr. Trivedi says. “As a Level III Advanced Trauma Facility, we’re able to facilitate timely and coordinated care for patients like Jeff. We have quick access to trauma surgeons, should they be needed.”

Fortunately, Jeff didn’t require emergency surgery, but he would need outpatient surgery to repair his clavicle.

Back on the bike
Five days after injuring himself, Jeff had a procedure to repair a distal clavicle fracture. This is a break in the outer third of the collarbone near where it attaches to the shoulder blade.

“Distal fractures are complicated,” explains John R. Harris, MD, orthopedic surgeon on the Methodist Mansfield medical staff. “When determining the type of plate to use to repair the fracture, you need to consider the patient’s age, his activity level, and how strong it needs to be to prevent future injury.”

Knowing the daredevil would want to get back to his adventurous lifestyle, Dr. Harris chose to use a titanium plate and 10 screws to repair Jeff’s fracture. The surgery took about one hour, and Jeff had to wear a shoulder sling for six weeks.

“I was back to work in a week and a half,” Jeff says. “The trauma treatment at Methodist Mansfield was great.”

Today, Jeff, Mary, and their 5-year-old daughter, Avery, are enjoying the active lifestyle they had prior to Jeff’s injury. They took a family snow-skiing vacation to Colorado in the spring and regularly go for family bike rides — though not the motocross kind.

“Today, I’m good,” Jeff says. “When I’m on my bike, I don’t even notice my shoulder.”

» SCHEDULE YOUR ED VISIT ONLINE
If you or a loved one experiences a life-threatening emergency, call 911. For more minor injuries and illnesses, make an appointment with the Methodist Mansfield ED at QuickER.org.
A LIGHT AT THE END OF THE TUNNEL

WHEN LAJAUNE HOOD BEGAN EXPERIENCING SEVERE INTESTINAL BLEEDING, SHE TURNED TO METHODIST CHARLTON FOR A RARE ENDOSCOPIC PROCEDURE

It was a harrowing series of health problems for Lajaune Hood. “I couldn’t believe that all of this was happening to me,” she says. “I had always been healthy and never taken so much as a baby aspirin on a regular basis.”

In just a four-month span, she had a heart attack, had her gallbladder removed, started kidney dialysis, and had fluid drained from her lungs.

When she thought things couldn’t get worse, doctors discovered intestinal bleeding. This is a common yet serious side effect for people, like Lajaune, who take blood thinners for heart conditions. But the care it takes to cure it isn’t common.

A look inside
Doctors in Bedford weren’t able to treat the persistent bleeding, so Lajaune turned to Methodist Charlton Medical Center. It’s one of a few hospitals in North Texas that offers a specialized endoscopic procedure called double balloon enteroscopy (DBE), which is proven to effectively diagnose and treat bowel conditions like the one Lajaune had.

“The double balloon enteroscopy allows us to get 10 or 12 feet into the small intestine,” says Randal Macurak, MD, gastroenterologist on the medical staff of Methodist Charlton, who performed the procedure on Lajaune. “In some cases, we can examine and treat the entire small bowel with it. Typical intestinal endoscopic procedures don’t allow us to access as much of the small bowel.”

Here’s how DBE works: The physician threads an endoscope — a long tube with a light and camera on the end — down the throat and through the digestive tract. Two balloons on the tube inflate and deflate to help push the tube farther into the small intestine, giving the physician improved visualization. Through the tube, small instruments are passed to remove polyps, mark future surgical sites, perform biopsies, or, in Lajaune’s case, cauterize bleeding areas.
“Methodist Charlton gets some of the toughest cases from all over Texas and surrounding states,” Dr. Macurak says. “They come from everywhere — Little Rock, Shreveport, Waco. Their hospitals do what they can, and when they can’t do any more, they often send them to Methodist Charlton.”

It took four procedures to stop Lajaune’s persistent bleeding — a result of the anticoagulants she must take for her heart condition. “She was big-time sick — definitely one of our tougher cases,” Dr. Macurak says.

He cauterized seven different sites of bleeding over the span of the multiple procedures. He also used DBE to assist with closing a large surgical site.

A persistent patient
From the time Lajaune entered the hospital with her heart attack, it was four more months before she could return home. She believes that the prolonged stress of caring for her husband, who was recovering from a stroke, was a factor in her heart attack and the complications that followed.

“I was told that surviving just one of the things that went wrong for me was pretty amazing, but to have all of that happen in a short period of time and survive was quite another,” Lajaune says. “It’s quite a testament to the care I received from the nurses and doctors and the army of friends and family who stepped in to help me.”

» ADVANCED DIGESTIVE CARE
If you have concerns about your digestive health, let a physician on the Methodist Charlton medical staff help. Go to MethodistHealthSystem.org/FindADoctor.
A whirlwind cancer diagnosis

“When I was diagnosed with breast cancer in fall 2015, it was a whirlwind of tests, treatment option decisions, surgeries, radiation, and then six months of chemotherapy,” Kathy says. “It was just such a shock. I had already had my annual mammogram earlier in the year, so when I felt the lump that fall, I didn’t think it could possibly be cancer.”

After her diagnosis of a very aggressive form of breast cancer (triple negative), Kathy was referred to Jenevieve Hughes, MD, FACS, breast surgeon on the medical staff at Methodist Richardson Medical Center, to have the lump and several sentinel nodes removed.

“Kathy came in ready to conquer cancer,” Dr. Hughes says. “I encouraged her to give some thought about how the first year after treatment would look for her. The survivorship journey is different for every person, trying to make meaning out of the experience she went through. We talked about the healthy ways to go through it.”

Chasing her happiness

Even with the love and support of her husband, Joe, and two adult sons, as well as the distraction of her full-time job as an assistant vice president of accounting with AT&T, Kathy found herself struggling mentally and emotionally.

“During my journey, I was in a very sad and angry place, and I didn’t know why,” she says. “After I completed six months of chemo, I tried a couple of different support groups, both in the community and at the hospital, but they just weren’t for me.”

Shortly after completing chemo, she attended a cancer retreat where there was a table set up, all decorated in pink, showcasing the dragon boat team Dallas United PINK. Curiosity pushed her to go talk to the women at the table. She learned that every one of them was a breast cancer survivor just like her.

On a whim, Kathy signed up.

An eye-opening experience

Dragon boats are essentially extra-long canoes with a dragon head and tail. They hold 20 paddlers; a steerer at the back; and a drummer, or caller, at the front.

Festivals and races take place all over the U.S., including two major ones right here in the Dallas-Fort Worth area.

“The women I met at the first practice were welcoming, fun, and energetic,”
Kathy says. “They were every age, shape, and background you can imagine, but all had one thing in common — they were survivors.”

The weekend after her first practice, Kathy went to a race. It opened her eyes to a vast community of dragon boaters right here in the Metroplex. Their boats represented organizations, corporations, causes, and even neighborhoods.

**Just what she needed**

“As I got to know more about my teammates, hear their stories, witness their positive outlook, I knew I had found just what I was looking for,” Kathy says.

Being in a boat, paddling alongside women battling the side effects of cancer treatments made her realize that she wasn’t alone in her struggle. Her teammates could relate to the brain fog, exhaustion, and pain, and they understood the challenge of no longer being able to raise your arm above your head. The camaraderie and support invigorated Kathy.

» LOOKING FOR CANCER EXPERTISE? FIND IT HERE

Methodist Richardson Cancer Center has the team and technology to help you face a cancer diagnosis head-on. Learn more at [MethodistHealth System.org/Richardson-Cancer](http://MethodistHealth System.org/Richardson-Cancer).
She explains how some of the women have faced — or are still facing — pretty tough diagnoses, but it doesn’t stop them. Their strength, both emotionally and physically, encourages Kathy more than words can express.

“When I was at my lowest, all I had to do was look over at my bench partner, who was in active chemo wearing a hat to protect her bald head from getting sunburned, or help a team member with painful chemo-induced nerve damage get into the boat, and it would renew me,” Kathy says.

**The races continues**

Now in her second year of dragon boating, Kathy can’t imagine her life without her new passion. She is quick to credit her positive mental, emotional, and physical state to her involvement with the sport and the women in it.

With the next dragon boat race not too far away, Kathy plans to stick with the sport as long as she can. And since the water is her new home away from home, she’s even expressed interest in giving rowing in a crew boat a try next year.

“I’m no longer in that sad, angry place,” Kathy says. “And I hope anyone who finds themselves there will search high and low to find a passion to boost their survivorship.”

“They were every age, shape, and background you can imagine, but all had one thing in common — they were survivors,” says Kathy Bockman of the Dallas United PINK crew team.

**» WATCH THE TEAM IN ACTION**

Several members of Dallas United PINK have had cancer treatment at Methodist Richardson. Learn more about this inspiring racing team at [ShineOnlineHealth.com](http://ShineOnlineHealth.com). You can also reach out to the team at [pinkinfo@dallasunitedcrew.org](mailto:pinkinfo@dallasunitedcrew.org).
Mammography offers one of the best opportunities to maintain breast health. Methodist Health System offers comprehensive breast imaging services, including 3D mammography. We have locations throughout the Metroplex as well as a mobile mammography program to make getting screened easier than ever. Trust. Methodist.

To schedule a mammogram or to learn more, call 214-947-0000.
Peace of mind — that’s what you hope will come from getting your annual mammogram. But instead of breathing a sigh of relief, many women hold their breath when it comes to the annual screening. It’s understandable, considering the track record of false-positives, missed diagnoses, and the frequent need for follow-up tests.

To help ease women’s stress and give them that coveted peace of mind, this year Methodist Richardson Medical Center invested in three new pieces of technology to make breast cancer screening easier and more effective than ever.

**Adding a third dimension**

Methodist Richardson has offered 3D mammography since 2015, but this year the hospital acquired a second machine with 3D capabilities.

“3D mammography takes multiple images of the breast from many angles that are then converted into a 3D image of each breast,” explains Tom Johnson, MD, medical director of breast imaging at Methodist Richardson.

Research shows this technology has many potential advantages. A study of more than 450,000 mammograms found that cancer was detected more often in 3D scans, and the women who had the 3D scan were less likely to need follow-up tests.

3D mammograms are also helping ease the minds of women with dense breasts. Dense areas look white in a mammogram, the same color as cancer, making it tricky for doctors to read the images and find breast cancer. Instead of seeing a mass of white, doctors can look at the breast layer by layer to find cancers that might be hiding.

“Think of a loaf of bread,” Dr. Johnson says. “Seeing a whole loaf from the outside offers one view, but when you cut a slice, you can see everything inside the bread. This slice-by-slice view is what you get with 3D mammography, showing you the breast tissue from several different perspectives.”

**Grading on a SmartCurve™**

Methodist Richardson not only wanted to make mammography more accurate; it also wanted to make it more comfortable. The hospital now offers mammograms with the SmartCurve™ breast stabilization system.

“Instead of a flat compression surface, SmartCurve offers a curved surface,” Dr. Johnson says. “This distributes pressure more evenly across the breasts, resulting in reduced pain for most women. Even better is that we don’t sacrifice the quality of the test. It’s really a win-win.”

**Better biopsies with Affirm®**

If a mammogram does identify an abnormality, the next step is a biopsy. In this minor procedure, the doctor removes a sample of tissue to find out if it is cancerous. If it is, the stage and the best route for treatment are then determined.

Now with the Affirm® breast biopsy guidance system, doctors at Methodist Richardson can more accurately target tiny potentially cancerous spots. Affirm uses 3D imaging to pinpoint the location. Because of this accuracy, the procedure is often quicker with less radiation exposure.

“While a cancer diagnosis can be difficult, Methodist Richardson has the tools and team in place to care for patients with expertise and compassion,” Dr. Johnson says. “Our goal is to give our patients freedom — freedom from cancer and freedom from fear of cancer. This new technology enables us to do that.”

**» MAMMOGRAMS SAVE LIVES**

To schedule your mammogram at Methodist Richardson, call 469-204-2140. You can also schedule it online at MethodistHealthSystem.org/RichardsonMammography.
» HOW YOU CAN HELP

The new breast imaging technology at Methodist Richardson would not have been possible without the support of Methodist Richardson Medical Center Foundation. To help bring healthcare advancements to the hospital, go to MethodistHealthSystem.org/RichardsonFoundation.
ALTERNATIVE MEDICINE CAN PLAY A POWERFUL ROLE IN YOUR OVERALL WELL-BEING, BUT DOCTORS SAY IT’S NOT A REPLACEMENT FOR TRADITIONAL HEALTHCARE

If you’ve ever taken vitamins or supplements, practiced yoga or meditation, used essential oils, or managed pain with acupuncture, you’re part of a growing number of people who use alternative medicine to be as healthy as possible.

Nontraditional therapies abound, and with good reason: They’re a way to cope with numerous health conditions and complement a wellness routine.

“As I see it, it works hand in hand with traditional medicine,” says Katherine Pederson, DO, MS, family medicine physician on the medical staff at Methodist Mansfield Medical Center.

And there’s the rub. Nontraditional medicine — also called alternative, integrative, or complementary medicine — isn’t a swap for traditional medicine. Rather, it’s especially effective when combined with more conventional healthcare. It can also be safer. Working with your doctor, you can select from myriad options to create your own personalized plan for good health.

The roots go deep

Nontraditional medicine offers a fascinating array of therapies, especially when you consider that much of what’s available today has roots in ancient history. The use of herbs as medicines, for instance, was first recorded on stone tablets. Five thousand years later, Americans spend more than $30 billion a year on dietary supplements.

For many people, though, these treatments have been passed from generation to generation. That’s what Denise Johnson, MD, family medicine physician on the medical staff at Methodist Richardson Medical Center, learned during eight years of working in the mountains of Appalachia.

“I was being presented with jars of herbs given as tinctures or rubs,” she says. “I didn’t know what they were, what they were doing. I thought, ‘I need to expand my knowledge base.’”

As she’s continued practicing medicine, she’s found more and more of her patients are melding traditional with integrative medicine in the quest for good health.

“They’ll take melatonin for sleep,” she says. “Or they’ll say, ‘I can’t take statins for my cholesterol, but I can tolerate red yeast rice.’”

But those are only part of a holistic plan for wellness.

A variety of options

Like Dr. Johnson, Jill Waggoner, MD, family medicine physician on the medical staff at Methodist Charlton Medical Center, has also learned to have an open mind.

“In medicine, providers sometimes
“That means we integrate all the healing methods together.”
Some treatment is hands-on, like massage and osteopathic manipulative treatment (OMT), in which Dr. Pederson is board certified. More than half of her patients request the manual technique, which may include stretching, resistance, and gentle pressure for a wide range of health issues, including asthma, musculoskeletal complaints, and pregnancy difficulties.

A cautionary note
While health providers encourage people to play an active role in their health and healing, they also offer precautions. For example, much of what’s advertised on the internet has no scientific backing — or could put you in harm’s way, depending on other aspects of your health. Keeping an open line of communication with your physician is imperative.

“In some cases, I have to warn a patient about how certain herbs or supplements could interact negatively with his or her medications,” Dr. Johnson says. “Other patients appreciate when I can confirm, ‘Yes, there are studies that say this supplement makes a difference. If it’s helping you feel better and it’s not dangerous, keep taking it.’”

Dr. Pederson is direct: “I ask patients, ‘Are you taking supplements, herbs, any kind of essential oil?’ People don’t think of those as medicine, but I need to see the whole picture of health practices to protect my patients’ well-being.”

On the medical staff at Methodist Dallas Medical Center, cardiologist Robert Edmonson, MD, encourages patients to explore a variety of treatments — but with wariness. He’ll only recommend

“I like the term integrative. That means we integrate all the healing methods together.”
— JILL WAGGONER, MD

>> continued on the next page
THE ESSENCE OF ESSENTIAL OILS

Essential oils are more popular than ever, being used for stress relief, wound healing, and skin care — just to name a few. But which oils are best for which health issues, and are there any health risks worth noting? We answer these questions and more at ShineOnlineHealth.com.

**BEYOND TRADITION**

*continued from the previous page*

**SOMETHING FOR ALMOST EVERYONE**

You may be familiar with complementary therapies like deep breathing, aromatherapy, or massage. But here are some others to consider trying — with a doctor’s okay, of course:

**MIND-BODY MEDICINE:** This approach focuses on how the brain can affect health, such as ease pain or reduce stress. Hypnosis, meditation, yoga, and biofeedback are examples.

**DIETARY SUPPLEMENTS AND HERBS:** Some examples include zinc lozenges for colds, St. John’s wort for depression, and ginkgo to ward off dementia. However, the research on these and other natural products is limited or conflicting.

**MANIPULATIVE AND BODY-BASED PRACTICE:** The therapist moves or manipulates one or more parts of the patient’s body. Chiropractic treatments, physical therapy, and massage therapy are all examples. These treatments may be used for pain, stress, anxiety, and depression.

a supplement, for instance, that has scientific research behind it.

He firmly believes in the health benefits of meditation, healthy eating, and exercise in addition to the valuable role that physicians play in good health.

“I’m not minimizing the wonderful things that happen in medicine,” he says. “If you have cancer, you want somebody who can get rid of it with as little damage to your body as possible. Neurosurgeons can close up an aneurysm. Incredible things can be done. It’s not either-or; it should be a continuum.”

**Words of advice**

If you’re thinking about incorporating integrative or nontraditional medicine into your life, the doctors offer these tips to follow:

**Talk to your doctor.** You’re on this path to wellness together. Don’t be afraid to ask questions, to seek suggestions, to question what you’ve heard or read.

**Use your noggin.** If a certain supplement purports to cure cancer or the common cold, improve your sex drive, or eliminate allergies, it probably won’t do any of those.

“I caution some people about things that are just too radical and don’t make common sense,” Dr. Edmonson says.

**Do your homework.** “Study what research has been done by credible sources,” Dr. Waggoner says. “Read information from people who are on the same journey as you are.”

**Don’t fall for buzz words.** Just because the product label says “natural” or “organic” does not mean it will be safe for you.

And keep in mind that good health is, after all, a journey. One that is shared by doctors and patients weaving tradition and technology, questions and answers — doing all we can for ourselves and for each other.

Or you might choose to get used to these rumblings, because they’re usually a normal side effect of healthy digestion, says Nabeel Koro, MD, gastroenterologist and hepatologist on the medical staff at Methodist Charlton Medical Center. “Your gut is always moving, and the sounds occur when fluid shifts through the gut.”

The sounds are still worth noting, though, because they sometimes point to something more serious.

Translating grumbles
Each sound has its own nuance, saying something about how well your digestive system is working.

Here are some examples:

What you hear: Frequent sounds.
What it could mean: Malabsorption issues. “With conditions like celiac disease, bacteria overgrowth, or pancreas insufficiency, you’re expected to have more undigested foods in the intestines,” Dr. Koro explains. “That will lead to holding more water, and your intestines will constantly have to work hard to pass food.”

What you hear: Low sounds.
What it could mean: An irritable gut. These low sounds really result from frequent bowel movements or diarrhea, both common with conditions like irritable bowel syndrome.

What you hear: Grumbles.
What it could mean: Constipation. “You’ll hear these grumbling sounds because the intestines are trying to move through digested food, but the colon is full of stool,” Dr. Koro explains.

What you hear: Dripping.
What it could mean: Hunger. However, in most cases you’ll feel hunger pains instead of hear hunger sounds.

Put on your listening ears
The good news is, these sounds in and of themselves are usually nothing to worry about.

“Things become alarming when they are accompanied by other symptoms,” Dr. Koro says. A combination of bowel sounds and any of the following symptoms warrants a visit to your primary care provider:

• Blood in the stool
• Diarrhea
• Heartburn
• Irregular bowel movements
• Nausea
• Stomach pain
• Sudden weight loss
• Vomiting.

“It may be as minor as a passing virus, but on the other extreme, it could be a life-threatening condition, like a bowel obstruction,” Dr. Koro says. “Your doctor can get you started on treatment or refer you to a gastroenterologist for more specialized care.”

» GOOD GUT HEALTH
One of the best ways to foster a healthy digestive system is with probiotics and prebiotics. Learn how they help at ShineOnlineHealth.com.
Mike Barker is proud to be “running on recycled parts” in honor of the organ donor who gave him a second chance at life.

Still crossing the finish line

MIKE BARKER RUNS EVERY MILE IN HONOR OF HIS ORGAN DONOR
Mike wasn’t always a long-distance runner. In fact, he didn’t even start running until his early 40s. These days the 55-year-old Irving resident is still finishing half- and full marathons, but now he runs for more than the sheer pleasure of it. He runs in gratitude for winning a decadeslong health struggle and the organ transplant that made crossing the finish line an incredible journey.

**A history of health challenges**


“In 2013, on the flight home from a work trip in China, I was so incredibly sick that I went to see my doctor as soon as I landed. He sent me immediately to the hospital.”

As ill as he was, Mike remembers a sense of relief. During his hospitalization, he was referred to The Liver Institute at Methodist Dallas Medical Center, where doctors finally identified the medical issues causing his symptoms — an answer he’d gone without for years.

Mike learned that he had two chronic inflammatory disorders. The first, hepatitis, affects the liver; the second, primary sclerosing cholangitis (PSC), affects the bile ducts. Both can lead to liver scarring.

Which is how Mike ended up on a liver transplant list at the direction of his doctor, Jeffrey Weinstein, MD, medical director of liver transplantation and hepatobiliary services at The Liver Institute at Methodist Dallas.

**Trying to stay positive**

After the diagnoses, Mike did his best to stay active but still struggled with declining energy levels, medication-induced diabetes, and recurring infections — all of which took their toll on his body and his ability to keep logging miles.

Mike was losing hope, so Dr. Weinstein took action.

“Mike didn’t let his illnesses get the better of him, but I knew I needed to make an appeal to the transplant review board to move him higher up the list,” Dr. Weinstein says. “He definitely met the criteria for an appeal. Recurring life-threatening infections in his bile ducts put him at risk for septic shock.”

Dr. Weinstein told Mike that it could take a few weeks to get an answer from the board and encouraged him to stay positive. Just a few days after that conversation, Mike’s wife, Fatima, woke him up around midnight because someone was knocking loudly at the front door. When he answered the door, an Irving police officer handed him a piece of paper with a phone number on it and told Mike to call it immediately, that the hospital had been trying to reach him all night. A donor liver had been found.

**He shocked them all**

Mike still remembers waking up from his transplant surgery feeling better than he had in a long time. He was eager to honor his organ donor, and what better way to do that than to get back to what brings him joy — running.

Mike shocked his doctors, his family, and even himself by completing the Cowtown race.

“Even with a new liver, I wasn’t sure I would get to enjoy running and races again,” Mike says. “I’ve always been blessed beyond measure, but these days, it is even truer. I am surrounded by a loving wife and children, I became a grandfather this year, and I’m able to run again.”

Mike and his wife plan to continue running races, wearing shirts honoring his donor and bringing awareness to organ donation. Since his surgery, he believes he has a mission to encourage more people to learn about organ donation to help save lives like his own.

**HOW TO SAVE A LIFE**

For information on becoming an organ donor, visit MethodistHealthSystem.org/Dallas-Transplant.
Every day, about 130 people in the United States die from opioid-related overdoses. That’s close to 50,000 a year. Let those statistics sink in for a minute. For the most part, these were everyday people who had prescriptions to help relieve their physical pain — which opioids do very well. Yet somewhere on their journeys back to health, something went very wrong.

“Opioids are addictive,” says Ashley Chasse, PharmD, clinical pharmacist for the Methodist Patient-Centered Accountable Care Organization (MPCACO). “When and how an individual will get addicted, we don’t know. It could be after taking an opioid one time; it could be after 500 times.”

Facing the opioid epidemic

Given that the possibility of addiction is such a roll of the dice, it’s imperative that consumers learn how to use opioids and other medications safely to manage pain. It’s a tricky call because opioids do work. And when people are in pain, getting rid of it is foremost on their minds.

How patients think about opioids

“Ideally, you control patients’ pain for enough time to allow them to recover,” says Brian Jones, MD, chief medical officer for MPCACO. “After the healing period, they go back to their lives and have no need for pain meds.”

But some patients are so afraid of feeling any pain that they never take a break from medication to assess if their pain is improving. Also at risk are patients handling chronic pain.

“In those cases, we use nonopioid techniques and the least amount of opioid that works,” Dr. Jones says. “Initially, the meds are helpful and help them function. But many people who take them require escalating doses over time.”

So what’s to be done? Both clinicians and patients have key roles to play.

Finding ways to manage pain

A lot goes into addressing pain, Dr. Jones says. “It’s not so much a question of ‘Do I use this or that?’ It’s ‘What are all the factors that I need to consider to help this patient?’ You have to look at medical, behavioral, and social components of pain.”

This is the mentality behind Methodist Health System’s Enhanced Recovery After Surgery (ERAS) protocol, which helps alleviate the need for opioids after some surgical procedures.

In the past, patients were not allowed to eat or drink for 12 hours before surgery, but those approved for ERAS can drink fluids up to two hours before and are encouraged to walk soon after. Both strategies have been shown to improve pain control.

In addition, says R. Heath Gulden, MD, ERAS chairman and anesthesiologist on the medical staff at Methodist Dallas Medical Center, opioids are no longer the only option for pain control after surgery.

“We have found that our patients do much better if we first use a scheduled combination of non-narcotic medications, such as Tylenol®, gabapentin, and Celebrex®, and give narcotics last, as a rescue,” he says. “The result is a big reduction in how much narcotic is needed to control pain.”
In addition, the Methodist Opioid Safety Initiative aims to ensure everyone — physicians, nurses, pharmacists, and especially patients — is in sync on a plan of care. This includes patients being proactive about their treatments.

Drs. Chasse, Gulden, and Jones offer these tips for preventing addiction:

• **Talk to your doctor.** Ask questions about the procedure (How much pain can I expect?) as well as pain medications (Is this an opioid I’m taking?). If there are no other drug options, ask what steps you can take to alleviate the chance of becoming addicted.

• **Anticipate pain.** Have realistic expectations of the pain you may experience at various stages of recovery.

• **Follow instructions.** Some patients fear that their pain will return and take pain medications more frequently than prescribed. If you feel your dosage is inadequate, talk to your doctor first.

• **Try other nonmedication strategies.** Talk to your doctor about meditation, acupuncture, or other alternate therapies. “Pain is real and it is true,” Dr. Chasse says. “If we just stop giving prescriptions, that’s not going to help anybody. We have to attack the opioid issue and at the same time be on the same page to make sure that everyone gets the care that they need.”

*Additional source: Centers for Disease Control and Prevention*

» **PAIN MANAGEMENT IN OLDER ADULTS**

People over 65 are at significant risk of developing opioid addictions. To address this issue, Methodist Generations has invited April Christensen, MD, MS, palliative medicine physician with Mayo Clinic, to Methodist Dallas to discuss this issue.

Join us **Friday, Sept. 27, from 11:30 a.m. to 1 p.m.** Registration begins Sept. 1 at [MethodistHealthSystem.org/Generations](http://MethodistHealthSystem.org/Generations) or by calling 214-947-4628.

» **DRUG TAKE BACK DAY**

Don’t miss our Drug Take Back Day events on **Saturday, Oct. 26! See page 4 for details.**
GET IN AND OUT OF

Methodist Mansfield’s QuickER service allows

Crystal Guerrero, shown here with her husband, Tony, found that Methodist Mansfield’s QuickER service made getting treatment for her migraine a “smooth, easy experience.”

Crystal Guerrero was accustomed to having migraines, but she was caught off guard one Friday afternoon when her prescription medication for migraine pain offered no relief. She knew that she wouldn’t be able to get an appointment with her primary care provider on short notice, so Crystal made an appointment at Methodist Mansfield Medical Center’s emergency department via the hospital’s QuickER service.

The next available appointment was within an hour — time she says she was glad to spend at home rather than in the emergency department’s waiting area. “I wasn’t sick with flu or anything, and I didn’t want to sit in the waiting room with people who were potentially contagious,” she says. “I was also in a lot of pain and really sensitive to light.”

The QuickER service has helped numerous patients like Crystal who would rather check in online and avoid the in-person wait, whether they’re sensitive to light and sound or in pain and would be more comfortable at home.

“We’re one of the few full-service hospitals in Dallas-Fort Worth that offers online check-in,” says Jeremy Taylor, MHA, RN, director of emergency services at Methodist Mansfield.

Efficient emergency medicine

When Crystal arrived at the appointed time, she was checked in right away and prepped to see the medical team. Billing visited her in the exam room while she waited, streamlining the check-out process.

“My nurse asked all the right questions about what usually helps my migraine pain,” Crystal says. “He also turned off the light in the exam room because of my sensitivity, trying to make me as comfortable as possible.” She received IV medications for inflammation and nausea at the hospital, which gradually continued to help ease her symptoms after she was discharged.

“I felt so much better after having the IV.” Crystal says. “QuickER was such a smooth, easy experience. It’s especially great when you’re not feeling well.”
THE ER IN A FLASH

patients to avoid waiting in person

A repeat patient
Like Crystal, Angela Cavazos also ended up in Mansfield’s emergency department with a lot of pain, although hers was lower-back pain caused by a urinary tract infection.

“It’s super easy to do the online check-in with QuickER,” she says confidently, already having experienced QuickER’s convenience multiple times before. “I input all my data. It gave me a confirmation number and a two-hour wait time. I’m always in and out and never wait that long.”

Doctors gave Angela antibiotics and painkillers to ease the intense throbbing in her back. “It took away the knife sensation,” she says. “My doctor was awesome. He had a really great bedside manner.”

All-star treatment
Crystal echoes Angela’s praise of the medical team: “They’re so compassionate and caring. I’m not just a name or a number; they really care.”

The emergency team boasts a 98 percent satisfaction rating. “This is a hometown staff that’s very dedicated to caring for their community,” Dr. Taylor explains. The staff is just one of many facets that set Methodist Mansfield’s emergency services apart from its competitors. It’s also a Level III Trauma Center and the only full-service emergency department in the area, not to mention being one of the few that offers a service like QuickER.

So whether patients have a nagging ache or something more serious, they can enjoy the benefits of scheduling ahead and waiting in the comfort of their own homes.

» GET IN AND OUT WITH LESS WAIT

To skip the in-person wait next time you visit the emergency department, check in online at QuickER.org.
These bones ain’t what they used to be
HOW OSTEOARTHRITIS IS CATCHING UP WITH GENERATION X

When does runner’s knee replace track medals? When Generation X begins a painful path to aging. Osteoarthritis (OA) is projected to affect 78 million adult Americans by 2040 as Generation X — people born from 1965 to 1980 — ages. The disease can be especially devastating for athletes, people with active lifestyles, those who have young children, or those with physically demanding jobs.

OA occurs when the cartilage (cushioning over the ends of our bones) wears away over time, either from injury or overuse. This can result in pain, swelling, lack of mobility, and reduced quality of life.

So what’s a Gen Xer to do? Bruce Markman, MD, orthopedic surgeon on the medical staff at Methodist Richardson Medical Center, offers a few tips.

**Tip No. 1: Try an ounce of prevention**
The two biggest risk factors for OA include obesity and past or present joint injury. While you can’t un-practice your high school soccer drills, you can help prevent further injury and reduce risk with weight management.

Dr. Markman explains the weight-arthritis connection: “The impact for every step can be up to 2½ times your extra weight. So if you’ve put on 20 pounds, you’re adding about 40 pounds of additional pressure across your joints.”

**Tip No. 2: Change up your exercise routine**
Switching to low-impact exercise can help with weight management and prevent joint injury. Building up muscle tone and flexibility helps muscles, rather than joints, absorb the shock of daily activities.

“Our joints like motion, but they don’t like impact,” Dr. Markman says. “Focus on activities like swimming, cycling, or resistance machines at the gym.”

**Tip No. 3: Consider medical solutions**
For periodic pain management, drugstore remedies are usually sufficient. However, visible joint swelling, pain interfering with sleep, or feelings of joint instability mean that it’s time to see a doctor.

Intermediate interventions include a wide range of anti-inflammatory injections and oral medications, while patients with advanced OA may need arthroscopy — also known as scoping — to repair joint damage. In severe cases, entire joints can be replaced. Hip, knee, elbow, shoulder, and even ankle replacements are all offered at Methodist Richardson.

“Everyone has his or her own barometer for pain level and treatment,” Dr. Markman adds. “Our job is to give patients access to the best options for their specific needs.”

**HOW ’BOUT YOUR BONES?**

If your joint pain is getting in the way of your best life, find an orthopedic specialist on the Methodist Richardson medical staff at [MethodistHealthSystem.org/FindADoctor](http://MethodistHealthSystem.org/FindADoctor).
For decades, pancreatic cancer patients have had limited options for treatment — most turn to surgery, chemotherapy, or radiation therapy. But a new form of targeted therapy, peptide receptor radionuclide therapy (PRRT), is offering patients with a specific kind of tumor a chance to shrink cancer cells without the harsh side effects.

How does PRRT work?
The goal of PRRT is to slow or stop tumor progression, relieve the side effects of the tumor, and ultimately buy valuable time — in some cases years — for patients with the disease.

PRRT involves a drug made up of a cell-targeting protein combined with a radioactive substance (lutetium), which then gets injected into the patient’s bloodstream. The drug flows past other tissues and attaches to the tumor, causing cancer cell death.

“Unlike traditional forms of radiation therapy, this approach radiates the tumor from within with little effect on the surrounding normal tissues,” says Alexandru Bageac, MD, medical co-director for radiology and section chief for nuclear medicine at Methodist Dallas Medical Center. “Plus, there are fewer limits on the number or location of tumor sites that can be treated.”

PRRT is outpatient; the four treatment sessions each last four hours and are scheduled eight weeks apart.

“After each therapy dose, the tumors may become smaller, but most patients will see the full effect several weeks after the fourth dose,” Dr. Bageac says.

PRRT goes directly to the tumor. It also has minimal side effects when injected — only the occasional nausea or vomiting — and no known long-term negative effects.

Who can receive PRRT?
The therapy is designed to treat neuroendocrine tumors, commonly known as NETs, of the pancreas, stomach, and bowel. It’s an option for patients whose cancer has spread to other organs, who are not eligible for surgery, or whose symptoms have not improved with other treatments or therapies.

GOING STRAIGHT FOR PANCREATIC TUMORS

Music lover David Mairs has spent the last three years with pancreatic cancer. His treatment hit a high note in August 2018, when he was referred to Methodist Dallas and became the hospital’s first patient to undergo PRRT.

After three treatments, David had less prominent tumors — meaning they had stopped growing.

“This advancement is encouraging and promising,” David says. “I look at my treatment sessions as a really transformative time for me. It’s quality care.”

Now, David has a lot more freedom. Over the summer, he visited his daughter in England. He says he enjoys getting back to the things he loves.

To learn more about pancreatic cancer treatment options and resources at Methodist Dallas, call 214-444-7303.
When you feel sick, it’s natural to want a quick fix. “Unfortunately, most patients feel that antibiotics are always warranted for infections so that the infections will clear faster,” says Paulo Calderon, MD, family medicine physician with Methodist Richardson Family Medical Group.

The reality is, more than 90 percent of upper respiratory infections, such as the common cold, sore throat, and sinusitis, are viral, and antibiotics don’t kill viruses, he points out. They kill bacteria.

Instead of giving you that quick fix you’re looking for, you could actually be conditioning your body to reject antibiotics down the road.

Antibiotics resistance

Global overprescription and misuse of antibiotics has enabled some bacteria to evolve into deadly superbugs that defy treatment. Among them are strains of Staphylococcus aureus (staph), gonorrhea, cholera, tuberculosis, and typhoid fever.

“We have knowledge of antibiotic resistance dating back to the 1960s, but over the past decades, we have noticed an increase in microbial antibiotic resistance,” Dr. Calderon observes. “We are seeing bacteria that no longer respond to our standard treatments.”

Nationally, many patients demand antibiotics, which contributes to a surprising statistic: Fully 41 percent of the 100 million antibiotics prescriptions written each year are unnecessary, Dr. Calderon points out.

“This has resulted in approximately 2 million antibiotic-resistant illnesses per year in the U.S.,” he adds. “Patients are often unaware of the potential risk of antibiotics, which can have effects in their bodies for up to one year after a course of treatment.”

Of course, antibiotics remain important weapons against some ills, including urinary tract infections, skin infections, and respiratory infections that last more than 10 days.

“Along with these, a patient should seek care when fevers present higher than 102 degrees or with more severe symptoms,” Dr. Calderon notes.

Building a healthy community

One of the best ways to avoid antibiotic overuse is to prevent an illness before it starts.

When you’re sick, avoid spreading germs to others by steering clear of crowded places and using barriers when coughing or sneezing, such as tissues or your elbow. A cough or sneeze spews a cloud of droplets that float all around a room and through ventilation systems — nobody wants to breathe that.

Lifestyle choices can help you avoid falling ill by boosting your immune system. They include:

• Healthy dietary and sleep habits
• Stress reduction
• Adequate exercise
• Frequent hand-washing with regular soap (instead of antibiotic soaps and detergents, which contribute to antibiotic resistance)
• Maintaining current vaccinations
• Washing hands after touching potentially contaminated public surfaces, such as door handles
• Being mindful around people who are ill.

If you do become ill, candidly discuss the symptoms with your doctors. This helps them pinpoint your illness and prescribe the appropriate treatments.

“At Methodist Health System, we follow protocols to prescribe antibiotics only when necessary and then for the appropriate amount of time,” Dr. Calderon adds. “So if your doctor does prescribe an antibiotic, follow his or her advice for how to take it. “We want what’s best for patients. That means treating their illnesses now but also watching out for their future well-being.”

» DOCTOR VISIT ON DEMAND

If you’re feeling ill but don’t want to spread germs in a physician office or urgent care, try MethodistNOW. This online service lets you share your symptoms with a Methodist Medical Group physician and, in most cases, get a prescribed course of treatment. Learn more at MethodistNOW.life.
HOW BACTERIA BECOME RESISTANT TO TREATMENT

Every time a person takes antibiotics, sensitive bacteria are killed. But even though bacteria are only single-cell creatures, they are resourceful.

They can genetically mutate to neutralize or avoid the antibiotic, and these genes can then be transferred to other bacteria, providing resistance to all.

In as little as 10 to 15 years, we could wind up in what experts call the “post-antibiotic era.”

In other words, antibiotics simply won’t work anymore because bacteria will be immune to them.
Methodist Health System welcomes new CEO Jim Scoggin

Your trusted choice for health and wellness remains in good hands with Jim C. Scoggin Jr. as its new CEO. Scoggin took the helm of Methodist Health System in April, and he is already impressed by the organization.

“This type of culture — with the combination of high employee engagement, high patient satisfaction, great clinical outcomes — doesn’t just happen,” says Scoggin, who has almost 34 years of healthcare management experience. “It is a result of great staff, leadership, and medical staff support. I now have a better understanding of why Methodist is consistently rated one of the best places to work in Dallas.”

Scoggin is a proud Aggie and a member of Highland Park United Methodist Church. He says he wants to lead Methodist well and continue the legacy started by now CEO Emeritus Stephen L. Mansfield, PhD, FACHE.

“My ultimate goal is to leave this organization better off than when I arrived,” he says. Learn more about Scoggin at MethodistHealthSystem.org/Leadership.

FIT TO SAVE LIVES: The city of Mansfield paid tribute to Tai Tran, RN, for performing CPR on a man who collapsed in the locker room at Life Time Fitness. The cardiac nurse at Methodist Mansfield Medical Center had just finished his workout at the gym when he found Don Wharry collapsed on the locker room floor from an apparent heart attack. Tran administered CPR, and with the help of gym employees, he used the facility’s defibrillator to save Don’s life. Don was on hand for the May 29 Mansfield City Council meeting to thank Tran in person. The fellow fitness club members were featured on CBS 11 (KTVT-TV). You can also watch them share their story at facebook.com/MethodistMansfield.

ALL-STAR CELEBRATION: Methodist Mansfield and Methodist Midlothian Medical Centers helped honor 300 student athletes and coaches on June 11 at the inaugural All-Ellis County All-Star Preps awards banquet. The hospitals sponsored the event put on by the Waxahachie Daily Light. The featured guest was baseball Hall of Famer and Texas Ranger Iván “Pudge” Rodríguez. Earlier that day, Rodríguez visited his youngest fans in the Methodist Mansfield neonatal intensive care unit, where the newborns sported Rangers onesies. Here he greets April Firebaugh, RN, and infant twin John Landreth Kirkpatrick.

FREEDOM FOR THE HOMEBOUND: A team of Methodist Richardson Medical Center volunteers rolled up their sleeves on a sunny Saturday in May to help the Texas Ramp Project build a ramp for an area resident with mobility challenges. The service project was organized by the hospital’s Intentional Inclusion and Diversity Collaborative, which aims to develop a workplace culture where people respect and embrace each other’s differences. In just a few hours, the crew built a 50-foot ramp that will allow the client to remain independent.
A SWEET REUNION FOR NICU BABIES: The 36th annual Preemie Party at Methodist Dallas brought hundreds of its tiniest patients and their parents back to the hospital on Saturday, June 1, for a reunion. The Candyland-themed event helped former neonatal intensive care unit (NICU) babies and their families reconnect with the doctors, nurses, and support staff members who had cared for them. It’s always touching to see the children who started their lives in the NICU doing so well today.

PROTECTING STUDENT ATHLETES: Methodist Charlton Medical Center hosted its inaugural Sports Physicals Day on June 8. Physicians on the hospital medical staff along with other providers volunteered their time to offer free University Interscholastic League sports physicals to about 200 middle and high school athletes, band members, and dance team members from the following independent school districts: Cedar Hill, Dallas, DeSoto, Duncanville, Garland, Lancaster, Mesquite, Red Oak, and Waxahachie. More than 80 students also benefited from electrocardiogram screenings by the Cody Stephens Go Big or Go Home Memorial Foundation. Larry Davis, director of athletics at DeSoto ISD, called the event “a priceless resource to athletic departments.”

CEREMONIES HONOR DECEASED VETERANS: Just one week before Memorial Day, Methodist Charlton became the first hospital in North Texas to offer Operation Homeward Bound ceremonies. By working with the veterans organization, the hospital will make sure that any current or former service members who die at the hospital are draped in an American flag and honored with a moment of silence throughout the facility.

“We take care of so many veterans here, and by the time we meet them, they are so frail and in failing health that it can be easy to forget how strong and brave they were — and what they did for this country,” says Kathryn Ufolla, MHA, BSN, CCRN, director of nursing critical care services at Methodist Charlton. “This will be a beautiful way to remember their sacrifices.”

Ufolla was interviewed by NBC 5 (KXAS-TV) about this new service. The story ran as part of the station’s “Health Connection” segment.

SHOW US YOUR SUN SALUTATION: If you visited the Taste of Oak Cliff food festival on Saturday, May 4, you may have noticed several people doing yoga near the stage. They were taking advantage of the two free outdoor yoga classes sponsored by Methodist Dallas Medical Center at the festival. Several participants said they had never done yoga before but were encouraged to join after seeing others get moving. The free Methodist Dallas yoga mat also helped!

WILDFLOWER BLOOMS RAIN OR SHINE! The rain couldn’t chase away a good time at this year’s Wildflower! Arts and Music Festival, which ran from May 17 to 19 at Galatyn Park in Richardson. After a seven-hour rain delay, the Methodist Richardson Amphitheater Stage opened to a stellar crowd for acts including The Guess Who and Grand Funk Railroad. The community event covers 30 acres in the heart of the city, featuring multiple stages, arts, music, exhibits, and family activities. It’s been a Methodist Richardson tradition for more than 25 years!
Nothing brings out community spirit and pride like school sports and athletic events. For years, Methodist Mansfield Medical Center has been an avid supporter of the health and safety of Mansfield ISD student athletes.

In 2019, the hospital took this long-standing relationship to another level. Together, the hospital and school district will offer a full-service solution to take care of the medical needs of Mansfield ISD student athletes.

“We’re taking the college and professional model and bringing it down to a high school and middle school level,” says Shaun Garff, DO, sports medicine physician on the medical staff at Methodist Mansfield.

A new playbook for handling injuries
As the preferred healthcare provider of Mansfield ISD athletics, Methodist Mansfield, along with sports medicine clinicians on its medical staff, will work together to provide:

- Injury prevention
- Concussion management
- First-aid services by licensed athletic trainers present at athletic events
- Ambulance coverage
- Educational opportunities for Mansfield ISD trainers, parents, and athletes.

“By serving the athletic department with sports medicine, we are extending the ability of the school district to invest in optimal wellness and performance for student athletes,” says Juan Fresquez Jr., Methodist Mansfield president.

Players on the team
There are three key players that make this program a success. First is Methodist Mansfield, the area’s only full-service hospital and a Level III Trauma Center, capable of handling severe injuries or concussions that may occur. Next up are sports medicine providers on the hospital’s medical staff. The final player is Mansfield ISD.

“Our collaboration with Mansfield ISD helps ensure that consistent protocols and streamlined care are applied districtwide to keep kids safe,” Dr. Garff says. This is a commitment Mansfield ISD fully embraces. “The safety of our student athletes is always a top priority,” says Mansfield ISD Athletic Director Philip O’Neal.

“Support from Methodist Mansfield and its medical staff gives us the ability to cover more games with skilled personnel and provide expedited medical services to our athletes.”

Coaches, trainers, and student athletes have quick access to physicians and services, including physicals, biomechanical assessments, fast-track emergency department care, concussion and fracture management, and advanced platelet-rich plasma (PRP) regenerative medicine therapy.

“You’re not going to prevent every injury, but the collaboration with Mansfield ISD can help in injury prevention,” Dr. Garff says. “It provides more service to the community to help protect kids and keep them playing the sports they want to play.”

Each spring, Methodist Mansfield provides UIL sports physicals and echocardiogram tests for Mansfield ISD students.
Methodist Family Health Centers and Medical Groups

1. Uptown Medical Group
   3000 Blackburn St., Suite 130
   (in the Mondrian building)
   Dallas, TX 75204
   214-599-8624

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

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

4. Preston Hollow
   4235 W. Northwest Highway, Suite 400
   Dallas, TX 75220
   214-750-5100

5. Inwood Village
   5709 W. Lovers Lane
   Dallas, TX 75209
   469-913-8940

Other facilities

6. Methodist Community Pharmacy
   1441 N. Beckley Ave.
   Dallas, TX 75203
   214-933-6050

7. Methodist Premier Wellness
   Offering Concierge Medicine
   4101 Lomo Alto Drive
   Dallas, TX 75219
   214-522-2700

8. Methodist Dallas Medical Center Golden Cross Academic Clinic
   122 W. Colorado Blvd.
   Dallas, TX 75208
   214-947-6700

9. Methodist Dallas Medical Center Partners Clinic
   122 W. Colorado Blvd., Third Floor
   Dallas, TX 75209
   214-947-6780
CARDIOVASCULAR CARE
JUST A HEARTBEAT AWAY.

Not all heart problems come with clear warning signs. At Methodist Dallas Medical Center, we have the expertise to understand what your heart is saying. The Sam & Anne Kesner Heart Center at Methodist Dallas offers advanced cardiovascular services close to home and is dedicated solely to providing patients with the advanced care they need. It’s never too early to ask your doctor for an assessment. When it comes to your heart, you deserve to be in the very best hands. Trust. Methodist.

Start by taking a heart health risk assessment at MethodistHealthSystem.org/Heart.

To find a cardiologist, call 877-637-4297.

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