Go exploring!

Parks to hike and bike this summer

Tingly fingers?

Watch out for carpal tunnel syndrome

Breast cancer

Turn to the Methodist Richardson Cancer Center

READ HER STORY: Zee Adams knows breast cancer has changed her life, but she isn’t letting it stop her. She’s happily getting back to the activities she enjoys after her successful course of cancer treatment at Methodist Richardson.
Mark your calendar

Spring and summer are here!
It’s time to get out-of-doors and enjoy the city of Richardson’s 40-mile system of hike and bike trails and three beautiful parks. For maps and information, visit the city’s website at www.cor.net.

May — Galatyn Woodland Preserve
Start a walking program through the 8-acre park’s annual bloom of poppies, Indian paintbrush, and other wildflowers.

June — Spring Creek Nature Area
Try your hand at a game of horseshoes as you explore the scenic outlooks along the hike-and-bike trail meandering through this 51-acre preserve of hardwood forest.

July — Breckinridge Park
Get the whole family together for a picnic, and enjoy the playgrounds, athletic fields, and trails around this amazing 4 1/7-acre park with a beautiful wooded nature area and 10-acre lake.

For your health

Sleep Apnea Screening
Saturday, June 25, 9 a.m. to noon
Campbell Campus Medical Plaza 1, 403 W. Campbell Road, second floor
Free
Do you snore loudly and gasp for breath? Are you tired all day? These symptoms may indicate sleep apnea — a potentially serious condition. Call to schedule a screening appointment.

Stroke Screening
Saturday, June 25, 9 a.m. to noon
Campbell Campus Medical Plaza 1, 403 W. Campbell Road, second floor
$10
According to the American Heart Association, heart disease and stroke are the No. 1 and No. 3 killers, respectively, of men and women in the U.S. today. Find out your risk of vascular disease at this screening. Participants will undergo an ultrasound of the carotid artery of the neck. Call to schedule an appointment.

Free Stroke Support Group
Tuesday, May 17, 2 p.m.
Call 972-498-4127 for details.

For your health

Sleep Apnea Screening
Saturday, June 25, 9 a.m. to noon
Campbell Campus Medical Plaza 1, 403 W. Campbell Road, second floor
Free
Do you snore loudly and gasp for breath? Are you tired all day? These symptoms may indicate sleep apnea — a potentially serious condition. Call to schedule a screening appointment.

Stroke Screening
Saturday, June 25, 9 a.m. to noon
Campbell Campus Medical Plaza 1, 403 W. Campbell Road, second floor
$10
According to the American Heart Association, heart disease and stroke are the No. 1 and No. 3 killers, respectively, of men and women in the U.S. today. Find out your risk of vascular disease at this screening. Participants will undergo an ultrasound of the carotid artery of the neck. Call to schedule an appointment.

Free Stroke Support Group
Tuesday, May 17, 2 p.m.
Call 972-498-4127 for details.

For your health

Sleep Apnea Screening
Saturday, June 25, 9 a.m. to noon
Campbell Campus Medical Plaza 1, 403 W. Campbell Road, second floor
Free
Do you snore loudly and gasp for breath? Are you tired all day? These symptoms may indicate sleep apnea — a potentially serious condition. Call to schedule a screening appointment.

Stroke Screening
Saturday, June 25, 9 a.m. to noon
Campbell Campus Medical Plaza 1, 403 W. Campbell Road, second floor
$10
According to the American Heart Association, heart disease and stroke are the No. 1 and No. 3 killers, respectively, of men and women in the U.S. today. Find out your risk of vascular disease at this screening. Participants will undergo an ultrasound of the carotid artery of the neck. Call to schedule an appointment.

Free Stroke Support Group
Tuesday, May 17, 2 p.m.
Call 972-498-4127 for details.

Methodist on the web

Methodist Health System is dedicated to offering high-quality health care and services to help life shine bright for families in the community.

To find a physician, register for classes and events, explore the health library, and learn more about hospital services, go to MethodistRichardson.org.

You can also follow Methodist on Facebook, Twitter, and YouTube. Go to www.MethodistHealthSystem.org/SocialMedia.

Volunteers needed

Methodist Richardson Medical Center Auxiliary is looking for long-term volunteers who can commit to a four-hour shift each week. Duties will include working at information desks and providing support to hospital departments. For an application, visit www.MethodistHealthSystem.org/Volunteers; for more information, call 972-498-4788.
Contents

8

Lowdown for the low back
Read a back surgery success story, and learn how to prevent and treat back pain.

6

‘It’s doable’
A positive attitude and Methodist Richardson helped Zee Adams beat breast cancer.

8

Spotlights
A tasty future
Nutritious foods have a lasting effect on your day—and your long-term health.

4

Tingles in the fingers
Learn about treatment options for carpal tunnel syndrome.

11

When worry wears
Could you have an anxiety disorder?

13

Community
Ready for a wild ride?
Join Methodist Richardson on May 21 for a bike race and run to remember.

14
A promising and tasty future
Eat well to be at your best

Brrriinggg. There goes the alarm — and you’re up and running.

It’s the daily dash to school, work, errands, meetings, and appointments. A hundred decisions lie ahead.

To treat yourself well, consider making this promise every day: “Today I’ll eat nutritious food to help me be my best.”

Health advocates have long encouraged everyone to make small, daily changes to build a healthier life. Studies continue to show that eating healthfully can have positive effects on cholesterol, weight, blood pressure, diabetes, heart disease, and the risk of some cancers.

“We feel better when we eat better,” says Lamyen Tran, MD, an independently practicing board-certified family medicine physician on the medical staff at Methodist Richardson Medical Center. “Good nutrition gives us energy. It helps us feel more alert and improves our concentration and mood.”

Now, what to eat?

You can make a big difference by building your daily eating plan around these foods and basic principles:

**Veggies.** Consciously choose more vegetables, particularly dark green veggies (broccoli, spinach, kale) and orange or red veggies (carrots, sweet potatoes, tomatoes, red peppers).

**Fruit.** Fruit is generally low in calories and packed with vitamins, minerals, and other nutrients.

**Legumes (beans and peas).** Add them to soups and salads; puree them for dips and sauces. A few to try: black beans, pinto beans, garbanzo beans, split peas, and lentils.

**Lean meat, fish, poultry, and healthy fats.** Choose lean beef, chicken, and turkey that is broiled, baked, or grilled instead of fried or sautéed. A few times a week select fish, which has heart-healthy fats.

Most people are not eating enough foods with good, heart-healthy fats such as omega-3s. Good sources of omega-3 fatty acids and other healthy fats include canola oil, walnuts, tuna, salmon, olives and olive oil, avocados, and nut butters.

**Calcium-rich foods.** Choose low-fat or fat-free milk, yogurt, and cheese and calcium-fortified foods and drinks. If you can’t consume milk, lactose-free milk products also are good choices.

**Grains.** Choose pastas, cereals, breads, crackers, and rice that are labeled whole grain.

“We all of us can learn to appreciate and enjoy healthier foods over time,” Dr. Tran says.

Feeding finicky eaters

You thought the stubborn, ornery stage for kids started in their teens. But that’s before you met up with Your Child the Finicky Eater.

Young kids who refuse to eat most foods are a challenge to your culinary creativity and your patience.

So what’s a mom or dad to do?

You can’t force-feed your kids — that’s asking for a power struggle. But what you can do is the same thing you ask of your children: try.

The U.S. Department of Agriculture and other experts offer these tips for taming a picky eater:

▶ Remember that it sometimes takes kids up to a dozen tries before they decide a food is okay to eat.
▶ Think small. Place just a little of the new food on your child’s plate alongside more familiar foods. The same applies to portion sizes of any food. Small helpings are less daunting than big ones.
▶ Make food fun. Cut foods into fun shapes. Encourage your child to invent and name new dishes.
▶ Recruit children to help with grocery shopping and cooking. Kids like to taste what they help make.
▶ Don’t let children overdo snacks, especially close to mealtime.

*Get healthy recipes from chef Carol Ritchie’s blog about her weight-loss journey at www.MethodistHealthSystem.org/Carol.*
You wear it, and you want to take care of it. It’s your skin — your body’s largest organ.

“Our skin is an important indicator of our overall health,” says Cameron Coury, MD, an independently practicing board-certified dermatologist on the medical staff at Methodist Richardson Medical Center. “Taking good care of it starts with a healthy diet, a consistent skin care routine, and being aware of any changes.”

To help your skin look its best, Dr. Coury recommends that you follow this advice from the American Academy of Dermatology and the National Institute on Aging.

1. **Stop sun damage.** Sun protection is essential for healthy skin. Damaging sun rays can cause signs of aging (such as wrinkles and age spots) or, even worse, skin cancer. Key steps to prevent sun damage include using sunscreen and wearing protective hats and clothing.

2. **If you smoke, try hard to quit.** Smoking, too, may cause skin to wrinkle too soon. In fact, research shows that a person who smokes 10 or more cigarettes a day for at least 10 years is more likely to develop deeply wrinkled, leathery skin than a nonsmoker.

3. **Moisturize.** Creams, ointments, or lotions can help hydrate skin. They work best after bathing. What’s more, some contain sunscreen, too. The right moisturizer for you depends on your skin type.

   Using mild soaps and avoiding hot baths and excessive bathing may also help reduce skin dryness.

4. **Wash your face.** Different skin types may need different cleansers. The key is finding the skin care routine and products that work for your individual skin type.

   If you have oily skin, washing with an oil-free cleanser a few times daily is a good step. People with very dry skin, on the other hand, might try washing less frequently with cool water and a gentle cleanser or creamy wash to avoid stripping the skin of its natural oils.

5. **Ensure a smooth shave.** For less skin irritation:
   - Shave after bathing or showering; apply shaving products a few minutes before shaving.
   - Use a sharp blade and avoid repeated strokes.
   - Shave in the direction the hair grows.
   - If your razor is electric, don't use the closest setting.
Being active is just in Sheila Milliron’s nature. “I owned horses and rode; I was in kickboxing and aerobics,” says the 48-year-old single mother of two college students. “I’d camp, hike, stand in the river and fly-fish, go white-water rafting with my kids, water-ski, and snow ski. I was very active.”

In June 2008, she was in a car accident. She was buckled in the passenger’s seat but sitting sideways to talk to the driver. The impact caused two compression fractures at the T12 and L1 vertebrae and a slightly bulging disk in her upper spine area.

“I was fitted with a lumbar brace,” Milliron says. “After about six months, I was refitted with a thoracic-lumbar brace. It took about a year for the compression fractures to heal, but the pain in my lower back didn’t go away.”

Methodist Richardson’s spine care

Milliron went to see Brent Morgan, MD, an independently practicing neurosurgeon on the medical staff at Methodist Richardson Medical Center, and was diagnosed with degenerative disk disease in her lower lumbar area. “We’ve been providing spine care at Methodist Richardson for 16 years, including taking care of complicated spine issues such as those of patients who have had prior procedures that need to be reevaluated or treated in a different way,” Dr. Morgan says. “When possible, we try to take advantage of the minimally invasive techniques using small incisions so patients are out of the hospital quicker and recover faster.

“We are also performing techniques using spinal anesthesia, helping patients avoid some of the effects of general anesthesia, which we have found to be helpful.”

Milliron says Dr. Morgan wanted to do everything possible to avoid surgery and referred her to a pain management specialist.

“I went to physical therapy and had epidural injections, a rhizotomy to sever the nerve roots, and finally a diskography to identify the disks that were causing the pain,” she says.

As a last resort, Dr. Morgan performed an open posterior lumbar fusion at Methodist Richardson in August 2010,
Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Richardson Medical Center medical staff are independent practitioners who are not employees or agents of Methodist Health System or Methodist Richardson Medical Center.

"Back pain may be caused by degenerative disease, injury, doing things that are mechanically not good for the back, and being overweight," says Brent Morgan, MD, an independently practicing neurosurgeon on the medical staff at Methodist Richardson. Dr. Morgan believes in using a conservative approach to spine care before recommending surgery to his patients. He shares some of his advice.

Tips to avoid back pain:
▶ Exercise, and keep your core muscles in good shape to support the spine.
▶ Lift with your legs, not your back.
▶ Avoid lifting things you know are too heavy; ask for assistance.

Home remedies to try first:
▶ Try bed rest for 24 to 48 hours to rest the back.
▶ Take an over-the-counter pain reliever like acetaminophen, ibuprofen, or naproxen sodium.
▶ Use a heating pad to relax back muscles.

When to seek medical advice:
▶ See your primary care physician if severe back pain lasts for more than four weeks.
▶ Get a referral to a spine specialist if pain escalates and you experience weakness, numbness, or tingling in the legs or if you experience a change in your ability to control bowel or bladder function.
▶ Go through the conservative treatments before you rush into surgery; it should be the last resort.

"The nursing staff is awesome. The people are very concerned and helpful."
— Sheila Milliron, speaking about Methodist Richardson

Caring for your back

"I’m working on getting my life back,” says Milliron, who no longer requires pain management after her successful surgery. “It’s given me more patience,” she adds. “Right now, I’m on bone-growth stimulators to fill in the area where the disks were removed. So I have to wait about a year to do some of the things I used to do. I can’t horseback ride anymore, but I am back to square dancing and country dancing two to three times a week.

“My hope is to get back to camping, water-skiing, and snow skiing again. I know I’ll have to take it easy. But that’s okay, because I’ll be doing it again. I’ve learned to appreciate what I have a lot more. I’m doing extremely well.”
Like many women with no family history of breast cancer, Zee Adams didn’t think she’d ever get it.

“I never thought it would happen because I’d done all my mammograms and kept a pretty close look,” she says. “And there was no history of it, so I was a little surprised.”

Adams had noticed discharge coming from her breast and had it checked out. After a mammogram and sonogram showed no concerning findings, she returned for follow-up six months later. Repeat tests again were negative, and she was scheduled for a screening in another six months. At that time, a tiny nodule was seen inside a duct; it appeared to be a benign growth called a papilloma.

Adams wanted to be sure the nodule was benign, so she went to Jenevieve Hughes, MD, an independently practicing fellowship-trained breast surgeon on the medical staff at Methodist Richardson Medical Center. Dr. Hughes performed a biopsy, and the area tested positive for DCIS, or noninvasive breast cancer.

“That was December 2009,” Adams says. “Then things started moving real fast.”

Support makes a difference

“Breast cancer can be a challenging disease,” Dr. Hughes says. “It’s not always straightforward. Every patient’s experience and diagnosis are unique; every cancer behaves slightly differently from the next one.”

Sometimes a woman has symptoms and nothing is found on a mammogram. Other tests or a biopsy may be needed.

“When Adams came to see me, she was diagnosed with DCIS, which is a noninvasive cancer,” Dr. Hughes says. “Then we found a small area of microinvasion. Ultimately, we found it had spread to the lymph nodes under her arm.”

Adams received treatment for her breast cancer at the Methodist Richardson Medical Center, where the medical team takes a multidisciplinary approach.

“Our goal is to provide individualized treatments by a whole team of professionals working together to coordinate care for each individual patient,” Dr. Hughes says. The doctors and other medical professionals serving Adams weren’t the only key players on her team.

“My husband, my daughter and son, and my friends have been very supportive,” Adams says. “I think that has given me a great attitude. I just thought, ‘You know, it’s doable. I can handle this.’”

In January 2010, Adams had a modified radical mastectomy. From there, she had chemotherapy followed by six weeks of radiation therapy and reconstruction surgery.

“The experience has taught me that your family and friends are always there for you, and that I can persevere,” she says.

Personalized care close to home

Adams says it’s ironic that before being diagnosed, her community involvement included helping to support the Methodist Richardson Cancer Center, where she received treatment. She is a board member of the Methodist Richardson Medical Center Foundation and works part time at the city manager’s office, where she is involved in the annual WildFlower! Arts and Music Festival and the festival’s WildRide! Against Cancer event benefiting the Cancer Center.

“I can’t tell you how pleased I was to be able to just go down the road to the Methodist Richardson Medical Center...”
Methodist Richardson Cancer Center,” Adams says of her patient experience. “The people there are just phenomenal. It’s a huge blessing to have it in my area. I don’t know where I would have gone otherwise.”

Dr. Hughes says what makes the Cancer Center stand out is the personalized care each patient receives, adding, “We offer the best treatment plans and protocols available to our patients, in a community setting that is very friendly, familiar, and easy to navigate,” she says. “It is much more personalized. We get to know the patients and their families on a very individual level.”

**Trust and wisdom**

Today, Adams enjoys getting out to do what she loves: working part time; being active in the community; meeting with friends; browsing antique shops; and spending time with her family, especially her six grandchildren and great-grandchild.

“My advice going through something like this is to trust in the Lord,” she says. “As hard as it seems at the time, I think there are reasons we may not know. Whatever I went through, I was meant to go through. I believe that with all my heart. I think that has helped my attitude.”

Dr. Hughes has her own words of wisdom for women: “Don’t ignore symptoms; have them checked out by a doctor. Be persistent when tests come back normal if you’re still having symptoms. It may take time to make the diagnosis.

“Then put a treatment team in place, with you at the center of the team, to create the best treatment plan for you and your cancer.”

To find an oncologist on the Methodist Richardson medical staff, visit www.MethodistRichardson.org and click on “DoctorLine” or call 972-4 DR LINE.

---

**PERSISTENCE PAID OFF:** Zee Adams turned to the experts at Methodist Richardson. Here an all-star medical team not only diagnosed her breast cancer but helped her beat it.

“The people there are just phenomenal.”

— Zee Adams, about the Methodist Richardson Cancer Center
Early detection and accurate diagnosis are vital to the treatment of breast cancers. That’s why the Center for Women’s Health at Methodist Richardson Medical Center offers a comprehensive range of imaging services using modern technologies and the expertise of three full-time, board-certified radiologists dedicated to breast imaging.

Our services include:
- Digital mammography — offering faster and more comfortable screenings
- Breast MRI — the most sensitive imaging technique, helpful for women with dense breast tissue
- Stereotactic- and ultrasound-guided biopsy — improving accuracy for diagnostic and interventional procedures
- Interventional procedures — including breast biopsies, cyst aspirations, and galactograms
- Bone-density analysis — to assess break/fracture risks due to osteoporosis
- Resource library — providing current information about women’s health issues.

3-D TECHNOLOGY: Stereotactic-guided needle biopsy is one of the latest technologies available for breast biopsy. The system generates 3-D images that help the radiologist locate tissues with greater accuracy. This outpatient procedure saves many women from having an open surgical biopsy.

To schedule an appointment at the Center for Women’s Health, call 972-498-7637 or visit www.MethodistHealthSystem.org/Richardson.

What do I do now?

“When you’re first diagnosed with breast cancer, you feel overwhelmed,” says Jane Reeves, RN, CBCN, breast cancer nurse navigator at Methodist Richardson Cancer Center. “I’m the one person you know will be there to hold your hand, to comfort you, and to get your questions answered quickly.”

Having a breast cancer nurse navigator on your cancer team is one of the benefits of the center’s approach to treating cancer. Reeves, a 17-year breast cancer survivor, stands as a knowledgeable and responsive point of contact who coordinates services, answers questions, provides education, connects patients with community and financial resources, and gives practical and emotional support.

Reeves begins building a close and trusting relationship with patients at the first diagnostic procedure and follows each person through treatment into recovery.

A helping hand

The Center for Women’s Health participates in the Asian Breast Health Outreach Project, supported by grants from Susan G. Komen for the Cure, providing education and mammogram screenings to eligible women. To learn more, call 972-498-8601 or 972-498-8603.
That tingly feeling
Putting your finger on carpal tunnel syndrome

When it’s in your fingers, that tingling sensation isn’t such a good thing. It may be a symptom of carpal tunnel syndrome, which also causes hand numbness and pain.

Carpal tunnel is a common disorder that affects about 5 percent of people. It often occurs between the ages of 45 to 60, and women are three times more likely than men to have it.

“Carpal tunnel syndrome doesn’t only occur in people who work with their hands or use the computer,” says Joshua Lemmon, MD, an independently practicing surgeon on the medical staff at Methodist Richardson Medical Center. “It occurs in people of all walks of life and all ages.” His practice, Regional Plastic Surgery Associates, is the only one in Dallas with three board-certified plastic surgeons who hold additional board certifications in hand surgery.

The ins and outs of carpal tunnel
So what is carpal tunnel syndrome, who gets it, and why?

Carpal tunnel syndrome is a compression of the median nerve, one of the main sensory nerves going to the hand. The nerve is located in a small space, called the carpal tunnel, located in the wrist.

“The most common cause is unknown,” Dr. Lemmon says. “It can be associated with variations of anatomy, pregnancy, diabetes, tendonitis, and low thyroid. Patients will report waking at night to shake their wrist to relieve numbness. Symptoms also occur while driving, brushing hair, using a hair dryer, or talking on a cell phone.”

Treatment options
“Your most likely to improve without surgery if you receive treatment within the first three to six months of symptom onset,” Dr. Lemmon says.

The most effective nonsurgical treatments are nighttime splinting and using anti-inflammatory medications. Steroid injections may also be helpful in some cases. Many patients require surgery.

Dr. Lemmon performs minimally invasive endoscopic carpal tunnel release, traditional open carpal tunnel release, and arthroscopic procedures for the wrist and small joints of the hand.

“The staff at Methodist Richardson is excellent,” he says. “They are familiar with our techniques, and our patients feel confident having their surgery there.”

To find a physician specializing in hand surgery, visit www.MethodistRichardson.org and click on “DoctorLine” or call 972-4 DR LINE.

Texas law prohibits hospitals from practicing medicine. The physicians on the Methodist Richardson Medical Center medical staff are independent practitioners who are not employees or agents of Methodist Health System or Methodist Richardson Medical Center.
If you or someone you love suffers from a chemical dependency of any kind, trust the experts at Methodist Richardson Medical Center to help you see life in a new light. Our program specializes in the treatment of addiction to alcohol, opiates, and prescription drugs within a compassionate, highly structured, goal-oriented environment. So call us today, and let's make this the first day of the best of your life.

Comprehensive and Compassionate Mental Health and Addiction Recovery Services

401 W. Campbell Road • Richardson, TX 75080
MethodistRichardson.org/MentalHealth
Admissions HelpLine 972-498-8500
Everyone experiences temporary feelings of anxiety. But when worried thoughts hang on and disrupt your day-to-day activities, like preventing you from social interaction or making you fearful about things, it could signal an anxiety disorder.

Anxiety can also develop into a panic disorder, with periods of unreasonable fear and physical symptoms that mimic medical conditions such as a cardiac event, for example, with a racing pulse, chest pain, difficulty breathing, or a sense of doom.

At the root of anxiety disorders
A person’s genetics, biology, and social environment can play a role in triggering these disorders.

“Anxiety is much more common than depression, affecting about 1 in 5 people in the United States,” says Rekha Pole, MD, an independently practicing psychiatrist on the medical staff at Methodist Richardson Medical Center. Dr. Pole, board-certified in general psychiatry and child and adolescent psychiatry, says anxiety occurs at least twice as often in women as in men and may begin between the teenage years and 30s.

Good news! There’s help
If you have anxiety, first visit your primary care physician to rule out medical causes such as cardiac disease, mitral valve prolapse, thyroid conditions, and anemia.

Should mental health services be needed, Methodist Richardson offers a balanced approach to care that considers your biological, medical, psychological, social, and environmental needs. The hospital’s multidisciplinary team includes a psychiatrist, an internist, a therapist, nursing staff, and a social worker. The team will coordinate a continuous treatment plan that combines medication and cognitive behavioral therapy, including relaxation. The team will also help you learn to manage your stress; maintain a positive attitude; cope with things beyond your control; and be aware of the importance of sleep, exercise, and diet for good mental health.

“Most people who have anxiety disorders often have at least one other mental health disorder, which is all the more reason to seek treatment,” Dr. Pole says. “In my opinion, the best outcome is achieved with a combination of medication and some form of therapy.

“The outlook for anxiety patients is quite positive. It’s a very treatable condition.”

To find a physician to help you cope with an anxiety disorder, go to www.MethodistRichardson.org and click on “DoctorLine” or call 972-4 DR LINE.

For more information, visit www.MethodistHealthSystem.org/MentalHealth.
READY FOR A WILD RIDE? On Saturday, May 21, walk, run, or pedal your way to a brighter future for people with cancer. The eighth annual WildRide! WildRun! Against Cancer is projected to raise $170,000 for Methodist Richardson Cancer Center.

About the WildRide! The ride starts at 8 a.m. You’ll have the privilege of riding across the long stretch of the beautiful Lavon Lake Dam, closed all other days of the year! Choose a 16-mile, 40-mile, or 64-mile route via rolling hills and scenic byways through small North Texas towns that open their arms to this annual event. This nontimed ride is facilitated by Richardson Bike Mart.

About the new WildRun! This timed 5K run/walk, starting at 8:30 a.m., will take you through Richardson parks. Everyone is welcome to participate, even if you only want to walk or run at your own pace and do not wish to be timed.

To register, become a sponsor, volunteer, make a donation, or purchase a raffle ticket, call the Methodist Richardson Medical Center Foundation at 972-498-7678 or visit www.WildRideBikeRally.com.
WALK THIS WAY: A health-systemwide effort by employees and campus leaders resulted in terrific support this year for Methodist’s annual March of Dimes March for Babies event. Sporting their event shirts are Methodist Richardson Medical Center President E. Kenneth Hutchenrider Jr. (front) and (from left) Methodist Charlton President Jonathan A. Davis, Methodist Health System COO/EVP Pamela Stoyanoff, and Methodist Health System President and CEO Stephen L. Mansfield, PhD. Dr. Mansfield not only led Methodist’s participation but also chaired the fundraising walk for all of Dallas County.

FIGHTING BREAST CANCER: The Asian Breast Health Outreach Project (ABHOP) at Methodist Richardson received a grant from the Cancer Prevention and Research Institute of Texas (CPRIT) to help fund more cancer prevention programs. At the presentation are (from left) CPRIT Executive Director Bill Gimson, CPRIT Chief Prevention Officer Rebecca Garcia, ABHOP Project administration manager Doris Cheng, Methodist Richardson Vice President of Finance Bob Simpson, ABHOP Community Outreach Project leader Frances Leung, and Methodist Richardson Center for Women’s Health Medical Director Tom Johnson.

HONORARY CHAIRMAN OF THE WILDRUN! Methodist Richardson Foundation named Darren Rodgers (right), president of Blue Cross Blue Shield of Texas, as the Honorary Chairman of the WildRun! Against Cancer. Photographed with Rogers are Amir Omar, Foundation Board of Directors member, Richardson City councilman, and WildRide! WildRun! Against Cancer chairman (left), and Ann Bartnik, Methodist Richardson Foundation director of development (center).

CANCER CENTER KUDOS: Methodist Richardson Cancer Center received accreditation from the Commission on Cancer (CoC) of the American College of Surgeons (ACOS). The cancer center’s program is recognized as offering the very best in cancer care. Accepting the accreditation presentation are (from left) breast cancer nurse navigator Jane Reeves, medical oncologist Sam Bibawi, MD, and cancer/tumor registrar Cheryl Varela.

MAKING LOCAL BUSINESSES OUR BUSINESS: Methodist Richardson Associate Vice President Monica Vehige (right) handed off the hospital’s 2009 Large Business of the Year award to the 2010 recipients, Charles and Betty Lutz, of Lutz Woodworking, at the Wylie Chamber of Commerce’s annual awards banquet.
Let us put your nervous system at ease. The specialists at Methodist Richardson Medical Center diagnose and treat a variety of neurological disorders from back pain and injury to stroke, brain tumors, and aneurysms. The Lance Armstrong Shaped Beam Surgery™ program at Methodist was among the first in the country to offer Novalis® Shaped Beam technology. This revolutionary, noninvasive procedure allows our physicians to accurately treat tumors with high-dose radiation while minimizing harm to surrounding healthy tissue. So choose Methodist for comprehensive neuroscience services. Choose Methodist for life.