



RESET YOUR RESOLUTION.
Have a healthy 2017 with
this free series.
SEE PAGE 3 ►

KEEPING THEM

M E T H O D I S T H E A L T H C A R E — S A N A N T O N I O • W I N T E R 2 0 1 7

ADULT CONGENITAL HEART PROGRAM HELPS PATIENT OVERCOME CHALLENGES OF LIVING WITH HEART DISEASE

During the first few years of his life, Salvador Garza spent more time in the hospital than at home. Born with a congenital heart condition called tetralogy of Fallot, he underwent his first open-heart surgery to repair the defects in 1974 at age 4. ♦ Twenty years later, Garza required a second open-heart surgery to repair his leaking pulmonary valve. He recovered nicely and lived a “normal” life: He got married, had two children and started a flooring installation

business. Garza developed type 2 diabetes and high blood pressure, yet even with congenital heart disease, he proudly worked hard and played hard, too.

Five years ago, his normal life took a turn for the worse. Despite dramatic lifestyle changes to improve his health, potentially-fatal heart rhythm problems meant frequent trips to the emergency department and numerous hospital admissions. For Garza, it was history repeating itself.

His cardiologists, running out of options, were frustrated: They had implanted a defibrillator, tried numerous medications; put Garza on permanent disability; and even suggested his arrhythmias were all in his head, which took an emotional toll on Garza as well.

Discouraged but determined, Garza sought a second opinion. He called and got an appointment with cardiac electrophysiologist **Zalmen Blanck, M.D.** The two instantly hit it off, and Dr. Blanck started from scratch to investigate the cause of his arrhythmias. Still, Garza ended up in Methodist Hospital

several more times with dangerous heart rhythms. During a hospitalization around Memorial Day—as luck would have it—**Pankaj Madan, M.D.**, who had just joined his practice as an adult congenital cardiologist, took on Garza’s case.

After a thorough history, an extensive review of his medical records and new imaging studies, Dr. Madan discovered Garza’s pulmonary valve was leaking severely and was likely causing the arrhythmias. This time, though—as luck would have it—instead of a third open-heart surgery to replace the leaky valve, there was a new, minimally invasive option to implant a valve through a catheter requiring only a small puncture in his groin!

As one of the first adults to be a candidate for this procedure at Methodist Heart Hospital, a campus of Methodist Hospital, Garza took a leap of faith based on his experience with Dr. Blanck and Dr. Madan. “I’m gonna trust them. I trust them all. They dig and they dig. They do their homework. I made them work and they never gave up on me!” said Garza.



Pankaj Madan, M.D., discovered that Salvador Garza’s pulmonary valve was leaking severely and recommended a new, minimally invasive surgery option for valve replacement.

Pediatric interventional cardiologist **Rolando Zamora, M.D.**, successfully performed the procedure and Garza was released from the hospital about a day and a half later. Today, he’s feeling great, and is truly back to normal. He has also lost 45 pounds, is eating healthy, is getting regular follow-ups, and is grateful for the expertise and attention he received from his “Super Doctors,” Dr. Blanck, Dr. Madan and Dr. Zamora. “Thanks to God—they were like angels who were sent to me for a reason—and got me going again,” he said.



Salvador Garza was one of the first patients to have the new procedure at Methodist Heart Hospital.

Adult Congenital Heart Program at Methodist Heart Hospital

Adults with congenital heart disease face unique challenges as a result of their complex medical and surgical history. Dr. Pankaj Madan leads a team of physicians and surgeons who share his passion for making a difference in the lives of these patients with congenital heart defects. Facilitating the transition from pediatric to adult congenital heart care, our Adult Congenital Heart Disease (ACHD) Program offers seamless, multispecialty care at our new ACHD clinic.

For more information, go online to SAHealth.com/HeartandSoul or call **210-575-5915**.

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SIDE**

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CommunityConnections

HEART EVENTS

Celebrate Heart Month 2017 with Methodist Healthcare

Heart disease is the number one cause of death in the United States, killing millions every year. This February, we invite you to stand up and make a heart-healthy change in your life. Join us all month long for informative, heart-pumping events around San Antonio. Listen to experienced cardiologists, participate in a free women's health luncheon and take part in a Red Dress 5K Fun Run & Walk at Methodist Stone Oak Hospital in honor of those affected by heart disease. These events are FREE, but registration is required. To RSVP, visit SAHealth.com/HeartandSoul or call the Methodist Healthcare HealthLine at **210-575-0355**.

Heart of Your Health

Wednesday, Feb. 8, Noon
Presented by: Michael Gonzales, M.D.

D.R. Semmes Family YMCA at TriPoint Group Exercise Room
3233 N. St. Mary's
San Antonio, TX 78212

Everyone has heard that a healthy diet and lifestyle can significantly lower your risk for cardiovascular disease. But what does this actually mean? According to the American Heart Association, cardiovascular diseases claim more lives than all forms of cancer combined. Learn about preventative measures and more from Dr. Gonzales as he teaches you about the HEART of your health.

Peripheral Vascular Disease (PVD): What You Need to Know

Friday, Feb. 10, 9 a.m.
Presented by: Abe Martinez, M.D.
Bijou Cinema at Wonderland of the Americas Mall
Theater No. 2
4522 Fredericksburg Rd.
Balcones Heights, TX 78201
Peripheral Vascular Disease (PVD) is a common circulatory disorder in which the blood vessels and



arteries are narrowed or blocked. Join Dr. Abe Martinez as he discusses the signs and symptoms of PVD.

Peripheral Artery Disease (PAD): Is it Leg Pain? Or Circulatory?

Tuesday, Feb. 14, 1 p.m.
Presented by: John Canales, M.D.
Northeast Methodist Hospital
Community Health Center
12412 Judson Rd.
Live Oak, TX 78233

Peripheral Artery Disease (PAD) affects about 8.5 million Americans and causes poor blood flow to your limbs. Reduced blood flow can damage cells and tissue, and may be a sign of other circulatory problems. Join Dr. Canales to learn more about PAD and how to prevent and treat it.

Treating Aortic Stenosis through Transcatheter Aortic Valve Replacement (TAVR): A Less Invasive, Revolutionary Procedure

Wednesday, Feb. 15, 11 a.m.
Presented by: Daniel Donovan, M.D.
Fair Oaks Ranch Country Club
Main Dining Room,
7900 Fair Oaks Parkway
Fair Oaks Ranch, TX 78015

Open heart surgery used to be the only option for those suffering from aortic stenosis in need of a valve replacement. A less invasive procedure is now being offered instead. Transcatheter Aortic Valve Replacement (TAVR) is a new and less invasive option for older, high risk or nonoperative patients. Dr. Donovan will discuss how this procedure has given new hope to so many.

Her Heart

Wednesday, Feb. 22, Noon
Presented by: J. Marvin Smith III, M.D.
Methodist Texsan Hospital Medical Office Building
2nd Floor
6800 IH-10 West
San Antonio TX, 78201
Pamper yourself with red wine and dark chocolate, as we discuss women and heart disease. Invite the women in your life to learn more about how heart disease affects women, while you dine on a delicious lunch, dark chocolate and red wine. You won't want to miss Her Heart!

SOUL EVENTS

Boot Scootin' to Good Health: Line Dancing

Line dancing is a great way to exercise while having fun! Call the Methodist Healthcare HealthLine at **210-575-0355** or **800-333-7333** for details and a list of classes and locations. You can find a complete list of line dancing classes sponsored by Methodist Healthcare at SAHealth.com/community.

Diabetes Education Classes

Methodist Healthcare offers classes to help people manage their diabetes and improve their quality of life. For dates, times and locations for the classes, call the Methodist Healthcare HealthLine at **210-575-0355** or **800-333-7333**.

Discounted Tai Chi Classes

Offered regularly with instructor Chiquita Picardo. For more information, call **210-653-1866**.

Yoga With Light Hand Weights

Regain youthful strength and flexibility. Call Gloria at **210-364-8859** for details.

Hand and Foot Cards

Hand and foot cards are played on Mondays from 1 to 4 p.m. at King of Kings Lutheran Church. Please contact Pauline Lizzote at **210-957-1038** for more information.

WELLNESS EVENTS

Walker Wellness

Second Friday of every month, 9 a.m.

Santikos Bijou Cinema at Wonderland of the Americas Mall, 4522 Fredericksburg Rd.

These seminars are **free**, but registration is required. Call the Methodist Healthcare HealthLine at **210-575-0355**. Refreshments will be provided. Attendees are encouraged, but not required, to walk the mall before or after the seminar. Wonderland of the Americas encourages guests to exercise indoors in their safe, air-conditioned environment.

Advance Care Planning

Friday, March 10, 9 a.m.

Presented by: Lorena D. Paul, MSN, MEd, RN-BC
No one likes to think about what could happen if they are too ill to make medical decisions on their own behalf. Planning is key. Lorena Paul will discuss the importance of advance care planning, what is involved and how you can take charge of your health care decisions.



Red Dress 5K Fun Run and Walk

Saturday, Feb. 11

7 a.m. Festivities

8 a.m. Red Dress 5K

Methodist Stone Oak Hospital

1139 E. Sonterra Blvd., San Antonio, TX 78258

Help us honor those affected by heart disease. Wear red or your favorite red dress and join us for the Red Dress 5K Run & Walk at Methodist Stone Oak Hospital. Along with Methodist Healthcare and the American Heart Association, your support will help the community lead healthier lives.

Entry Fee (all proceeds go to the American Heart Association):

\$30 Feb. 4-9

\$40 on race site!

- Enjoy refreshments and various educational areas
- Pets on leashes welcome
- This will be a timed race to better recognize the success of participants
- Medals will be awarded to all participants

Free community events are regularly added to the calendar section of our website, SAHealth.com, and to our Facebook page, facebook.com/MethodistHealthcareSanAntonio. Visit either for the most up-to-date list of classes and events!

Join us on our social media sites for all the latest news and events.



facebook.com/MethodistHealthcareSanAntonio



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SAHealthblog.wordpress.com



SAHealth210

METHODIST HEALTHCARE NEWS, VIEWS & TIPS



New Year's Resolution RESET: Eating and Exercising for a Healthier 2017

Thursdays, Feb. 2, 16, 23, March 2

Wednesdays, Feb. 8 and March 8

Fridays, March 24 and 31

2 to 3:30 p.m.

Northeast Methodist Hospital

12412 Judson Road

Live Oak, Texas 78233

This free adult health and nutrition series is presented by Northeast Methodist Hospital and the Texas A&M AgriLife Extension. Professional dietitians and health experts will share proven approaches to healthy eating and exercise. Each week features a new lesson and incentive. Just RSVP to join any of these free classes. RSVP by calling **210-575-0355**.

A Matter of Balance

Mondays, Feb. 6, 13, 20, 27,

March 6, 13

Noon to 2 p.m.

Methodist Ambulatory Surgery Hospital

9150 Huebner Road

Park in back. Enter through the hospital entrance under long green covering. Classroom is first room to the right as you enter.

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This free program emphasizes practical strategies to help manage falls.

Program objectives:

- To view falls as controllable.
- To set goals for increasing activity.
- To make changes that reduce fall risks at home.
- To provide exercise to increase strength and balance.

Target audience:

- Anyone concerned about falls.
- Anyone interested in improving balance, flexibility and strength.
- Anyone who has fallen in the past.
- Anyone who has restricted activity because of falling concerns.

Fall Awareness Lengthens Lives

■ Feb. 15, March 16, April 5, May 18,

June 14, July 12, Aug. 16, Sept. 13,

Oct. 4, Nov. 15, Dec. 14

10 to 11 a.m.

Methodist Stone Oak Hospital

1139 E. Sonterra Blvd.

Enter through main entrance.

Class will be held at the first floor classroom. Free valet parking.

■ July 26, Aug. 30, Sept. 27, Oct. 25, Nov. 29

10 to 11 a.m.

Methodist Texsan Hospital

6700 IH-10 West

Enter through main entrance.

Class will be held at the first floor classroom. Free valet parking.

Fall awareness lengthens lives! Falling is not a normal part of aging, and most falls can be prevented. Attend this free class, and learn how to manage your risk factors and live a full and active life, free from the fear of falling.

Program objectives

- Identify slip, trip and fall hazards.
- Discuss ways to avoid injuries and the importance of staying active.
- Review how medication side effects may cause falls.
- Discuss why vision and hearing exams are needed.
- Discuss how to maintain your independence as long as possible.

Target audience

- Anyone concerned about falling.
- Anyone interested in improving balance.
- Anyone who has fallen in the past.
- Anyone limiting activities due to a fear of falling.

Dear 55PLUS® and WomanPlus® members,

Recently, I was discussing health topics with some of my immediate family members. During our discussion, I found out high triglycerides ran on one side of my family, something I had never known. I hadn't had a lipid panel done in quite a while, so I decided I should get it done. My bloodwork turned out normal; however, it got me thinking that I never would've known



Carole Harris

I needed to watch out for that if it hadn't have come up in conversation. Since then, I've grilled both of my parents to find out everything I could about our health history. I let my doctor know what I found out and she was appreciative. As we start a new year, and hopefully

get back into a healthy mindset, I encourage each of you to talk to your family about your health history. If you're blessed to have your parents (or older generation) living, take a moment and ask them. If you have kids, grandkids, nieces and nephews, talk to them! Tell them everything you can about your family's health.

We sometimes take for granted that we know everything. I knew which family members had multiple myeloma (cancer), Alzheimer's, skin cancer, multiple sclerosis and even degenerative macular disease. I knew all of the answers on the questionnaire at my physician's office, but it never mentioned cholesterol or triglycerides, which can lead to heart disease. It is especially important for me, as I have other risk factors besides just genetics. I'm overweight, not physically active, have an unhealthy diet and am Type A. Add family history, and my risk just increased. Knowledge is power. I've always known I needed to change my unhealthy habits; now I'm more convinced than ever.

It's a new year. Take a moment. Call, text, email, Facebook or sit down face to face and have a conversation with your loved ones. I know it's not a conversation most of us look forward to, but just think, it could save someone you love.

Carole Harris
Community Relations Specialist
WomanPlus® and 55PLUS®

Articles in Keeping Well do not necessarily represent the opinions of doctors practicing at Methodist Healthcare facilities.



MyHealthOne PATIENT PORTAL

You're in control

Do you need to find a doctor or review your lab tests? This information is only a computer click away thanks to MyHealthOne, Methodist Healthcare's new secure, online patient portal that connects patients and caregivers to personal health records, clinicians and tools.

Patients have access to their health information anytime by visiting **SAHealth.com/MyHealthOne** and creating an account. Features include:

- **Classes and Events.** Search classes. Complete registration and pay. Withdraw from a class and receive your refund.
- **Find a doctor.** Search across an enterprise network for an available provider.
- **Complete view of patient's health.** Access your personal health information, including patient demographics, medications, allergies, problems, immunizations, and summary of care.

- **Health visits.** Review dates of visits to medical facilities with specific details about the visit, including detailed admission information, summary of visit, reason for hospitalization, diagnoses, care plan and discharge instructions and medical information, including vital signs, discharge medications, related lab results and procedures performed.

- **Lab results.** View specific details recorded from a lab test and learn what to do if results are not within the normal range.

- **Manage the health of your loved ones.** Authorized parents or caregivers can act on behalf of a patient, such as a child or elderly parent, to view hospital records, arrange doctor's appointments, pay hospital bills, and more.

Anyone can set up an account in anticipation of being hospitalized. For more information, call **855-422-6625** or visit **SAHealth.com**.



METHODIST STONE OAK FIRST LOCAL HOSPITAL TO OFFER NEW SURGICAL TABLE TECHNOLOGY

METHODIST STONE OAK HOSPITAL is the first hospital in San Antonio to offer the integrated table motion technology for its daVinci Xi® surgical system. **Cannon Lewis, M.D.**, colorectal surgeon, performed the first procedure with the new technology, which maximizes access, exposure and reach during robotic-assisted procedures and will broaden the range of minimally invasive procedure options for patients.

Vicki Mohr, 67, was one of the first patients to benefit from the new technology. “I was having severe pains in my stomach for several days,” she said. “It felt like a knife was going up my rectum.”

Mohr, who lives outside Temple, Texas, developed more symptoms during a visit to San Antonio and went to the emergency department at Methodist Hospital. “Within 15 minutes of walking to the hospital, tests were underway,” she said. She was then referred to Dr. Lewis, who saw the advantages of using the new technology.

EXPERT CARE An experienced colorectal surgeon, Dr. Lewis recognized the symptoms immediately. Mohr had diverticulitis, an inflammation of the colon. A fistula, or tunnel, had developed between the colon and the vagina, and waste and pus were draining through her vagina. During the procedure, he took out the bowel, separated the organs and found the connection to the vagina. He eliminated the diseased part of the colon and then reconnected the colon to the rectum.



Vicki Mohr is back to horseback riding and enjoying an active life after benefiting from the new surgical technology.

“This was a complicated procedure made much easier for the patient with the new technology,” said Dr. Lewis. “Managing any complex surgery requires intricate coordination and orchestration, and the new integrated table motion technology is a significant advancement.”

IDEAL INTERACTION The new technology provides surgical teams with the real-time ability to reposition the operating table with the surgical robotic arms

docked, enabling surgeons to interact with tissue at an ideal working angle.

“Dr. Lewis is a master,” said Mohr, who had her last checkup at the end of December.

Mohr said the care she received at both Methodist Hospital and Methodist Stone Oak Hospital was outstanding. She and her husband took goodies to the staff at Methodist Stone Oak. “They earned them,” said Mohr, who has returned to horseback riding and enjoying an active life.

VENTRICULAR ASSIST DEVICES SAVE LIVES

WHEN ARNOLD POMEROY suffered congestive heart failure for the second time, his wife was told there was nothing else that could be done for him and he was placed on hospice. Fortunately, his cardiologist referred him to **Michael D. Kwan, M.D.**, and the Advanced Heart Failure and Cardiac Transplant Program at Methodist Hospital who recognized that there was another alternative. “He saved my life,” said Pomeroy, 69.

Dr. Kwan and his team implanted a ventricular assist device (VAD) in the patient’s chest. These mechanical devices maintain the heart’s pumping ability by supporting

the heart’s ventricle. VADs may be used to support the heart until it recovers, to support the heart while the patient waits for a heart transplant, also known as a bridge to transplant, or to help the heart work better in patients who are not candidates for a heart transplant, known as destination therapy. Methodist Hospital is the only approved destination therapy program in South Texas and utilizes the HeartMate® II left ventricular assist device as a bridge to transplant or as destination therapy as a transplant alternative.

When a patient, like Pomeroy, is not a candidate for transplant, the VAD can provide long-term support for the patient’s heart as destination therapy. “We knew that Mr. Pomeroy could tolerate the surgery,” said Dr. Kwan. “He is a cancer survivor, and his current medical issues were isolated to his heart. He had no other diseases that would interfere with the procedure.”

Pomeroy was implanted in August 2013, and he says he is leading a normal life with his wife of 48 years and their son.

“We want to encourage more patients with heart disease to consider surgical options such as transplant or

mechanical assist devices as an option,” said Dr. Kwan. “As in Mr. Pomeroy’s case, it can save lives.”

VADs are surgically connected to the heart in two places, replacing the pumping function of the existing heart. Once the VAD is implanted and attached to the left, right or both ventricles of the heart, the system is powered by wires leading to external batteries carried in a portable pack. The batteries are carried outside the body, usually in a shoulder holster, and they are connected to the pump with a cable that goes into the body. When the patient is at home, electricity is used instead of the batteries.

**For more information
about the Methodist Advanced Heart
Failure and Cardiac Transplant Program,
call our clinic at 210-575-8485.**

Methodist Hospital has the largest heart transplant program in Central and South Texas. More than 400 transplants have been performed and 200 assist devices have been implanted since the program’s inception in 1986.





Adolfo Cuellar; KABB-TV host Kimberly Crawford; and Paul Shaughnessy, M.D.

LEAVE A LEGACY

Solving the great need for minority bone marrow donors

ADOLFO CUELLAR, a retired Texas Ranger, hopes to save the lives of thousands of minority patients by working with Methodist Hospital to raise awareness of the need for minority bone marrow donors and by working to make blood/bone marrow donation an option on Texas driver's licenses.

Cuellar, 72, was diagnosed with acute myelodysplastic syndrome in 2011, and it has evolved into acute myeloid leukemia, a very serious and life-threatening disease. A match has not been identified for him. "I am of Indian background through my Spanish heritage," he said. "I probably won't find a match."

The Be the Match® Registry is the world's largest listing of potential bone marrow donors. The markers required for matches for bone marrow transplants are inherited, so patients are more likely to find a match among their own race or ethnicity. Unfortunately, ethnic minorities are heavily under-represented in the registry. Also, the Hispanic population is the most difficult to match with the greatest need, according to Be the Match®.

"Procedures for testing for a match have become much less invasive," said **Paul Shaughnessy, M.D.**, medical director of the Adult and Pediatric Bone Marrow Transplant Program at the Texas Transplant Institute (TTI), a department of Methodist Hospital. "Only a cheek swab is needed."

Cuellar is now receiving an investigational drug that is slowing down the progression of the disease, but a bone marrow transplant is the only cure. In the meantime, he is working with his contacts to start the legislation that will be needed to get the donation option

SAFE = SMART

SAFER HOSPITALS MAKE SMARTER GRADES. AND METHODIST MAKES SAFER HOSPITALS.

METHODIST HEALTHCARE

SAFETY GRADES

A

FALL 2016

Metropolitan Methodist Hospital

A

FALL 2016

Methodist Teksan Hospital

A

FALL 2016

Methodist Specialty and Transplant Hospital

NATIONALLY RECOGNIZED

A

FALL 2016

LEAPFROG HOSPITAL SAFETY GRADE

The Leapfrog Group, a nonprofit patient safety watchdog organization, has been driving the quality and safety of American health care since 2000. Its Leapfrog Hospital Safety Grade assesses 30 different measurements of public safety data for more than 2,600 hospitals across the United States, then assigns A, B, C, D, and F grades.

Metropolitan Methodist Hospital, Methodist Teksan Hospital, and Methodist Specialty and Transplant Hospital each earned one of only 844 "A" grades awarded nationally. **These are the only hospitals in San Antonio to earn this top grade for patient safety.** **Methodist Hospital, Methodist Children's Hospital, Northeast Methodist Hospital and Methodist Stone Oak Hospital** also made the Leapfrog honor roll with Bs.

What does it mean for you?
You've got one more reason to trust Methodist Healthcare with your family's health.

METHODIST HEALTHCARE

"Serving Humanity to Honor God"

www.SAHealth.com

Metropolitan Methodist Hospital, Methodist Teksan Hospital, Methodist Specialty and Transplant Hospital, Methodist Children's Hospital, and Northeast Methodist Hospital are campuses of Methodist Hospital.

*To view all of Methodist Healthcare Hospitals' Leapfrog grades, and to access tips for staying safe in any hospital, visit HospitalSafetyGrade.org.

on Texas driver's licenses. He sees this as his legacy. "With donor information on our driver's licenses, we could attract millions of bone marrow donors and save thousands of lives," he said.

The Adult Blood Cancer and Stem

Cell Transplant program at TTI is one of the most preferred programs in the United States. Our program completes over 200 blood or marrow stem cell transplants each year. Certified by the national marrow donor program, the Methodist

program ranks in the top 20% in the nation in volumes from allogeneic transplants.

Visit **bethematch.org** for more information about becoming a bone marrow donor.



METHODIST CHILDREN'S HOSPITAL OFFERS BLOODLESS SURGERY

ONE WEEK AFTER she was born, Kaylee Mora was diagnosed with Tetralogy of Fallot with pulmonary atresia, a rare and complex combination of heart defects present at birth. Doctors told her parents that without an operation, Kaylee only had about one month to live.

As Jehovah's Witnesses, the Moras cannot accept blood transfusions, so they began looking for a bloodless surgery option for Kaylee.

"We were having a hard time finding someone to perform the surgery," said Mrs. Mora. They had just moved from Pharr, Texas, to San Antonio, and their knowledge of the city and medical resources was limited.

Fortunately, the Hospital Liaison Committee, a standing committee of the Jehovah's Witnesses, provided them with a list of medical professionals who are willing to consult with families when pediatric bloodless surgery is requested. They were referred to **John Kupferschmid, M.D.**, one of the few surgeons in San Antonio performing this type of surgery, and **Mary Porisch, M.D.**, pediatric cardiologist. Dr. Kupferschmid performs the surgery at Methodist Children's Hospital.

"Kaylee did not have a true pulmonary artery, so we had to build one for her and connect it to her heart," said Dr. Kupferschmid. "It's a complex procedure that is performed only about three to five times a year." The operation lasted over six hours, and Kaylee was in the hospital for more than a week.

Dr. Kupferschmid has been performing pediatric bloodless surgery for 20 years. "It's a rigid protocol, and we work closely with the family to do what is right for the child," he said.

WHAT IS BLOODLESS SURGERY? In addition to choosing bloodless surgery to observe religious beliefs, many individuals turn to bloodless surgery to avoid the risk of blood-borne complications and diseases such as hepatitis or HIV that often are associated with blood transfusions. In bloodless surgery, the patient's own blood is saved and re-infused. Medications are used to boost blood production and improve clotting, and surgical techniques are used to minimize blood loss.

"She came through the surgery beautifully, and she is doing very well," said Mrs. Mora.



Rogelio and Brisasclarin Mora chose bloodless surgery for their daughter Kaylee.

WHEN YOUR FAVORITE SUPERHERO'S POWERS FALL SHORT

FLY TO METHODIST

OUR ER DOCTORS ARE SPECIALLY TRAINED TO CORRECT POWER FAILURES.

Since 2008, the emergency medical care staff at Methodist Boerne Emergency Center has served local families and children. In collaboration with the pediatric doctors at Methodist Children's Hospital, we offer the best in pediatric emergency medicine. So if your child has a life-threatening injury or illness and requires emergency treatment—ensure their care to the ER staff at Methodist—the most trusted name in health care with the most preferred physicians and nurses. When every minute counts, our superheroes are here to help yours.

Methodist CHILDREN'S Emergency Services
AT
METHODIST BOERNE EMERGENCY CENTER
A DEPARTMENT OF METHODIST HOSPITAL

BoerneHealth.com

[f](https://www.facebook.com/MethodistHealthcareSanAntonio) MethodistHealthcareSanAntonio

[t](https://twitter.com/SAHealth210) SAHealth210

[y](https://www.youtube.com/channel/UCSAHealth210) SAHealth210

METHODIST HEALTHCARE

7 STORIES

BUILT AROUND THE
MOST AMAZING
LITTLE CHARACTERS.

METHODIST
CHILDREN'S HOSPITAL
7-STORY TOWER
OPENING SPRING 2017.



Methodist
CHILDREN'S
Hospital

A CAMPUS OF METHODIST HOSPITAL

MHSChildrens.com



METHODIST HEALTHCARE



KEEPING WELL is published as a community service for the friends and patrons of METHODIST HEALTHCARE, 8109 Fredericksburg Road, San Antonio, TX 78229, telephone **210-575-0355**, website **SAHealth.com**.

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Information in KEEPING WELL comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

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KEEPING WELL

WINTER 2017

METHODIST HEALTHCARE SYSTEM
8109 Fredericksburg Road
San Antonio, TX 78229

Standard U.S. Postage
PAID
San Antonio, TX
Permit No. 1409

FREE TRANSPORTATION OFFERED HEALTH BUS AND WELL WALDO'S WHEELS

Do you worry about how you will get to your next doctor's appointment? Do you use a wheelchair and need a little extra assistance getting to the hospital for outpatient testing? Do you have a child with special needs but lack a vehicle that can accommodate your child's

medical transportation needs? Methodist Healthcare has the answer to these questions.

Hop on board HealthBus for adults or Well Waldo's Wheels for children and expectant moms. In 2014, nearly 12,000 San Antonians and Bexar County residents turned to Methodist Healthcare's free bus service to get them on the road to recovery or to receive the medical care they needed. The bus will pick you up at your home, drop you off close to the entrance of your doctor's office or the hospital, and later pick you up and take you home. HealthBus serves people living in certain ZIP code areas who need help getting to appointments at Northeast Methodist Hospital and Metropolitan Methodist Hospital, both campuses of Methodist Hospital.

For Northeast Methodist Hospital, residents living in the following ZIP code areas can receive this free service:

78148 78233 78217 78247 78239

and parts of:

78109 78218 78154 78244

For Metropolitan Methodist Hospital, residents of the following ZIP codes are served:

78202 78203 78204 78205 78206

78207 78208 78210 78212 78215

78225 78226 78234 78237

Some areas of these ZIP codes are also covered:

78201 78209 78211 78213 78214

78216 78219 78220 78221 78222

78223

To schedule a ride on HealthBus, call **210-MHS-RIDE (210-647-7433)** from 8 a.m. to 5 p.m., Monday through Friday, at least 48 hours in advance of your appointment or scheduled admission to the hospital.

For children and expectant moms, Well Waldo's Wheels provides free transportation to doctors' offices in these ZIP code areas or to doctors' offices in the South Texas Medical Center. Expectant moms who are preregistered to deliver their baby at Methodist Hospital; Metropolitan Methodist Hospital, a campus of Methodist Hospital; or Methodist Stone Oak Hospital and live in these ZIP codes can arrange for a ride to their prenatal doctors' appointments as well:

78202 78203 78204 78205 78206

78207 78208 78210 78212 78215

78225 78226 78237

and parts of:

78201 78211 78214 78219 78220

78221 78223 78224 78228 78241

Please call at least 48 hours in advance. Representatives answer the phone between 8 a.m. and 5 p.m. The buses fill up quickly, so call as soon as you know when you will need a ride. HealthBus and Well Waldo's Wheels are not ambulances and should not be called in an emergency situation. The buses do not have the equipment or personnel needed for emergency transportation.

Please be ready 30 minutes before your scheduled pick-up time. The bus will park as close as possible to your front door. Every rider must wear a seat belt or



Call-A-Nurse from Methodist Children's Hospital

When your child has a medical need, you need immediate help.

In addition to your child's doctor, there is another resource for quick answers: **Call-A-Nurse for Children from the Methodist Children's Hospital, a campus of Methodist Hospital. Specially-trained pediatric nurses will assist you with medical advice concerning your child.**

Call 210-22-Nurse (210-226-8773) for Call-A-Nurse for Children:

■ 5 p.m.–8 a.m. Monday–Friday

■ Around the clock on weekends and major holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas

Ask for a free refrigerator magnet so you'll always have the number handy!

REMEMBER: IF YOU HAVE AN EMERGENCY, ALWAYS CALL 911!

ride in a provided child safety seat. Children must be with a parent or guardian. When you are finished with your appointment, you or someone from your doctor's office can call **210-MHS-RIDE (210-647-7433)** to let us know you are ready to be picked up and taken home.

To schedule a ride on HealthBus or Well Waldo's Wheels, call 210-647-7433.