



BREAKING NEW GROUND.
Methodist Stone Oak Hospital is expanding.
SEE PAGE 5 ►

KEEPING WELL

METHODIST HEALTHCARE — SAN ANTONIO • SUMMER 2016

HAPPY FATHER'S DAY!

A LIFE-SAVING DONOR BECOMES FAMILY



Rex Anders, 46, celebrated Father's Day this year by welcoming a new daughter into his life: a young lady from Alabama who saved his life by donating her bone marrow. Anders, from Thorndale, Texas, could not have lived without the transplant, and on June 17, 2016, he; his wife, Jeni; and their three daughters welcomed donor Stefanie Carter Hightower, 27, as a new and very important member of their family.

They all met in person for the first time at the Methodist Hospital Adult Blood and Marrow Stem Cell Transplant Clinic in San Antonio, just two days before Father's Day. Anders wanted her to meet the transplant team at Methodist Hospital and at the hospital's Blood Cancer and Stem Cell Transplant Adult Clinic that used her bone marrow to save him.

In 2006 Anders was diagnosed with chronic lymphocytic leukemia (CLL).

He had been in remission several times, and each time the cancer came back. In January 2014, **Paul Shaughnessy, MD**, medical director of the Adult and Pediatric Bone Marrow Transplant Program at the Texas Transplant Institute, a department of Methodist Hospital, told Anders that a bone marrow donor would be needed.



Above: Rex Anders meets bone marrow donor, Stefanie Hightower, for the first time, and they exchange a heart-warming, tearful embrace.
Left: Stefanie and Rex

10 match. She traveled to Memphis to have her marrow harvested. On Nov. 5, 2014, Anders had his transplant. One hundred days later, tests showed he was 100 percent cancer free and remains so today.

Anders reached out to Hightower in January 2016, offering to pay for her to come to San Antonio to meet his family and transplant team. Hightower was married in October 2015, and her husband had never been to San Antonio. "I decided to make this very special occasion a honeymoon as well," she says. She had been on the National Marrow Donor Program Registry for two years and also is a registered organ donor.

Learn more about our world-class bone marrow transplant program at www.MethodistBMT.com.

Transplant is the only curative option for CLL.

Four potential donors were identified and tested, but each was unable to donate. In October 2014, Hightower, living in Anniston, Alabama, was identified as a 9 out of

IN
SIDE

- 2 **SIGN UP!** TRY A CLASS FOR BETTER HEALTH
- 3 **BLAZING THE TRAIL** CATTLE BARON'S FOR A CANCER CURE
- 4 **GREAT SAVE** MOM HAD A CLOSE CARDIAC CALL
- 7 **HEALTHCARE EQUALITY** METROPOLITAN IS A LEADER

CommunityConnections

HEART EVENTS

HeartCheck®

Saturday, Sept. 17,

8 to 10 a.m.

Wesley Health and Wellness Center, 1406 Fitch St.

Methodist Healthcare will provide the following **free** services:

- Complete lipid profile* (total cholesterol, HDL, LDL, triglycerides)
- Glucose check
- Blood pressure check
- Body mass index assessment
- Ask-a-Registered Nurse
- Diabetes and Nutrition Education
- Stroke and Heart Education
- Fitness Demonstration

*Participants must not eat for 12 hours prior to the screening. Open to the public. Screenings are only available to those 15 years of age and older. No registration required.

ENTERTAINMENT



Broadway Magic Series

If you are a member of 55PLUS® or WomanPlus®, you can purchase tickets directly by going to sanantonio.broadway.com/groups/promo. The password is 55WOMANPLUS. The website will show you what the ticket price is via Ticketmaster as well as the discounted ticket price. Discounts range from 15 to 40 percent. Unless otherwise noted, everyone needs a ticket, regardless of age. Please visit the website for prices and the most up-to-date listing of shows.

Josephine Theatre

The Josephine Theatre offers all shows at only \$14 per ticket for 55PLUS® and WomanPlus® members. Major credit cards, debit cards, checks or in-person cash are accepted. Margie, our ticket coordinator, is available to answer questions or assist with ticket purchases Monday through Saturday from 11 a.m. to 4 p.m. Call **210-734-4646** for more information.

Present your WomanPlus® or 55PLUS® membership card to purchase tickets at a discount.

HEALTH AND SAFETY



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 www.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. For details, call Gloria at **210-364-8859**.

Hand and Foot Cards

Hand and Foot Cards is played on Mondays from 1 to 4 p.m. at King of Kings Lutheran Church. Call Pauline Lizzote at **210-957-1038** for more information.

Weight-Loss Surgery Seminars

Metropolitan Methodist Hospital and Methodist Specialty and Transplant Hospital, campuses of Methodist Hospital, have outstanding weight-loss surgery programs. Visit www.HealthForLifeCenter.com and sign up to attend a seminar to learn more.

CHILDBIRTH EDUCATION AND NEWBORN CARE

Registration is required for these classes and support groups. Space is limited. Call the Methodist Healthcare HealthLine at **210-575-0355** or **800-333-7333** to register or to get more information about locations offered: Medical Center, Metropolitan Methodist Hospital and Methodist Stone Oak Hospital.

- Beyond Baby Blues: An Educational Class on Postpartum Depression
- Rocking Dads
- *FirstSteps* Educational Series
- Getting Ready for Childbirth
- You and Your Baby
- Peek-a-Boo Hospital Tours
- Pets and Your Baby
- Breastfeeding
- Buckle Up Baby Classes
- Car Seat Safety 101 Class

WELLNESS EVENTS

All events are held at **Santikos Bijou Cinema at Wonderland of the Americas Mall, 4522 Fredericksburg Road**, unless otherwise noted.

Walker Wellness

Second Friday of every month, 9 a.m.



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 its safe, air-conditioned environment.

Fall Prevention Seminar

Wednesday, Sept. 7, 2016, 9 a.m. to 10 a.m.

Northeast Methodist Hospital - Community Health Center, 12412 Judson Road, Live Oak

Afraid of falling? 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. To RSVP or learn about other Fall Prevention Classes, call **210-575-0355** or toll free **800-333-7333**, or visit www.sahealth.com/fallprevention.

Understanding Medicare

Friday, Sept. 9, 2016, 9 a.m.

Presented by Kimberly Rodriguez

Selecting the right insurance for your needs can be confusing. Kimberly Rodriguez will discuss the differences between Medicare Advantage and Supplements.

Breast Cancer Awareness Fair

Thursday, Oct. 6, 11 a.m. to 2 p.m.

Methodist Stone Oak Hospital
1139 E. Sonterra Blvd.

The public is invited to learn more about breast cancer, facts and updated information on the disease. Door prizes and snacks will be provided.

Breast Cancer Awareness Fair

Tuesday, Oct. 11, 11 a.m. to 2 p.m.

Northeast Methodist Hospital
12412 Judson Road, Live Oak

The public is invited to learn more about breast cancer, facts and updated information on the disease. Door prizes and snacks will be provided.

Free community events are regularly added to the calendar section of our website, www.SAHealth.com, and to our Facebook page, www.facebook.com/

www.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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SAHealth210



SAHealthblog.wordpress.com



SAHealth210

Dear 55PLUS[®] and WomanPlus[®] members,

Recently my daughter had one of those experiences that I think everyone can relate to. It started at the beginning of the school year. She would come home and complain about another girl being so mean. When I would ask what the other girl did that was so mean, she would just say she was just mean!

This went on over the course of the year. My daughter would complain, I would ask for specifics, she couldn't provide anything, only to say the girl was mean. She'd ask if I would tell her teacher. I'd ask what I should tell the teacher, who would need an example of how she was mean. My daughter would never have one. Now, don't get me wrong—if she had given me an example that I could point to (even just words the other girl might have said), I would be on the phone with the teacher immediately, but I had a feeling something else was going on.



Carole Harris

Fast forward to the end of the school year... It just so happens my daughter and the other girl were put to work on a project together. I told her to take a deep breath and let the teacher know immediately if she said or did something "mean." When I picked her up that day, I waited to hear all about what happened. I asked how her day was. Her response? It was great! She and the "mean" girl had so much fun in the library that the librarian had to tell them to be quiet! So I asked what had happened to the other girl being so mean. In her dramatic, tween way, she said, "Oh, Mom! She was never mean to me. It's just that my other friend told me she was mean, so I thought she was."

I sat there listening to her, thinking how she wasted a whole year of possible friendship with someone because she didn't take the time to get to know the girl herself. I asked her if she had learned a lesson in all of this. "Yes! Never judge a book by someone else's cover!" I could not agree more.

Sometimes we let ourselves be persuaded to "judge" someone or something before we have a chance to form our own opinion. Take time to get to know someone before you form an opinion. Don't let others taint how you see people. In the infinite words of my tween daughter, "Never judge a book by someone else's cover."

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.

Methodist Healthcare leaders are joint chairs of the Cattle Baron's cancer fundraiser

Dear 55PLUS[®] and WomanPlus[®] members,

When we were approached, as a group, to chair the 2016 American Cancer Society's Cattle Baron's Gala, we did not have to think twice and accepted instantly. We were more than honored—we were thrilled to be given this extraordinary opportunity to help cancer patients in our community.

It made sense, not just because the Methodist Healthcare Cancer Network cares for thousands of cancer patients each year—more than any other hospital system in San Antonio or South Texas—but because each one of us has been touched by cancer either as a survivor, a close family member or a dear friend who has had to fight the disease.

The Cattle Baron's Gala supports our mission of fighting cancer together by joining physicians, community organizations and individuals to all work toward a common goal of curing cancer.

This event is one of the major sources of fundraising for our local Cancer Society and the services they provide every day to cancer patients. Donations help fund local programs such as transportation for patients to treatment or hotel services when they are traveling away from home for treatment. They help fund vital resources and information, including free wigs, emotional support and dollars to fund research grants right here in San Antonio.

Over the past 38 years, the Cattle Baron's Gala has raised more than \$9 million toward the American Cancer Society's mission to save lives in San Antonio. The generosity of businesses and individuals in our community is paramount to the success of this very worthwhile event.

Please join us in the movement to help save more lives! Thank you.

HONORED TO SERVE

■ Jaime Wesolowski, President and CEO, Methodist Healthcare System, and wife, Lori

■ Kevin Moriarty, President and CEO, Methodist Healthcare Ministries, and wife, Jennifer

■ Michael Beaver, CEO, Northeast Methodist Hospital, and wife, Kimberly

■ Barry Burns, VP Human Resources, Methodist Healthcare System, and wife, Irma

■ Geoff Crabtree, Executive VP, Methodist Healthcare System

■ Scott Davis, CEO, Methodist Texan Hospital and Methodist Ambulatory Surgery Hospital, and wife, Michele

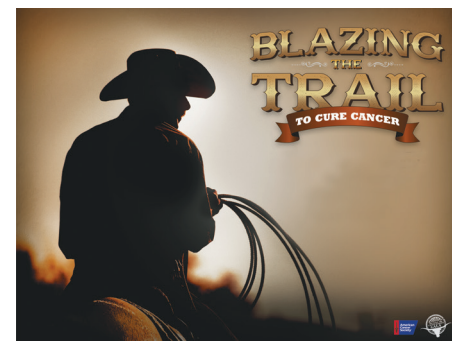
■ Matt Duke, VP, Methodist Healthcare System

■ Wes Fountain, CFO, Methodist Healthcare System, and wife, Melinda

■ Gay Nord, CEO, Methodist Hospital, and husband, Stan

■ Greg Seller, CEO, Metropolitan Methodist Hospital, and wife, Donna

■ Marc Strode, CEO, Methodist Stone Oak Hospital, and wife, Paige



Cattle Baron's Gala Events

AMERICAN CANCER SOCIETY
**TEXAS
HOLD 'EM**
POKER TOURNAMENT
2016

Texas Hold 'em Poker Tournament

Thursday, August 18

Entry fee: \$100

6 p.m. check-in

7 p.m. play begins

Canyon Springs Golf Club

24405 Wilderness Oak, San Antonio

AMERICAN CANCER SOCIETY
**RANCH
Chic**
FASHION SHOW
2016

Ranch Chic Fashion Show

Thursday, Sept. 15

Entry Fee: \$75 per person

\$900 Fashion Show Row

6:30 to 9:30 p.m.

Rosenberg Sky Room at University
of the Incarnate Word

847 E. Hildebrand, San Antonio



Hoffmann Smith Memorial Golf Tournament

Tuesday, Sept. 20

Entry fee: \$150 per player,

\$600 foursome

8:30 a.m. shotgun start

Canyon Springs Golf Club

24405 Wilderness Oak, San Antonio

For more information

or to register for any of these events,
visit www.cattlebaronsgala.org.

METHODIST HOSPITAL AND SAN ANTONIO
FIRE/EMS CELEBRATE

“GREAT SAVE” with Cardiac Patient

Methodist Hospital, along with the San Antonio Fire Department and EMS, saves lives every day, however, some saves are so extraordinary that the story must be shared. On June 23, Deyanira and David Lerma, reunited with Mrs. Lerma’s lifesaving teams from Methodist Hospital and SA Fire and EMS to thank them for “saving the life of their family.”

At a special presentation at the hospital, the Lerma family recounted the harrowing details of Mrs. Lerma experiencing a severe heart attack and being brought back to life. On May 7, the night before Mother’s Day, David and Deyanira were at the gym working out when she began to feel sick and started throwing up. David offered to take her to the ER, but she wanted to get back home to help get their children ready for bed.

It was at home that David found Deyanira cold and unresponsive

and immediately called 911 and began CPR, which he had learned at his job at AT&T. When Fire and EMS arrived, they had to implement double sequential shock (advanced cardiac life support) in order to bring her back. En route to Methodist Hospital, this team used a LUCAS device, which provides uninterrupted chest compressions creating life-sustaining circulation. The device had been provided to several EMS stations by Methodist Healthcare. By keeping her blood pumping, the EMS team was able to save her life and avoid neurological damage with a steady supply of oxygen to the heart and brain while en route to Methodist Hospital.

Once at the hospital, **Jorge Alvarez, MD**, interventional cardiologist, quickly performed a procedure using the Impella Device, the world’s tiniest heart pump, to keep her heart pumping strongly while undergoing



further life-saving measures. “Mrs. Lerma was so lucky that EMS transported her to Methodist Hospital, where some of the best cardiac care is available including some of the city’s most innovative technology,” Alvarez says, “We’re so proud to be able to provide some of

the best cardiac therapies to the people of San Antonio and are also grateful for Mrs. Lerma’s amazing outcome.”

Through tears of gratitude, the Lerma Family thanked the three entities for saving Deyanira’s life, thus keeping their family happy and whole.

Patient safety and experience make the grade

Methodist Ambulatory Surgery Hospital has received both the Patient Safety Excellence Award and the Outstanding Patient Experience Award for 2016 by Healthgrades. Healthgrades named 466 hospitals across the nation recipients of its Patient Safety Excellence Award for 2016. These hospitals rank in the top 10 percent of all hospitals evaluated for their performance in safeguarding patients from serious, potentially preventable complications.

**METHODIST AMBULATORY
SURGERY HOSPITAL**

“Serving Humanity to Honor God”

www.MethodistAmbulatorySurgeryHospital.com



Contact an Oncology
Nurse Navigator

askSARAH

Have cancer questions?

Sarah Cannon Cancer Institute at Methodist Healthcare is pleased to offer access to askSARAH—a dedicated helpline designed to help answer your cancer-related questions. Whether you have been recently diagnosed with cancer or have questions about screening, signs or symptoms, a registered askSARAH nurse can help. Committed to ensuring you have the right resources close to home, our nurses are available 24/7. Calls are confidential.

Contact askSARAH at **210-507-0941** to connect directly to a nurse to help you.

Methodist Children’s Hospital Provides Special Care for Special Needs Patients

The Methodist Children’s Hospital Pediatric Specialty Clinics in San Antonio are located on sublevel one of Methodist Plaza, just outside of the Methodist Children’s Hospital campus in the heart of the Medical Center. Our Clinics have served Central and South Texas families since 1998 by providing exceptional, multidisciplinary care to medically fragile, complex and technology-dependent patients. We provide a comprehensive range of services from initial evaluations and recommendations to ongoing care. We believe that creating a unique, individualized plan of care for every child is essential to provide the level of quality care each child deserves and can expect.

Our Clinics are staffed with board-certified pediatric specialists; registered nurses; dietitians; a case manager; social worker; ototech (hearing specialist); and licensed physical, speech and occupational therapists for each specialty. Our seasoned registered nurse team has more than 100 total combined years of pediatric care experience. We work closely with providers in the community to ensure each patient’s care is well coordinated and family-centered. Our goal is to help every child reach their



fullest potential. We have bilingual staff to assist Spanish speaking families.

Specialty clinics offered include:

- Brachial Plexus Clinic
- Craniofacial/Congenital Anomalies/ Nasoendoscopy Clinics
- Neuro-Developmental Clinic
- Pulmonary Clinics
- Spina Bifida Clinic
- Vascular Anomalies Clinic
- Botox Clinics

To learn more, please visit us at www.SAHealth.com/PediatricSpecialtyClinics or call **210-575-7371** or toll-free at **800-297-1021**.

METHODIST HEALTHCARE

QUALITY OF LIFE, SENSE OF COMMUNITY

New sculpture at Metropolitan Methodist Hospital aims to uplift

COMMUNITY LEADERS joined officials from Metropolitan Methodist Hospital, a campus of Methodist Hospital, in unveiling the city's newest piece of public art, *Modern Tribe*, at the hospital on June 23.

The sculpture, created by local artist Luis L. Lopez, will be a community landmark on the hospital campus at 1310 McCullough Avenue and Brooklyn Avenue. Joining Greg Seiler, CEO of the hospital, and Lopez in the ceremony were City Councilman District 1 Robert Trevino and State Representative District 119 Roland Gutierrez.

"With this sculpture, we celebrate the well-being of our community and the addition of a signature public art piece to our Tobin Hill neighborhood and to downtown San Antonio," Seiler says. "As downtown's most comprehensive hospital we serve a diverse part of the city. *Modern Tribe* represents this diversity as well as an important sense of community. Just as we work to heal our body, we see this work as nourishing the soul."

Metropolitan Methodist Hospital has been working

with community and civic leaders to enhance the neighborhood around the hospital. "This sculpture reflects the collaboration that has been going on throughout the community as we all work together to make Tobin Hill a great place to live," Trevino says. "We appreciate the commitment that the hospital is making to the area and the investment, not only in our healthcare, but in quality of life and sense of community."

The 30-foot-high aluminum sculpture features circular shapes, traditionally symbols of wholeness and infinity, which are painted different colors to represent diversity. The work will be lit at night to be seen from a distance.

"The towering presence will be a manifest of a healthy society that will be inclusive of the whole universal race," Lopez says. "It will serve to inspire and uplift the human psyche."

REFLECTIVE LANDMARK: Artist Luis L. Lopez created *Modern Tribe* to celebrate community and diversity. From left: Lopez and CEO Greg Seiler.



STONE OAK BREAKS GROUND

METHODIST STONE OAK HOSPITAL staff and volunteers, who were there when the hospital opened its doors 7 years ago, broke ground on a 100,000-square-foot expansion on April 29.

Joining in with shovels were two of the first babies born at Methodist Stone Oak Hospital when it opened seven years ago. Helping celebrate with music was the Lopez Middle School Orchestra from the Stone Oak Community.

The expansion will include more than 70 additional beds; 36 surgical step-down beds; and a 15-bed acute rehabilitation facility for patients needing physical therapy, occupational therapy and speech therapy.

The expansion will also provide an additional 20 beds in its women's services, 6 additional beds in the neonatal intensive care unit, 2 additional labor and delivery rooms, and a third C-section suite.

This is the third expansion for the hospital, which opened in March 2009. Today it employs 1,000 people. The facility sees 12,000 patients for inpatient services and 8,000 for outpatient services and cares for 30,000 patients in the emergency department each year.

A three-story structure will be built above an existing single-story building, which will include a 20,000-square-foot renovation. A three-level, 238-space parking garage will also be constructed. The expansion is expected to be completed by spring 2017.



SAVING LIVES

500 LIVER TRANSPLANTS AND COUNTING

THE LIVER TRANSPLANT program at the Texas Transplant Institute (TTI) on the campus of Methodist Specialty and Transplant Hospital (a campus of Methodist Hospital), recently hit a milestone by performing its 500th liver transplant.

The liver disease program at TTI is recognized nationally for its successful outcomes as is evidenced by this amazing achievement. The expertise of the liver disease and transplant team makes it possible to offer a level of service that is on par with the top programs in the country for transplantation, hepatology and liver disease care. The program is led by a group of physicians who have more than 60 years of combined expertise in all aspects of liver disease management and transplant procedures.

With over 500 liver transplants performed over the past 14 years, the liver transplant program is continually ranked in the top 5 percent in the nation in patient survival rates.

“We have transplanted more medically urgent patients than any other program in Texas,” says **Preston Foster, MD**, medical director for the liver transplant program.

A liver transplant is performed in cases of end-stage liver disease (ESLD) or liver failure. Diseases and conditions resulting in end-stage liver disease for which transplantation may be indicated include primary biliary cirrhosis, sclerosing cholangitis, liver cancer, and alcohol or drug abuse. Hepatitis B and C viruses can also develop into liver failure, possibly requiring a transplant. However, a transplant does not cure hepatitis. Early diagnosis and



disease management can help patients decrease their risk of hospitalization.

The goal of the Liver Transplant Program is to exhaust all medical therapies before resorting to a liver transplant, which is reserved as a final life-saving option. The Liver Failure Clinic at the Texas Transplant Institute offers comprehensive treatment programs for liver failure management. Our hepatologist has extensive experience with

the latest clinical treatments, including radio frequency ablation and chemoembolization, as well as access to new clinical research and treatment protocols. In addition, the Liver Failure Clinic offers ongoing educational sessions for patients and their families; and licensed nurses, dietitians, social workers, and chemical dependency counselors provide information and answer questions regarding physical, psychological, and social issues.

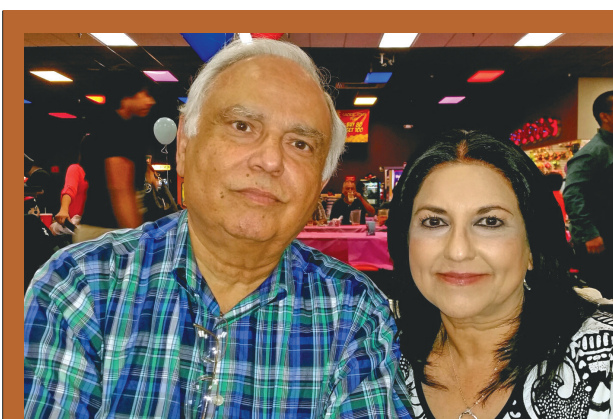
END YOUR WAIT

The nation's No. 1 live donor kidney transplant program is in San Antonio

THE LIVE DONOR kidney program at Methodist Specialty and Transplant Hospital, a campus of Methodist Hospital, is ranked No. 1 for most live donor transplants performed since 2009. We are the national leader in paired kidney donation, in which even incompatible donors and recipient pairs are matched with other incompatible pairs. To date, over 250 patients have benefited from this program—more than any other program in the U.S.

The incompatible living kidney donor exchange program has achieved many accomplishments such as being the first transplant center in Texas to perform simultaneous two-way and three-way paired kidney exchange transplants. In 2010, our team performed the world's largest paired kidney exchange over a three-day period, at a single hospital, which grew to include 23 recipients and donors.

The decision to donate a kidney is a serious one for the donor and the recipient. The key is to educate both parties about organ donation and everything that is



BROTHER RECEIVES GIFT OF LIFE WHEN SISTER DONATES KIDNEY: In December 2011, Juan Montemayor of Laredo, Texas, received the

best gift ever—his sister, Sylvia Segovia, let him know she had been tested and was a perfect match and would be donating one of her

kidneys. On June 12, 2012, Montemayor received his life-saving gift from his “baby sister,” and has been living life to the fullest ever since. Segovia recounts, “Our mother had a kidney removed when she was five months’ pregnant with me due to kidney disease, and she lived over 50 years with just one, so I told Juan it would be a piece of cake and that we could also do it.”

“There’s nothing more important than giving

life to somebody, helping one another—I can’t think of any other reason than that,” explains Montemayor. In 2015, Methodist Specialty and Transplant Hospital performed the highest number of live donor kidney transplants in Texas and the U.S. For more information, contact the Living Donor Kidney Program at Methodist Specialty and Transplant Hospital at **210-575-4483** or toll-free at **800-888-0402**.

involved with this big decision. The donor evaluation consists of lab work, diagnostic imaging and a psychosocial evaluation. It is recommended that the testing take place at Texas Transplant Institute. If the donor resides outside of the San Antonio area, most of the testing can be done at one of our outreach clinics or a local hospital. The donor will be required to visit our transplant center at least once prior to surgery.

Typically, donors return to normal activities within two to six weeks. The entire cost of the evaluation, operation and follow-up care related to the surgery is

usually paid by the recipient’s health insurance benefits.

If you choose to become a living donor, it can be a very rewarding experience. You are giving the gift of life to someone you care about. The Texas Transplant Institute has developed new opportunities for kidney patients who typically had to wait a long time for a kidney or who were told that finding a match would be impossible.

To find out more about our live donor kidney transplant program either as a life-saving potential donor or as a kidney patient, please call **210-575-8425**.

METHODIST HEALTHCARE



Metropolitan Methodist Hospital is the leader in equal health care for ALL.

LEADER
IN
LGBT HEALTHCARE
EQUALITY

HUMAN RIGHTS CAMPAIGN FOUNDATION 2015
HEALTHCARE EQUALITY INDEX

METROPOLITAN METHODIST HOSPITAL
A CAMPUS OF METHODIST HOSPITALS
Your Methodist Center City Hospital
"Serving Humanity to Honor God"
www.MetropolitanMethodistHospital.com

METROPOLITAN METHODIST HOSPITAL
LEADER IN HEALTHCARE EQUALITY

METROPOLITAN METHODIST HOSPITAL has been recognized as a "Leader in LGBT Healthcare Equality" by the Human Rights Campaign (HRC) Foundation for demonstrating our commitment to equitable, inclusive care for LGBTQ patients and their loved ones. The HRC Foundation is the educational arm of the country's largest lesbian, gay, bisexual and transgender (LGBT) civil rights organization.

"Our mission statement is serving humanity to honor God by providing exceptional and cost effective health care accessible to all," says Greg Seiler, CEO at Metropolitan Methodist Hospital. "To the staff at Metropolitan Methodist Hospital, this means providing the very best for every patient, regardless of their background, and we're very proud of the HEI (Healthcare Equality Index) leader designation, which shows our sensitivity, knowledge and commitment to the needs of LGBT patients and community."

"BEST PLACE TO WORK" WINNER

METHODIST TEXSAN HOSPITAL, a campus of Methodist Hospital, is among *Modern Healthcare* magazine's Best Places to Work in Healthcare for 2016. Methodist Texsan Hospital is one of only 100 hospitals to receive this distinction. The recognition program, now in its ninth year, honors workplaces throughout the healthcare industry that empower their employees to provide patients and customers with the best possible care, products and services.

"I am so proud of the team at Methodist Texsan Hospital," says Scott Davis, hospital CEO. "This is a great reflection of the wonderful environment that our team members help create each day. This award is very difficult to receive since it compares a large number of organizations all across the healthcare industry, not just hospitals," he explains.



▲ METHODIST RALLIED WITH HUGE "THANK YOU" FOR DUNCAN: Because Tim Duncan, recently retired all-time San Antonio Spurs great, was a big part of the San Antonio community, Methodist Healthcare went all out to thank the sports legend for his longtime commitment to San Antonio and its beloved NBA team. Aside from a special advertisement thanking Duncan for his 19 unforgettable years with the Spurs, several of the Methodist Hospital campuses had their own celebrations in his honor on July 21 (a reference to the number he wore throughout his career with the Spurs). Pictured here is the team from Northeast Methodist Hospital.

METHODIST TEXSAN HOSPITAL
A CAMPUS OF METHODIST HOSPITAL

"Serving Humanity to Honor God"
www.MethodistTexsanHospital.com

Methodist in the community

METHODIST COLLECTS OVER 70,000 SERVINGS OF CEREAL FOR SA FOOD BANK: Methodist Children's Hospital, a campus of Methodist Hospital, with the help of the other Methodist Hospital campuses, presented the San Antonio Food Bank with more than 70,000 servings of cereal at a special event on June 10. This was the second year Methodist held the National Children's Hospital Cereal Drive. This very worthwhile community event is very important, because when school is out, more than 300,000 San Antonio children lose their access to daily school breakfast and lunches at either no cost or low cost. Together with the San Antonio Food Bank, Methodist celebrated the city's Second Annual Childhood Hunger Drive. Pictured from left: Lisa Frago and Louie Guzman, from the SA Food Bank; Captain Cereal; Rob Lenza, CEO Methodist Children's Hospital; Damita Williams, CNO Methodist Children's Hospital; and Michael Guerra, Chief Development Officer for the SA Food Bank.

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 www.SAHealth.com.

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Vice President of Marketing and Public Relations

Carla Sierra
Director of Public Relations

KEEPING WELL

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.

SUMMER 2016

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METHODIST HEALTHCARE SYSTEM
8109 Fredericksburg Road
San Antonio, TX 78229

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CALL-A-NURSE

WHEN YOUR CHILD has a medical need, you need immediate help. Although you should always call upon the special relationship you have with your child's doctor, there is an additional resource for quick answers: Call-A-Nurse for Children from the Methodist Children's Hospital. Specially trained pediatric nurses will personally assist you with medical advice concerning your ill child. Ask for a free refrigerator magnet so you'll always have the number handy.

Phone 210-22-Nurse (210-226-8773) for Call-A-Nurse for Children from the Methodist Children's Hospital.

Hours: Monday to Friday, 5 p.m. to 8 a.m., and around the clock on weekends and major holidays.

Holidays: New Year's Day, Memorial Day, July Fourth, Labor Day, Thanksgiving and Christmas.

Tenemos enfermeras que hablan español.

CALL-A-NURSE FOR CHILDREN



22-Nurse
226-8773
1-877-647-7440

www.MHSCchildrens.com

Little patient, little wait time

Methodist Children's Hospital is devoted to helping children who require emergency medical treatment. We're here for your little ones 24 hours a day, 7 days a week.

Methodist Children's Hospital, a campus of Methodist Hospital, is the first hospital in San Antonio designed and built exclusively for children. We provide an experienced, comprehensive care team of medical professionals, board-certified pediatric physicians, pediatricians, nurses, child-life specialists,

technicians and administrators who focus on family-centered care to meet your child's individual needs and ensure that you feel welcome. We are proud to be the most preferred children's hospital in San Antonio. Our emergency department is ready to care for your child 24 hours a day, 7 days a week.

In addition, we now provide specialized pediatric emergency care staff at the Methodist Boerne Emergency Center and at the Metropolitan Methodist Emergency Center at the Quarry.



WE'RE ONTO SOMETHING BIG

So big, we can barely contain our excitement. Methodist Children's Emergency Services will be expanding across San Antonio and surrounding cities.

Watch for more details coming soon.

Methodist CHILDREN'S EMERGENCY SERVICES