



LIFE AFTER CANCER. "It's a *C Thing*" helps young survivors thrive. **SEE PAGE 4 ►**

KEEPING WELL

METHODIST HEALTHCARE — SAN ANTONIO ● FALL 2015



BONE MARROW TRANSPLANT

GIVES

infant

A SHOT AT LIFE



As a first-time mom, Gladys Saucedo was nervous that her 2½-month-old baby girl, Anahee, seemed bloated and couldn't keep food down. Saucedo, who lives in Laredo with her family, immediately took Anahee to her pediatrician, who told her things were normal and changing the baby's formula would help.

After several weeks, little Anahee's condition had not changed, so Saucedo decided it was time for a second opinion. "I just knew something was wrong and decided to take Anahee to another doctor," says Saucedo.

This is when the nightmare started. The new doctor ordered an x-ray, which revealed a mass in the baby's abdomen. Saucedo was quickly dispatched to San Antonio for advanced care. It was in San Antonio that Anahee was diagnosed with juvenile myelomonocytic leukemia (JMML).

"JMML is a very rare and aggressive form of leukemia,"

explains **Robert P. Sanders, MD**, pediatric and blood and marrow transplantation physician with Methodist Children's Hospital's Pediatric Blood and Marrow Stem Cell Transplant program, who cared for Anahee. "JMML is a particularly tragic disease because it typically affects infants and very young children, and despite our best treatments, only about 50 percent of children afflicted with JMML survive," says Sanders. The only cure for JMML is a stem cell transplant, which Anahee received at Methodist Children's Hospital, a campus of Methodist Hospital.

Methodist Children's Hospital's Pediatric Blood and Marrow Stem Cell Transplant program is the only program of its kind in South Texas and one of the busiest in the country. Methodist Children's Hospital was Anahee's home for five months.

"Anahee had an especially difficult course and almost did not survive long enough to make it to transplant," says Sanders. "When we looked for a bone marrow donor we had very limited options, because relatively few Hispanics are registered as potential donors. Without the availability of umbilical cord blood, we would not have been able to offer Anahee a transplant, and she would not have survived."

"I thank God each and every day for giving us

Be the match

In honor of those battling blood cancers, a team of caregivers from Methodist Children's Hospital is holding Bone Marrow Registration Drives in our hospital cafeterias throughout the coming months. Their goal is to raise awareness of the need for more bone marrow donors and to have people register to become donors. If you would like to register to become a donor, please visit www.BeTheMatch.org.

Dr. Sanders and all the wonderful people at Methodist Children's Hospital," says Anahee's grandfather, Rolando Saucedo, holding back tears. "Dr. Sanders saved our baby."

"It has been an honor to be part of the team that cared for Anahee and a pleasure to see her flourish after transplant," says Sanders.

Although Anahee had a fairly bumpy transplant course, she eventually recovered and is now a normal, happy 2-year-old, with no signs of JMML.

"I think it's just amazing how Anahee recovered," says Saucedo. "She loves being with other kids, and she loves day care, where she's now learning her letters and numbers ... she's a very happy little girl."

To learn more about Methodist Children's Hospital's world-class Pediatric Blood and Marrow Stem Cell Transplant program, visit www.SAHealth.com/pediatricbmt.

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METHODIST HEALTHCARE NEWS, VIEWS & TIPS

**WELLNESS
EVENTS**

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

**55PLUS®
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** to RSVP.

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.

**Healthy Eating to Lower
Breast Cancer Risks**

Friday, Oct. 9, 9 a.m.

Presented by Stacy Schuler, RN, BSN

Studies show obesity is linked to multiple health risks, including cancer. Learn how healthy eating and maintaining a lower BMI can lower your risk of breast cancer.

Diabetes

Friday, Nov. 13, 9 a.m.

Presented by Ed Corum, RN

Diabetes is known as the silent killer. Many are unaware they have this disease. Diabetes can lead to many health problems. Join Ed Corum as he discusses diabetes education.

Holidays and Stress

Friday, Dec. 11, 9 a.m.

Presented by Henry Renteria, MD

Holidays are often filled with food, family, fun and unfortunately stress. Renteria will speak about ways you can reduce and control your holiday stress.

Healthy Weight and BMI

Friday, Jan. 8, 2016, 9 a.m.

Presented by Melissa Cooley, RN

Now that the holidays are over, it's time to kick your healthy lifestyle into high gear! Join Melissa Cooley as she discusses the best way to lose weight and maintain a healthy BMI.

Heart Month

Friday Feb. 12, 2016, 9 a.m.

Join Methodist Healthcare all month long as we celebrate heart month. Check our website, **www.SAHealth.com**, to find out our 2016 heart month schedule.

Fall Prevention

Friday, March 11, 2016, 9 a.m.

Presented by Gina Dawson, PT, DPT

Falls are a major threat to the health and independence of older adults. Gina Dawson will discuss fall prevention and what steps you can take in your or a loved one's home to help lower the risk of falling.

**The Victory Summit®
Parkinson's Symposium**

Saturday, Nov. 14

8:30 a.m. to 3:45 p.m.

**Hyatt Regency Hill Country
9800 Hyatt Resort Drive
San Antonio**

Join The Davis Phinney Foundation and local partners, including Restorative Neurosurgery at Methodist Hospital, for the Victory Summit Parkinson's Symposium. The symposium is a national event that features presentations from leading neurologists and medical professionals from across the country. This event is **free** and open to the public, but registration is required. For more information, including registration, visit **www.davisphinneyfoundation.org**.

Community Connections

**ENTERTAINMENT
Broadway Magic Series**

If you are a member of 55PLUS® or WomanPlus®, you can purchase tickets directly by going to **www.eventusher.com**. The password is 55/WOMANPLUS. The website will show you what the ticket price is through 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.

ARTS San Antonio

Attend an ARTS San Antonio world-class performance with a 20 percent discount. Select from 16 productions, and see renowned performers, like Los Lobos and Hal Holbrook, perform live! Tickets start at \$23.20 for 55PLUS® and WomanPlus® members. Visit **www.ArtsSA.org** to view upcoming performances, including descriptions and videos.

Delia and Blanca are available to answer questions or help you buy a ticket. Call them at **210-226-2891**, Monday through Friday, from 8 a.m. to 5 p.m. To receive the 20 percent discount, tell Delia and Blanca you are a 55PLUS® or WomanPlus® member.

**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**. Click on "55PLUS," then on "Line Dancing Classes."

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**.

**Weight-Loss Surgery
Seminars**

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

**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**

THANKS FOR CHOOSING METHODIST HEALTHCARE.
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METHODIST HEALTHCARE

"Serving Humanity to Honor God"

www.SAHealth.com

Free community events are regularly added to the calendar section of our website, **www.SAHealth.com**, and to our Facebook page, **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](https://www.facebook.com/MethodistHealthcareSanAntonio)



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METHODIST HEALTHCARE NEWS, VIEWS & TIPS

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

Earlier this week I began a new crochet project. I've only crocheted little things: mostly headbands/ear warmers. I set a lofty goal for this project: a blanket. As I crocheted away, memories came flooding in.

When I was about my daughter's age, my grandmother taught me how to crochet. I was so excited and eager to learn! For a moment, I could hear my grandmother's voice, "Now, Carole, I said chain 20, not 25."



Carole Harris

My eyes filled with tears and my daughter immediately asked me what was wrong. I just hugged her. It's been 11 years since my grandmother passed away from multiple myeloma, a blood cancer. It's been 22 years since her husband, my grandfather, passed away from the same cancer. I miss them both, as well as my other grandparents. After my daughter let go of me, she looked at me and said, "I miss my grandpa, too." My sweet girl, I thought. Her grandfather, my father-in-law, passed away a year before she was born. His cancer was in his liver.

Cancer—even the word sounds ugly. I am almost positive that each of you has been affected by cancer in one way or another. Jennifer Aniston once said, "Cancer affects all of us, whether you're a daughter, mother, sister, friend, co-worker, doctor, patient." I believe that. I also believe that if someone is diagnosed with cancer, they should not fight alone. We all need to fight cancer together.

Carole

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.



PROUD TO CELEBRATE 30 YEARS OF CARING FOR THEIR COMMUNITY: This year marks the 30th anniversary of Northeast Methodist Hospital proudly caring for the Randolph Metrocom community. Pictured with Hospital CEO Michael Beaver (back row) are 30-year hospital veterans (front row, from left) Randy Bergman, MD, Northeast Methodist Hospital past chief of staff and one of the hospital's original physicians, and Irene Garza, RN, and Marsha Taylor, RN, both from the hospital's recovery unit.

Northeast Methodist Hospital Celebrates 30th Anniversary

Northeast Methodist Hospital, a campus of Methodist Hospital, kicked off its 30th anniversary with a ceremony on July 30. This milestone reflects the success of the hospital and the major role that it has played in the development of northeast Bexar County, one of the county's fastest-growing regions.

"What sets us apart is that we recognize and value the unique needs of each of our patients. It is a process that we continue to improve on, creating ways to better serve our community when they need us most," says Michael Beaver, CEO at Northeast Methodist Hospital.

The hospital originally opened as

Village Oakes Hospital in 1985. It became part of Methodist Healthcare in 1995. Located in the city of Live Oak, the hospital's service area includes Live Oak, Converse, Garden Ridge, Kirby, Marion, Schertz-Cibolo, Selma, Universal City and Windcrest.

Recognized excellence Hospital growth has resulted in an expanded full-service emergency room, expanded surgical and cardiovascular units, and the Joint Replacement Academy, which offers orthopedic surgery and rehabilitation. In 2012, Northeast Methodist Hospital received one of only two Gold Awards presented by the Texas Medical

Foundation's Health Quality Institute for distinguished efforts in health care quality improvements. The hospital also is accredited by The Joint Commission in stroke care and is designated as an accredited Chest Pain Center. Most recently, the hospital was recognized as an accredited Heart Failure Center by the Healthcare Colloquium.

The hospital is a proud supporter of the Randolph Metrocom Rotary Club's Partners in Education Foundation, which helps underprivileged children living in the Judson, Schertz-Cibolo and Marion Independent School Districts. "Northeast Methodist Hospital has been outstanding in their support," says Mike Isbell, immediate past President of the Rotary Club. "They have participated since the program started more than 20 years ago, and they are always behind us 100 percent."

Methodist Hospital receives two top heart honors

Methodist Hospital has received both the National Cardiovascular Data Registry's (NCDR) *Get with the Guidelines* (GWTG) Gold Performance Achievement Award for 2015 and the *2015 Mission Lifeline* Silver Quality Achievement Award by the American Heart Association (AHA). Methodist Hospital is one of only 78 hospitals in the country to receive this Gold Performance Achievement Award. This honor is given to hospitals for their commitment and success in implementing a higher standard of care for heart attack patients, as well as reaching an aggressive goal of treating these patients to standard levels of care outlined by the American College



of Cardiology/AHA clinical guidelines and recommendations.

The AHA recognized Methodist Hospital with the *2015 Mission Lifeline*



The American Heart Association recognizes this hospital for achieving 85% or higher composite adherence to all Mission: Lifeline[®] STEMI Receiving Center Performance Achievement indicators for consecutive 12-month interval and 75% or higher compliance on all Mission: Lifeline[®] STEMI Receiving Center quality measures to improve the quality of care for STEMI patients.

Silver Quality Award for implementing specific quality improvement measures outlined by the AHA for the treatment of patients who suffer severe heart attacks.

IT'S A **C** THING

The National Cancer Institute estimates that about 70,000 adolescents and young adults ages 15 to 39 are diagnosed with cancer each year. They face very different challenges than older adults with cancer. For young survivors, cancer will affect their body image, dating and romantic relationships, career goals, and life priorities. Fertility and staying married through cancer treatment also are concerns.

In 2006 Staci Snell was diagnosed with acute lymphocytic leukemia at age 22. After eight months of intensive chemotherapy and two years of maintenance, she is now cancer-free.

Her doctors told her that she probably wouldn't be able to have children as a result of her cancer treatment. But in 2009 her obstetrician reviewed her blood work and advised her and her husband that there were no issues that would prevent pregnancy. Today, they are the proud parents of 4-year-old Peyton.

"I don't want anybody to stop believing," says Snell. "If we had stopped believing, we never would have had our daughter."

To help other young adults dealing with their cancer diagnosis, Snell has become



involved with iConnect, a support group sponsored by the Leukemia & Lymphoma Society and Methodist Healthcare. She now serves as a resource and inspiration to others.

Jennifer B. Carrera, LCSW, a cancer survivor and licensed clinical social worker at Methodist Hospital and Methodist Healthcare Cancer Network, a Sarah Cannon Partner, coordinates the monthly meetings of the iConnect support group. The mission of the group is to increase awareness of the unique needs of young adults diagnosed with cancer in San Antonio and South Texas. Each meeting is a chance for them to share feelings and learn from each other how to live life beyond cancer. The support group hosts a citywide awareness event each March, "It's a C Thing." The event is tailored for young adults with cancer, and the next event is scheduled for March 5, 2016. It will feature Ethan Zohn, former soccer player, winner of the reality TV show *Survivor: Africa*, and cancer survivor.

For more information, visit www.facebook.com/itsacthing.

METHODIST HEALTHCARE
AND SARAH CANNON

FIGHTING CANCER TOGETHER

Methodist Healthcare partners with the Sarah Cannon Cancer Network to fight cancer and facilitate an integrated approach to Methodist Healthcare's oncology program development for San Antonio and South Texas.

Sarah Cannon offers integrated cancer services with convenient access to innovative therapies for those facing

cancer in communities across the United States and the United Kingdom. By bringing together a network of renowned cancer experts, Methodist Healthcare is collaborating and sharing best practices with Sarah Cannon to address every aspect of the cancer journey, beginning with screening and diagnosis and continuing through treatment and survivorship, so that patients can receive quality care with improved outcomes.

As the need for cancer services grows throughout the United States and the world, Methodist Healthcare has recognized that quality cancer services can be provided only as part of an integrated, comprehensive cancer service line that is physician-led and patient-centric, including



as part of its offerings clinical research and multidisciplinary care.

Providing high-quality patient care and leading the market with proven outcomes is a top priority for Methodist Healthcare, and Sarah Cannon is providing us with the additional tools and expertise needed to offer oncology patients coordinated and cutting-edge treatment.



Methodist ADVANCED LUNG CENTER

The Methodist Advanced Lung Center at Methodist Hospital: *Helping you breathe easier*

The Methodist Advanced Lung Center is San Antonio's premier center for the treatment of patients with advanced lung disease, specializing in the latest diagnostic and therapeutic procedures.

At the center, an exceptional team of physicians, nurses and therapists is dedicated to the care of patients with advanced lung disease. With a focus on pulmonary hypertension, interstitial lung disease and lung cancer, the facility provides comprehensive screening and diagnostic, therapeutic and management services.

Pulmonary Hypertension Program

The Pulmonary Hypertension Program focuses on the chronic and debilitating disease caused by increased pressure within the blood vessels of the lungs, resulting in heart failure of the right side. The program includes early detection and management of the disease by a team of trained physicians and cardiology experts and an interdisciplinary team of nurses, social workers, financial counselors and specialty pharmacists experienced in complex pulmonary vasodilator therapy drugs. Patient education on disease management is included in the program.

Lung Nodule Program

The Methodist Lung Nodule Program focuses on the early detection of lung nodules with surveillance plans, including a multidisciplinary team designed to diagnose lung cancer at an earlier stage with timely referrals and treatments, ultimately saving lives.

Endoscopic Procedures

The Methodist Endoscopy Center, part of the Methodist Advanced Lung Center, offers advanced endoscopic procedures, including standard, advanced and interventional bronchoscopy, bronchial thermoplasty, chest tube placement and tracheostomy.

Cardiopulmonary Rehabilitation

Cardiopulmonary rehabilitation is also offered at Methodist Endoscopy Center. This multidisciplinary program is used for the personalized treatment and management of acute and/or chronic cardiopulmonary disease, including physical activity evaluation and instruction, nutrition and stress management.

Multidisciplinary Team

A dedicated team of physicians, nurses and other specialists provide prompt treatment with ongoing support to patients and families throughout the cancer journey. Through the program's Oncology Navigator Services, Methodist Advanced Lung Center provides a health professional trained in lung cancer treatment who remains a point of contact throughout the continuum of care.

For more information on the Methodist Advanced Lung Center, please phone 210-575-LUNG (210-575-5864).



Napoleón Antonio Puente Cuéllar, MD, Pulmonary Medical Director, Methodist Endoscopy Center



Jairo A. Melo, MD, Co-Medical Program Director



Arturo Lopez, MD, Co-Medical Program Director

FIRST combined robotic surgery in Texas performed at Methodist Stone Oak Hospital for colon cancer

Doctors at Methodist Stone Oak Hospital coordinated a complicated combined procedure for a patient with an inherited condition that increased her risk of colon and other cancers, and the result was the first combined robotic procedure in Texas.

While at the doctor's office for her annual exam, Veronica Howard Birch, 55, was advised to have a colonoscopy because of her age. She went in for her first colonoscopy and was diagnosed with Lynch syndrome, an inherited condition that increases the risk of colon cancer and other cancers. Birch had no symptoms and was unfamiliar with the syndrome. She is the first person in her family to be diagnosed with it.

Since patients with Lynch syndrome have a 60 to 70 percent chance of getting ovarian and cervical cancers, she decided to get a total hysterectomy in addition to the surgery needed to remove the colon cancer.

Cannon Lewis, MD, one of the most experienced colorectal robotics surgeons in San Antonio and one of the top in South Texas, led the team in performing a combined surgical procedure involving robotic surgery for colon cancer prevention and robotic surgery for a complete hysterectomy. Wendy Askew, MD, board-certified in obstetrics and gynecology, was the gynecologic surgeon.

"With our patient, the role that genetics plays in developing cancer was an important consideration in our treatment," says Lewis. "Not all hospitals have a system in place to be able to coordinate a complicated procedure like this one. It was truly a team approach that involved the cooperation of staff in admitting, scheduling and the operating room and skilled physicians."

"Ms. Birch's experience is an excellent example of the importance of having screenings at the right age," he adds. "The colonoscopy and the Pap smear led to her diagnosis and preventative treatments."

In complex surgeries like the cholecystomy and the hysterectomy, robotic surgery offers enhanced visualization, precision, dexterity and control for the surgeon. For the patient, it means less postsurgical pain and faster recovery. Birch had her procedures on Monday and was ready for discharge on Wednesday. Invasive surgery would have put her in the hospital for six to eight days.

Askew comments that the passion that doctors at Methodist Stone Oak Hospital have for their patients combined with their training and experience enable them to perform these specialized procedures that provide patients with the best and most compassionate care.

To learn more about robotic surgery at Methodist Stone Oak Hospital, go to www.SAHealth.com and visit the Methodist Stone Oak Hospital home page. Methodist Healthcare also offers genetic counseling services for cancer patients to help them better understand hereditary risks. For genetic counseling information, visit www.SAHealth.com.



Lisa A. Milcak

Nurse navigator guides the way

Lisa A. Milcak, RN, BSN, MBA, Oncology Nurse Navigator, brings more than a decade of nursing experience to serve as a patient advocate providing education for lung cancer patients. To attain high quality outcomes for each patient, she works as a liaison with the patient, family, specialists and primary care physicians assessing the medical, social and psychological needs of each patient.

METHODIST
SPECIALTY
AND
TRANSPLANT
HOSPITAL
OFFERS

ONE-STOP CENTER FOR LIVER CANCER PATIENTS

Liver cancer is the fifth highest cause of death for men in the U.S. and is on the rise. Furthermore, South Texas has the highest incidence of liver cancer in the United States. This is about 5 percent higher than the rest of the country. “Diabetes and untreated hepatitis C, along with drug abuse and unprofessionally applied tattoos, are the major culprits for the higher incidence,” explains Fernando Mebreño, MD, Transplant Hepatologist specializing in liver cancer and research at Methodist Specialty and Transplant Hospital’s Texas Transplant Institute. Methodist Specialty

and Transplant Hospital is a campus of Methodist Hospital.

“Texas ranks second in the number of newly diagnosed liver cancer cases and has one of the highest mortality (death) rates in the country because cases are diagnosed at a late stage,” he adds.

“Despite improved surveillance and imaging, there are large populations of patients with curable disease who do not receive appropriate surgical treatment in a timely manner,” says Lokesh Bathla, MD, Transplant and Hepatobiliary Surgeon also at the Texas Transplant Institute, a department of Methodist Hospital. “There is no doubt that surgery improves survival for patients especially with early stage liver cancer, but it is vastly underutilized due to a variety of reasons. Most important amongst these are a patient’s socioeconomic status—specifically access to health care, education level and income. New research also suggests that patients who are treated at a comprehensive care center for these conditions have higher cure rates and longer survival,” he adds.

The Liver Cancer Center at Methodist Specialty and Transplant Hospital is one such comprehensive program solely focused on the diagnosis and treatment of cancers of the liver and biliary tract. Our comprehensive approach combines compassionate patient care with advanced treatment options provided by highly trained specialists with the goal of

managing all aspects of investigations, treatment and follow-up under one roof.

The Liver Cancer Center provides advanced treatment options such as liver resection and transplantation, minimally invasive surgery; radiofrequency ablation; chemotherapy; and radioembolization, a combination of radiation therapy and a procedure called embolization to treat cancer of the liver.

The end-stage liver failure clinic offers a variety of services, including hepatitis C treatments, management of liver failure, prevention of liver cancer and new innovative research options for many chronic liver diseases.

To learn more about the Liver Cancer Center at Methodist Specialty and Transplant Hospital, visit www.sahealth.com/liver.

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FIRST IN TEXAS

*Metropolitan Methodist Hospital
FIRST Texas hospital awarded
Gold Seal of Approval for sepsis
quality measures*

METROPOLITAN METHODIST HOSPITAL, a campus of Methodist Hospital, is the first Texas hospital and only the eighth hospital in the nation to earn The Joint Commission's Gold Seal of Approval® for Sepsis Certification.

"The Gold Seal of Approval is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care," says Ken Davis, MD, Chief Medical Officer for Methodist Healthcare System.

The hospital recently underwent a rigorous on-site review. Experts from The Joint Commission evaluated compliance with national disease-specific care standards as well as with sepsis-specific requirements. Clinical practice guidelines and performance measures also were assessed.

According to the Centers for Disease Control and Prevention (CDC), sepsis is a consequence of infection that is difficult to predict, diagnose and treat.

Because of this and the alarming number of cases—an estimated 750,000 people in the U.S. alone—Methodist Healthcare is working to increase awareness by focusing on sepsis prevention and promoting the prevention of health care-related infections. Metropolitan Methodist Hospital's recognition reinforces our system's commitment to keeping our patients safe.

"Metropolitan Methodist Hospital has thoroughly demonstrated a high level of care for patients with sepsis," says Wendi J. Roberts, RN, Executive Director, Certification Programs for The Joint Commission. "We commend Metropolitan Methodist Hospital for becoming a leader in sepsis care, potentially providing a higher standard of service for patients in its community."



"Metropolitan Methodist Hospital is pleased to receive this disease-specific care certification from The Joint Commission, the premier health care quality improvement and accrediting body in the nation," says Greg Seiler, hospital CEO. "The certification provides us with the framework to create a culture of excellence for those in our community."

HEALTH BUS AND WELL WALDO'S WHEELS

*Free transportation offered—
Call MHS-RIDE (210-647-7433)*

HEALTH BUS AND Well Waldo's Wheels are free services of Methodist Hospital Campuses: Northeast Methodist Hospital, Methodist Children's Hospital and Metropolitan Methodist Hospital.

They offer free rides to patients who have difficulty with transportation. Service is provided to these hospitals, any of their facilities, and to doctors on the medical staff at these hospitals.

Health Bus and Well Waldo's Wheels are equipped with seat belts and are wheelchair-accessible.

The buses serve patients in certain zip codes surrounding Northeast Methodist Hospital, Methodist Children's Hospital and Metropolitan Methodist Hospital.

For more information or to schedule a ride, please call MHS-RIDE (210-647-7433).



A Service of Methodist Children's Hospital, a campus of Methodist Hospital



WIRELESS MONITORING BOOSTS SAFETY, COMFORT

*Methodist Specialty and Transplant Hospital first and only
hospital in San Antonio to use wireless patient monitoring
for enhanced patient care and safety*

METHODIST SPECIALTY AND TRANSPLANT HOSPITAL, a campus of Methodist Hospital, has deployed the latest advanced digital monitoring technology to deliver enhanced safety, care and peace of mind for its surgical patients. The wireless, wrist-worn device, named the ViSi® Mobile System, continuously tracks patient vital sign data and transmits the information to clinicians on-site or remotely.

The ViSi Mobile System is the first body-worn monitor able to noninvasively measure core vital signs on a highly accurate, beat-to-beat basis. In addition to continuous cuffless noninvasive blood pressure (cNIBP) technology, the system continuously monitors heart or pulse rate, electrocardiogram (ECG) or heart rhythm, blood

oxygenation, respiration rate, and skin temperature with ICU-level accuracy.

BETTER REST FOR BETTER HEALING Typically, nurses check patient vital signs during routine rounds. The intermittent checks can disturb patients and only provide snapshots of vital sign data, rather than continuous information.

Clinicians at Methodist Specialty and Transplant Hospital are able to use the continuous data stream to identify early signs of deterioration, which could help prevent adverse events. Additionally, if a patient's vital signs move beyond selected ranges, the system's alarm will warn clinicians, so the appropriate intervention can be taken.



In addition to supporting safety, the system also aligns with Methodist Healthcare's efforts to provide exceptional care to everyone, every day. The lightweight device promotes mobility—patients are able to get out of bed, walk around, shower and undergo physical therapy—all while remaining connected to their caregivers.

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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**KEEPING
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**FALL
2015**

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METHODIST CHILDREN'S HOSPITAL PROTECTS PREMATURE BABIES

Methodist Children's Hospital one of only 19 sites in the country participating in NIH clinical trial—and the only site in Texas

METHODIST CHILDREN'S HOSPITAL, a campus of Methodist Hospital, is the only Texas hospital and the only nonacademic center participating in a National Institutes of Health (NIH) clinical trial to protect premature babies from brain injury and developmental problems. The hospital is one of only 19 sites in the country participating in the study.

Babies born at extremely low gestational age (between 24 and 27 completed weeks' gestation or between three and four months early) often have developmental problems including cerebral palsy, deafness, blindness and intellectual disability. New treatments are needed to help protect the brain from injury so that children born this early can lead fuller, healthier lives. According to the Texas Department of State Health Services, 380,000 babies were born in Texas in 2012, and 1.5 percent of these births were extremely premature infants.

The Preterm Erythropoietin Neuroprotection Trial (PENUT) will test whether high-dose erythropoietin will lower the risk of long-term developmental problems for extremely premature babies. "Long-term developmental disability is the major problem for preterm infants and we have no good medicines to improve developmental outcomes," says Alexander Kenton, MD, Medical Director of the Neonatal Intensive Care Unit (NICU) at Methodist Children's Hospital and MEDNAX neonatologist. "Recent research suggests that erythropoietin could be beneficial. The PENUT trial will clarify the effects that erythropoietin has on the developing preterm baby."

Erythropoietin is a medicine that is commonly used in preterm infants, children and adults to help them make red blood cells. These are the cells that carry

oxygen in the blood. The dose needed for brain protection is thought to be higher than the amount used for making red blood cells.

In addition to Kenton, participating in the study are Kaashif Ahmad, MD, MSc, Site Principal Investigator; Vivek Vijayamadhavan, MD, Site Co-Principal Investigator, both MEDNAX neonatologists at Methodist Children's Hospital; and Mario A. Fierro, MD, Site Developmental Pediatrician and MEDNAX pediatrician at Methodist Children's Hospital.

"Our designation as a site for this study recognizes our continued commitment to providing excellent care," says Kenton. "We provide the latest technological and medical care to the most medically complex and sickest premature infants in South Texas. In addition, the hospital provides all the services of an academic Level IV Neonatal Intensive Care Unit, including teaching and research, in a private hospital setting with private neonatologists." Approximately 1,000 to 1,200 infants are admitted to Methodist Children's Hospital's NICU each year.

Methodist Children's Hospital is the only site in Texas where a newborn premature baby can access this therapy through the NIH clinical trial. Enrollment is underway, and participation in the study is voluntary. Infants eligible must be between 24 and 27 weeks completed gestation. Half of the babies in the study receive erythropoietin and half receive a placebo. The first dose of the medication must be administered within 24 hours of birth. Each baby's development will be followed until the child is 2 years old.

For more information on PENUT, contact Pediatrix Medical Group of Texas at 210-541-8281.