



CANCER SURGERY

New technology, more options, faster recovery.

SEE PAGE 5 ►

KEEPING WELL

METHODIST HEALTHCARE — SAN ANTONIO • WINTER 2014

WHEN THE WORST HAPPENS

Our emergency room is here to help

John Doe,* 65, was at home when he suddenly began experiencing chest pains. Though he did not have a history of heart disease, he knew that unexplained chest pain can be serious and life threatening. His wife called emergency medical services (EMS), and a trip to the Emergency Room (ER) at Metropolitan Methodist Hospital, a campus of Methodist Hospital, saved his life. ♦ The EMS professionals were able to relay

electrocardiogram information to the hospital while en route. When Doe arrived, ER staff, along with physicians and staff from the cardiovascular department, were able to treat him in just 7 minutes. This is 53 minutes under the hospital's goal of 60 minutes or less door-to-balloon (D2B) time. The national D2B average is 64.5 minutes, according to the American College of Cardiology's National Cardiovascular Data Registry.**

MAXIMUM ER CARE, MINIMAL WAITING

When you or a loved one is faced with a medical emergency, you want to go where you'll receive the highest level of care. The ER at Metropolitan Methodist Hospital is just one of the outstanding full-service Methodist Healthcare ERs close to you and your family.

It can be frightening when a sudden illness strikes or an unexpected injury occurs, especially if your regular doctor

is unavailable. If your condition is severe and you need care immediately, turn to Methodist Healthcare. Our ERs are staffed with emergency-trained physicians, registered nurses and others who are there for you 24/7. They are equipped to assess your situation in just minutes.

URGENT OR EMERGENCY?

It is important to understand that urgent care is not emergency care. Urgent care centers usually can handle a variety of conditions that need to be treated right away, but they are not equipped to deal with major medical traumas or potentially life-threatening situations. Urgent care also may be an option when your regular doctor is not available and treatment is needed outside of office hours.

Some of the symptoms that indicate that an ER visit is needed include:

- Chest pain.
- Stomach pain.



- Severe pain in other areas.
- Dehydration.
- Sprains and broken bones.
- Shortness of breath.
- Open wounds.
- Deep cuts.
- Severe bruising.
- Dizziness and fainting.
- Bleeding that won't stop.
- Sudden and severe headache, loss of vision, coughing, nausea and fatigue.
- Loss of consciousness.
- Weakness or paralysis.
- Infection.
- Burns.

EASY ACCESS FOR THE COMMUNITY

We are making it easier for the community to locate our ERs and making it more convenient for people to manage their expectations by offering wait times for most of our ERs. You can find our wait times in just two easy steps. Just text *MHS-ER*

to 23000. You will receive a message to text back your ZIP code. Based on your ZIP code, you will receive a message giving you the average ER wait times for the closest Methodist Healthcare hospitals.

WAIT TIME AT YOUR FINGERTIPS

You can also find the Emergency Room wait times at www.SAHealth-ER.com. And you can save a shortcut to the wait times page on your iPhone or iPad's home page by taking these steps:

- Go to www.SAHealth-ER.com using your iPhone or iPad's Internet browser app.
- Click the "Send" button at the bottom of the browser window.
- Click "Add to Home Screen."
- Click "Add" at the top of the browser window.

And you're done! The shortcut will

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METHODIST HEALTHCARE NEWS, VIEWS & TIPS

Celebrate Heart Month 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 conference and take part in a Red Dress Fun Run/Walk at Methodist Stone Oak Hospital in honor of those affected by heart disease!

These events are FREE, but registration is required.

Please call the Methodist Healthcare HealthLine at 210-575-0355 to RSVP.



HEART EVENTS

Red Dress 5K Run/Walk

Saturday, February 7

Registration: 7 a.m.

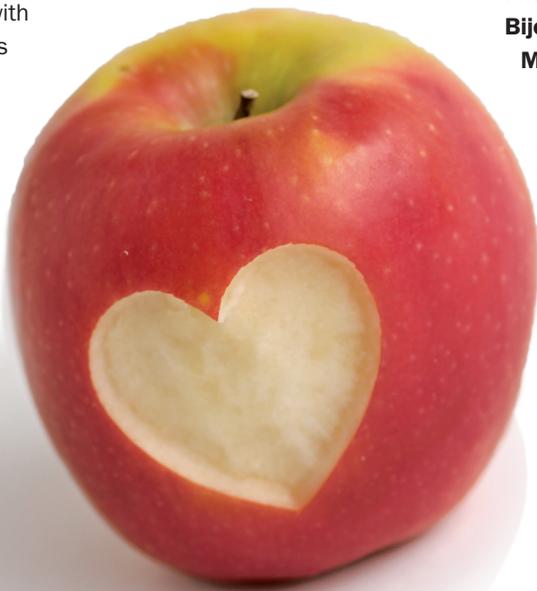
Race starts: 8 a.m.

Methodist Stone Oak Hospital
1139 E. Sonterra Blvd.

Wear red or your favorite red dress and participate in a 5K run or walk around the campus of Methodist Stone Oak Hospital in honor of those affected by heart disease. Enjoy refreshments and visit various tables with educational material, plus free activities for the kids. Pet friendly.

Entry fee is \$20 with all proceeds to benefit the American Heart

Association. Medals will be awarded for winners in the various age categories with special awards going to overall male and female masters (age 40+). Race registration is required. Please visit www.SAHealth.com/heartandsoul to register. You can also visit www.SAHealth.com for more information and details about this totally fun and worthwhile event.



Community Connections

Silver Sneakers Heart Disease: The HEART of Your Health

Wednesday, February 11, noon
Tri-Point YMCA

3233 N. St. Mary's St.

Presented by Adam Denker, MD

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, heart disease is the number one killer of women and is more deadly than all other forms of cancer combined. Cigarette smoking accounts for more than 440,000 annual deaths. Exercising a few minutes every day can significantly reduce your risk of heart disease. Small changes in your diet can add years to your life. Learn about these preventive measures and more from Dr. Denker as he teaches you about the HEART of your health.

Clinical Updates for Patients With Vascular Disease

Friday, February 13, 9 a.m.

Bijou Cinema at Wonderland
Mall of Americas

4522 Fredericksburg Road
Presented by Rene Quiroz, MD

Modern medicine is ever changing the way vascular disease is treated. If you or any of your loved ones live with vascular disease, join Dr. Quiroz as he discusses new treatment options and the latest advancements in vascular disease.

Keeping Your Heart Happy—10 Things to Keep Your Heart Smiling

Thursday, February 19, noon
Northeast Methodist Hospital, a campus of Methodist Hospital
Community Health Center

12412 Judson Road

Live Oak, Texas

Presented by John Canales, MD

Smile! It's good for your heart. There are a lot of easy steps you can take to improve your heart health besides just smiling, though. Join Dr. Canales to learn 10 things you can do to keep your heart smiling!

2015 American Heart Association Vestido Rojo Women's Conference

Saturday, February 28,
8 a.m. to 1 p.m.

San Antonio Event Center
8111 Meadow Leaf Drive

Heart disease is the number one cause of death for Hispanic women. Join us at the 2015 Vestido Rojo Women's Conference to learn more about heart disease risk factors and heart-healthy cooking. Participate in free health screenings, including a body mass index assessment, blood pressure check, glucose check and complete lipid profile (which requires fasting for 12 hours prior to testing).

This free event is open to the first 1,000 women to register. Call 210-810-3094 or email Laura Bordallo at laura.bordallo@heart.org to register.

SOUL EVENTS

Broadway Magic Series

Discounted tickets available for WomanPlus® or 55PLUS® members. To purchase tickets, visit www.eventusher.com and enter password 55/WOMANPLUS.

Discounted Tai Chi Classes

For 55PLUS® members with instructor Chiquita Picardo. Call 210-653-1866 for more information.

Rennert Travel Trips

Discounted trips available for WomanPlus® or 55PLUS® members. Visit www.SAHealth.com/calendar for more information.

Yoga With Light Hand Weights

For 55PLUS® members. Call 210-364-8859 for more information.

Boot Scootin' to Good Health: Line Dancing

For WomanPlus® or 55PLUS® members. For the schedule, visit www.SAHealth.com and click on the "Our Community" tab, then "Membership Services."

55PLUS® Golf Group

For 55PLUS® members with coordinator George Valenzuela. Call the Methodist Healthcare HealthLine at 210-575-0355 for more information.

H-E-B Alamo Run Fest

Saturday and Sunday,
February 21 and 22

Methodist Healthcare is a proud sponsor of this event. Register at www.AlamoCityRunFest.com.

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



SAHealth210



BEAUTY SURROUNDS US EVERY DAY

IN OCTOBER I went on a mini-vacation to Colorado with some family. It was beautiful! We were able to see

some of the fall colors—the aspen trees almost looked on fire from the bright yellow leaves, as they dotted along the mountains among all the pine trees. The views were breathtaking!



Carole Harris

We rode the train from Silverton to Durango, we drove to Ouray, and we hiked around my brother's property. It was amazing. And for just a moment, I thought, "I would love to live here." I mentioned it to

my husband, and he said, "What would you do here?" I hadn't thought about that. I was just enjoying the scenery.

As we got back into the swing of things in good old San Antonio, I was immediately thrust into work, my daughter's school and cheerleading, bills, church, household, and pets. I began to get overwhelmed. I wanted to be back in Colorado, to see all of those beautiful sights.

Then it hit me. Texas is just as, if not more (in my opinion), beautiful. I just wasn't taking the time to smell the roses, as the saying goes. I began to look around and really see all the beautiful things that surrounded me. I watched my daughter laughing and smiling with her friends at cheer practice; I listened to my husband talk about his day; I smiled as my co-workers welcomed me back; and I laughed as my four, yes four, dogs jumped all over me.

I share this with you in hopes that you are reminded that beauty surrounds us every day. You just have to remember to slow down and appreciate it.

Carole

Carole Harris
Community Relations Specialist
WomanPlus® and 55PLUS®

IT'S DECEMBER—HAVE YOU HAD YOUR FLU SHOT?

MANY PEOPLE BELIEVE that influenza, more commonly known as the flu, is only a worse version of the common cold. Not true. The flu is actually a serious respiratory disease that not only causes you time away from work, but in more severe cases, causes hospitalization and even death.

"The good news is a yearly flu vaccine is the first and most important step in protecting against flu viruses," explains **Ken Davis, MD**, chief medical officer for Methodist Healthcare.

According to the Centers for Disease Control and Prevention, vaccination against the flu is recommended each year for everyone 6 months of age and older.

FLU SYMPTOMS At first, the flu may seem like a common cold, but colds usually develop slowly and the flu typically comes on suddenly. Flu symptoms include:

- A 100°F or higher fever or feeling feverish.
- A cough and/or sore throat.
- A runny or stuffy nose.
- Headache and/or body aches.
- Chills.
- Fatigue.
- Nausea, vomiting and/or diarrhea (most common in children).

PEOPLE AT HIGH RISK FROM FLU Though anyone can get the flu and experience serious complications, those most at risk include:

- People over 65.
- People with chronic conditions such as asthma, diabetes or heart disease.
- Pregnant women.
- Young children.

WHEN TO SEEK MEDICAL ATTENTION The flu can be dangerous if serious complications—such as pneumonia, bronchitis or other infections—set in, and it can make chronic health problems worse. Seek medical attention immediately if you have any of the following:

- Difficulty breathing or shortness of breath.
- Purple or blue discoloration of the lips.
- Pain or pressure in the chest or abdomen.
- Sudden dizziness.
- Confusion.
- Severe or persistent vomiting.
- Seizures.
- Flu-like symptoms that improve but then return with fever and worse cough.

For more information on the flu or on keeping well while caring for someone with the flu, visit www.SAHealth.com/your-health/flu.



OUR COMPREHENSIVE BREAST CANCER PROGRAM

ONE IN EIGHT women will personally battle breast cancer at some point in life, according to the National Cancer Institute. In 2013, there were an estimated 1,423 cases in Bexar County, and specialists at Methodist Healthcare provided care for approximately 1,000 women from Bexar County and beyond.

Facing surging incidence rates and increasingly complex treatment plans, physician leaders and Methodist Healthcare leadership have recognized the necessity of an integrated, comprehensive approach, emphasizing physician leadership and patient-centered care.

ALWAYS GETTING BETTER “We have implemented a collaborative model for physicians and hospital leadership to engage in an open dialogue for continuous improvement of services, quality and patient experience,” says Jonathan Tinker, regional vice president for cancer services at Methodist Healthcare.

The concept of breast tumor conferences, where a team of specialists discusses and determines the best treatment pathway for patients, is an example of the health system’s commitment to excellence in caring for its patients. **Paula Larson, MD**, managing partner of South Texas Pathology Associates, who helped spur the advent of these conferences in 1992, notes that they also cultivate a more effective synergy between colleagues. Another important component in the fight against breast cancer begins with women receiving screening mammograms at one of 12 South Texas Radiology Imaging Centers (STRIC) facilities, conveniently located across the region. Specially-trained radiologists perform state-of-the-art ultrasound and stereotactic breast biopsies, mammograms and ultrasound procedures.

“Close to 1,000 newly diagnosed women with breast cancer had their pathology reviewed at a Methodist facility,” Tinker says. “With that volume of experience, women can have comfort that the correct diagnosis is called the first time.”

PATIENT-CENTERED CARE Research shows patient-centered care leads to a higher level of patient engagement which can lead to better health outcomes.

It is patient-centered care that makes the Breast Cancer Nurse Navigator program such a success. The Methodist Breast Cancer Navigators help patients navigate through their cancer journey from discovery to recovery. A cancer navigator is a health care professional trained in cancer care, who guides and supports patients and their families through the many challenges of the disease.

The Methodist Breast Cancer Navigators act as their patients’ guide along the road to recovery by helping patients:

- Experience more personalized cancer treatment from a coordinated team of dedicated health care professionals.

- Develop a better understanding of the diagnosis, treatment plans and medications.
- Learn about outside resource centers such as Susan G. Komen, the American Cancer Society, WINGS, ThriveWell and Alamo City Cancer Council.
- Stay informed about opportunities to participate in clinical trials.

Breast cancer survivor Liz Morton and her husband, Victor, had the opportunity to work with Laura Lopez, navigator at Northeast Methodist Hospital, a campus of Methodist Hospital. Victor remembers going with his wife to one of her appointments and feeling that they just didn’t understand what was being said.

They were referred to Lopez, who went with them to their next appointment and took notes. “After the meeting, we sat in the doctor’s waiting room, and Laura went over those notes: ‘Here’s what you need to do, here’s what you need to know. Here’s how you take your medicine...’ and she basically held my wife’s hand through it the rest of the way,” explains Victor.

Survivor Aracelli Burell took advantage of the services of Methodist Hospital navigator Stacey Schuler. “She was there for me, beginning with my biopsy, and she still calls me on a regular basis,” says Burell. “She is a great asset—always upbeat and sweet...she is amazing.”

Meet the MHS Oncology Nurse Navigators



Laura Lopez, RN
Northeast Methodist Hospital/Methodist Stone Oak Hospital



Kelly Parish, RN
Methodist Hospital



Lorraine Infantino, RN
Metropolitan Methodist Hospital



Stacey Schuler, RN
Methodist Hospital



Jennifer Davis, RN
Metropolitan Methodist Hospital

WE’RE NATIONALLY ACCREDITED!

METHODIST HOSPITAL’S Breast Cancer program has been granted a **three-year/full accreditation** designation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Accreditation by the NAPBC is only given to those centers that have voluntarily committed to provide the highest level of quality breast care and that undergo a rigorous evaluation process and review of their performance.

Metropolitan Methodist Hospital, a campus of Methodist Hospital, is also an NAPBC-accredited facility, thus giving Methodist Healthcare two fully accredited breast cancer programs.

During the survey process, the center must demonstrate compliance with standards established by the NAPBC. The standards include proficiency in the areas of leadership, clinical management, research, community outreach, professional education and quality



**NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS
ACCREDITED BREAST CENTER**

improvement. A breast center that achieves NAPBC accreditation has demonstrated a firm commitment to offer its patients every significant advantage in their battle against breast disease.

“NAPBC accreditation challenges breast cancer centers to enhance the care they provide by addressing patient-centered needs and measuring the quality of the care they deliver against national standards,” says Jonathan Tinker, regional vice president for cancer services at Methodist Healthcare.

The American Cancer Society estimates that 232,340 patients were diagnosed with invasive breast cancer in the United States in 2013. In addition, hundreds of thousands

of women deal with benign breast disease each year and require medical evaluation for treatment options.

Receiving care at a NAPBC-accredited center ensures that a patient will have access to:

- Comprehensive care, including a full range of state-of-the-art services.
- A multidisciplinary team approach to coordinate the best treatment options.
- Information about ongoing clinical trials and new treatment options.
- Quality breast care close to home.

“NAPBC accreditation provides value across all domains of care, including: access to care and service, patient satisfaction and well-being, and quality of cancer care,” says Tinker.

Visit www.accreditedbreastcenters.org for more information about the National Accreditation Program for Breast Centers.

DA VINCI® XI FIRST IN SOUTH TEXAS

A robotic surgical system that is considered to be a technological leap forward in replacing large-incision open surgeries with a minimally invasive approach was used for the first time in South Texas at

Methodist Hospital and Methodist Specialty and Transplant Hospital, a campus of Methodist Hospital. The first procedures were performed in August.

The new da Vinci Xi Surgical System robot gives surgeons greater dexterity and precision along with 3D-HD visualization. The system also can help simplify procedures requiring access to multiple areas of the pelvis, abdomen or chest. It was specifically designed for complicated cancer surgeries where surgeons need greater access. For example, it improves the surgeon's ability to remove cancerous tissue in all quadrants of the abdomen or chest because of its smaller arms.

"Now with the new Xi System, minimally invasive surgery is an option for advanced disease cancer patients, instead of traditional surgery with a large-incision open surgery," says **Antonio Santillan-Gomez, MD, MBA, FACOG**, gynecologic oncologist at Cancer Care Centers of South Texas. "The minimally invasive surgery is less painful, and it allows for faster recovery so that patients can start the rest of their treatment sooner."

"The new system also helps surgeons reach cancerous tumors that have spread to areas of the body that previously were inaccessible because of quadrant limitations of prior minimally invasive technology," says Santillan-Gomez. He adds that with the Xi System multi-quadrant surgery can be performed without repositioning the system, an important innovation for complex procedures.

The da Vinci Xi System was designed to further advance the technology used in minimally invasive surgery for complex diseases and conditions in gynecology, urology, thoracic, cardiac and general surgery.

For more than a decade, da Vinci Surgical Systems have enabled surgeons to offer a minimally invasive alternative to open surgery that aims to reduce many of the costs and complications associated with open procedures.

By enabling efficient access throughout the pelvis, abdomen and chest, the da Vinci Xi System expands upon the core da Vinci System features, which include wristed



**For more information, visit
www.SAHealth.com.**

instruments, 3D-HD visualization, intuitive motion and an ergonomic design. As with all da Vinci Surgical Systems, the da Vinci Xi System's immersive 3D-HD vision system provides surgeons with a highly magnified view, virtually extending their eyes and hands into the patient. Compared with prior da Vinci Systems, the da Vinci Xi System's key features include:

- A new overhead instrument arm architecture designed to facilitate anatomical access from virtually any position.
- A simpler, more compact endoscope with improved visual definition and clarity.
- An ability to attach the endoscope to any arm, providing flexibility for visualizing the surgical site.
- Smaller, thinner arms with newly designed joints that offer a greater range of motion than ever before.
- Longer instrument shafts, giving surgeons greater reach.

Weight-loss surgery could be key to weight loss in new year

Millions of individuals live with the chronic disease of morbid obesity. The disease impacts every system in the body and can lead to devastating medical problems, social isolation, emotional struggles and a decrease in life expectancy.

People who undergo surgery for obesity do tend to lose substantial amounts of weight after surgery (50 to 200 pounds or more), and they have a very good chance of maintaining that lower weight for life.

Many medical problems improve as the medical stress caused by weight is reduced. A few of the most important medical improvements that are seen after bariatric surgery are:

- Diabetes—85 percent resolved.
- Gastroesophageal reflux disease (GERD)—95 percent resolved.
- High blood pressure—60 percent resolved.
- Cancer (all types together)—risk reduced by about 50 percent.

Surgeons and the rest of the medical community agree that, for the vast majority of patients who meet these simple criteria, bariatric surgery is a medically appropriate intervention. For most people in this category, the risk of surgery is much less than continuing to live with the excess weight. The medical criteria to qualify for bariatric surgery are:

- Body mass index (BMI) over 40.
- BMI over 35, with at least one medical problem exacerbated by weight.

Some examples of medical conditions that are understood to be caused or exacerbated by excess weight include:

- Diabetes (type 2, or insulin resistant).
- High blood pressure (hypertension).
- Obstructive sleep apnea.
- GERD.
- High cholesterol and high lipids.
- Degeneration of the knees or other weight-bearing joints.

For more information on bariatric surgery at either Methodist Specialty and Transplant Hospital or Metropolitan Methodist Hospital, both campuses of Methodist Hospital, visit www.healthforlifecenter.com.

Gastric bypass vs. gastric band

| | GASTRIC BYPASS | GASTRIC BAND |
|---------------------------------------|-----------------------|-----------------------|
| BMI decrease | 17 (62% of excess) | 11 (48% of excess) |
| Diabetes resolved | 84% | 48% |
| High blood pressure resolved/improved | 87% | 72% |
| Sleep apnea improved | 85–95% | 55–95% |
| Lipids/cholesterol improved | 94% | 71% |
| GERD resolved | 95% | N/A |

METHODIST HEALTHCARE



A WIN-WIN PARTNERSHIP

Methodist Healthcare scores exclusive health care sponsorship of largest co-ed soccer club in South Texas

METHODIST HEALTHCARE and Lonestar Soccer Club of San Antonio have formed an unprecedented partnership that combines a traditional sports sponsorship with a unique opportunity that allows parents to earn money by helping Methodist Healthcare recruit qualified health care professionals.

The two-year agreement is a new and different approach to recruitment that extends the benefits into the community by providing money for parents to use to help offset fees for the soccer club. Hospitals included in the pilot program are Methodist Stone Oak Hospital and Methodist Texsan Hospital, a campus of Methodist Hospital.

The referral program gives parents of a Lonestar Soccer Club player the opportunity to refer a qualified health care professional to Methodist Healthcare, and, if hired, the parent will receive \$200 for the referral. Everyone wins in this agreement, with Methodist getting a great health care professional and parents getting \$200 for every referral hired.



Lonestar Soccer Club players above include (from left) Victoria Esquivel, Mia Wildman, Nayelli Celedon, Lyndee Rheinberger, Audrey Davis and Rion Lieberman.

Qualified positions include registered nurses with at least one year of experience, pharmacists, physical therapists, occupational therapists and case managers.

“Methodist Healthcare understands our mission of developing young boys and girls into champions on the field, in the classroom and in the community,” says Monica Rheinberger, club administrator. “We are excited about this sponsorship, not only for the referral program, but because it provides our club with a partner to help keep our kids healthy and provide training for our coaches and first aid supplies for our teams.”

The largest co-ed soccer club in South Texas, the Lonestar Soccer Club includes over 67 teams with more than 1,000 players and 40 coaches.

For more information on the Lonestar Soccer Club, visit www.lonestar-sc-sa.com or phone 210-880-5772.

ENROLL TODAY FOR FREE!

Methodist Healthcare Members get all the perks

AS SAN ANTONIO'S most preferred health care provider, we offer a special membership program for nearly everyone—children, women, and people ages 55 and over. As a member, you will have free access to discounts, health seminars, services and more.

To become a Methodist Healthcare Member, take a few minutes to register online at www.SAHealth.com or by calling 210-575-0355. Your membership information will be mailed to you in about two weeks.

Choose the health and wellness program that gives you and your family more perks, health information and discounts. Sign up today and enjoy great membership benefits that save you money!

Memberships we offer:

- WomanPlus®.
- 55PLUS®.
- Young Heroes' Club®.

We want you to know that Methodist Healthcare System respects your privacy and will never share your information with outside agencies.

WHEN THE WORST HAPPENS

—Continued from front page

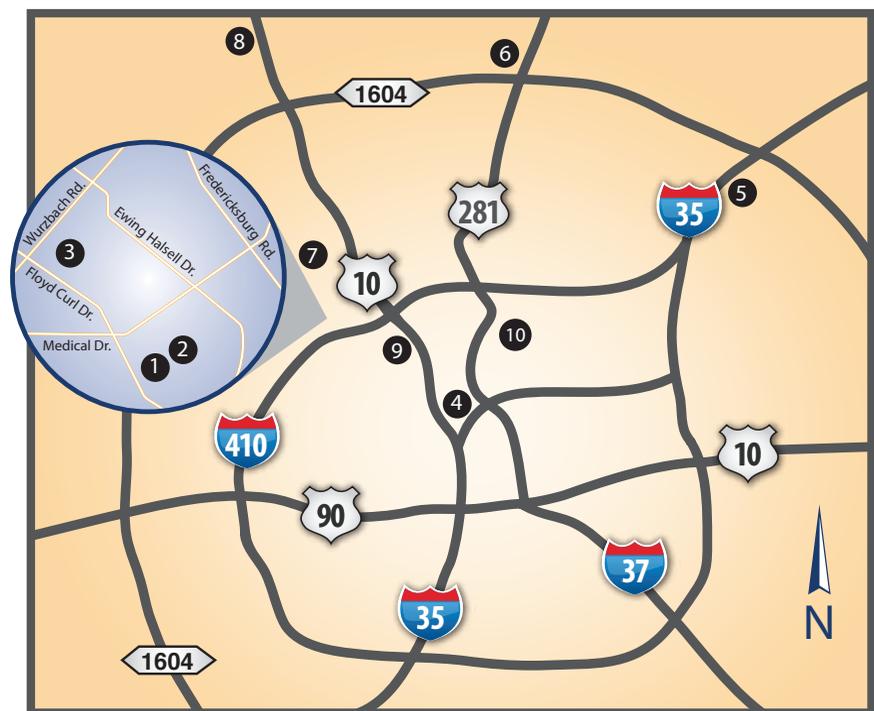
appear on your iPhone or iPad's home screen. For instructions with screenshots, go to www.SAHealth-ER.com and click on the link under “Wait Time at Your Fingertips.”*

The national average ER wait time is one hour, according to the Centers for Disease Control and Prevention. Methodist Healthcare strives to beat the national average, and at our facilities, and you will usually be seen in minutes.

*Not patient's real name.

**Door-to-balloon is a time measurement in emergency cardiac care, specifically in the treatment of a type of heart attack in which the coronary artery is completely blocked. The interval starts with the patient's arrival in the ER and ends when a catheter guidewire crosses the culprit lesion in the hospital's cardiac cath lab. Because delays in treating this type of heart attack increase the likelihood and amount of cardiac muscle damage, the American College of Cardiology and the American Heart Association guidelines recommend a door-to-balloon interval of no more than 90 minutes.

Methodist Healthcare ER Facility Locations



Text **MHS-ER** to 23000 for Average Wait Times.*

METHODIST HEALTHCARE
“Serving Humanity to Honor God”
www.SAHealth.com

*ER wait times are approximate and provided for informational purposes only. Wait time represents the time it takes to see a qualified medical professional, defined as a Doctor of Medicine (MD), Doctor of Osteopathy (DO), Physician Assistant (PA) or Advanced Registered Nurse Practitioner (ARNP).

1. **Methodist Hospital:**
7700 Floyd Curl Dr. 78229
210-575-4000
2. **Methodist Children's Hospital, a campus of Methodist Hospital:**
7700 Floyd Curl Dr. 78229
210-575-7000
3. **Methodist Specialty and Transplant Hospital, a campus of Methodist Hospital:**
8026 Floyd Curl Dr. 78229
210-575-8110
4. **Metropolitan Methodist Hospital, a campus of Methodist Hospital:**
1310 McCullough Ave. 78212
210-757-2200
5. **Northeast Methodist Hospital, a campus of Methodist Hospital:**
12412 Judson Rd.
Live Oak, TX 78233
210-757-7000
6. **Methodist Stone Oak Hospital:**
1139 E. Sonterra Blvd. 78258
210-638-2100
7. **Methodist Ambulatory Surgery Hospital:**
9150 Huebner Rd. 78240
210-575-5000
8. **Methodist Boerne Emergency Center, a department of Methodist Hospital:**
134 Menger Springs
Boerne, Texas 78006
210-638-4000
830-331-3000
9. **Methodist Texsan Hospital, a campus of Methodist Hospital:**
6700 IH-10 West 78201
210-736-6700
10. **Metropolitan Methodist Emergency Center, at the Quarry Center:**
250 E. Basse Rd., 78209
210-638-4159

www.methodistemergencycare.com

Methodist Children's Hospital *only* hospital in U.S. to treat rare vascular condition

Casen Buswell has a rare vascular condition that causes his blood vessels, skin and muscles to harden. His case is one of only 14 known cases of glomuvenous malformations plaque type (GVM) in the world. The only hospital in the United States offering treatment, and one of only a few in the world, is Methodist Children's Hospital, a campus of Methodist Hospital in San Antonio. Using a laser available in South Texas only at the hospital, physicians and staff are giving Casen, age 2½, the chance to grow up and lead a fairly normal life.

GVM is caused by a missing glomulin gene that results in improperly formed veins in the layers of skin and deeper tissues. Casen's lesions are extensive, covering his chest, belly, arms and upper shoulders/back. As the skin hardens, it becomes extremely painful and debilitating. If left untreated, the condition can lead to heart failure.

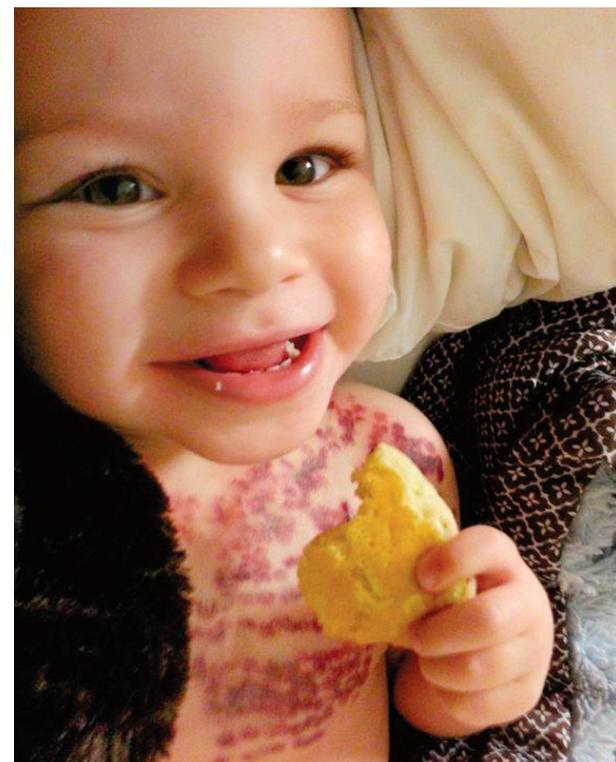
Jenna Buswell and her husband faced many challenges—from misdiagnosis to unacceptable treatment

options—in finding help for Casen.

About nine weeks after Casen was born, the Buswells learned about the condition from a geneticist. A husband-and-wife doctor team in Belgium had identified the missing gene and were the only doctors in the world offering treatment. The couple was considering a move to Belgium from their home in Puyallup, Washington, when they learned that treatment was available in San Antonio.

John C. Browning, MD, dermatologist, treats Casen at Methodist Children's Hospital using the Cynosure Multiplex Laser. The laser shrinks the blood vessels using heat and light.

"It was hard to find an answer," says Jenna. "Dr. Browning has been amazing. As soon as we talked to him, we knew that he understood the situation and was willing to work with us to find the best treatment. We knew we had to try. And the staff at Methodist Children's Hospital has been awesome."



Casen Buswell's parents finally found help for him at Methodist Children's Hospital.



Over 11,000 walkers take to the street at the starting gate in La Villita.

Methodist Healthcare helps Light The Night

Methodist Hospital and Methodist Children's Hospital CEO Gay Nord was this year's corporate chair for the Leukemia & Lymphoma Society's (LLS) Light The Night Walk. The October 18 event brought out more than 11,000 walkers in support of the organization. The walk funds treatments that are saving the lives of patients today. LLS is making cures happen by providing patients support services, advocacy for life-saving treatments and the most promising cancer research anywhere. And it's all happening now. Not someday, but today.

"For more than 50 years, Methodist Healthcare has provided high-quality care to the people of San Antonio, and I was excited to continue our support as this year's Light The Night Walk Corporate Chair," Nord says. "We were so proud to contribute to such a great cause that impacts so many people's lives." Nord helped Methodist Healthcare, a Sarah Cannon partner, meet their fundraising goal of \$125,000 for this year's event.

Methodist Healthcare is a member of the Sarah Cannon Network of Excellence, committed to advancing science and transforming cancer care.



Gay Nord, CEO for Methodist Hospital and Methodist Children's Hospital, and leukemia survivor Aida Cordeau count down to start the walk.

METHODIST HEALTHCARE
AND SARAH CANNON

Fighting lung cancer together

November was Lung Cancer Awareness Month, and one surprising fact is that lung cancer is the leading cause of cancer deaths in the United States for both men and women. This was a key topic at Methodist Healthcare, a partner with Sarah Cannon Cancer Network and the South Texas Radiology Imaging Centers (STRIC) in getting information out about this deadly disease through early detection, including diagnosis by a low-dose CT screening, and prevention.

Though smoking is the leading risk factor for lung cancer, it's not the only one. Other risk factors include:

- Using chewing tobacco.
- Being exposed to secondhand smoke.
- Being exposed to asbestos or radon.
- Having a lung disease, such as tuberculosis.
- Having a family or personal history of lung cancer.
- Being exposed to certain air pollutants.
- Being exposed to coal dust.
- Radiation therapy that was used to treat other cancers.
- HIV infection.

Though many of these risk factors seem obvious, symptoms for the disease can be hard to spot, sometimes making it too late to treat. These symptoms include:

- Coughs that don't subside and worsen over time.
- Constant chest pain or shortness of breath, wheezing or hoarseness.
- Repeated problems with pneumonia or bronchitis.

If you checked off one or more of the risk factors above or have any of the symptoms, see your primary care physician and ask him or her to order a low-dose CT screen or contact STRIC at 210-617-9000 for more information.

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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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8109 Fredericksburg Road
San Antonio, TX 78229

Presorted Standard
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Permit No. 1409

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Coffey Communications
HTE30886 **WINTER 2014**

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