



EMERGENCY? Use the Methodist Healthcare ER app to find wait times near you.
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KEEPING WELL

METHODIST HEALTHCARE — SAN ANTONIO • SUMMER 2015

SPECIAL REPORT

Saving mom AND baby



A PAIR OF SURVIVORS: Frances Ramos with her son, Max Joseph Ramos

Specialty teams at Methodist Hospital and Methodist Specialty and Transplant Hospital work together on a unique case of sudden liver failure

Frances Ramos, 21, was excited about being a mom for the first time. She received appropriate prenatal care in her hometown of Harlingen and was eager to welcome her baby into the world. Suddenly, her liver began to fail, and her family turned to doctors at Methodist Hospital and Methodist Specialty and Transplant Hospital in San Antonio to save her baby and her life.

“This was a rare event for us,” says **Preston Foster, MD, FACS**, surgical director of the liver disease and transplant program at the Texas Transplant Institute at Methodist Specialty and Transplant Hospital and a liver, kidney and pancreas transplant surgeon. Methodist Specialty and Transplant Hospital is a campus of Methodist Hospital.

“In my 30 years of liver transplantation, this was the first such case for me, and only a very few other case reports have been described in the medical literature,” Foster says. The complex case involved staffs from two hospitals and coordination across various departments. About

40 medical professionals were involved in Ramos’ liver transplant, plus another seven who were involved in the delivery of her baby and his treatment in the NICU.

HOVERING NEAR DEATH Ramos was 26 weeks into her pregnancy when her liver began to fail. She was transported to Methodist Specialty and Transplant Hospital, first by helicopter and then by ambulance, from a Harlingen hospital. The symptoms started with jaundice and markedly elevated liver enzymes and quickly turned to confusion and coma. Prior to this, she had no medical problems, and liver disease was not part of

her family medical history. Foster says that tests did not indicate the specific cause of the liver failure, which is often the case. “With acute liver failure, a person can be fine one week and near death the next,” he says.

Ramos was placed on the United Network for Organ Sharing (UNOS) liver location waiting list at the highest status within 36 hours of admission, giving her access to organs from Texas and Oklahoma.

TWO LIVES AT STAKE “Dr. Foster told me that my liver was completely gone and I had 48 hours to live unless a donor liver was located,” Ramos says. “Luckily,

72 hours passed and I was still fighting.”

Then she went into a deep coma. The obstetrics and neonatal services personnel met with the liver transplant team, led by Foster. “We decided to perform a C-section delivery when the donor organ was on the way back from procurement and then complete the liver transplant,” he says. The medical team was on standby, and when the organ arrived, both surgeries were performed at Methodist Hospital in the hybrid operating room.

Lamar J. Albritton, MD, an obstetrician-gynecologist experienced in high-risk pregnancies, delivered the baby. He is part of the maternal transport team at Methodist Hospital. “Many meetings and a lot of coordination was involved,” he says. “The entire operation took 8 hours.”

REASONS TO CELEBRATE On Jan. 17, Max Joseph Ramos was born, weighing 1 pound 13½ ounces, and also that day, his mom got a second chance at life with her new liver. Ramos awoke from her coma without neurological deficiencies from her brain swelling and quickly returned to normal. Max was in the newborn intensive care unit for 2½ months, and though there was concern that the medications his mom was on might affect him, he came through without any medical issues.

“My mother was told that I would need 6 months to a year to recover,” Ramos says. “But I was released to my family 14 days after the procedure, and now I go in to Methodist Specialty and Transplant Hospital once a month for a checkup.”

See page 4 for more about our organ transplant program.

Methodist Special Delivery

More women deliver their babies at Methodist Hospital than at any other hospital in San Antonio. We welcome into the world

more than 5,000 babies each year! The Women’s Pavilion at Methodist Hospital is newly expanded, renovated and upgraded to ensure that

you welcome your bundle of joy in the newest and most modern facility in San Antonio. We have a new and easy-to-find entrance to labor and delivery through the Central Tower Lobby. Our 26 private Labor/

Delivery/Recovery rooms are outfitted with new homelike furnishings and technology.

Methodist Hospital also has a newly renovated unit devoted to high-risk pregnancies. It is the largest and most sophisticated

newborn intensive care unit (NICU) in the region, with 78 beds, and it offers the highest level of neonatal care as the largest Level 4 NICU in South Texas. Here we offer direct access to all the children’s doctors

your new baby may need, in association with Methodist Children’s Hospital. The unit is certified as a neonatal center of excellence by United Healthcare. Learn more at www.MethodistSpecialDelivery.com.

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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.

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 their safe, air-conditioned environment.

Facts and Myths About Exercise

Friday, Aug. 14, 9 a.m.

Presented by Duane Peshorn, MD

Is spot-reducing possible? Will lifting weights bulk you up? Is cardio better in the morning? Join Dr. Peshorn as he discusses the facts and myths about exercise.

The Joint Replacement Academy at Methodist Texsan Hospital, a Campus of Methodist Hospital

Friday, Sept. 11, 9 a.m.

Presented by Sarah Bradley, BSN, RN

The Joint Replacement Academy is a dedicated inpatient center for elective total joint replacement surgery. Join Sarah Bradley as she discusses joint replacement and orthopedic surgery.

Healthy Eating to Lower Breast Cancer Risks

Friday, Oct. 9, 9 a.m.

Presented by Stacy Schuler, BSN, RN, breast cancer nurse navigator

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. Dr. Renteria will speak about ways you can reduce and control your holiday stress.

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, TX 78251

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.

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.

Community Connections

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. 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, a campus of 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**

HEART CHECK®

a service of Methodist Healthcare

**Saturday, Sept. 12
8 to 10 a.m.**

**Wesley Health and Wellness Center
1406 Fitch St.**

The following **free** services will be provided:

- 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.

- Information on the Affordable Care Act.
- Fitness demonstration.
- Cooking demonstration.
- Dental information for children.

*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.

For more information, call the Methodist Healthcare HealthLine at 210-575-0355.

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



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SAHealthblog.wordpress.com



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METHODIST HEALTHCARE NEWS, VIEWS & TIPS



Carole's Notepad

Recently we (Methodist Healthcare employees) were asked to think about our WHY. Why did we commit to health care? Why do we continue to dedicate our lives to health care? Why do we choose Methodist Healthcare?

A few years ago, I was at happy hour with some friends when I received a phone call. The caller ID indicated it was my mom's office. So I assumed I would hear her voice when I answered. My heart sank when her boss, a physician, said, "Carole, I'm worried about your mom." I had ignored my other family members, even the ones with a medical background, questioning what was wrong with her lately. I blamed the heat from an outdoor July wedding for Mom's not completely lucid day.



Carole Harris

My maternal grandmother had passed away from Alzheimer's, and this was one of my biggest fears. I wasn't sure I could survive my mom not knowing who I was. How would my daughter understand that her beloved grandmother didn't know her name?

It seemed like an eternity as the doctors performed test after test. Then, we finally received the results: multiple sclerosis (MS). I learned my mom had been diagnosed with optic neuritis in the '60s and that it is linked to MS. I had heard of MS but didn't know much about it. Ironically, I had been volunteering at Methodist's team tent for the Bike MS Ride to the River for the past four years.

In the simplest of terms, MS disrupts the flow of information from the brain to the rest of the body. It affects people in different

ways. For my mom, she has balance problems; she is now dependent on a cane or the arm of a family member to walk. She also gets fatigued easily, and sometimes she has trouble remembering things.

Last year, I made the commitment to ride in the MS Ride to the River on our MH vs. MS team. I trained for months.

Let me be clear. I do not like cycling. Some people find it exhilarating. I'm not one of them, but I would ride a million miles for my mom. There is a short but very steep hill at the end of the ride, and as I approached, I could hear people yelling my name. I looked up to see my teammates at the top of the hill cheering for me. They had already crossed the finish line and had come back for me. I think their voices pulled me to the top of the hill. As I crossed the finish line, I started to get emotional. I looked over and saw my whole family waiting for me. I bent down and hugged my mom, and we both lost it. It was one of the proudest moments in my life.

Would I have ridden in the MS bike ride had I not worked at Methodist? Maybe, but I doubt it. For years, Methodist Healthcare has supported local nonprofits, including the National MS Society, and it makes me proud to work for an organization dedicated to making a difference in our community. Making a difference that can, hopefully, one day help the MS Society find a cure to help my mom.

Methodist Healthcare's commitment to community is my WHY.

I am training again for the 2015 Bike MS Ride to the River. I invite you to join me (you don't have to be an employee) by visiting <http://bitly.com/MHMSCarole>.

Carole Harris
Community Relations Specialist
WomanPlus® and 55PLUS®

Supporting our community at Fiesta San Antonio

What do you get when you combine San Antonio's premier health care provider with its premier hometown celebration? You get Methodist Healthcare at Fiesta San Antonio!

It all started with Methodist Healthcare's ER app, which was featured in the Fiesta app as the No. 1 go-to place for any Fiesta emergency. Methodist Healthcare was also a sponsor of several other community Fiesta events, such as the Battle of Flowers Parade, in which the Methodist Children's Hospital, a campus of Methodist Hospital, team soared in with a giant Blue Angels balloon. At the Taste of the Northside, Methodist Stone Oak Hospital, under a replica of the hospital's façade, served up gourmet food—no hospital food jokes to be heard! The booth also included a first aid station for the wildly popular



Stone Oak event. Across town, Metropolitan Methodist Emergency Center, a department of Methodist Hospital, sponsored Alamo Heights Night.

Partnering with and participating in community events is a big part of Methodist Healthcare's principles and values. This includes supporting the health status of our community and having fun in doing so.

Dear WomanPlus® and 55PLUS® members,

This is an exciting time for Methodist Healthcare System. We continue to lead and improve the quality of health care in our community, as recently evidenced by earning the Texas Award for Performance Excellence. This is the highest level of quality an organization can achieve in the state of Texas. In addition, all of our Methodist Healthcare hospitals were the only hospitals in San Antonio to receive top honors by The Joint Commission as a Top Performer on Key Quality Measures®.



Jaime Wesolowski

Please know how much we appreciate the trust that you, as WomanPlus® and 55PLUS® members, continue to place in Methodist Healthcare. Methodist Excellence is our Promise to you and your loved ones that we always remember our mission of why we are here: *Serving Humanity to Honor God by providing exceptional and cost-effective health care accessible to all.*

Our overall goal at Methodist Healthcare is that all our employees provide exceptional health care every day, every time. This is not an option, but an expectation of everyone who wears a Methodist Healthcare badge. It is a Promise we have all entered into, beginning with me.

The principles of the Methodist Excellence Promise are not symbolic—they are required. These principles are clear expectations for employment with Methodist Healthcare. Role modeling these principles is essential to achieving excellence.

We are looking to you to help us continue on our journey of excellence. If you observe a Methodist Healthcare employee not living up to the beliefs or behaviors of the Methodist Excellence Promise, we ask that you speak to that person or a supervisor to address those behaviors. (To read the Methodist Excellence Promise, please visit www.SAHealth.com, click on "About Us" and then on "Our Values, Mission, and Roots."

By doing this for us, you will be helping to hold each of us accountable for being exceptional when caring for the many lives we are entrusted with each day.

Sincerely,

Jaime Wesolowski, President and Chief Executive Officer

A CHANCE TO SAVE LIVES

5,000 for 5,000

You have the power to save a life

METHODIST HEALTHCARE

METHODIST HEALTHCARE KICKED OFF TEXAS' LARGEST ORGAN DONOR CALL TO ACTION INITIATIVE AT STATE CAPITOL

In celebration of Organ Donor Month, Methodist Healthcare introduced its 5,000 for 5,000 Organ Donor Initiative on the steps of the Texas Capitol. Through this initiative, Methodist Healthcare's goal is to register 5,000 new organ donors, a figure closely matching the number of solid organ transplants Methodist Healthcare has completed, and to raise awareness about the importance of all able-bodied Texans becoming organ donors.

Organ transplants offer patients a new chance at healthy, productive and normal lives and return them to their families, friends and communities. According to Donate Life Texas, the need for organ donors remains incredibly high within the state of Texas, with as many as 11,000 Texans currently awaiting transplantation.

A NEW HEART—TWICE! At 47, transplant recipient and Methodist Healthcare San Antonio patient Earl Taylor was told he had 6 months to live unless he received a new heart. In 1997, his prayers were answered, thanks in part to a donor family in Austin, who selflessly donated the organs of their loved one, who lost his life to trauma. Taylor lived with this heart for 17 years, when an unexpected illness

attacked his organs. In 2014, after being on dialysis for 6 months, Taylor received a second heart and a kidney transplant.

"Organ donors and their families have been one of the biggest blessings in my life and are the reason I am able to stand before you today," said Taylor, speaking at the kick-off of the Methodist Healthcare 5,000 for 5,000 Organ Donor Initiative at the Texas Capitol. "I thank God and my organ donor families every day for the life I live today." Taylor was joined by Zeke Martinez, of Austin, the brother of his first organ donor.

ON THE WAITING LIST Jeremy Roberts, of Odessa, was also on hand to tell his story at the Capitol. Roberts, who has a rare autoimmune disorder, underwent a treatment that caused his liver to fail 8 years ago and eventually led to kidney failure 2 years ago. Roberts has been on the transplant list for 8 years now. What makes his case more difficult is that his organs must come from the same donor.

"I've been on the waiting list for eight years," Roberts said. "I'm here today to ask you for your help, not only for me, but for the thousands like me who have been waiting years for organ donation to help save our lives." Roberts' new worry is if he does not receive the two organs he needs soon, his heart could begin to fail and he could need a heart transplant, as well.

"Despite our great strides, there are still

hundreds of patients throughout Texas, many with life-threatening illnesses, like Roberts', awaiting an organ donation," says Suzy Miller, executive director for Donate Life Texas.

WORLD-CLASS TRANSPLANT CENTER

Methodist Healthcare, through its Texas Transplant Institute, a department of Methodist Hospital, was the first program in the U.S. to establish a comprehensive transplant program that combines both stem cell and solid organ transplant programs since 1999. Since that time, the institute has performed just over 5,000 solid organ transplants—which include heart, kidney, liver and pancreas—making it a top destination for people from all over the world for organ transplant.

Transplant services are provided at Methodist Hospital and its campuses, including Methodist Heart Hospital, Methodist Children's Hospital, and Methodist Specialty and Transplant Hospital, along with numerous satellite clinics, including the adult blood and marrow stem cell clinic in Austin and the solid organ satellite clinics in Corpus Christi, Lubbock, Temple, McAllen and Laredo.



Methodist Healthcare transplant team at the State Capitol to promote the 5,000 for 5,000 organ donor initiative. From left: Chandra Kunavarapu, MD, FACC (cardiologist); Carla Sierra (director, public relations); Senator Jose Menendez; Francis Wright Jr., MD (transplant surgeon); Earl Taylor (transplant patient) with Mrs. Taylor; JJ Piper (director, heart transplant); and Joe Gonzalez (manager, cardiac valve center).

GIVE THE GIFT OF LIFE A single organ and tissue donor can save or improve the lives of up to 50 different people. Methodist Healthcare San Antonio celebrates the individuals who have received a second chance at life—and their generous donors.

Organ donation is one of the most selfless acts we can do, and each of us, by becoming an organ donor, can give the gift of life to people who have been waiting. Please become an organ donor today by registering at www.MethodistDonateLife.com.

Our liver transplant program

The Liver Transplant Program at Methodist Specialty and Transplant Hospital (MSTH), a campus of Methodist Hospital, is one of the best in the country. We have had the highest 3-year survival rates among programs in Texas and excellent patient survival rates over the last 6 years, based on the Scientific Registry of Transplant

Recipients (www.SRTR.org) January 2015 Program Specific Report. More than 400 transplant procedures have been performed since the program began in 2001.

"Key to becoming one of the top programs in the country is having a hospital and staff devoted to abdominal transplant surgeries with both outpatient and

inpatient services," says Preston Foster, MD, FACS, surgical director of the liver disease and transplant program at Texas Transplant Institute, a department of Methodist Hospital. "Our highly experienced and devoted team of physician specialists, nurses and care coordinators considers each patient's individual needs. We provide a continuum of care from diagnosis of

liver disease [to] evaluation for transplant, transplant surgery and recovery."

Liver transplant procedures can be especially complex because many patients are at life-threatening stages of liver disease and prone to complications. The liver transplant team has implemented several techniques that have resulted in more successful outcomes:

- Preservation techniques

used during transplantation of the donor liver.

- Revascularization techniques of the donor liver.
- Venous bypass machine used to prevent low blood pressure and low body temperature during the transplant.
- Techniques to reduce the number of immunosuppressive drugs post-transplant.
- Multi-disciplinary care of patients throughout the

transplant process.

- Aggressive treatment to protect the donor liver from hepatitis C.

Our program also provides dedicated clinical research trials that allow liver disease patients access to the newest developments in transplant medications and management.

For more information on the program, visit www.TexasTransplant.org.

METHODIST HEALTHCARE



WHENEVER LIFE'S EMERGENCIES HAPPEN

ER locations and wait times available at your fingertips

YOU WAKE UP on a sleepy Sunday with severe abdominal pain. You know this is more than a minor stomach-ache, but what could it be? The last thing you want to do is spend all day waiting to be seen in the emergency room (ER).

With just a tap on your iPhone or iPad touchscreen, you now have quick and convenient access to emergency medical help when and where you need it, thanks to Methodist Healthcare's new ER app.

The app lists Methodist Healthcare's hospitals and emergency centers throughout the city, along with addresses, ER wait times for most facilities and the distance in miles from the app user. You can view maps, get directions or call each facility—all from inside the app. You can also access Call-A-Nurse for Children—a service for parents needing to reach specially trained pediatric nurses after hours, on weekends and on holidays for medical advice—or DoctorSource to help find specific physicians by name, location or specialty.

CUT THE WAIT The Methodist Healthcare ER app uses GPS technology to locate you and help you find the Methodist Healthcare ER nearest to you, as well as see which Methodist Healthcare hospitals have the shortest wait times. You can then find the health care facility best suited to treat your emergency needs.

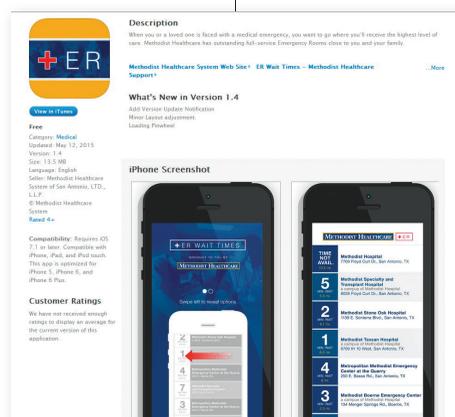
ER wait times are approximate and represent a 4-hour rolling average for each health care facility,

updating every 30 minutes. Wait times are also defined as the time from the patient's arrival until the time the patient is greeted by a qualified medical professional, defined as a physician, a physician assistant or an advanced registered nurse practitioner. If you are having a medical emergency, call 911.

"This app not only shows our commitment to keeping San Antonio healthy, but also our commitment to technology," says Palmira Arellano, vice president of marketing and public relations at Methodist Healthcare. "We want

The new ER app helps you find the emergency care facility closest to you—and with the shortest wait times.

to provide the best health care options for San Antonio, and that goes hand-in-hand with keeping ourselves on the forefront of technology. We are now a mobile world; everyone should have access to the easiest, most convenient health care option for them."



GET THE APP iPhone or iPad users can download the free app from the Apple App Store by searching for "Methodist ER." iOS users can also access and download the app by texting "MHSER" to 99000. Standard text messaging fees may apply. An Android version will be available soon. For more information on the Methodist ER app, visit www.MHSER.com.

THANKS FOR YOUR SUPPORT AT WALK FOR BABIES!

METHODIST HEALTHCARE had a big showing at this year's March of Dimes Walk for Babies. Greg Seiler, CEO of Metropolitan Methodist Hospital, a campus of Methodist Hospital, was chairman of this year's event. Hundreds of walkers, many of them pushing strollers with newborns and toddlers, turned up at SeaWorld San Antonio for the big event.

The March of Dimes is a resource for moms and babies everywhere. It helps moms take charge of their health, and it supports families when something goes wrong. The March of Dimes mission is to help moms have full-term pregnancies and healthy babies. The organization researches the problems that threaten newborns and works on preventing them.

"I was very proud to represent our hospitals' mother/baby programs," says Seiler. "I was even more proud that Methodist Healthcare had 51 teams, raising over \$75,000."

The eight hospitals that make up the Methodist Healthcare family of hospitals in San Antonio were all represented. Methodist Hospital, Methodist Metropolitan Hospital and Methodist Stone Oak Hospital all have mother-baby and NICU services, and are the most preferred hospitals by mothers throughout South Texas.

The March of Dimes mission is to help moms have full-term pregnancies and healthy babies.



Greg Seiler, CEO of Metropolitan Methodist Hospital, is flanked by the March of Dimes 2015 Ambassador Family—the Furlongs—all pictured here leading the Walk for Babies. Erin Furlong is a labor and delivery nurse at Metropolitan Methodist Hospital. Her babies, Jack and Makenna, were born 78 days before their due date. As part of the Ambassador Family, Furlong shared her personal journey, and her team was the No. 1 fundraising team, collecting \$8,028. Furlong herself raised \$4,680.

GRACEANN DURR AWARD WINNERS

Methodist Healthcare recognizes exemplary humanitarianism

Methodist Healthcare is very proud of its mission: *Serving Humanity to Honor God by providing exceptional and cost-effective health care accessible to all.* This mission guides our culture and sets the expectation of how our employees live their lives, at work and on a personal level. Methodist Healthcare is proud to have many employees who go beyond the compassion they provide while at work and still

make time to serve humanity outside of work.

Each year, Methodist Healthcare honors those individuals who embody exemplary service through their humanitarian efforts with a special **Graceann Durr Humanitarian Award**. This award is given to select employees, volunteers and physicians for their dedicated spirit and genuine concern for the welfare of others.

This year Methodist Healthcare is proud to announce the following as recipients of the 2015 Graceann Durr Humanitarian Award.

**EMPLOYEE RECIPIENTS**

Ama Osei-Bonsu, clinical laboratory assistant, Methodist Stone Oak Hospital, works tirelessly to help the children in a small village in Ghana, West Africa. Her work has led to the construction of four dormitories, a fundraising gala to raise much-needed support, and the collection of

clothing and supplies to help these children. She also helped one child get two surgeries to correct a severely deformed foot.



Cindy Sullivan, pharmacy administrative assistant, Methodist Hospital, takes personal time with her husband each year to help ready the swine barn for the annual San Antonio Stock Show & Rodeo. They live on the grounds for 3 weeks helping to take care of up to 6,000 animals and

the teenagers who raise them. Her volunteer work has helped the rodeo donate more than \$148 million to Texas youth through scholarships.



Linda Witte, RN, sexual assault forensic examiner, Methodist Specialty and Transplant Hospital, a campus of Methodist Hospital, is described by her co-workers as loving, kind, altruistic, compassionate, energetic, dedicated, peaceful and a perfect servant. Witte grew up in rural East Africa, where her

parents served on medical missions. She continued that work after she went to nursing school and works internationally to provide team building and leadership training with home-school teachers and rural African missions.

**VOLUNTEER RECIPIENTS**

Larry and Paulette Goodman, Methodist Hospital, have been members of the Blue Bird Auxiliary for 24 years, sharing their compassion and love with all those they encounter. They are also passionate about such programs as the American Red Cross, Habitat for Humanity, the Witte Museum, the San

Antonio Botanical Gardens and many other worthy organizations. When asked what motivates them, they say, "We have been blessed that it is a privilege to be able to give back...that's why God put us on this earth."



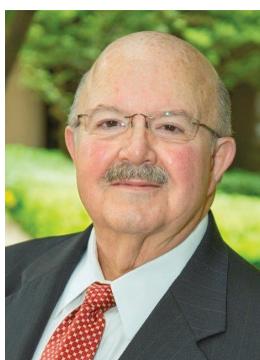
Debbie Williams, Metropolitan Methodist Hospital, a campus of Methodist Hospital, was instrumental in forming the Pink Warriors Breast Cancer Support Group. In less than a year, this group has become one of the largest, most active support groups in San Antonio. A breast cancer survivor herself, she organized a Christmas party

in 2014 for breast cancer survivors and their families and continues to make a difference in the lives of all she meets.

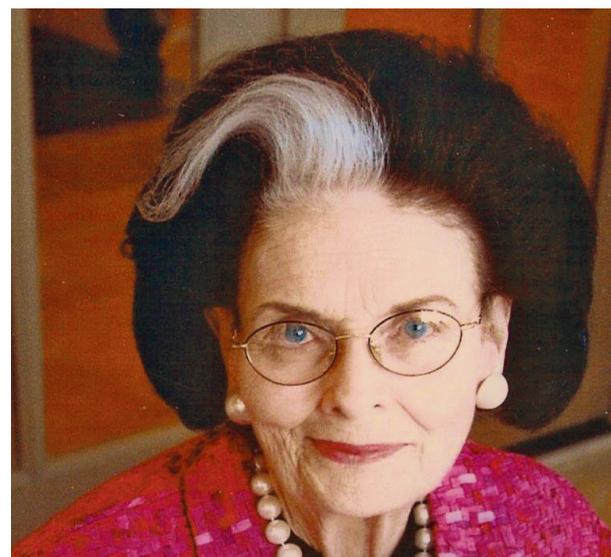
**PHYSICIAN RECIPIENTS**

Daizha Gallo, physician assistant with Emcare, Metropolitan Methodist Hospital, a campus of Methodist Hospital, has given up her Christmas holiday for the past seven years to provide health care to the people of Mexico, Central America and South America. Since 2007, she and her family have

volunteered with T.I.M.E. for Christ Ministries, and this past December, her group spent 9 days in Guatemala assisting over 720 patients from three villages with a myriad of ailments. These mission trips inspired her to pursue a career in the medical field.



Amil Ortiz, MD, Methodist Children's Hospital, a campus of Methodist Hospital, is a neonatologist in the Newborn Intensive Care Unit (NICU). He is described as a compassionate physician with not only his patients and the staff in the NICU, but also his tiny patients' families. He has also taken mission trips with his church, used his

**A lifetime of service**

Methodist Healthcare established the Graceann Durr Humanitarian Awards in 2009, named in memory of a long-serving and devoted Methodist Healthcare board member and the first woman to lead the San Antonio Independent School District. Throughout her life, Durr embraced the value of the human spirit and the duty of each of us to work diligently to improve others and ourselves.

This year's award winners exemplify the traits Durr found most valuable: kindness, happiness, thankfulness, giving and integrity, and living a life of gentle morality.



vacation time to act as the "camp doctor" for the various camps attended by his children and was also the unofficial school doctor for his children's private Christian school, where he gifted the money he made back to the school. "Dr. Ortiz has a generous heart and finds great joy in the service he provides to others," explains the NICU team.



Emergency on vacation

What would you do?

San Antonians love to travel, and summer is the perfect time. If you plan to travel to Mexico, you can prepare a few things ahead of time in case of an emergency. Methodist Healthcare provides Medical Emergency Travel Assistance (META), should you need an emergency medical transport to one of our world-class hospitals in San Antonio.

META provides the following services:

- One-call program activation.
- Medical Emergency Service 24 hours a day, 7 days a week.
- Air ambulance service.
- Physician specialist secured.
- Hospital admission secured.
- Visit by international department.
- Care package.
- Follow-up with air ambulance company.
- Follow-up with referring physician.

Tips for you and your emergency contact before you travel:

- Let your family and friends know where you will be in case they are contacted about an emergency.
- Record the telephone number for Air Medical in your cellphone and give the number to family and friends: **001-866-945-8959**.
- Travel with copies of your ID, your insurance card, a list of your medications and a list of your allergies.
- Leave copies of all documents with your family or friends.
- Leave a signed power of attorney with your family doctor and family.
- Let your credit card company know where and how long you will be out of town.
- Let your medical insurance know where and how long you will be out of town.
- Check your international medical coverage and emergency medical transport coverage.

Contact the Methodist Healthcare HealthLine at **210-575-0355** to get your META card to keep on hand in case of medical emergency while you are traveling out of the country.

SEPSIS

A growing health concern you need to know about

According to the Centers for Disease Control and Prevention (CDC), sepsis, or septicemia, 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 annually 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.

What is sepsis? Sepsis is the body's response to infection. Normally, the body's own defense system fights infection, but in severe sepsis, the body's normal reaction goes into overdrive, setting off a cascade of events that can lead to widespread inflammation and blood clotting in tiny vessels throughout the body.

The forms of sepsis include severe sepsis, which occurs when acute organ dysfunction or failure results; septic shock, which occurs in severe sepsis when the cardiovascular system begins to fail so that blood pressure drops, depriving vital organs of an adequate oxygenated blood supply; and septicemia, which is sepsis that has an infection in the bloodstream itself.

Sepsis can strike anyone at any age, although the very old, the very young, hospital patients and people with pre-existing

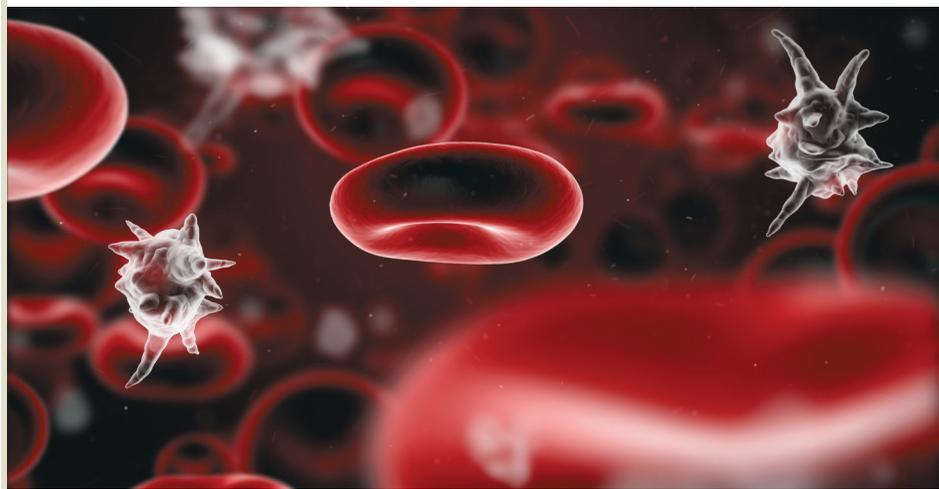
medical conditions such as diabetes or severe burns may be at greater risk.

Patients who develop sepsis have an increased risk of complications and death and face higher health care costs and longer treatment. The CDC is working to increase sepsis awareness and improve treatment among the public, health care providers and health care facilities.

Signs and symptoms of sepsis Sepsis can develop quickly; therefore, the sooner it is diagnosed and treated, the better. The most frequent sites of infection leading to sepsis are the urinary tract, abdomen and pelvis. In up to 80 percent of patients, however, a definite source of infection cannot be identified. Some symptoms include:

- Fever and shaking chills.
- Nausea and vomiting.
- Diarrhea.
- Reduced mental alertness, sometimes with confusion.
- Altered liver or kidney function.
- Low blood pressure.

Treatment of severe sepsis Diagnosing sepsis can be difficult. Some of its symptoms, such as fever, rapid pulse and respiratory difficulty, occur frequently and can be confused as being due to other disorders. The first line of treatment is to identify and eliminate the underlying infection with anti-infection agents, or surgery to drain the site of infection. Depending on the patient's condition, other treatment options may be necessary.



COREY KING AND ARNOLD VARDIMAN, MD

DEEP BRAIN STIMULATION THERAPY

Corey King gives **Arnold Vardiman, MD**, neurosurgeon, a model airplane he built, a hobby and exercise in hand-eye coordination that King is now able to enjoy thanks to undergoing deep brain stimulation therapy. The therapy, which uses a surgically implanted, battery-operated medical device called a neurostimulator, can stop tremors caused by Parkinson's disease.

King, chairman of SA MOVES, the San Antonio Movement Disorder Foundation, was diagnosed with early onset Parkinson's in 2009 at the age of 47. As King's medications had to be increased,

he was overwhelmed by the side effects—hallucinations, nausea and insomnia—that caused him to go 2 to 3 days without sleep. After Vardiman provided deep brain stimulation therapy, King needed only half the medications he had been taking, greatly improving his quality of life and allowing him to return to the things he loves to do.

Methodist Hospital in San Antonio is one of the leading facilities in the nation for using this therapy as a treatment of advanced Parkinson's disease tremors and other movement disorders. King and Vardiman were two of the more than 150 patients and their families and friends who attended the first reunion of DBS patients in April, sponsored by Methodist Hospital and Medtronic.

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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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.

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HEALTHBUS AND WELL WALDO'S WHEELS

FREE TRANSPORTATION OFFERED

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

Hop on board HealthBus for adults or Well Waldo's Wheels for children and expectant moms. In 2014, nearly 12,000 San Antonians and Bexar County residents turned to Methodist Healthcare's free bus service to get them on the road to recovery or to receive the medical care they needed. The bus will pick you up at your home, drop you off close to the entrance of your doctor's office or the hospital, and later

pick you up and take you home. HealthBus serves people living in certain ZIP code areas who need help getting to appointments at Northeast Methodist Hospital and Metropolitan Methodist Hospital, both campuses of Methodist Hospital.

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

78148 78233 78217 78247 78239

and parts of:

78109 78218 78154 78244

For Metropolitan Methodist Hospital,

residents of the following ZIP codes are served:

78202 78203 78204 78205 78206
78207 78208 78210 78212 78215
78225 78226 78234 78237

Some areas of these ZIP codes are also covered:

78201 78209 78211 78213 78214
78216 78219 78220 78221 78222
78223

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

or scheduled admission to the hospital.

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

78202 78203 78204 78205 78206
78207 78208 78210 78212 78215
78225 78226 78237

and parts of:

78201 78211 78214 78219 78220
78221 78223 78224 78228 78241

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

Please be ready 30 minutes before your scheduled pick-up time. The bus will park as close as possible to your front door. Every rider must wear a seat belt or ride in a provided child safety seat. Children must be with a parent or guardian. When you are finished with your appointment, you or someone from your doctor's office can call 210-MHS-RIDE (210-647-7433) to let us know you are ready to be picked up and taken home.

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