Jackson’s mom knew where to go for his badly broken arm. Would you?

Scoliosis
How surgery helped Marranda stand straight and tall.

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The doctor will see you now—or anytime, online!

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Medical City Healthcare has solutions for scoliosis—read Marranda Wilson’s story.

PUMPKIN SMOOTHIE
Find a delicious seasonal recipe kids can make themselves on page 13. Visit kids-teaching-kids.com for more recipes and our Healthy Snack Finder.

Next time you’re online, look for us.

Health tips
Safety tips
Inspiring patient stories
Hospital updates

Also be sure to visit us at MedicalCityHealthcare.com.

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A patrol sergeant for the Corinth Police Department is grateful to be back on the beat after unexpected brain surgery following a fall.

“I worked out the night before and got up feeling light-headed,” Officer Chris Tepfer said. “As I walked into the bathroom, I passed out, fell and hit my head on the floor.”

Chris’s wife discovered her husband and called 911 immediately. The Aubrey Fire Department rushed him to Medical City Denton.

Time is brain

“There is something called the golden hour in neurosurgery,” said Akwasi Boah, MD, the neurosurgeon who treated Chris at Medical City Denton. “If you can get to a neurological emergency in the first hour following a brain injury, you can make quite a difference.”

As the only Level II Trauma Center in Denton County, Medical City Denton has a neurosurgeon available at all times.

A brain scan showed that Chris had an epidural hematoma—bleeding that occurs between the outer membrane covering the brain and the skull. The condition can result from a head injury, such as a fall, and is a life-threatening emergency. Trauma expertise in such a case is crucial.

Because Chris was taken to a hospital that offers the highest levels of emergency clinical care, the only evidence of his brain surgery today is the scar from the 49 staples used to close his head injury. Chris said he is grateful to have no permanent damage, to be back on patrol and to be able to enjoy life with his wife and two children.

“I feel like it was the best care—bar none—that I could possibly have received,” said Chris. “Dr. Boah is just a rock star. He’s very professional, very informative and very supportive. My recovery has been great!”

DIRE EMERGENCY Watch a video about Officer Chris Tepfer’s experience at MedicalCityHealthcare.com/TakeCare.
Peace of mind for parents

Jackson’s mom knew just where to go for his broken arm

FRIDAY, APRIL 13, was shaping up to be a great day for the Danekes. Dad Adam would be home from an out-of-town business trip later that afternoon, mom Amy was preparing for the boys’ annual shared birthday party on Saturday and the kids were enjoying a fun morning playing outside their Frisco-area home.

Around 10 a.m., happy childhood sounds turned to frightened cries. Amy ran outside to find that 7-year-old Jackson had fallen off the playground set. His arm was obviously broken—it was hanging loosely by the elbow—and needed emergency care.

“I knew exactly what to do,” said Amy. “Driving Adam to the airport just five days earlier, I had seen the sign for Medical City Frisco’s full-service pediatric ER. I called and they told me to bring Jackson in. If I hadn’t seen that sign, my natural inclination would have been to drive a lot farther. It was a big weight off my mind.”

ER experts especially for kids

“When we got to the ER, they were waiting for us,” Amy said. “They helped me get Jackson out of the car, which was a blessing because he was sobbing and in terrible pain. We went straight to a room where a paramedic set Jackson’s arm so it wouldn’t hurt as much while we waited to have X-rays. They gave him something for pain, and he was finally able to relax. Then they brought the X-ray machine into the room so Jackson didn’t have to be moved. It was wonderful.”

Amy was told that Jackson needed surgery, and again she was afraid he would have to be moved—this time to another hospital. Instead, she was told that a leading pediatric orthopedic surgeon from Medical City Children’s Hospital, Shyam Kishan, MD, would arrive soon to perform the surgery.

Medical City Healthcare is the only North Texas health system with a children’s hospital in addition to its comprehensive network of adult services. That means families do not have to go to a specialized children’s hospital to find expert pediatric ER care close to home. Children that require a higher level of care also have quick and direct access to Medical City Children’s Hospital specialists and care teams.

Care for the entire family

“I had never had this bad an emergency with the kids,” Amy said. “I was a nervous wreck. My husband was out of town. I was still in my pajamas! But the staff kept checking on me, keeping me fed and watered. And the hospital was quiet and comfortable, like a nice hotel. Our experience with Medical City Frisco was as good as it could have been under the circumstances.”

“The staff was absolutely amazing,” Adam said. “It was such a blessing to know my family was so well cared for when I couldn’t be there.”

CHECK IT OUT To learn more about expert care for your family in any medical emergency, visit MedicalCityER.com.
It’s all right here

Each of our 20 Medical City Healthcare ERs has been equipped to ensure that it meets essential guidelines and has the necessary resources in place to provide a safe and family-centered emergency room experience, including:

> 24/7/365 emergency care
> Board-certified emergency medicine physicians
> Registered, emergency-trained nurses
> Pediatric-friendly rooms and waiting area
> Pediatric pain management techniques
> Pediatric computerized drug dosing for safety
> 24/7 access to Medical City Children’s Hospital:
  · Pediatric specialists
  · Pediatric and neonatal specialty transport team
  · Admission to Medical City Children’s Hospital if inpatient care is required

The hospital was great.
Now that my cast is off, the doctor says
I can swing, I can play,
I can do anything I want.”

—Jackson, age 8

HAPPY FAMILY Watch Jackson and his family tell their pediatric ER story at MedicalCityHealthcare.com/TakeCare.
The height of GOOD CARE

HIRAM MARIN was volunteering at his church when his good deed went awry. As the 32-year-old was standing on a ladder installing cables, he fell through the roof and landed on his back.

“I knew I had fallen 14 feet, but I felt fine at first,” Hiram said. “I remember everyone around me being much more concerned than I was.”

Despite the pleas of others, Hiram drove home and did not see a doctor until three days later, when he ended up at Medical City Arlington’s Level III Trauma Center, the only designated trauma center in Arlington. Scans revealed major damage to his C6 vertebra, which is near the base of the neck and often corresponds with spinal cord injuries.

A fortunate outcome

“I’ve seen fractures of this type that had very different outcomes,” said Gregory Ward, MD, a Medical City Arlington neurosurgeon who repaired Hiram’s spine. “Hiram could have been paralyzed. He was very lucky that our trauma center was nearby.”

According to the Centers for Disease Control and Prevention, falls from ladders result in 90,000 ER visits annually. Those cases usually surge starting in the fall and peak over the holidays when people are decorating in and around their homes.

Tip-top treatment

Hiram said he is grateful for medical advances in spine surgery that allowed him to get back on his feet and resume a normal life. “I feel very blessed through all of this,” he said. “I’m grateful for the people who helped me after the fall, all of the doctors, nurses and case managers at the hospital, and my family.”

14-FOOT FALL

Watch Hiram talk about his injury and recovery at MedicalCityHealthcare.com/TakeCare.
Medical City Healthcare.com

“I feel very blessed through all of this and I’m grateful for everyone that helped me.”
—Hiram Marin

WE HAVE YOUR BACK
If you or someone in your family takes a tumble, one of our many Medical City Healthcare ER locations has you covered. With average wait times posted online, if you do have an emergency, you can spend less time waiting and more time on the moments that matter most.

Find a fast Medical City Healthcare ER near you at MedicalCityER.com.

Stay safe on that ladder

> Use a ladder that safely reaches higher levels (extends at least 3 feet over the working surface)

> Have someone steady the ladder

> Place the ladder on firm, level ground away from doors that can be opened

> Fully open the ladder by checking all rung locks and spreader braces

READ OUR LADDER SAFETY BLOG AT MedicalCityHealthcare.com/TakeCare.
I am happy that I don’t have to worry about scoliosis anymore.

—Marranda Wilson
Standing straight and tall

Marranda Wilson found help for scoliosis at Medical City Healthcare

Your 11-year-old daughter puts on her swimsuit and you see it: Her shoulders, waist and hips look uneven.

It might be just a preteen pose with attitude—or it could be something more serious. These may be signs of scoliosis, a spine problem that affects about 2 percent of people in the United States.

Marranda’s story
When Marranda Wilson was 9 years old, her father noticed that her ribs were protruding on her left side. They looked misshapen, and Marranda was in pain. Her back and ribs hurt.

Marranda’s primary care physician referred her to Richard Hostin, MD, a spine surgeon at Medical City Dallas. After an X-ray and checkup, she was diagnosed with scoliosis.

Spine out of line
The word scoliosis comes from the Greek word for crookedness, which is an apt description of a scoliotic spine.

All spines have slight natural curves from front to back. But scoliosis causes the spine to curve from side to side in an “S” or “C” shape. Other signs include jutting shoulder blades or leaning to one side.

In most cases, scoliosis has no clear cause, but it can run in families and is more common in girls than in boys. Although scoliosis usually develops before puberty, people of any age can have it.

At first it may be painless, but over time scoliosis can lead to severe back pain, deformity and trouble breathing.

Two inches taller
Marranda wore a scoliosis brace for one year to hold her curve in line until her growth spurt occurred. In spite of the bracing treatment, her spinal curve continued to progress, and at 12, she had scoliosis surgery at Medical City Children’s Hospital.

“Marranda’s surgery was very successful,” said her father. “Her spinal curve is now straight, and it was repaired with no problems.”

Six weeks later, Marranda was back to living her normal life, including participating in dance and drill team.

“I am happy that I don’t have to worry about scoliosis anymore,” said Marranda. “The nurses were really nice and helped me get better.”

Marranda now stands up straight and is two inches taller. She’s happy to comfortably return to her other hobbies of running, photography, and arts and crafts.

Additional source: American Academy of Orthopaedic Surgeons

GETTING YOUR CHILD CHECKED
Scoliosis is often hard to detect because of an initial lack of symptoms. You should ask your child’s pediatrician for a screening if your child has signs of scoliosis. Call 972-566-7746 to learn more and make an appointment.
TAKE STEPS TO HEAD OFF TROUBLE

EXPERT ADVICE FROM THE STARS
Shoulder injuries are common in all sports. Dallas Stars team doctor and Medical City Healthcare orthopedic surgeon William Robertson, MD, offers this health tip for shoulder injuries that affect the pros, youth athletes and weekend warriors alike:

“Whether a shoulder injury is caused by trauma or overuse, appropriate evaluation and management is important to regain full function. If your shoulder gets sore after any activity, don’t ignore it; you might just make things worse. Sudden onset of pain or loss of function is a sign to seek quick medical help.”
IN THE BLEACHERS, you’re your child’s biggest fan and cheerleader. But before the season ever starts, you have another important sports-related role: safety monitor.

Sports injuries are a common safety concern for school-age athletes. And concussions, which affect tens of thousands of kids in the U.S. each year, are among the most serious. These brain injuries can be especially dangerous—even deadly—if a second concussion occurs before the first has enough time to heal.

Safety first
Fortunately, you can take the lead in reducing the risk of concussions. The Centers for Disease Control and Prevention offers these four tips:

1. Verify that your child’s school, league or district has a concussion policy. It’s important to make sure coaches know how to recognize and deal with these injuries, which includes working with a healthcare professional to determine when it’s safe for athletes to return to play.

2. Emphasize to your child the importance of following the rules of the game and the coach’s rules for safety.

3. Encourage your child to practice good sportsmanship.

4. Make sure your child wears appropriate protective equipment. Helmets are a must for riding activities, such as cycling or skateboarding, or collision sports, such as football or ice hockey. They help reduce the risk of a serious brain injury or skull fracture. Be aware, however, that helmets are not designed to prevent concussions. That’s why your child needs to avoid hits to the head as much as possible.

Signs and symptoms
Athletes who sustain a concussion may not realize it or may insist they’re fine. So it’s important to watch for signs and symptoms that may mean a concussion.

Possible symptoms your child might report include:
- Headache
- Nausea or vomiting
- Balance or vision problems
- Sensitivity to light or noise

Signs you might recognize in your child include:
- Dazed appearance
- Confusion or forgetfulness
- Clumsy movement
- Slow response when asked questions
- Change in mood, behavior or personality
- Loss of consciousness

Sources: American Academy of Pediatrics; Centers for Disease Control and Prevention

DON’T WAIT. If you think your child might have a concussion, get medical help. Doctors can evaluate your child and determine what the next steps should be. To find a physician, call 844-671-4204.

MedicalCityHealthcare.com
Healthy competition can be much more than football, volleyball or other sports. Thousands of North Texas elementary students are taking part in the Medical City Children’s Hospital kids teaching kids 21-Day Challenge this fall, where treats like apple spinners, tootie fruity yogurt bombs and yonana bars are a fun and delicious component of this life-changing healthy competition.

The 21-Day Challenge provides nutrition, lifestyle education and resources to more than 275,000 elementary-age students and parents in participating school districts. During the challenge, children document the healthy snacks they make for 21 consecutive days—the amount of time it reportedly takes to develop a habit. The program has been so successful, it was honored this summer with a prestigious NOVA Award from the American Hospital Association, which recognizes outstanding hospital-led collaborative efforts that improve community health.

"Through the kids teaching kids program, we empower North Texans with the knowledge and means..."
kids teaching kids® leads family to better health

When David Gibson, of Highland Village, offered to join his fourth-grade daughter, Tobey, in the healthy eating project she’d brought home from school, he had no idea that it would completely change his life. What began as a 21-day after-school snack makeover challenge—replacing sugary, fat-laden treats with healthier options—became a 70-pound weight loss.

David is living proof that starting small can yield big results. He lost 10 pounds the first month just by cutting out sodas and fast food.

David’s wife, N’Cole, credits kids teaching kids with sparking a healthy change in her family’s habits and health.

“When we got rid of all the soda in the house, the girls were devastated,” she said. “But after a while, it was no big deal. Now, if they order one out, they’re probably not going to finish it. And David feels so much better. If he eats badly, he’ll end up with a headache, and he says whatever he ate doesn’t taste as good as it used to.”

“I’ve tried diets before,” David said, “and I would lose some weight and then gain it all back and more. I don’t consider this a diet—it’s a lifestyle change.”

Spiced Pumpkin Smoothie

Serves 1.

By Prosper High School chefs Ryan Craven, Joseph Jones, Joshua Allen and Mitchel Mayes

INGREDIENTS

| ½ cup crushed ice | ½ cup pumpkin puree |
| 1 pinch ground nutmeg | 1 teaspoon honey |

DIRECTIONS

1. Put all ingredients in blender.
2. Put top on blender.
   Blend until smooth and frothy.

NUTRITION INFORMATION

100 calories, 3g fat, 1.5g saturated fat, 3g fiber, 12g sugar

to make daily healthy eating and lifestyle choices.” —Erol Akdamar, president of Medical City Healthcare
Do joints ache more in winter?

“Every mile is two in winter,” said poet George Herbert. Many people with arthritis or joint pain couldn’t agree more. But can the elements really make your joints ache?

The scientific evidence is conflicting. Some studies find a strong relationship between short, cold, damp days and arthritis flare-ups. Research from Tufts University suggests that changes in barometric pressure worsen knee pain in people with arthritis, while colder temps can cause painful changes in joint fluid thickness. Other studies have found little or no link between weather and joint pain.

Whether your aches are sparked by the weather or something else, these tips can help you feel better.

**EAT HEALTHY**

Load up on foods rich in:

> **Omega-3 fatty acids.** Think salmon and nuts to curb inflammation.

> **Vitamin K.** Try spinach, kale and cabbage for their pain-soothing properties.

> **Vitamin C.** Add color to your diet with juicy oranges, sweet red peppers and tomatoes, and other C-rich foods to halt the cartilage loss (and resulting pain) that comes with arthritis.

**SUPPLEMENT WITH D**

Vitamin D can help keep your bones strong and prevent joint pain. Look for a supplement with 1,000 milligrams of D₃ (the kind your body manufactures from sunlight), but ask your doctor first to avoid interactions with prescription and over-the-counter drugs.

**KEEP MOVING**

One reason cold weather is linked to joint pain is that people are less likely to work out when it’s chilly and damp. Being a couch potato is bad news, because exercise helps lubricate joints to prevent pain.

Solution? Bring your workout indoors! Choose low-impact moves that are easy on joints, such as walking, yoga or tai chi. Lifting weights can help build joint-supporting muscles.

Source: Sharecare.com

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IS HIP OR KNEE PAIN SLOWING YOU DOWN? Take our free joint health assessment at MedicalCityOrthopedics.com. Your life with healthy joints is waiting.
Care on the go

Christy Chisholm knew she had a sinus infection and was miserable. However, it was the height of flu season and her doctor couldn’t squeeze her in for an appointment. Not that she wanted to sit in a room full of sick people anyway. Then there were her kids. All 202 of them.

“I’m an eighth-grade science teacher in the Fort Worth area,” said Christy. “During the school year, I had 200 kids, plus my own two active teenagers. I was busy and stressed, and it was going to be so difficult to break away. And then my doctor couldn’t get me in—even though I was sick!”

So Christy logged on to Medical City Virtual Care from her home computer, answered a few questions about her symptoms and waited to see what would happen.

“It was fabulous,” said Christy. “There were so many options. You could talk to a doctor or type in your symptoms. The questions were exactly the ones my doctor would have asked. One was ‘Are your lymph nodes swollen?’ and there was an animation showing how to check. It was so fast and easy. The final screen said a doctor would review my case and get back to me.”

Medical City Virtual Care provides diagnosis, treatment and prescriptions for a wide variety of non-emergency medical conditions. This convenient online clinic allows you and your family members to be seen and treated by a trusted healthcare provider from any mobile device or desktop computer, 24/7.

“I got an immediate response with notes from a physician,” Christy said. “There were suggestions for at-home care and over-the-counter medications, plus a prescription had been sent to my pharmacy. Even though it was on the computer, it felt very personalized. I’ve used it twice now, and I will definitely use it again!”

Start Your Virtual Visit

Get $10 off your first visit with coupon code MAGAZINE10

MedicalCityVirtualCare.com

“I got an immediate response with notes from a physician.”

—Christy Chisholm
STANDING TALL
AFTER SCOLIOSIS
Marranda Wilson’s
success story.
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Caring for North Texas

Medical City Healthcare is one of the region’s largest, most comprehensive healthcare providers and includes 14 hospitals, 7 off-campus emergency rooms, 6 Medical City Children’s Hospital pediatric urgent care centers and the CareNow urgent care network.

We’re committed to providing the treatment you need and quality care you deserve.