Stop the Bleed
Medical City trauma experts train thousands of North Texans to save lives. You could be next.

On the ball
Expert orthopedic care gets star high school shortstop back in the game.

Flight to safety
Twins born three months early delivered safely thanks to Medical City’s transport team.
A tiny heart in trouble
Babies born with heart defects, like Karmen, find lifesaving care.

Rising star
A North Texas high school baseball standout found the expert care he needed to overcome a shoulder injury.

Rescuing ride
Pediatric/neonatal and maternal transport teams deliver care fast in medical emergencies.

Life skills
Like CPR, Stop the Bleed training can help bystanders save lives in an emergency.

(Em)powered by technology
Virtual care provides high-quality medical treatment from the comfort of home.

REDEFINING CANCER CARE IN NORTH TEXAS
Who was Sarah Cannon, and how is her namesake cancer institute changing the way cancer care is delivered locally? See page 14.
NEW!

Medical City ER Red Oak

Residents of Red Oak and surrounding areas in Ellis County have a new, convenient option providing expert emergency care for children and adults close to home 24/7/365. Medical City ER Red Oak, a department of Medical City Arlington, provides the same services as a hospital ER, including:
- Specialized adult and pediatric care with shorter waits
- Board-certified emergency medicine physicians
- 12 private rooms, including two kid-friendly rooms
- Extensive imaging services
- On-site lab and blood bank

KNOW WHERE TO GO IN AN EMERGENCY. Find a Medical City ER near you at MedicalCityER.com.

Making history in Weatherford

The Texas Historical Commission has recognized Medical City Weatherford as a historically significant part of Texas history with a Recorded Texas Historic Landmark designation. Prior to 1945, hospital service was extremely limited in Parker County and was offered from a private hospital in a converted home. In 1945, Parker County purchased and renamed that facility, first as Parker County Hospital and then as Campbell Memorial Hospital in 1958.

As part of its commitment to increasing access to high-quality healthcare outside the metro area, Medical City Healthcare acquired the facility in 2017. Multiple generations of caregivers and local partners continue to meet the unique healthcare needs of the surrounding community.

Helping to #CrushTheCrisis

Opioid addiction is a national crisis. Medical City Healthcare and its parent company, HCA Healthcare, are working to “Crush the Crisis.”

Twelve Medical City hospitals offer free disposal of medications, used and unused, with conveniently located drug take back boxes. The boxes enable North Texans to safely and anonymously remove prescription opioids and other medications from their homes, where the drugs are vulnerable to misuse, theft or abuse by family members and visitors, including children and teens.

DROP OFF DRUGS. Find more info and a list of drop-off locations at MedicalCityHealthcare.com/DrugTakeBack.

MedicalCityHealthcare.com
NO PAIN
ALL GAIN

“Getting back out on the field was a blessing.”
—Jordan Lawlar
JORDAN LAWLAR IS A PERFECTIONIST. The Jesuit Dallas junior, who landed a scholarship to Vanderbilt University as a high school sophomore and plans to study economics, strives for excellence both on and off the field. So it was no surprise that when the star shortstop was injured, he wanted nothing less than the very best orthopedic treatment.

He found it with Keith Meister, MD, orthopedic surgeon at Medical City Arlington and head team physician for the Texas Rangers.

Midway through his sophomore season, Jordan was fielding balls during a pregame warmup when he dove over second base and landed shoulder-first on his glove side.

“I felt it right away,” Jordan said. “But I took some Advil and played all nine innings. I knew something was wrong, but the adrenaline took the pain away.”

The next morning, Jordan couldn’t lift his arm. He was referred to Dr. Meister, who diagnosed a shoulder subluxation (partial dislocation) and ruled out a torn labrum. Jordan started physical therapy (PT) right away.

Team of experts
“We knew that first visit that we had made the right choice with Dr. Meister,” said Jordan’s mom, Hope Lawlar. “He was confident that through physical therapy, Jordan would recover completely. Choosing the right physician is key. We believe that Dr. Meister’s expert advice and his qualified team of physical therapists were critical to Jordan’s healing. He has absolutely no pain today.”

Jordan sat out the last eight weeks of the season but didn’t miss a chance to cheer on his teammates unless he was at PT. Hope said that was just the right amount of healing time.

“It’s critical that an injured athlete take the appropriate time and steps to heal,”

Dr. Meister said. “Rest is important, but philosophically, ‘active rest’ is a better term. Keeping athletes moving on some level helps keep them engaged and conditioned while allowing time to get them back to their sport or endeavor most efficiently.”

All-American
For his part, Jordan went to PT every day, did everything his care team told him to do, and has continued to do the stretches and exercises he learned. It shows in his playing: Jordan made the 2019 Rawlings-Perfect Game Preseason Underclass All-American 1st team. But for Jordan, it’s all about the game.

“Getting back out on the field was a blessing,” he said.
SENORS IN THE HEALTH SCIENCE THEORY & LAB PROGRAM at the Arlington Independent School District (AISD) Dan Dipert Career and Technical Center are the first AISD students to complete Stop the Bleed training—a course in bleeding control created by the American College of Surgeons (ACS).

Led by Catherine Roberto, RN, Trauma Injury Prevention Coordinator at Medical City Arlington (a Level II Trauma Center), trauma personnel and emergency medical services coordinators from Medical City Arlington, Medical City Alliance, Medical City Las Colinas and Medical City North Hills trained 376 students in this lifesaving skill.

“Health science is our largest field of study, with more than 1,000 students—many of whom are doing practicum internships at Medical City Arlington,” said Ginger Polster, principal at the AISD tech center. “The training is perfect for our students because we try to give them as much real-world experience and as many life skills and job skills as possible.”
Preventing trauma deaths
Injury results from a wide variety of causes, including accidents, and in a wide variety of locations, such as at home, in schools and in the workplace. Uncontrolled bleeding is the No. 1 cause of preventable death from trauma, according to the ACS.

In a trauma situation, just as with CPR, bystanders are often the first responders. Being able to effectively control an injured person’s bleeding greatly increases their chances of surviving until professional help arrives.

Teaching the community
Medical City Healthcare provided Stop the Bleed training to more than 7,000 people in North Texas last year, including first responders, healthcare professionals, college students, university employees, teachers, construction workers, food service employees and the general public.

Learn to act fast
Stop the Bleed training courses cover these important steps:

> **Safety first**: Get yourself and the injured person to safety.
> **Call 911**, or ask another bystander to make the call.
> **Determine where the person is bleeding**—apply pressure and pack the wound.
> **Apply tourniquets as needed**—to arms and legs only.

**GET TRAINING.** Interested in Stop the Bleed training for your group, school or organization? Visit [MedicalCityHealthcare.com/Contact](http://MedicalCityHealthcare.com/Contact) and fill out the form for the hospital near you.

**SEE HOW TO STOP THE BLEED.** Watch an emergency surgeon demonstrate this lifesaving skill at [MedicalCityHealthcare.com/TakeCare](http://MedicalCityHealthcare.com/TakeCare).
Dedicated teams provide lifesaving care for moms and babies

VASHAWNA MALLON WAS JUST 25 WEEKS PREGNANT WITH TWINS when Medical City Healthcare’s Maternal Transport Team picked her up via helicopter and flew her to Medical City Lewisville—the highest-level neonatal intensive care unit (NICU) in southern Denton County. Vashawna’s preemie daughters, Rainbow and Liberty, were safely delivered and cared for, thanks to the hospital’s specially trained NICU staff and leading-edge intensive care nursery technology.

Every day across North Texas, teams of compassionate, highly trained healthcare professionals transport high-risk pregnant women and critically ill or injured infants and children by ambulance, helicopter or fixed-wing aircraft to specialized hospitals that are equipped to meet their needs.

FLIGHT TO SAFETY. Watch Vashawna Mallon’s emotional story at MedicalCityHealthcare.com/TakeCare.
Dedicated, advanced resources

Medical City’s specialty transport teams—which include maternal and pediatric/neonatal units—transfer about 1,100 patients a year from rural community hospitals across Texas and throughout the Southwestern United States to Medical City hospitals that offer advanced pediatric, neonatal and maternal care services.

Not all hospitals commit the resources needed to staff dedicated, around-the-clock teams.

The pediatric/neonatal transport team is one of only a few dedicated teams in the country and is staffed by registered nurses with extensive training in pediatric emergency medicine, cardiovascular intensive care, neonatal intensive care and pediatric intensive care.

The maternal team is the only unit in the region staffed exclusively by registered nurses who have extensive training in caring for critically ill or injured expectant mothers.

Specialized help for moms and babies in emergencies

Pregnancy issues that could require a transport include:

> The mother has high blood pressure, potentially causing preeclampsia.
> The baby is born prematurely, for any of a variety of reasons.
> The baby has a known or unknown birth defect.

The goal is to pick up the mother before she delivers, but it’s not always possible. That’s when having the expertise of both the maternal team and the neonatal team is vitally important for the health and safety of mom and baby.
Know your numbers

Talk with your doctor about your personal risk of heart disease. Here are four types of numbers to know—and to keep an eye on:

**Blood pressure.** High blood pressure makes your heart and blood vessels work harder.

**Cholesterol.** Unhealthy levels can raise your risk of a heart attack.

**Body mass index (BMI).** BMI is an estimate of your body fat based on your weight and height.

**Blood sugar.** When your blood sugar is high, it can lead to diabetes, which is a major risk factor for heart attack.

HEALTHY HEARTS AT EVERY AGE. Take the free Heart Risk Assessment at MedicalCityHealthcare.com/TakeCare.
Fixing the tiniest hearts

HEART DISEASE DOESN’T ONLY AFFECT ADULTS, as new mom Shateria Chambers is learning firsthand.

Her daughter Karmen was born with an interrupted aortic arch (IAA), a rare heart condition that occurs when the aorta doesn’t form properly and affects blood flow to the body, and a large hole in her heart called a ventricular septal defect (VSD). At just 1 week of age, Karmen underwent an interrupted aortic arch repair and ventricular septal defect closure surgery at Medical City Children’s Hospital.

Surprisingly common
Congenital heart defects, problems with the structure of the heart that are present when a baby is born, affect approximately 1 in 100 births every year in the U.S., according to the CDC.

“The good news is that many babies diagnosed with congenital heart disease go on to live long and completely healthy lives,” said Kristine J. Guleserian, MD, Director of the Congenital Heart Surgery Program at Medical City Children’s Hospital.

Stay alert: Signs that your baby may be in trouble

Many babies have symptoms to indicate a heart defect. However, some babies have no signs of a heart problem at all after they are born. In those who do, symptoms can be:

- A bluish tint to the skin, fingernails and lips
- Fast or noisy breathing
- Fast heart rate
- Poor feeding and/or poor weight gain
- Sweating
- Excessive fatigue
- Irritability
- Cool feet
- Lung infections

“I found this hospital at just the right time to help my firstborn child, and I’m glad I did.”
—Shateria Chambers

No advance warning
Shateria had no idea her daughter would be born with these congenital heart defects. Shortly after Karmen was born, her heart rate increased and her breathing became rapid. Her doctors heard a murmur, and a heart ultrasound revealed the defects that required heart surgery.

Thanks to expert pediatric heart surgery and skilled intensive care, Karmen is thriving after a full recovery and is already enjoying a normal childhood.

“I have always heard great things about Medical City Children’s Hospital,” said Shateria. “I found this hospital at just the right time to help my firstborn child, and I’m glad I did.”

MedicalCityHealthcare.com
The doctor’s webside manner was terrific—he made me feel empowered, and I got to be the hometown hero with absolutely no hassle in leaving the house.

—Laura Swaney
Virtual care: A working mom’s best friend

IT’S ONE OF THE BIGGEST FEARS FOR WORKING MOMS: not being there when your child is sick or injured. That’s what happened when Laura Swaney, a Dallas executive, returned from a business trip late one evening. Her 14-year-old son, Luca, a Highland Park freshman, had a painful, swollen spot on his elbow.

Laura cleaned and bandaged it, then told him to keep an eye on it. By the next evening, the pain and swelling had worsened.

“It was clearly an infection, and Luca needed to see a doctor,” Laura said. “I knew we could get on a list with CareNow and wait at home for an urgent care appointment, but then I remembered there was another convenient option.”

Expert care at home
Laura used her smartphone to create an account with Medical City Virtual Care and entered Luca’s symptoms.

“We were sitting at the kitchen table—Luca was doing homework, and I was catching up on work emails,” Laura said. “I wasn’t sure that virtual care would be able to give a diagnosis and solve the problem. But being swamped with homework, Luca didn’t want to leave home, so I told him I thought we should at least attempt this.”

It wasn’t long before a doctor came on the screen.

“He asked to see Luca’s arm and confirmed that it was infected,” Laura said. “Then he asked if I would feel comfortable draining and cleaning the infected area. I said that I would, but I wanted him to watch in order to ensure that I was handling everything correctly. He talked me through the steps and continued to affirm that I was doing it perfectly.”

The doctor then gave instructions for wound care and sent a prescription for antibiotics directly to Laura’s pharmacy.

Feeling better—fast
“The whole virtual visit took about eight minutes,” Laura said. “Luca was so relieved. He said, ‘I can’t believe you just did this!’ The doctor’s website manner was terrific—he made me feel empowered and I got to be the hometown hero with absolutely no hassle in leaving the house. I now have the app on my phone. For a busy mom, this is an exceptional tool that can save time and limit stress without sacrificing proper diagnosis and physician oversight.”

NO APPOINTMENT NECESSARY. Watch a Fort Worth science teacher talk about how she got expert treatment for a sinus infection at MedicalCityVirtualCare.com/TakeCare.

It’s easy to start your Virtual Visit
Save $10 off your first visit with code MAGAZINE10 at MedicalCityVirtualCare.com.
Cancer care redefined

Medical City Plano opens first Sarah Cannon Cancer Hospital in Texas

WHILE THE NAME SARAH CANNON may be new to North Texans, the expertise of the Sarah Cannon Cancer Institute and Medical City Healthcare is well established. With the opening of the Sarah Cannon Cancer Hospital at Medical City Plano—a leading provider of cancer care in Collin County—Medical City is redefining how cancer care is delivered in the communities it serves.

Sarah Cannon is the Cancer Institute of HCA Healthcare—Medical City Healthcare’s parent company. It offers integrated cancer services with convenient access to leading-edge therapies for people facing cancer in communities across the United States and United Kingdom.

Sarah Cannon’s cancer programs include:
> Individualized patient navigation provided by oncology-trained nurses
> More than 1,200 stem cell transplants performed annually throughout the Sarah Cannon Blood Cancer Network
> Hundreds of clinical trials
> Molecular profiling capabilities

Sarah Cannon: The name

Sarah Cannon was a television and radio personality, known worldwide for her Grand Ole Opry character “Minnie Pearl.” After receiving treatment for breast cancer at the founding center in Nashville, Tennessee, she offered the use of her given name to promote cancer research and patient education with a vision of offering patients convenient access to early detection, clinical trials and a team approach to cancer care.
Unmatched cancer care
Through its services, Sarah Cannon provides leading-edge cancer care close to home for hundreds of thousands of patients, a number unmatched by any single cancer center.

By bringing together a network of globally recognized cancer experts, Sarah Cannon and its partner hospitals are collaborating and sharing best practices that address every aspect of cancer, from screening and diagnosis through treatment and survivorship. At Medical City Plano, this partnership is built on the strength of locally trusted care provided by a globally recognized oncology network with access to lifesaving therapies, including clinical trials.

Medical City Plano is also the first North Texas hospital to offer a new system for robot-assisted bronchoscopy. The advanced technology allows physicians to diagnose and treat small, hard-to-reach, peripheral lung tumors with greater precision, offering the opportunity for earlier lung cancer diagnosis, which can save lives.

“Your journey is your own. You can listen to people’s stories, but you have to forge your own path.”
—Toni Tate, one of the survivors featured on the wall at the new Sarah Cannon Cancer Hospital
Busy mom? Get a doctor’s diagnosis for your kids without the hassle of leaving the house—with virtual care! See page 12.

Caring for North Texas

Medical City Healthcare is one of the region’s largest, most comprehensive healthcare providers and includes 16 hospitals, 8 off-campus emergency rooms, 4 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 the quality care you deserve.