

Features

The Top Ten Women of
Collin County honored

Festival time

Lead by example

Healthy Plano

J. Ellis Newman: Portfolio
*September Sunset with
Balloons*

Extras

Dining In

The Top Ten Women of Collin
County honored

Collin College President's
Circle reception

The BEST healthcare is right here in Plano, Texas!

Plano is recognized as one of the healthiest and safest places to live in America. And that's not just us saying that!

Plano was among the *25 Happiest, Healthiest Cities in America* according to **Prevention Magazine's** 2013 report. They based this on 48 measures, considering everything from access to green space and concert halls to number of farmers' markets and healthy diets. Researchers discovered that Plano topped the list in purchasing workout gear and organic products; most married; most pet owners; and highest percentage with bachelor's degrees.

They also evaluated serious factors like disease incidence, unemployment rates, even FBI crime statistics. After such thorough vetting, to be included in the top 25 healthiest, happiest cities in the U.S. speaks to the excellent quality of life we enjoy in Plano.

The following year, in 2014, **Time Inc.** published the book *Healthiest Places to Live*, which profiled the top ten healthiest urban areas in the U.S. Once again Plano found itself in elite company, as it was among the ten cities selected.

As recent as this summer, **U.S. News & World Report** released their *Best Hospital* 2015-2016 ratings. The Medical Center of Plano was ranked 8th among Dallas-Fort Worth hospitals, and 23rd among 600 Texas hospitals overall.

Other local hospitals have made this distinguished list over the years as well, and all have garnered national awards. In fact, few places in the world rival north Texas when it comes to exceptional hospitals and physicians.

Here's a quick overview of some of our nationally recognized hospitals that offer specialties in all areas, from obstetrics to geriatrics.

Hospitals keep Plano in the pink

The Medical Center of Plano has been providing excellent healthcare to north Texans for 40 years. Located in the heart of Plano, this 493-bed acute care hospital has over 1,000 physicians on staff, representing over 70 specialties and subspecialties.

It is the first hospital in Collin County and only the third in the entire Dallas-Fort Worth area to earn Level II trauma designation from the Texas Department of State Health Services.

Also, due to their team of neurologists and neurosurgeons practicing the most medically advanced procedures for stroke victims, The Medical Center of Plano is the first hospital in Collin, Dallas, and Denton counties to be named a Comprehensive Level I Stroke Facility. For these reasons and many more, it comes as no surprise that U.S. News & World Report ranks The Medical Center of Plano 8th among DFW hospitals.

Texas Health Presbyterian Hospital Plano is another medical stalwart. Located in ever-expanding west Plano, this beautiful campus opened in 1991 and has not stopped growing! In recent months, Texas Health Plano completed a \$25.4 million perioperative services expansion. Four of the new operating rooms were designed specifically for orthopedic surgery, and the fifth for scoliosis and spine surgery.

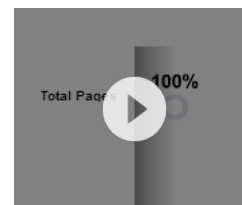
Texas Health Plano has been named "Best Place to Have a Baby" four years in a row by readers of *Dallas Child* magazine. They are on pace to deliver 4,000 babies this year! Their oncology program received Outstanding Achievement Award from the American College of Surgeons' Commission on Cancer. And now the hospital has a new multi-disciplinary Diabetes Wellness Center to make complete care easily accessible. The growth continues!

Baylor Regional Medical Center at Plano is part of acclaimed Baylor Scott & White Health. The Plano hospital opened in 2004. In their first decade, they have achieved national recognition and accreditations in the areas of joint replacement, stroke care, and more.

Currently ranked 11th among DFW hospitals in the 2015-2016 *U.S. News & World Report Best Hospital* report, the hospital has been at the top of the list multiple times.

Baylor hospital could almost be mistaken for a hotel! Larger than average private rooms have oversized windows, wireless Internet network, and 30-inch LCD televisions. This hospital provides comfort and outstanding medical care.

The Heart Hospital Baylor Plano in joint ownership with physicians is the largest



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physician-owned cardiovascular specialty hospital in the country and the highest-volume heart surgery center in Texas and the DFW Metroplex. The hospital has been recognized 14 times by Press Ganey for outstanding patient satisfaction (Inpatient, Emergency Department).

Part of Baylor Scott & White Health, The Heart Hospital is nationally ranked in key surgical specialties: #5 in heart valve surgery and #6 heart surgery.* (*TRG Health Care Solutions, Denver, Colorado; based on patient volume)

Highly trained physicians on the medical staff and skilled clinicians, including a nationally recognized nursing staff, consistently deliver top-tier outcomes.

All guest suites are private and spacious, surrounding each guest and their family in comfort while staff strive to exceed expectations for quality and service.

It's been a milestone year for **Methodist Richardson Medical Center**. In April of 2014, they opened their new flagship facility on the border of Plano and Richardson. They are already increasing capacity by 25 more beds to accommodate patients, have added 92 new physicians to the medical staff, and recently performed their 1,000th robotic surgery.

Methodist Richardson Medical Center was the first healthcare facility to receive the Texas Award for Performance Excellence, patterned after the renowned Malcolm Baldrige National Quality Award.

The hospital is accredited by national organizations in many areas, including cancer care and stroke care. It's a bonus that all of this expert care is provided at their stunning new campus.

Addressing the unique healthcare needs of children, **Children's Medical Center Plano** is a medical center campus anchored by an emergency department and a 72-bed full-service hospital. When it opened in 2008, patients and their families knew to expect exemplary healthcare, but the aesthetically beautiful design was a delightful surprise—down to the sparkle in the floor, up to the kinetic sculpture hanging in the atrium. Rooms have large windows, offering views of horses grazing in grassy fields, a winding stream, and a 100-year-old oak tree.

In 2014, for the fourth consecutive year, Children's Medical Center Plano was ranked first among Children's Hospital Association peers in first case, on-time starts. In addition, the Leapfrog Group named Children's Medical Center Plano to its list of Top Hospitals in 2014, one of nine children's hospitals in the nation and one of only two in Texas.

These accolades point to the facility's excellence in quality and patient care.

Patients desiring an exceptional yet smaller hospital with boutique qualities turn to **Texas Health Center for Diagnostics & Surgery**. From the gourmet coffee bar in the lobby, to room service meals prepared by a culinary trained chef, this hospital offers a superior level of medical care and personal attention.

So successful is their approach, THCDs was recognized with a 2014 Guardian of Excellence Award by Press Ganey. The award highlights organizations who have reached the 95th percentile for patient satisfaction, employee satisfaction, and physician satisfaction.

Physicians on the medical staff represent specialties such as spine surgery, gynecological surgery, pain management, urological surgery, and endoscopy services.

What makes Plano and Collin County a true healthcare hub for all of north Texas is the availability of superb specialty care. **Texas Back Institute Clinical Research (TBI)** is a great example. It's one of the largest freestanding multidisciplinary academic spine centers in the world. TBI utilizes the latest technological advancements and medical breakthroughs, spearheads and participates in numerous FDA clinical trials, develops surgeons through their fellowship program, and employs an expert medical team.

TBI is on the forefront of artificial disc replacement technologies, spine fusion technologies, interlaminar stabilization technology, and robotic spine surgery technology.

Simply the best!

Ideally, we will be healthy every day of our lives, but that's not realistic. So isn't it comforting to know that when we do face medical issues, we can get the best possible care right here. Here's to your health! – CINDY BOYKIN

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