

January 2013

Baylor Health

MCKINNEY EDITION

Visit BaylorHealth.com/McKinney for informative videos, interactive quizzes, online event registration, and much more.



**REAL PATIENTS.
REAL STORIES.**

Matters of the Heart

After giving birth to her daughter Lillian, **CHRISTY PFEIFER-GAMEZ** had another life-changing event—heart failure

PAGE 4

 **BAYLOR**
Medical Center
at McKinney



EAT RIGHT IN 2013

Three healthy dinner ideas that are ready in minutes **PAGE 2**



BE MINDFUL

Find out which symptoms can signal a neurological condition **PAGE 7**

Keep this!

Healthy Meals Made Easy

What's your excuse for not eating healthier? For many, it's the convenience factor. But it doesn't have to be. "Having your fridge and pantry stocked with healthy staples can make putting together healthy meals a snap," says Janet Lin, MD, an internal medicine physician on the medical staff at Baylor Medical Center at McKinney.

Here are three healthy dinner ideas you can whip up in no time:

Burrito Bowl

Top brown rice with black beans and steamed veggies. Opt for canned beans and frozen microwavable broccoli and rice to save time.

Super Salad

Drain a can of water-packed tuna and serve atop a bed of leafy greens—along with whatever other veggies you have on hand. Drizzle with lemon juice and olive oil to add extra flavor and a dose of healthy fat.

Veggie Wrap

Spread hummus on a whole-wheat wrap and fill with your favorite fresh vegetables.



Make This Your Healthiest Year Yet

4 ways to reach your wellness goals in 2013

It's that time of year again when health-related resolutions are on everyone's mind. Improve your well-being by committing to these four goals, suggests Janet Lin, MD, an internal medicine physician on the medical staff at Baylor Medical Center at McKinney.

1. MOVE MORE.

"Increasing physical activity doesn't mean you have to go to the gym," Dr. Lin says. "It's just a matter of making a conscious effort

to get off the couch and find a physical activity you enjoy. Aim for 30 minutes total, five days a week."

2. EAT BETTER.

"It's always preferable to prepare your own meals," Dr. Lin says. "Keep your house stocked with nutritious foods to avoid temptation."

3. KICK BAD

HABITS. "Quitting smoking is one of the best things you can do to improve your health immediately," Dr. Lin

says. Reward yourself by spending the money that you save on something special, such as a trip to the spa, a concert or a sporting event.

4. SEE YOUR

PHYSICIAN. Your body, like your car, needs routine checkups. "Getting regular checkups and following your physician's recommended screening schedule can help catch diseases in their earliest, most treatable stages," Dr. Lin says.

Find a Local Doctor

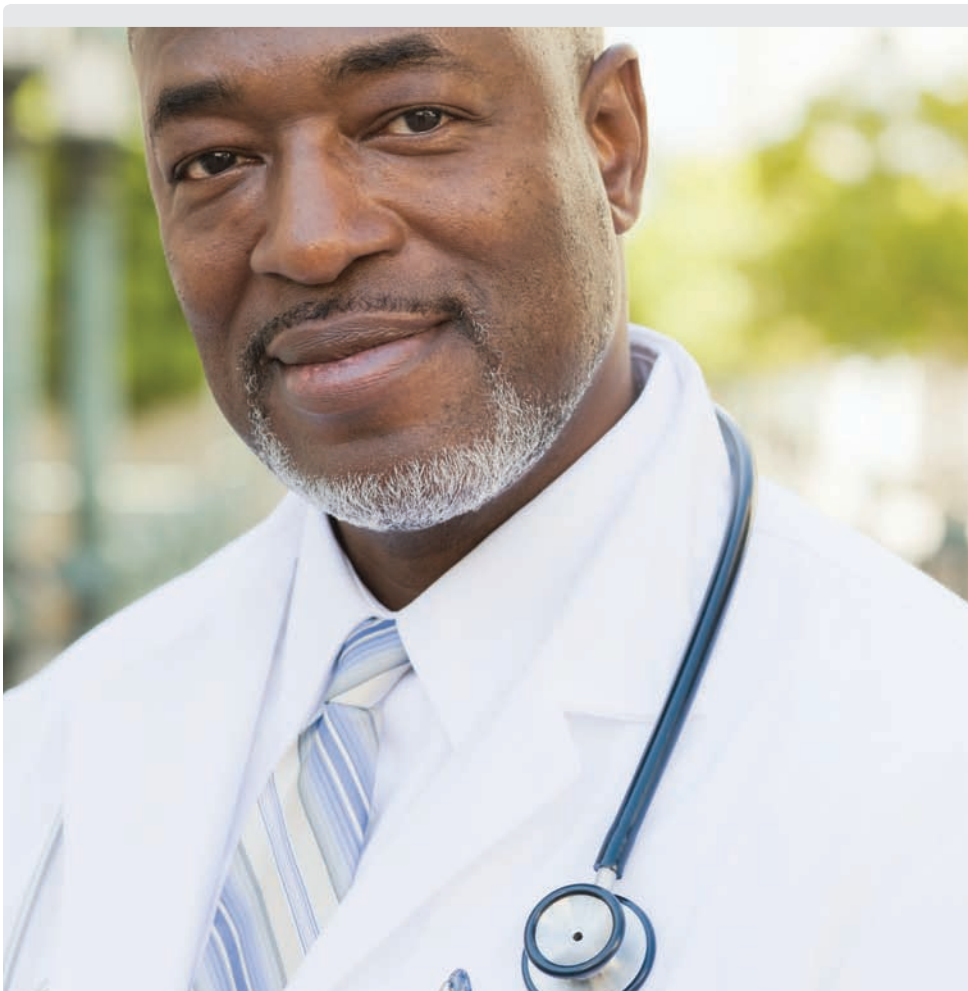
Make getting regular checkups one of your healthy priorities this year. To find a physician on the medical staff at Baylor McKinney, visit FindDrRight.com or call **1.800.4BAYLOR**.

Baylor Medical Center at McKinney, 5252 W. University Drive, McKinney, TX 75071. President: Scott Peek; Marketing/Public Relations Director: Kelly Maier; Editor: Jennifer Irwin. Baylor McKinney Main Number: 469.764.1000; Parent Education Classes: 1.800.4BAYLOR (1.800.422.9567); Baylor McKinney Breast Center: 469.764.7000; Baylor McKinney Physician Referral: 1.800.4BAYLOR. Visit BaylorHealth.com/McKinney or call 1.800.4BAYLOR for information about Baylor McKinney's services, upcoming events, career opportunities and more.

Baylor Health Care System Mission: Founded as a Christian ministry of healing, Baylor Health Care System exists to serve all people through exemplary health care, education, research and community service.

The material in *BaylorHealth* is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Medical Center at McKinney or Baylor Health Care System. Photographs may include models or actors and may not represent actual patients. *BaylorHealth* is published by McMurry six times a year for friends and supporters of Baylor Medical Center at McKinney. © 2013 Baylor Health Care System. If you are receiving multiple copies, need to change your mailing address or do not wish to receive this publication, please send your mailing label(s) and the updated information to Robin Vogel, Baylor Health Care System, 2001 Bryan St., Suite 750, Dallas, TX 75201, or email the information to robinv@baylorhealth.edu.





How Healthy Is Your Heart?

To find a cardiologist on the medical staff at Baylor McKinney, visit **BaylorHealth.com/McKinneyHeart** or call **1.800.4BAYLOR**.

Heart Care You Can Count On

At Baylor Medical Center at McKinney, we're focused on helping patients with cardiovascular conditions get back to living life to the fullest. So whatever your need, from diagnosis to management to treatment, we're equipped to help you every step of the way.

"At Baylor McKinney, every aspect of cardiac care has been well thought out," says Donald Stout, RN-BSN, RT(R), the cardiology manager on staff at Baylor McKinney. "From the design of the facility to the handpicked cardiac care team to the advanced technology, our cardiac patients are consistently amazed by the amount of attention and the quality of the care they receive during their stay at Baylor McKinney."

With a full spectrum of comprehensive care, including invasive and noninvasive diagnostics as well as interventional and rehabilitation services, you can trust that when you choose Baylor McKinney for your cardiac and vascular care, your heart is in good hands.

THE HEART DETECTIVES

Baylor McKinney has the experts and tools necessary to meet your cardiac needs

FOR PEOPLE WHO ARE experiencing a life-threatening cardiac event, time is not a friend. The clock is ticking, and diagnosing the problem is the first step to administering lifesaving treatments and performing critical surgeries. That's why Baylor Medical Center at McKinney is proud to offer three advanced cardiac catheterization labs.

"Our cardiac catheterization labs are equipped with everything we need to identify the cause of a cardiac or vascular event and to do it in record time," says Donald Stout, RN-BSN, RT(R), the cardiology manager on staff at Baylor McKinney. "And that means our patients get a fast, accurate diagnosis and are on their way to getting the important treatments or surgeries they need, fast."

The advanced technologies found at

Baylor McKinney help save time—and lives—every day, and include:

IMAGING QUALITY

"Our digital cardiovascular labs feature advanced technologies like 3-D imaging and CT spin, which produce high-definition images that allow the physicians on our medical staff to accurately visualize and treat our patients' conditions," Stout says.

COMBINED TECHNOLOGIES

"Our labs utilize the Veran ig4™ system, which allows us to combine multiple technologies when treating a patient," Stout says. "The result is reduced exposure to radiation, shorter procedure times and more minimally invasive surgical options for patients."

Close to Your Heart

The **truth** behind four common heart health **myths**

Eight weeks after Christy Pfeifer-Gamez gave birth to her fourth child, Lillian, on the Fourth of July, she started feeling ill. One morning she couldn't even get out of bed. The doctors thought it might be pneumonia. They never expected it to have anything to do with her heart. After all, she was too young for that, they said.

Fortunately, Pfeifer-Gamez's family persuaded her to transfer her care to Baylor University Medical Center at Dallas. "My husband, family, everyone just wanted me at Baylor," the 28-year-old says. Their insistence may have saved her life. The doctors at Baylor discovered she had postpartum cardiomyopathy, meaning her heart had become weak and couldn't pump blood efficiently. "I was put in a medically induced coma for three weeks," she recalls. "After coming out of the coma, I had to learn how to do everything again. It took a lot of help from my physical therapists, my family and my husband for me to recover."

Watch Christy's Story

Hear Christy talk more about her experience by visiting BaylorHealth.com/Exclusive today.

Christy Pfeifer-Gamez thought she was just getting sick eight weeks after giving birth to her daughter Lillian. But in reality, it was heart disease.



Get Heart Help

Let our experts care for you and your heart. For more information on the heart and vascular services available at Baylor McKinney, call **1.800.4BAYLOR**.

Today, more than a year later, Pfeifer-Gamez is leading a heart healthy lifestyle. She stays active by playing in a coed soccer league with her husband, Freddy, and has changed her diet. “I’m on a low-sodium diet,” she says. “I don’t buy chips or snacks for the house. We eat more fruit and more salads.”

Pfeifer-Gamez also sees her doctor regularly and will have to take medication for the rest of her life. She knows that heart trouble doesn’t discriminate based on age. Do you? It’s time to dispel this heart myth, and a few others, for good.

MYTH: *Heart disease can’t affect me. I’m too young!*

FACT: Think again. As Pfeifer-Gamez’s experience shows, cardiovascular disease takes many forms, including heart failure, and can affect anyone. “Patients can be teenagers and younger, or in their 80s,” says Steve Simpson, MD, a cardiologist on the medical staff at Baylor All Saints Medical Center at Fort Worth.

This is why it’s important to know your family history and get your blood pressure and cholesterol levels checked early and often. “Plaque buildup can start as early as the teen years,” says Neeraj Arora, MD, a cardiologist on the medical staff at Baylor Regional Medical Center at Grapevine.

MYTH: *Heart disease is a man’s disease.*

FACT: “There could not be a bigger myth than this,” Dr. Arora says. “Heart disease is the leading cause of death among American women.” In fact, it kills more women ages 65 and older than all cancers combined—including breast cancer.

And yet most women tend to ignore or explain away the subtle symptoms that might signal heart trouble, including shortness of breath (with or without chest pain), nausea, cold sweats and pain in your chest (or arms, jaw, neck, back or stomach). If you experience any of these warning signs, speak up and seek help immediately.

MYTH: *No one in my family has had a heart attack, so I’m off the hook.*

FACT: First, make sure that’s true. Many people aren’t aware they have a family history of heart disease until a crisis strikes. Ask your parents and siblings if they have high blood pressure or cholesterol levels—both important risk factors to know about.

Second, if your own numbers are high, you smoke or you aren’t physically active, then you’re at risk, no matter what your family history is. On the other hand, even if you eat right and exercise, you can still be susceptible. Unfortunately, there’s no such thing as zero risk when it comes to heart disease, which makes managing the factors within your control (weight, activity level, diet) so important.

MYTH: *I would be able to tell if I had high blood pressure.*

FACT: “There’s a reason why hypertension is called the silent killer,” Dr. Arora says. “You may not have any symptoms from it.” The same is true for high cholesterol levels.

Normal blood pressure is 120/80 or lower; your total cholesterol should be less than 200. Do you know what your numbers are? “Today there’s not much of an excuse not to know,” Dr. Simpson says.

Is It a Heart Attack?



When it comes to surviving a heart attack, getting medical attention early is your best bet for avoiding long-term damage and even death. If you or a loved one experiences any of the following symptoms, call 911.

CHEST DISCOMFORT

“Uncomfortable pressure, squeezing or fullness that lasts more than a few minutes or comes and goes is a big sign something is wrong,” says Elizabeth Fagan, MD, FACEP, an emergency medicine physician on the medical staff at Baylor Medical Center at McKinney.

RADIATING PAIN

Discomfort in the arms, neck, jaw or back—with or without chest pain.

SHORTNESS OF BREATH

“This symptom may or may not be accompanied by chest discomfort,” Dr. Fagan adds.

FEELING ILL

“Many people experience nausea, cold sweats, lightheadedness or extreme fatigue during a heart attack,” Dr. Fagan says. “This is especially true for women, who may not experience classic chest pain.”



Optimism in Cancer Research

Baylor studies of cell-based cancer vaccines show promise

FOR MORE THAN A DECADE, the researchers at Baylor Institute for Immunology Research (BIIR), a component of Baylor Research Institute (BRI), have been studying cell-based cancer vaccines—a treatment option that shows promise.

The research at BIIR focuses on using dendritic cells, which are the body's first line of defense against immune system challenges. Because certain types of cancer can get past the immune system, BIIR researchers activate a patient's own dendritic cells to fight against these forms of cancer.

The work is being carried out with melanoma, an aggressive form of skin cancer, as well as breast and pancreatic cancers.

"We have made substantial progress in the laboratory, especially in pancreatic

and breast cancer," says Karolina Palucka, MD, PhD, director of the Ralph Steinman Center for Cancer Vaccines at BIIR. "We are now requesting FDA approval for two larger clinical trials."

One of the studies will look at a pancreatic cancer vaccine that has been in development at BIIR for more than four years. The other will study

scientific officer of BRI—Dr. Palucka hopes testing these vaccines in a larger patient population will validate their findings to date.

"We are very encouraged based on our clinical trials data in patients with melanoma from the past 10 or 12 years," she says. "We have good data in terms of patients' survival, so we're optimistic."

Dr. Palucka credits the dedication and hard work of the team over many years with the progress they've made so far.

"We don't think these vaccines will solve everything, but they could be a very important component," she explains. "Immunotherapy as cancer therapy is coming of age and is becoming more mainstream in oncology."

Get Involved

To learn about these and other research trials at Baylor open to participants, visit [BaylorHealth.com/AdvancingMedicine](https://www.baylorhealth.com/advancingmedicine).

a vaccine against breast cancer, also a long-term project.

Working in conjunction with other researchers—including Yong-Jun Liu, MD, PhD, vice president and chief

BEYOND THE BRAIN

When the brain and spine are involved, things can get complicated. That's where Baylor McKinney comes in

THE COMPLEXITY OF THE HUMAN BRAIN and nervous system is truly awe-inspiring. And when something goes wrong with either one, the result can be devastating. That's why it's comforting to know that Baylor Medical Center at McKinney is equipped with the expertise and technology to effectively diagnose and treat these kinds of conditions. J. Keith Preston, MD, a neurosurgeon on the medical staff at Baylor McKinney, offers an overview of Baylor McKinney's neurosurgery department.

A SPECTRUM OF SERVICES

Baylor McKinney offers a full range of neurosurgical services and can care for a variety of brain and spine disorders, including Parkinson's disease, dementia and certain spine problems.

"Twenty-four-hour neurosurgical on-call coverage and staffing ensures immediate availability for both emergent and elective evaluation and treatment of neurological problems," Dr. Preston says.

ADVANCED TECHNOLOGY

"We're equipped with advanced diagnostic, procedural and surgical equipment," Dr. Preston says. As a new facility, certain technological advances have been incorporated into the infrastructure of the hospital.

HIGHLY TRAINED STAFF

The support staff and physicians on the medical staff at Baylor McKinney are experienced in providing quality neurosurgical care. "Providing quality neurosurgery services is a top priority for hospital administration as well, which helps advance our hospital to the forefront of this complex and exciting area," Dr. Preston says.



Is It Something Serious?

Neurological conditions can present in a number of ways, and it often takes people months or even years to seek treatment—or even realize there's a problem. "And that can be a bad thing," says J. Keith Preston, MD, a neurosurgeon on the medical staff at Baylor Medical Center at McKinney. "For many conditions, like spinal stenosis and spondylosis, earlier treatment can help slow the progression of the disease and minimize damage over the long term."

Here are a few symptoms that may indicate a neurological issue. "If you or someone you love is experiencing one or more of these symptoms, see your doctor or a specialist promptly," Dr. Preston says.

• **Strange skin sensations:** Burning, numbness or prickly feelings.

• **Muscles acting strangely:** Muscle weakness, paralysis or sensitivity.

• **Interruption of normal bodily functions:** Extreme perspiration, difficulty breathing or swallowing, or difficulty controlling your bladder.

• **Persistent or progressive pain:** Pain that is not responsive to typical over-the-counter medications—especially in the neck and lower back—or that radiates into the arms or legs.

• **Difficulty with concentration:** Trouble thinking clearly or increasing forgetfulness.

Need Support?

Whether you've suffered a stroke or have been diagnosed with Parkinson's or Alzheimer's disease, Baylor McKinney offers the quality, compassionate care you need. To learn more, call **1.800.4BAYLOR**.

COMMUNITY CALENDAR

January & February 2013

Registration required for all events unless otherwise indicated. Call **1.800.4BAYLOR** to register.

WOMEN'S HEALTH

For Women For Life is Baylor McKinney's first annual women's health event. Receive free health screenings, visit informational booths and attend health presentations by physicians and allied health professionals. Jan. 26, 7 a.m. to noon.

CHILDBIRTH AND FAMILY EDUCATION

Prepared Childbirth encompasses four weekly sessions beginning Jan. 8 or Feb. 5, 6:45 to 9:30 p.m. No charge.

Basics of Baby Care

teaches infant care and development. Jan. 9, Jan. 23, Feb. 6 and Feb. 20, 6:45 to 9:30 p.m. No charge.

Breastfeeding is designed to discuss the many benefits of breastfeeding your baby. Jan. 17, Jan. 31, Feb. 14 and Feb. 28, 6:45 to 9:30 p.m. No charge.

Infant Safety and CPR

teaches basic skills but is not a certification course. Jan. 12, Jan. 26, Feb. 9 and Feb. 23, 9 a.m. to noon. \$35



BAYLOR Medical Center at McKinney

FOCUS ON YOU.

1.26.13

FREE WOMEN'S HEALTH & WELLNESS EVENT!

HEALTH PRESENTATIONS • BLOOD PRESSURE • SKIN SCREENINGS
CHOLESTEROL/GLUCOSE SCREENINGS* • AND MUCH MORE!

For **WOMEN For LIFE**™
2013

SATURDAY, JANUARY 26, 2013

7:00 AM TO NOON

Take care of your health at our annual women's health event, **For Women For Life**™. Enjoy a light breakfast, receive free health screenings, learn about disease prevention, ask health questions at our health information booths and attend informative health presentations.

Get your girlfriends together and register today!

Go to BaylorHealth.com and **keyword search: ForWomen7**
RSVP at 1.800.4BAYLOR



DOWNLOAD A CODE READER ON YOUR SMARTPHONE
AND SCAN THIS QR CODE TO SEE EVENT DETAILS

EVENT LOCATION

Baylor Medical Center at McKinney
5252 West University Drive, McKinney, TX 75071

FOLLOW US ON:
Username: BaylorHealth



©2012 Baylor Health Care System. BMC/MCK 133 2012-RT