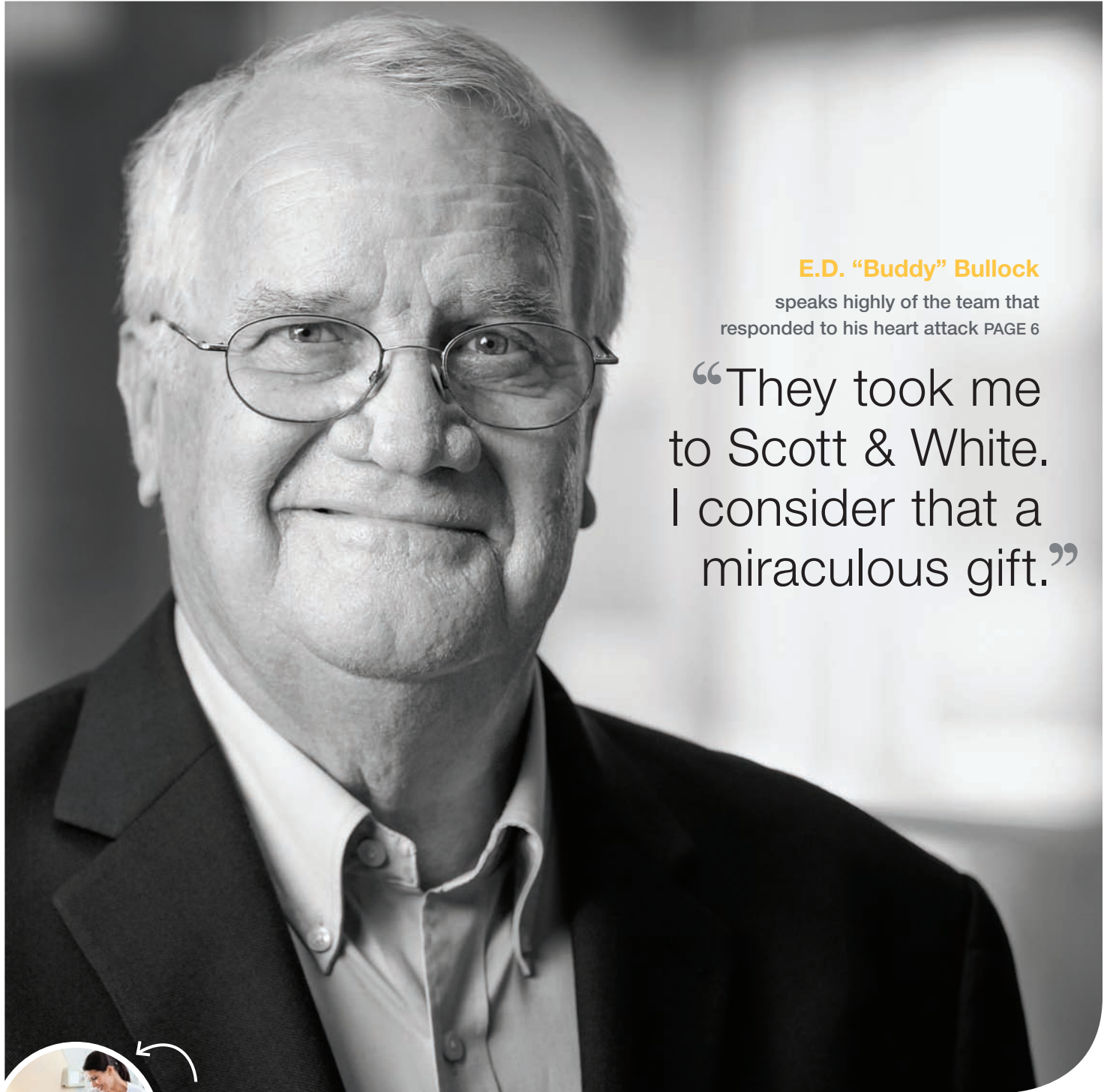


# Baylor Scott & White Health

Scott & White Healthcare is  
part of Baylor Scott & White Health

sw.org | Temple Region

January 2016



**E.D. "Buddy" Bullock**

speaks highly of the team that responded to his heart attack PAGE 6

“They took me to Scott & White. I consider that a miraculous gift.”



**LOCATION SPECIFIC**

4 reasons to have your medical imaging tests done at a hospital PAGE 4

Scott & White Healthcare is part of





# Look and Feel Your Best After Weight Loss

After significant weight loss—whether from dieting or from bariatric surgery—many people discover that body contouring is a terrific option to help them look as good as they feel.

Charles Verheyden, MD, PhD, director of the Division of Plastic Surgery at Scott & White Memorial Hospital – Temple, explains: “When a massive amount of weight comes off, the skin does not shrink to match that lower volume of fat. Sometimes it’s discouraging to patients

because they have lost all this weight, but they don’t look as good as they want to. Body contouring can help.”

Two of the most commonly performed body contouring procedures at the Cosmetic Surgery Center of Scott & White are:

**Abdominoplasty.** Also called a tummy tuck, this involves removing excess skin and tightening weak or stretched abdominal muscles for a slimmer, flatter appearance.

**Body lift.** This procedure involves removing excess skin from the abdomen, back and hips, or from the thighs and buttocks. In some cases, Dr. Verheyden notes, the buttocks are augmented as part of a body lift. “The buttocks can get very flat after massive weight loss,” he says, noting that a body lift leads to a more natural appearance.

## QUESTIONS ABOUT BODY CONTOURING?

To learn more about the Cosmetic Surgery Center of Scott & White, visit [cosmetic.sw.org](http://cosmetic.sw.org) today.

## JOIN US AT OUR FREE WOMEN’S HEALTH EVENT

Women, so often you take care of the health needs of family members first. Finally, there’s a morning to focus on you.

For Women For Life® is a free women’s health and wellness event on Jan. 23 from 8:30 to 11 a.m. at Scott & White Clinic – Killeen, 3801 Scott & White Drive, Killeen. Women ages 18 and older are invited to:

- ▶ Participate in health screenings, including blood pressure, height, weight and body mass index.
- ▶ Have your women’s health questions answered by a panel of physicians.
- ▶ Speak to experts on a range of women’s health topics, from cancer awareness to mammography.
- ▶ Get a free chair massage, complimentary light breakfast and more.

The event is free, but registration is required.

**MORE**

## Sign Up Today

Get your girlfriends together and register to attend For Women For Life® today! Visit [BaylorScottandWhite.com/KilleenFWFL](http://BaylorScottandWhite.com/KilleenFWFL) for details.

Scott & White Healthcare, 2401 S. 31st St., Temple, TX 76508. President: Shahin Motakef; Chief Medical Officer: Stephen Sibbitt, MD; Temple Region Marketing Manager: Stefanie Hall. Visit [sw.org](http://sw.org) or call 1.800.792.3710 for information about Baylor Scott & White’s services, providers, career opportunities and more. Find a provider at [providers.sw.org](http://providers.sw.org) or a location at [clinics.sw.org](http://clinics.sw.org).

Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people by providing personalized health and wellness through exemplary care, education and research as a Christian ministry of healing.

The material in *Baylor Scott & White Health* 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 provide clinical services as members of the medical staff at one of Baylor Scott & White Health’s subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers, Baylor Health Care System, Scott & White Healthcare or Baylor Scott & White Health. Photographs may include models or actors and may not represent actual patients. *Baylor Scott & White Health* is published by MANIFEST LLC six times a year for friends and supporters of Baylor Scott & White Health. © 2016 Baylor Scott & White Health. 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 Scott & White Health, 2001 Bryan St., Suite 750, Dallas, TX 75201, or email the information to [robinv@BaylorHealth.edu](mailto:robinv@BaylorHealth.edu).

Scott & White Healthcare is part of  
 **Baylor Scott & White**  
 HEALTH



# Heart Attack? Call 911

A heart attack can come on suddenly—like you see in the movies—or more subtly. Symptoms include shortness of breath, nausea, or pain in the arms, neck or jaw. No matter how it happens, a heart attack is serious, life-threatening business. And calling 911 is your best bet for survival because:

**You'll save time.** Emergency medical services can begin treatment as soon as they get to you (in some cases that's an hour sooner than going to the emergency department by car). Plus, they can give the hospital a heads up so the team there is prepared to help as soon as you arrive.

**It can be dangerous to drive yourself.** Avoid the scary scenarios that could happen if you're on the road and your symptoms suddenly get worse or you lose consciousness.

**Minutes matter.** During a heart attack, blood can't get to your heart and the muscle begins to die. The sooner you get help, the less damage will occur.



## KNOW THE SIGNS

Visit [hearthealth.sw.org](http://hearthealth.sw.org) to learn about the warning signs for heart attack and how you can lower your risk.

## A (Medical) Home to Call Your Own

It might sound like a physical place to go when you're feeling sick, but a patient-centered medical home is really an approach to primary care. At the center is you, the patient, surrounded by a health care team that may include a primary care physician, a nurse practitioner, a physician's assistant, nurses and specialists, all working together to promote your well-being. **Here are three big benefits of finding a medical home.**

### 1. It fosters relationships.

Even with a whole team of people caring for you, the medical home allows you to spend more time with your doctor.

### 2. It simplifies the search.

A medical home provides you access to health professionals you need—from allergists to orthopedists—whenever you need them.

### 3. It syncs your medical records.

Because all of your medical information, including your prescriptions, is accessible to the entire team, you won't be tasked with sending test results far and wide.

**MORE**

## Find Your Health Care Team

Baylor Scott & White's vast network of providers is a couple of clicks away. Visit [FindDrRight.com](http://FindDrRight.com) to find a primary care physician in North or Central Texas.



# 300,000

More than a quarter-million concussions occur every year in the U.S. And for people ages 15 to 24, the top two causes are car accidents and sports. **If you're worried someone might have experienced a concussion, keep an eye out for symptoms**—such as headache, nausea, dizziness, behavior changes and memory problems—and urge the person to see a doctor.

# Getting the **Whole Picture**

## When to have your imaging tests done at a hospital

YOUR DOCTOR JUST ordered an imaging test. Now where do you go to have it completed? In most cases, you can choose to go to a hospital or an outpatient imaging center. Here are four instances when you'll want to opt to have your imaging done at a hospital.

**1. You need medication.** Many imaging tests require patients to lie still for a long time, which can be quite uncomfortable for some, especially those who have back pain. Hospital imaging departments can offer oral or even intravenous pain medications during the test to make the patient more comfortable.

Hospitals also can assist people who don't do well in confined spaces. "Some MRIs can last up to two hours, which can be very distressing for patients with claustrophobia," says Jaynish Patel, MD, an interventional radiologist on the medical staff

at Baylor Scott & White Medical Center – Irving. "At hospital-based imaging facilities, those patients may be prescribed sedatives or may even be given general anesthesia so that they stay still in the machine. This improves the comfort for the patient and also the quality of the exam for the interpreting radiologist."

**2. You need other diagnostic tests.** Imaging tests often are ordered in conjunction with other exams, such as blood work. Going to a hospital means you can have all of your needs addressed in one place. And you might get your results sooner.

"Hospitals typically will have a radiologist on staff 24/7," Dr. Patel says. "And if it turns out you might have a health concern, the hospital is usually able to act on that more quickly as compared with an outpatient imaging center."

**3. You are allergic to contrast dye.** Some imaging tests require patients to drink a contrast solution or be injected with dye that helps illuminate certain areas of the images to show any abnormal conditions. A small percent of people have adverse reactions to these contrast agents.

"For those patients who are allergic to dye or contrast, it's very important they consider going to a hospital-based imaging facility," Dr. Patel says. "If there is any reaction, the hospital generally is better prepared to respond."

**4. You have blood clots.** Blood clots can be problematic anytime you stay in one position for a long time, which is the case for some imaging tests. If you have been diagnosed with blood clots, especially those in your lungs, legs or arms, you'll want to have the added peace of mind of being in a hospital, should any complications arise during your test.



**MORE**

### Need an Imaging Test? Start Here

If you think you might need an MRI to get a better look at a health condition, talk to your primary care provider. To find a provider, go to [providers.sw.org](http://providers.sw.org) today.



# Fat Cell Fundamentals

Unlock the secret to weight loss by understanding exactly what's going on inside your body

➔ Fat. You know it's a pain in your backside—or your hips, your stomach, wherever. But grasping just what fat is and how it affects your body can help you lose weight. For good.

## WHEN YOU'RE READY TO LOSE THE WEIGHT

Primary care providers can design a personalized plan to help you live a healthy lifestyle. Visit [primarycare.sw.org](http://primarycare.sw.org) to learn more about primary care at Scott & White and search for a provider near you.

### WHERE DOES THE WEIGHT GO?

When you eat calories that your body doesn't need immediately for energy, it saves those extra calories in the form of triglycerides in fat cells.

"Your body is storing the energy for later in the event that food is scarce," says Daniel Davis, DO, FACS, chief of bariatric surgery and medical director of the Baylor Weight Loss Surgery Center of Dallas. "This goes back thousands of years to when humans would often go two or three days without food."

When your body expends more calories than it takes in, it taps those fat cells for energy. Waste is expelled in the form of carbon dioxide (which you exhale) or water (which you urinate).

### WHY IS EXCESS FAT HARMFUL?

Fat cells may be the body's storage units for energy, but they don't just sit there. They secrete hormones into the bloodstream that help your body function, Dr. Davis says. "But when fat cells increase in size," he adds, "they produce hormones that can be harmful to the body—hormones that increase the risk for insulin resistance and certain cancers."

### WHY IS IT SO HARD TO LOSE WEIGHT?

Losing weight is an uphill battle because of our biological need to reserve energy.

"Our bodies are trying to defend our energy stores to maintain a certain energy balance," Dr. Davis says. "Whatever weight you are, that's the weight your body is trying to defend. Your body thinks it's starving when you're trying to lose weight."

### WHAT'S THE BEST WAY TO LOSE WEIGHT?

Ideally, weight loss occurs through a healthy diet and increased activity. But for some people, that's not enough.

"Weight loss surgery is an option for people with a body mass index [a measurement of weight relative to height] of 35 or more—usually at least 60 to 80 pounds of extra weight," Dr. Davis explains. "Surgery is the only weight loss method that actually changes your metabolism, and it helps people maintain weight loss long term."




“They got me into the operating room, inserted three stents in my heart, and I woke up in time to watch the end of the game on TV.”

—Buddy Bullock



# Change of Heart

**Let Buddy Bullock’s close call motivate you to take better care of your ticker, starting today**

 E.D. “BUDDY” BULLOCK ADMITS he didn’t eat the healthiest breakfast on the day of his heart attack. After a morning meal of biscuits and gravy, he went to the Texas A&M University campus to show some people around before that night’s football game. All of a sudden he didn’t feel well at all.

“I had a lot of pressure in my chest, and my arm was tingling,” Buddy recalls. “I told my wife to call emergency medical services because this was not indigestion.”

He was right. It was a heart attack. Because Buddy wasn’t from the area—he and his wife,

Trudy, live in Horseshoe Bay—on the advice of a friend they asked the ambulance to take him to Scott & White Hospital – College Station.

“They saved my life,” Buddy says. “They got me into the operating room, inserted three stents in my heart, and I woke up in time to watch the end of the game on TV.” In fact, Buddy was so impressed by Scott & White that he transferred much of his health care to the Scott & White clinic in Marble Falls.

Buddy didn’t have any health issues before his attack, but the 72-year-old retiree has made some lifestyle changes since. He eats a healthier diet—limiting foods like biscuits and gravy to an occasional treat—has lost about 30 pounds, rides an exercise bike and plays golf, and is more mindful about managing stress.

“The doctor told me the three things that usually bring on a heart attack are a bad diet, a lack of exercise, and stress,” Buddy says.

### ONE MONTH TO A HEALTHIER HEART

February is American Heart Month, making now a great time to rethink your habits to avoid a cardiac event like Buddy’s. Try this four-week plan to better heart health.

**Week 1: Start eating healthier.** Gadiel Berrio, MD, a cardiologist on the medical staff at Scott & White Hospital – College Station, advocates eating “earth-grown food” as much as possible, which means plenty of fruits and vegetables. Processed foods are high in sugar and fat, so avoid those. But don’t be too restrictive, he advises, because you won’t stick

with it. “You can’t eat a cheeseburger every day, but every couple of months is fine,” Dr. Berrio says. Emphasize healthy fats, such as olive oil, almonds and avocados, and healthy protein, like chicken and fish.

**Week 2: Add exercise.** “Whatever you can do to be more active, it’s better than not doing anything,”

Dr. Berrio says. Find something you enjoy that’s realistic for the long haul. If you have back or knee problems, try swimming or water aerobics. Don’t have time? Turn off the TV and go for a walk—or put a TV in front of a treadmill or use your tablet computer so you can walk and watch. Exercise that raises your heart rate for 30 minutes most days is ideal, but even a leisurely stroll has benefits.

**Week 3: Stress less.** There is scientific evidence that stress is bad for your heart. With exercise in your routine, you are already lowering your stress level. But Dr. Berrio also suggests yoga, meditation, treating yourself to a massage, or even going to the gym and hitting a punching bag. “Whatever takes the edge off, do it,” he says.

**Week 4: Reduce your risks.** If you’re a smoker, it’s time to quit. “Smoking causes heart attacks, so it’s the single most important thing you can do,” Dr. Berrio says. Get regular checkups to monitor your blood pressure, blood glucose levels, cholesterol and other manageable risk factors. If your doctor says you need medication, take it.

**Leap-year bonus.** There is one extra day this February, so enjoy a glass of wine, which has been proven to be good for your heart. Just stick to one glass for women and two glasses for men per day, or less. As Dr. Berrio says, “everything in moderation.”

## HELP FOR HEART FAILURE

If you are one of the 5.1 million people in the U.S. living with heart failure, you don’t have to go through the diagnosis alone. The Advanced Heart Failure Clinic at the Scott & White Heart & Vascular Institute in Temple surrounds people who have heart failure with experts to improve symptoms to the best level possible.

“From our doctors and nurses to dietitians and cardiac rehabilitation specialists, we work closely together as a team,” says Robert Scott III, MD, PhD, medical director of advanced heart failure at Scott & White Memorial Hospital – Temple.

Patients at the Advanced Heart Failure Clinic will also benefit from advanced technologies. For example, the CardioMEMS heart failure monitoring system allows qualified patients to have an implanted device transmit heart pressure readings to their medical team by lying on a specialized pillow that detects elevated pressures in the heart.

Dr. Scott says there are things you can do on your own to manage heart failure, such as taking medication as directed and watching salt intake. Be sure to consult your provider, who knows your specific health situation.

**MORE**

### Advanced Care

To learn more about the Scott & White Heart & Vascular Institute’s services—including the Advanced Heart Failure Clinic and cardiac rehabilitation—visit [heart.sw.org](http://heart.sw.org) today.



Even if you’ve already had a heart attack, it’s not too late for a course correction.

“We can’t change what happened, but we can prevent it from happening again,” says Gadiel Berrio, MD, a cardiologist on the medical staff at Scott & White Hospital – College Station.



# Healthy Perks

7 pick-me-ups to get you through a busy week

➔ BETWEEN WORKING, CARING for the kids, keeping the house in order and staying on top of countless other commitments, it's no wonder you nod off in front of the TV at night. Of course you're tired—your to-do list is never-ending.

"Fatigue is a pretty common complaint among the women I see," says Mickey Hooper, DO, an Ob-Gyn on the medical staff at Baylor Scott & White All Saints Medical Center – Fort Worth. "A lot of it has to do with lifestyle. We just cram too much into our days."

Doing less isn't always an option. But that doesn't mean you have to live your life in a haze. Here are seven ways to fight fatigue.

**1 CHECK YOUR DIET.** Energy levels are directly associated with how you fuel your body.

"Our American diet has changed from mainly balanced to overloaded with wheat, dairy and soy products," Dr. Hooper says. "If your nutrition is poor, you become vitamin deficient, and that can lead to fatigue."

Each meal should contain a mix of carbohydrates, fat and protein. But not just any sources will do. Processed foods (packaged snacks, fast food) and bad fats (high-fat meats and dairy) sap the body of energy, whereas complex carbohydrates (beans, whole grains, vegetables) and healthy fats (salmon, olive oil, nuts) provide long-lasting fuel.

Each meal should contain a mix of carbohydrates, fat and protein.





## 2 FIT IN FITNESS.

Working out may sound draining, but physical activity actually increases energy levels—if you do it right.

“It may take more time out of your day, but it adds back so much,” Dr. Hooper says. “As long as you do it regularly and you don’t overdo it, you’ll see a rise in energy.”

Just be careful not to work out too close to bedtime, she cautions, as it can inhibit your ability to fall asleep. Complete your exercise routine at least three hours beforehand.

## 3 BANISH ELECTRONICS FROM THE BEDROOM.

Getting sound sleep is imperative to daytime alertness.

“Good sleep hygiene is the key here,” Dr. Hooper says. “Go to bed and wake up at the same times each day; keep your room cool, dark and quiet; and leave the gadgets behind.” When it’s time to sleep, your bedroom should be used strictly for sleeping.

## 4 SEEK SUNLIGHT.

More than two-thirds of U.S. adults are deficient in vitamin D, according to a study published in the journal *BMJ* (2014). And vitamin D deficiency contributes to brain fog and fatigue, Dr. Hooper says.

The fix? Get outside for at least 15 minutes a day.

“The sun helps you convert vitamin D from an inactive to an active form,” she says. “If you’re inside working all day, you’re not going to get it. If you can’t get more sunlight, take a supplement.”

## 5 DRINK UP.

Hydration is essential for all parts of the body to function properly. One of the first signs of dehydration is fatigue. So make sure you’re getting enough H<sub>2</sub>O.

“There is no one-size-fits-all formula for how much water to drink a day,” Dr. Hooper says. “It will depend on



your size, activity level and how much hydration you get through foods like fruits and vegetables.” A good rule of thumb is to drink enough so that your urine remains clear or very light yellow.

## 6 BALANCE OUT THE CAFFEINE.

“Another thing that causes fatigue is if you consume a lot of caffeine in the morning,” Dr. Hooper says. “It will lead to a crash in the afternoon.”

But she’s not saying that you have to cut out your morning cup of joe.

“Instead, try to have little bits throughout the day,” she suggests. “If it keeps you awake at night, cut it off before evening.”

## 7 GRAB A NAP.

On days you just can’t fight the afternoon slump, try sneaking in a nap. Just don’t snooze too long, or it may affect your ability to sleep at night.

“Keep it to less than an hour,” Dr. Hooper says. “Other countries nap routinely, and it works when you’re short on energy.”

## WHEN YOU’RE MORE THAN JUST TIRED

Some people have trouble falling asleep. For others, the trouble is staying asleep. Still others are drowsy during the day and fall asleep when they shouldn’t.

“There are many kinds of sleep disorders,” says Shirley Jones, MD, medical director of the Scott & White Sleep Institute. “Some of the key signs of a sleep disorder are waking up not feeling refreshed and drowsiness during the day.”

If any of this describes you, Dr. Jones suggests starting with your primary care physician. Discuss whether you need a referral to the Scott & White Sleep Institute in Temple.

You may also need a sleep study, which can help pinpoint the source of your sleep problems. The Scott & White Sleep Institute, which is accredited by the American Academy of Sleep Medicine, provides sleep therapy, a sleep lab and pulmonary rehabilitation all at one convenient location.

**MORE**

### What You Can Expect at the Sleep Institute

To learn about the different types of sleep disorders as well as the treatments and studies offered by the Scott & White Sleep Institute, visit [sleep.sw.org](http://sleep.sw.org) today.

# Chemo Revolution

**Administering a standard treatment in a new way could improve survival rates for people with a blood and bone cancer**

➔ For more than 40 years, the standard chemotherapy treatment for acute myeloid leukemia—a fast-growing blood and bone cancer—has been the 7+3 method. Pairing two anti-tumor agents, it includes seven days of cytarabine followed by three days of daunorubicin.

But 7+3 has left much to be desired in terms of remission rates, especially for patients whose cancers started out as myelodysplastic syndrome (poor blood cell production) or whose cancers were caused by previous chemotherapy treatments. In addition, many older people don't tolerate 7+3 well.

## ABOUT THE STUDY

### CPX-351 Versus 7+3 in Older Patients with Acute Myeloid Leukemia

Baylor Research Institute joins a trial to confirm the efficacy of a new chemotherapy treatment in patients 60–75 years old with untreated high-risk blood and bone cancer.

#### Key Contributors

Celator Pharmaceuticals  
Leukemia & Lymphoma Society

### EXPLORING A NEW STANDARD

Fortunately, a biopharmaceutical company has developed a new, more effective treatment called CPX-351.

“CPX-351 utilizes the same chemotherapy drugs as the 7+3 method but administers them simultaneously in a 5-to-1 ratio of cytarabine to daunorubicin, which was found to be the most effective and best tolerated in earlier trials,” explains M. Yair Levy, MD, director of

hematologic malignancy research at Baylor Research Institute.

When Dr. Levy heard about the trial comparing CPX-351 with 7+3, he was intrigued. “I personally contacted Celator Pharmaceuticals [the developer of CPX-351] about joining,” he says. “If there was something out there that was better than the current standard of care, I wanted our patients to have access to it.”

### EARLY RESULTS ENCOURAGING

Celator's three-year trial was set to end in December and included more than 300 patients ages 60 to 75 at the time of diagnosis from more than 40 health care institutions, including Baylor Research Institute. Although final data have yet to be published, Dr. Levy says early numbers look promising.

“Forty-seven percent of the patients who received CPX-351 went into remission—a 43 percent increase over the current standard of care,” he says. As an added bonus, patients were able to better tolerate the drug

and were less likely to lose their hair during treatment.

The study is only one of several that have demonstrated CPX-351's effectiveness. “Hopefully, when the data are more mature, we'll see that patients live longer on this treatment,” Dr. Levy says.

If he's right, CPX-351 could be the first treatment in decades to improve survival rates for people with acute myeloid leukemia. “It's my hope that this will become the new standard of care,” he says. “And that we'll see more patients survive because of this therapy.”

## MORE

### Medical Breakthroughs

Visit [BaylorHealth.com/AdvancingMedicine](http://BaylorHealth.com/AdvancingMedicine) and [research.sw.org](http://research.sw.org) to see how Baylor Scott & White stays at the forefront of discovery.



# WHAT'S ONLINE

→ [sw.org](http://sw.org)



## WELLNESS

### PROTECT YOURSELF FROM THE FLU

Flu season typically runs November through March, so if you haven't been vaccinated yet, it's not too late!



→ Visit [flu.sw.org](http://flu.sw.org) to make an appointment.

## DONATE

### Giving Blood Feels Good

January is National Blood Donor Month! Your donation to Scott & White Blood Center stays right here in the community to help your friends and neighbors in need.

→ Check out [bloodcenter.sw.org](http://bloodcenter.sw.org) for more information and to determine your eligibility to donate.



## TOOL

### A Valuable Resource for ADHD

The Quotient® test helps diagnose attention deficit hyperactivity disorder in people ages 6–55 and makes treatment more effective. It's available in two convenient locations, including Killeen.

→ Visit [adhd.sw.org](http://adhd.sw.org) to discover more about this groundbreaking test.

## QUALITY

### NOMINATE A NURSE

Have you had an encounter with an exceptional nurse at a Baylor Scott & White facility? Nominate him or her for a DAISY Award, which celebrates outstanding nurses for extraordinary clinical skill and compassionate care.

→ Go to [daisy.sw.org](http://daisy.sw.org) for more about the award and to complete an online nomination form.

## VIDEO

### LOVE YOUR HEART

In honor of American Heart Month in February, take time to educate yourself about cardiovascular disease.

→ Head to [hearthealth.sw.org](http://hearthealth.sw.org) to learn the ABCs of prevention and watch a short video about risk factors.





## FOCUS ON YOU.

# 1.23.16

**FREE WOMEN'S HEALTH & WELLNESS EVENT!**



**JOIN US FOR  
WOMEN'S HEALTH  
PHYSICIAN PANELS  
AND MORE!**

**LIGHT BREAKFAST • HEALTH SCREENINGS  
PHYSICIAN PANELS • EDUCATIONAL BOOTHS  
MEET-AND-GREET WITH PROVIDERS**

For **WOMEN** For **LIFE**  
**2016**

**SATURDAY, JANUARY 23, 2016  
8:30 AM - 11:00 AM**

### EVENT LOCATION:

**Scott & White Clinic – Killeen**


**3801 Scott and White Drive, Killeen, TX 76543**

Take care of your health at our annual women's health event, **For Women For Life**®, offering light breakfast, free health screenings and assessments and physician health panels. There is no cost for the event, but attendance is limited and registration is required.

**Get your girlfriends together and register today!**

**RSVP at 1.844.BSW.DOCS or register online at  
BaylorScottandWhite.com/KilleenFWFL**

Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers. Baylor Health Care System, Scott & White Healthcare or Baylor Scott & White Health. © 2015 Baylor Scott & White Health. SWTemple\_149\_2015 CE 12.15



**OUR  
SCHEDULE  
IS BUILT  
AROUND  
YOURS.**

### McLane Children's Offers Extended Hours.

From acute illnesses to injuries, McLane Children's offers evening and weekend hours to keep up with your busy schedule. These appointments are billed the same as appointments during regular hours.

#### McLane Children's Scott & White Clinic - Killeen

*Pediatric entrance is located on the right  
(east) side of the clinic*  
3801 Scott & White Drive  
Killeen, TX 76543  
**Open every day: 8 a.m.–5 p.m.**

#### McLane Children's Scott & White Clinic - Temple

1901 SW H.K. Dodgen Loop  
Temple, TX 76502  
**After hours: Monday–Friday 5–9 p.m.  
Weekend hours: 8 a.m.–5 p.m.**

**First time patients welcome!  
Call ahead to schedule an appointment:  
254-724-KIDS (5437)**

 **McLane Children's  
SCOTT & WHITE**

Part of  **Baylor Scott & White HEALTH**

Physicians are employees of Scott & White Clinics, an affiliate of Baylor Scott & White Health.  
©2015 Baylor Scott & White Health. BSWMCLANE\_14\_2015\_KD