

Health



“My team took care of my heart and gave me confidence for the future.”

Orlandus Noel

has a plan from his providers for managing heart failure until he needs a transplant
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FIGHTING THE TOP 5 CANCERS

Get guidance on protecting yourself—plus promising research PAGE 8

Key Protein Could Unlock Colon Cancer Treatment

Researchers have identified the role of a protein in inhibiting colon inflammation and tumor growth, according to a paper published in June in the journal *Nature Immunology*. The paper was authored by Venuprasad Poojary, PhD, an associate investigator at Baylor Institute for Immunology Research, part of Baylor Scott & White Research Institute.

In his research, Dr. Poojary focused on how the ubiquitin ligase protein, referred to as Itch, controls colonic inflammation. Inflammation is a protective response to infection and tissue injury, but uncontrolled inflammation is a major risk factor for the development and growth of colon cancer.

“We found that deficiency in the Itch protein led to spontaneous colitis [inflammation in the lining of the colon] and increased susceptibility to colon cancer,” he explains.

Conversely, the presence of Itch, Dr. Poojary’s analysis also revealed, reduces intestinal inflammation and inhibits tumor growth, because Itch targets and destroys a protein associated with cancer and inflammation.

Dr. Poojary says these findings will lead to specific targeted therapies for inflammatory bowel diseases and colon cancer.

IMPROVING PATIENT CARE

The goal of research at Baylor University Medical Center is to provide better care: more accurate diagnoses, faster recoveries and more effective treatments. Visit BaylorHealth.com/AdvancingMedicine to see how.

Advanced Certification for Palliative Care

Baylor University Medical Center at Dallas recently was recertified by The Joint Commission for palliative care—providing quality patient and family-centered care to improve the lives of those with serious illness.

The intensive certification process involves an on-site review, submission of quality metrics and evidence of effective, timely palliative care using a multidisciplinary approach.

Baylor University Medical Center is one of just five facilities in Texas with the advanced certification in palliative care and was the first program in the state to receive the certification, in September 2013.

“We’re honored to be among a handful of facilities in Texas recognized for our dedication to quality, patient-centered palliative care,” says Robert L. Fine, MD, clinical director of the Office of Clinical Ethics and Palliative Care at Baylor Scott & White Health.

MORE

We’re Here to Help

Palliative care at Baylor University Medical Center goes beyond medical treatments to help people cope with the complex physical, psychological, social and spiritual challenges that can accompany advanced illness. Go to BaylorHealth.com/PalliativeCare for details.

Baylor University Medical Center at Dallas, 3500 Gaston Ave., Dallas, TX 75246. Patient Information: 214.820.0111. Volunteer Opportunities: 214.820.2441. Giving Opportunities/Baylor Health Care System Foundation: 214.820.3136. Visit BSWHealth.com or call 1.800.4BAYLOR (1.800.422.9567) for information about Baylor University Medical Center at Dallas services, upcoming events, physician referrals, career opportunities and more.

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.

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BAYLOR
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Understand Your Thyroid Gland

Your thyroid is small, but it has a mighty job: This gland in your neck creates hormones that affect metabolism, including how quickly your heart beats and the rate at which you burn calories. But sometimes, the thyroid doesn't work as it should. Here are two conditions to watch out for.

Hyperthyroidism occurs when the thyroid produces too much hormone. Symptoms include unexplained weight loss; fine, soft hair that falls out frequently; warm, red skin (may be itchy); increased perspiration; feeling nervous, irritable or tired; muscle weakness; hand tremors; fast or irregular heartbeat; trouble breathing, even while resting; light or less frequent menstrual periods; and difficulty sleeping.

Hypothyroidism is diagnosed when the thyroid doesn't produce enough hormone. Symptoms include unexplained weight gain; coarse, thinning hair; dry, cold or yellowish skin; puffy face; brittle nails; intolerance to cold; joint or muscle pain; tiring easily or feeling weak; depression; memory problems or difficulty concentrating; and heavy or long menstrual periods.



TALK TO A DOCTOR

If you have symptoms that concern you, an endocrinologist on the medical staff at Baylor Scott & White can help. Visit FindDrRight.com to search for providers in North and Central Texas.

RESOLVE TO EAT BETTER

Making a healthy change isn't easy, but it's worth it. Start by taking a closer look at what's on your plate.

1. Dedicate half your plate to fruits and vegetables. By eating plenty of these low-calorie foods at every meal, you'll fill up while loading up on vitamins, minerals and fiber.

2. Go for whole grains. Swap out refined carbohydrates (white bread, rice, tortillas, bagels) for 100 percent whole-grain foods and you'll increase your intake of dietary fiber, which can reduce your risk of heart disease, stroke and type 2 diabetes.

3. Get on the clean-eating bandwagon. Choose natural, fresh, minimally processed foods over more processed ones (especially packaged snacks and frozen, microwavable meals) whenever possible. You'll reduce added sugar, sodium, and saturated and trans fats in your diet, as well as artificial colors, flavors and preservatives.

MORE

Make Over Your Menu

Could your recipe routine use a healthy revision? Go to BSWHealth.com/Recipe to find lots of nutritious, delicious options to try.



17K An estimated 17,000 spinal cord injuries happen each year in the U.S. The most common causes are motor vehicle crashes, falls, acts of violence (such as gunshots), and sports and recreational activities. **Practice prevention behind the wheel by driving carefully** and without distractions, always wearing your seat belt—and insisting passengers do the same—and ensuring young children are restrained in appropriate safety seats and boosters.



Training Everyday Heroes

Baylor University Medical Center is helping educate and empower citizens to act as first responders

Local trauma centers are teaching people how to stop bleeding quickly.

➔ Although we can't predict when or where the next medical emergency will occur, studies show that having people who are trained and equipped to provide basic hemorrhage (bleeding) control in these situations can help save lives.

"Bleeding can result in loss of life within five minutes, and no matter how fast emergency personnel arrive, bystanders are always there first," explains Karen Mynar, BSN, RN, CEN, trauma injury prevention coordinator at Baylor University Medical Center at Dallas.

In 2015, the White House introduced Stop the Bleed, a public education campaign designed to empower people to provide basic hemorrhage control as first responders. And in May, the North Central Texas Trauma Regional Advisory Council charged local trauma centers with training people in hemorrhage prevention.

EQUIPPING PEOPLE

At Baylor University Medical Center, Mynar is heading up that effort.

"Ultimately, the goal is to educate as many people as possible in hemorrhage control, comparable to CPR training efforts," she says. "We're starting with police officers, fire rescue personnel, school nurses and other local officials who can go on to train others in their own communities, organizations and businesses."

In July, Mynar began providing free two-hour Stop the Bleed courses to local police forces as well as the Dallas Police Basic Training Academy. As part of the course, Mynar also shares a sample tourniquet kit that local departments can purchase.

In the coming year, Mynar is scheduled to teach Stop the Bleed courses to school nurses in the Dallas Independent School District, who can then facilitate the training of school staff, teachers and students.

PREPARING COMMUNITIES

Mynar is also preparing a Stop the Bleed community event for April—something she hopes to do in multiple cities throughout the metroplex. "This will be a town hall

and disaster-preparedness training and call-to-action event for local leaders, officials and residents," she explains.

It's a huge undertaking, but it's one that Mynar says is well worth the effort. "It's estimated that 35 percent of people who die in active-shooter events die from preventable bleeding," she says. "You never want these things to happen, but if they do, this training has the potential to save countless lives."

BE PREPARED FOR AN EMERGENCY

To register to take a Stop the Bleed training course yourself or to request one for your organization, visit BaylorHealth.com/DallasOutreach or call **1.800.4BAYLOR**.

Your Body Under Stress

How change and other challenges can take a physical toll

➔ Stress affects our mental health, making us anxious, irritable and irrational. Left unchecked, it comes with physical consequences, too. “Stress isn’t just a mental thing. It’s very much a physiological response,” says Terry Rascoe, MD, a family medicine physician at Scott & White Clinic – Temple Northside. “In the short term, stress makes the heart rate go up, eyes dilate and blood pressure rise to enhance performance. But those kinds of responses over time wear out your organ systems.” Here is an overview.

Exercise makes you feel good.

Cardiovascular system:

People who have high-stress jobs and those who feel isolated or lonely are at increased risk of cardiovascular disease. Even short-term stress can be enough to trigger a heart attack in someone who has atherosclerosis (narrowed arteries due to plaque buildup).

Brain: Stress can lead to depression, a serious mood disorder that affects sleep, weight and quality of life and increases risk of suicide.

Reproductive system: In women, high stress can cause irregular menstrual cycles and decreased sexual desire. In men, it can lead to decreased testosterone, low sperm count and erectile dysfunction.

Digestive system: Prolonged stress can lead to the development of gastrointestinal conditions such as irritable bowel syndrome, inflammatory bowel disease, gastroesophageal reflux disease and peptic ulcers.

Weight: Brief periods of stress can suppress the appetite, but persistent stress has the opposite outcome. During prolonged stress, the body releases the hormone cortisol, which not only stimulates appetite but also makes you reach for high-fat and high-sugar foods.

5 WAYS TO RELAX

1. Inhale for a count of four, hold for four, exhale for four, hold for four. Repeat.
2. Meditate.
3. Contract and release each muscle group in your body starting with your feet.
4. Exercise.
5. Practice positive self-talk.

What Do You Know About Stress?

Find out about the causes, symptoms and health effects—and how to cope. Take a quick quiz at [BaylorHealth.com/StressQuiz](https://www.baylorhealth.com/stressquiz) today.

MORE

“When I’m ready for my heart transplant, I’ll come back to Baylor Scott & White.”

—Orlandus Noel

Orlandus Noel with his father, Vincent

Whole Hearted

Innovative treatments offer hope for people with cardiac conditions

➔ ORLANDUS NOEL HAD a few nights of poor sleep. Then, one evening after work, he couldn’t breathe. “I felt pressure in my chest—like somebody was sitting on it,” he says. His father drove him to the doctor, where he learned he had an enlarged heart with severely diminished function. He was 24.

Noel was referred to a cardiologist, who diagnosed congestive heart failure.

“Once you have chronic heart failure, you are stabilized for as long as possible,” explains Shelley Hall, MD, chief of transplant cardiology and mechanical circulatory support/heart failure at Baylor University Medical Center at Dallas.

Noel was prescribed medications and given a LifeVest® to wear to monitor his heart and jump-start it as necessary to restore a normal rhythm. But he periodically went to the emergency department because he couldn’t breathe.

At one visit in January 2015, a doctor told the family that Noel needed the experts at Baylor Scott & White Health. Right away, Noel was taken to Baylor University Medical Center—a three-hour ride from his hometown in Oklahoma—by ambulance, with his parents following in their car.

PREPARING FOR HEALING

At Baylor Jack and Jane Hamilton Heart and Vascular Hospital, Noel underwent more tests.

“I learned a lot,” he says. “They told me I had a leaky heart valve. And it was leaking so much that fluid was getting into my lungs.”

After several more visits to Dallas, he returned in July—this time to Baylor Annette C. and Harold C. Simmons Transplant Institute—to be evaluated by the transplant review board. They discovered that Noel had a blood infection. He wasn’t eligible for a new heart until the infection cleared.

For two months, Noel stayed in the hospital. A percutaneous ventricular assist device, or PVAD, was inserted to pump his blood for his heart.

Percutaneous assist devices—including Impella® and TandemHeart® as well as extracorporeal membrane oxygenation (ECMO) systems—are inserted through the skin and therefore don’t require major surgery. But they are short-term solutions.

“These percutaneous devices have their own pluses and minuses,” Dr. Hall notes. “Picking the right one is about analyzing the situation and choosing the device that best matches a patient’s needs.”

The goal of these PVADs is to help the body heal after shock or a cardiac event, bridging patients directly to a transplant or to a left ventricular assist device (LVAD), a mechanical pump implanted inside the chest to help the heart pump blood.

CHOOSING HIS BEST TREATMENT

Once Noel’s infection cleared, he had the option of waiting for a new heart or having an LVAD implanted. Noel,

his family and his doctors agreed that the LVAD was best for him.

“If I get a new heart now, that heart will only last 10 or 15 years,” Noel says. “And there would be a very low percentage of me getting another heart after that. I’m now on the inactive heart transplant list.”

The plan is for him to keep the LVAD until he’s 34 or for as long as the LVAD helps him without complications.

LVADs have been revolutionary, Dr. Hall says, allowing people with heart failure to wait longer for transplants. Therefore, a lot of people choose an LVAD as a bridge, as Noel has.

Because of Baylor Scott & White’s proactive approach to selecting organ donors for heart patients, “we have one of the shortest wait times in the country,” Dr. Hall says. “As a result, we have a realistic hope we can get patients to transplant from a device.”

GOING HOME

Regardless of the path to treatment, it’s crucial for people with chronic heart failure to work with their doctors to recognize when the condition advances.

“If you do get into a critical situation, there are devices that can potentially stabilize you and reverse the situation,” Dr. Hall says. “Ideally, the LVAD would be an elective procedure done at the right time [before an emergency] as a bridge to transplant.”

Noel was discharged three weeks after his LVAD was implanted, on Sept. 23, 2015. He participated in cardiac rehabilitation at Baylor Scott & White to regain strength and function and learn the limits of his LVAD. And by early November of that year, he was able to go home.

These days, he and his parents drive to Dallas every three months for his checkups at Baylor Scott & White. He takes regular walks and works when he can.

“Ever since they put the LVAD in,” Noel says, “I’ve been doing really well.”

5 WAYS TO KEEP YOUR HEART STRONG

Your heart health is important, and you have the power to improve it every day. Anumeha Tandon, MD, a cardiologist on the medical staff at Baylor University Medical Center at Dallas, shares her tips for keeping your heart going strong:

1. Eat a heart-healthy diet. “Build your diet around fruits, vegetables, whole grains, beans and legumes,” she says. “And limit your intake of sodium and saturated and trans fats.”

2. Achieve a healthy weight. Determine your body mass index (BMI)—go to BaylorHealth.com/BMICalculator—and waist circumference, Dr. Tandon says, then work to get them both in healthy ranges.

3. Live an active life. Aim for 30 minutes of physical activity on most days. “It can help you lose weight, lower your blood pressure and improve your cholesterol,” she says. “All good things for your heart.”

4. Strive for healthy blood pressure and cholesterol levels. “High blood pressure and high cholesterol are two of the biggest risk factors for heart disease,” Dr. Tandon says. “Ask your doctor when you should begin these screenings, and work to achieve healthy numbers for both.”

5. Avoid unhealthy habits. Don’t smoke (and if you do, quit!) and avoid excessive alcohol consumption, both of which can contribute to heart disease.

MORE

Your Heart Is in Good Hands

Baylor Heart and Vascular Services at Dallas provides quality heart and vascular care, including services in diagnostics, intervention, surgery, imaging and rehabilitation. Visit BaylorHealth.com/DallasHeart for details.



Fighting the Top 5 Cancers

**Protect yourself with the latest
information in oncology**



UNTIL THE DAY SCIENTISTS DEVELOP A CURE for cancer, it's up to you and your medical team to protect you from the disease. Here is the No. 1 piece of advice for preventing the five most common cancers—and what researchers are doing to improve detection and treatment.

1 BREAST CANCER

Prevalence: Nearly a quarter of a million new cases of breast cancer are diagnosed in the U.S. each year, making it the most common type of cancer in women.

Primary protection: For women age 40 and older, the most important measure for early detection is annual screening mammograms. Additionally, all women, including those younger than 40, are advised to do monthly breast self-exams to monitor any concerning changes in the breast.

Promising research: New advances in 3-D imaging technology have led to a 41 percent increase in detecting breast abnormalities compared with 2-D imaging. Also, doctors are studying the genetic makeup of breast cancer to develop better drugs. “If we know the specific genes that are driving a cancer and how those genes differ from the ones in normal cells, then we can look for drugs that can target those genes more specifically while having fewer side effects on the normal cells,” says Mark Holguin, MD, chief of oncology of Baylor Scott & White Health – Central Texas.

2 PROSTATE CANCER

Prevalence: About 1 in 7 men will be diagnosed with prostate cancer in his lifetime.

Primary protection: Several studies have suggested that diets high in certain vegetables (tomatoes, broccoli, and beans and other legumes) and fish may be linked with a lower risk of prostate cancer. Also, some research shows a higher risk of prostate cancer in men whose diets are high in calcium, so one way to lower risk would be to reduce dairy intake.

Promising research: For men who develop prostate cancer, “one type of radiation treatment is proton therapy,” Dr. Holguin says. “This treatment delivers the radiation very specifically to the cancer and may decrease the toxicity to the surrounding tissue.”

3 LUNG CANCER

Prevalence: About 1 in 4 cancer deaths is attributed to lung cancer, making it the deadliest kind in both men and women.

Primary protection: Don’t smoke. “The vast majority of lung cancer is clearly a result of smoking and other exposures [to tobacco smoke], but predominantly smoking,” Dr. Holguin says.

Promising research: People who are at high risk for lung cancer can be screened and diagnosed before symptoms develop through use of a low-dose computerized tomography (CT) scan. A study conducted by the National Cancer Institute showed that screening people at high risk of lung cancer with low-dose CT scans reduced mortality from lung cancer by 20 percent, contributing to more than 70,000 lives saved each year.

4 SKIN CANCER

Prevalence: Skin cancer is the most commonly diagnosed cancer in both men and women.

Primary protection: Minimize exposure to the sun. Wear sunscreen and clothing that provides adequate coverage.

Promising research: “A new class of drugs is adding significant survival benefits in patients with advanced melanoma,” Dr. Holguin says. “These checkpoint inhibitors help ‘unmask’ the cancer so that the immune system can recognize it and fight it off.”

5 COLORECTAL CANCER

Prevalence: Although colorectal cancer is still one of the most common cancers, the rate of new cases has decreased steadily over the last 10 years.

Primary protection: Get a colonoscopy. This screening not only helps detect cancer, but it’s also used by doctors to remove precancerous polyps, effectively preventing the disease from developing. Start colonoscopies at age 50 and then get one every 10 years thereafter.

Promising research: “Treatment has improved through the addition of targeted therapy to standard chemotherapy approaches,” Dr. Holguin says. “Also important has been the recognition of several genetically related colon cancer families, the early identification of individuals at risk and careful following of those patients.” If colorectal cancer runs in your family, consider genetic testing.

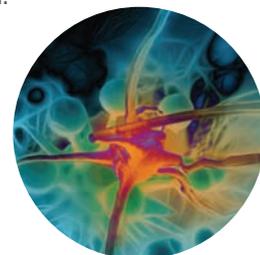
WHAT IS CANCER, EXACTLY?

We have trillions of cells in our bodies, and those cells routinely die off and are replaced. But sometimes, that process goes out of control: New cells replicate faster than old ones die, crowding out normal cells and causing trouble in the body. This is cancer.

The type of cancer is determined by where it starts, but cancer cells can spread to other areas of the body. The stage of cancer indicates how far the cancer has spread.

Cancer that is found in early stages, before it spreads, usually has the best chance of successful treatment.

Though a cancer diagnosis is frightening, there is encouraging news. Cancer screening is helping medical experts detect many cancers earlier, and advances in research, surgical techniques, chemotherapy and radiation therapy are helping more people survive the disease than ever before.



MORE

Renowned Cancer Care

Baylor Charles A. Sammons Cancer Center at Dallas is ranked among the top 10 percent of cancer programs in the nation by *U.S. News & World Report*. Go to [BaylorHealth.com/DallasCancer](https://www.baylorhealth.com/DallasCancer) to learn more about why it’s the No. 1 consumer choice for cancer care in North Texas.

Wanted: Advance Warning

A collaborative research project seeks to identify biomarkers that would help detect pancreatic cancer early

➔ There are no early warning signs. No red flags. No screening tools. That's what makes pancreatic cancer so devastating.

"Most people who are diagnosed with pancreas cancer don't have symptoms until it's advanced and has already spread," explains Scott Celinski, MD, medical director of the Pancreatic Cancer Research and Treatment Center at Baylor University Medical Center at Dallas.

As the disease spreads, it becomes more difficult to treat. "People with pancreatic cancer have less than a 6 percent survival rate within five years," says Ajay Goel, PhD,

director of the Center for Epigenetics, Cancer Prevention and Cancer Genomics at Baylor Scott & White Research Institute.

Dr. Goel is leading a research project to help detect pancreatic cancer early.

The project, a collaboration between Baylor Scott & White Health and the Translational Genomics Research Institute (TGen), is focused



on uncovering biomarkers—measurable indicators of disease—that suggest pancreatic cancer.

IDENTIFYING CANCER RISK

When a person has a precancerous pancreatic lesion, it can be surgically removed. But, Dr. Goel says, only a very small number of people with lesions are at high risk for developing cancer, so it doesn't make sense to surgically resect all lesions.

"Right now, we have no way to know who is at high risk, and existing biomarkers often are unreliable," Dr. Goel says. "We want to be able to say that we are certain if these lesions are not removed, they will develop into cancer."

With the work of Dr. Celinski and Carlos Becerra, MD, medical director of the Center for Innovative Clinical Trials at Baylor Charles A. Sammons Cancer Center, Baylor Scott & White is collecting blood and tissue samples from pancreatic cancer patients. Those samples will then be analyzed

by scientists at TGen (looking at changes in the DNA) and Dr. Goel's lab at Baylor Scott & White Research Institute (looking at RNA) to identify biomarkers in people who have cancer.

A POSITIVE PROGNOSIS

The goal of this work is to develop a noninvasive blood test to reveal early signs of pancreatic cancer in people who are at high risk but not necessarily symptomatic.

The project is funded for three years, and, Dr. Goel says, "at the end, I'm confident we'll have a significant panel of biomarkers that we feel good about."

ABOUT THE STUDY

Integrated Genomic Biomarkers for the Early Detection of Pancreatic Cancer

A pilot study will generate preliminary data to identify indicators of pancreatic cancer for early detection of the disease.

Key Contributors

Baylor Scott & White Research Institute

Baylor University Medical Center at Dallas

Translational Genomics Research Institute

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Forward Thinking

Visit BaylorHealth.com/AdvancingMedicine and research.sw.org for more innovations like this at Baylor Scott & White Health.

WHAT'S ONLINE

→ [BSWHealth.com](https://www.bswhealth.com)



RECIPE

CHOCOLATE CHIP OATMEAL APPLESAUCE COOKIES

These treats are so good, you'll forget they're healthier, too—thanks to a few smart swaps of ingredients.



→ Go to [BSWHealth.com/Recipe](https://www.bswhealth.com/Recipe) to see how to make them.

TIP

SMARTER SUPER BOWL SNACKS

As you're getting ready to watch the football championship, go over this game plan for cutting calories at the snack table.



→ Check out [BaylorHealth.com/SuperSnacks](https://www.baylorhealth.com/SuperSnacks) for tips, and share them with friends!



ONLINE

Love Delivered Daily

From skilled and experienced staff to hotel-like rooms and amenities to the added assurance of an advanced neonatal intensive care unit, there are lots of reasons to have your baby at Baylor University Medical Center.

→ Visit [BaylorHealth.com/DallasChildbirth](https://www.baylorhealth.com/DallasChildbirth) for more information.

WELLNESS

WOMEN'S GUIDE TO GOOD HEALTH AND WELL-BEING

It can be hard to know where to go for reliable health care information. Start here! You'll find news, interactive tools and other resources designed to meet women's unique health needs.

→ Head to [BSWHealth.com/WomensHealthSource](https://www.bswhealth.com/WomensHealthSource) and explore.



PODCAST

STAYING ACTIVE WITH ARTHRITIS

You might not feel like moving much when you have arthritis pain, but physical activity can actually help relieve your symptoms.

→ Visit [BSWHealth.com/ArthritisPodcast](https://www.bswhealth.com/ArthritisPodcast) for a few exercises to try.

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