

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



January Is National Birth Defects Prevention Month

Birth defects are abnormalities that happen in pregnancy or during childbirth, ranging from mild to serious to fatal. There can be many causes, some of which remain unknown.

Birth defects are more common than most people realize. About one in 33 babies is born with a birth defect, and about 120,000 babies are born with birth defects each year in the U.S.

While not all birth defects are preventable, there are things you can do before and during your pregnancy to help you have a healthy baby. Here's what the National Birth Defects Prevention Network recommends:

- ▶ Take a daily prenatal multivitamin with at least 400 micrograms of folic acid.
- ▶ Avoid alcohol, tobacco and illegal drugs.
- ▶ See your health care provider regularly and attend all of your prenatal appointments.

- ▶ Discuss with your doctor any medical problems and medications (prescription or over-the-counter) you are taking.

- ▶ Talk to your doctor about substances at work or home that could be harmful to your developing baby.

- ▶ Eat a healthy, balanced diet and avoid unpasteurized milk, as well as raw and undercooked meat.

FIND PRENATAL CARE

Are you pregnant—or thinking of becoming pregnant—and need a physician? For a referral to an Ob/Gyn on the medical staff at Baylor Scott & White – Fort Worth, call **1.800.4BAYLOR** or visit FindDrRight.com.

New Year, New You

What if this year you made a commitment to your health that actually stuck—and lasted for the rest of your life? If you're ready to take the first step, start by attending For Women For Life®, a free health event at Baylor Scott & White All Saints Medical Center – Fort Worth.

The event helps women take a closer look at their health, educating and empowering them to make changes.

This year's event will be from 7 to 11 a.m. Saturday, Jan. 28, at the main entrance of the hospital.

Highlights include:

- ▶ A light breakfast buffet
- ▶ Preventive screenings
- ▶ Health and wellness information booths
- ▶ Fitness demonstrations
- ▶ Healthy cooking demonstrations with samples
- ▶ A physician panel
- ▶ Free valet parking

Invite your mom, sister, daughter, girlfriend or any woman you care about to join you for this fun and free wellness event. We hope to see you there!

MORE

Register Today

This year's For Women For Life® event at Baylor Scott & White – Fort Worth will be from 7 to 11 a.m. Saturday, Jan. 28. Registration is recommended but walk-ins are welcome. To register, call **1.800.4BAYLOR** or visit BSWHealth.com/FWFL today.

Baylor Scott & White All Saints Medical Center – Fort Worth, 1400 Eighth Ave., Fort Worth, TX 76104, 817.926.2544. Visit BSWHealth.com/FortWorth or call 1.800.4BAYLOR for information about Baylor Scott & White – Fort Worth services, upcoming events, physician referrals, career opportunities and more. Marketing/Public Relations Director: Ashleigh Killian.

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.

All Saints Health Foundation: 817.922.7707. Behavioral Health Services: 817.922.1162. Carter Rehabilitation & Fitness Center: 817.922.1139. Diabetes Center: 817.922.1794. Lymphedema Center: 817.922.2530. Neuroscience Program: 817.922.2385. Pain Management Program: 817.922.PAIN. Transplantation Services: 817.922.4650. Volunteer Services: 817.922.2376. Wound Management Program: 817.922.2430.

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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](https://www.finddr.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](https://www.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.



When people ask if they can help with caregiving, give them a task.

Sweet Sacrifice

Caring for a family member with dementia can be both exhausting and rewarding

➔ No one but a caregiver will ever fully understand what it's like caring for a loved one with dementia.

"Caregiving is an individual experience and is as unique as every family," says Alan Stevens, PhD, director of the Center for Applied Health Research. "Many caregivers find value in caring for a family member. It brings meaning to their lives and can be viewed as a way of returning love and respect to someone. On the other end of the spectrum, caregiving is associated with emotional loss and feelings of burden and depression from daily tasks. Caregiving can also be so time-consuming that family caregivers neglect their own health."

The disadvantages of caregiving seem to be closely tied to the amount and complexity of care being provided. "Family caregivers who provide help with everyday tasks, such as bathing and dressing, and provide 24-hour supervision because it is not safe for

the loved one to be alone typically suffer the most negative consequences," Dr. Stevens says.

Fortunately, the burden of family caregiving can be lightened. Here are four tips.

1. Know when to say no—and yes. Caregivers are pulled in many directions. Start saying no to commitments you don't need or want to keep. And say yes when people ask if they can help. Make a list of tasks that can be handed off, and when someone offers to help, you'll know what to tell them.

2. Read up. Dementia is unlike any physical illness. Familiarize yourself with the type of dementia your loved one has, along with related behaviors, such as wandering, agitation and paranoia.

3. Join a support group. Caregivers often forgo social interests in favor of their loved one's needs. But having an outlet for dealing with stress is crucial. "I always recommend attending a support group specially

designed for caregivers," Dr. Stevens says. "Having peers to talk to and understand their situation is incredibly valuable."

4. Get professional help. Some situations warrant more than peer support. "Those involved with intense caregiving," Dr. Stevens says, "should seek out programs that include one-on-one sessions to provide emotional support and teach practical skills for dealing with unique behaviors that can result from dementia."

IS IT ALZHEIMER'S?

If you're concerned that you or a loved one may be showing signs of dementia, visit your doctor. For a referral to a neurologist on the medical staff at Baylor Scott & White – Fort Worth, call **1.800.4BAYLOR** or visit **FindDrRight.com** to get started.

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.

Get Stress Out

Are you concerned about the effects of chronic stress? Talk to your primary care physician. To find one on the medical staff at Baylor Scott & White – Fort Worth, call **1.800.4BAYLOR** or visit **FindDrRight.com** today.

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“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.”

HOW CARDIAC REHAB HELPS

If you’ve recently experienced a heart attack, been diagnosed with heart failure or had a heart procedure, your doctor may refer you for cardiac rehabilitation, a medically supervised program that involves counseling, education and physical training.

“Cardiac rehab is the catalyst that helps heart patients of all ages return confidently to their work, hobbies and leisure activities,” says Josh Medders, manager of the Carter Rehabilitation and Fitness Center at Baylor Scott & White All Saints Medical Center – Fort Worth. Here’s what else you can gain:

A stronger heart. “We’ll work with you to create an individualized exercise program that will strengthen your heart based on your normal lifestyle and activities while educating you on the importance of being physically active,” Medders says.

A healthier lifestyle. “We educate participants on how to minimize their risk factors for heart disease,” Medders says. “This includes education on eating a heart-healthy diet, maintaining a healthy weight and avoiding unhealthy habits associated with heart disease.”

Reduced stress. Part of rehab includes learning how to better manage the stress in your life, which can put additional strain on your heart, Medders says. “We educate our patients on ways to reduce and cope with daily stress in a healthy way.”

MORE

Your Heart, Healthier

If you have a heart procedure coming up, talk to your doctor about whether cardiac rehabilitation is right for you. For more information on the cardiac rehabilitation program at the Carter Rehabilitation and Fitness Center at Baylor Scott & White – All Saints, call **817.922.1139**.



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.



S.H.I.N.E ON! PROGRAM FOR CANCER PATIENTS AND SURVIVORS

Are you a cancer survivor or currently undergoing treatment? The Baylor Charles A. Sammons Cancer Center at Fort Worth invites you to attend S.H.I.N.E (Strength, Hope, Inspiration, Nutrition and Exercise) On!, an innovative series of health and wellness events designed to enhance quality of life.

Highlights of the program include:

- ▶ Emotional support groups
- ▶ Nutrition workshops
- ▶ Cooking demonstrations
- ▶ Fitness programs
- ▶ Art therapy and education classes

Beyond gaining valuable information to help strengthen your mind, body and spirit, you'll meet cancer patients and survivors like yourself. These relationships can play an important role in your cancer journey and have a positive impact on your outlook.

All events are hosted by Baylor Scott & White Health experts from across North Texas, including fitness specialists, registered dietitians, nurses and more.

MORE

Get Cancer Support

To learn more about the S.H.I.N.E. On! program, request a schedule of coming events or enroll in the program, call **817.922.2223**.

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

→ [BaylorHealth.com](https://www.BaylorHealth.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

Award-Winning Care

From innovative medical approaches to patient satisfaction and surgical safety, we're proud of the recognition and reputation we've earned. To learn more about our awards and certifications, visit [BSWHealth.com/FortWorth](https://www.BSWHealth.com/FortWorth) and click "View All Awards and Accreditations."

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.

FOR WOMEN FOR LIFE®

Spend the morning with us and get ready for a healthier, happier you.
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SATURDAY, JAN. 28, 2017

7:00 AM - 11:00 AM

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*For a more accurate cholesterol reading, do not eat or drink anything after midnight before the screening. You may take your regular medication as directed.

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