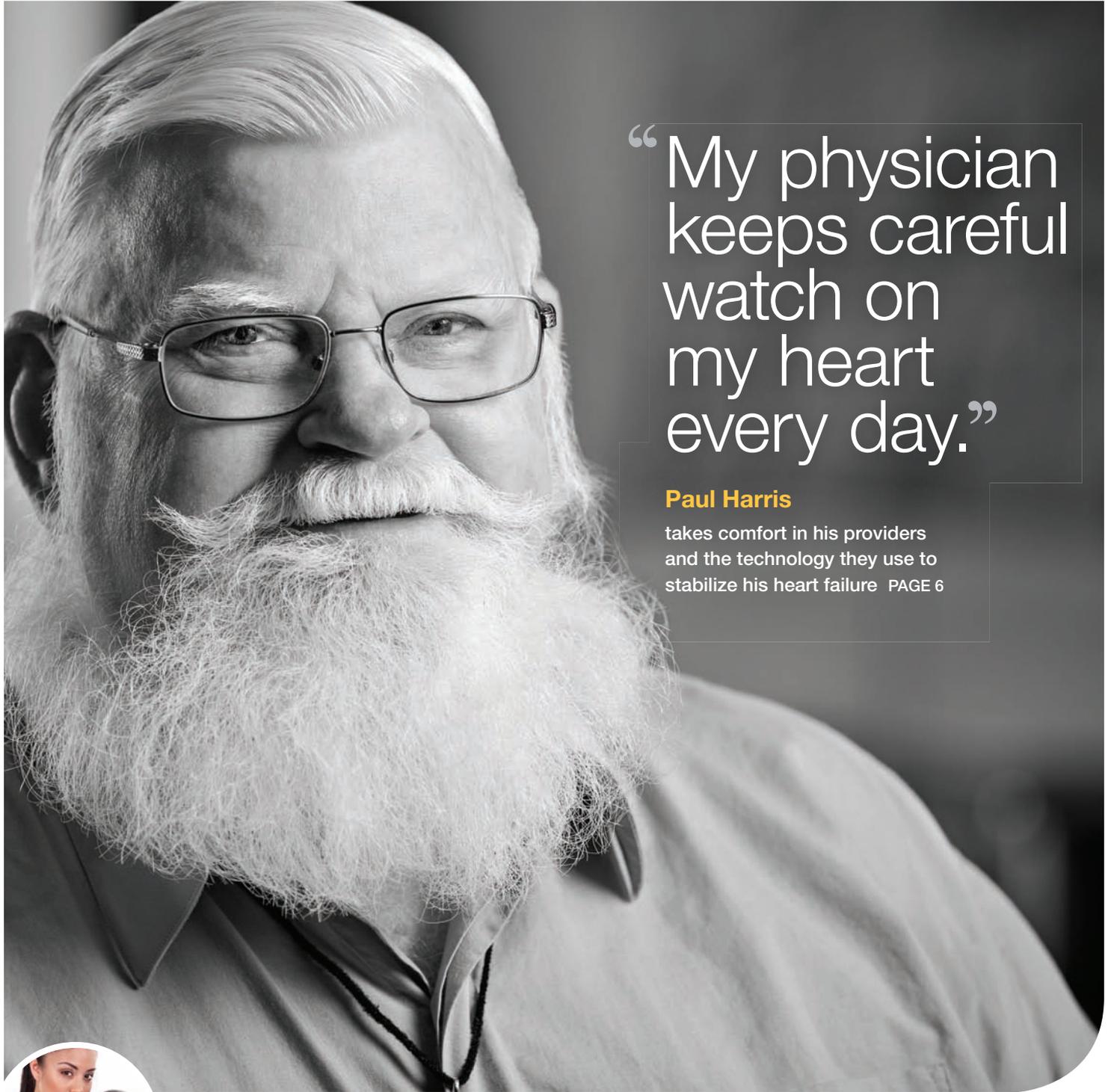


Health



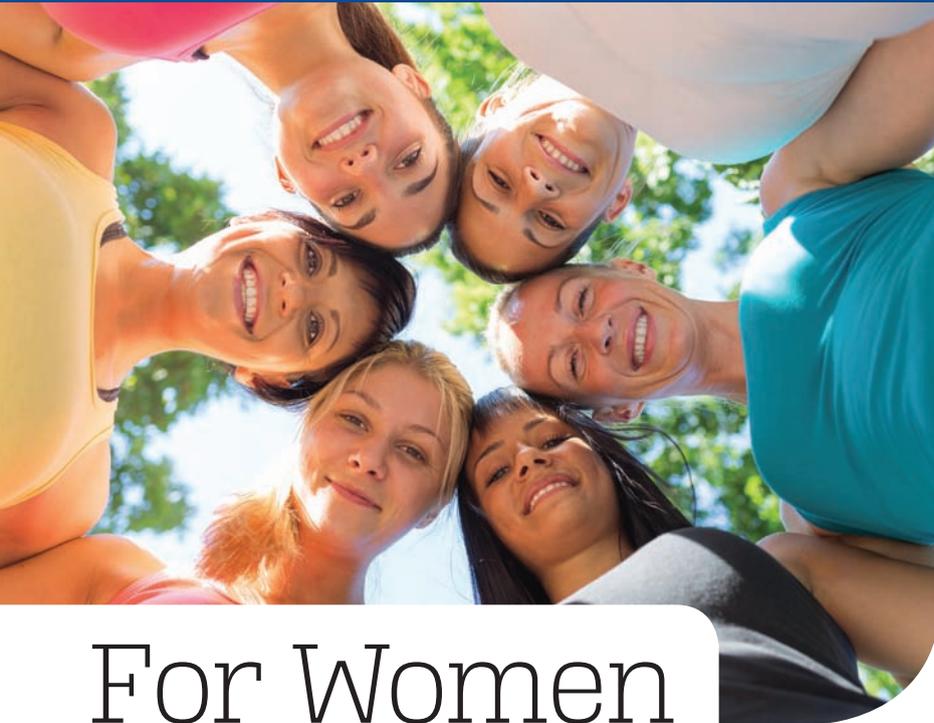
“My physician keeps careful watch on my heart every day.”

Paul Harris

takes comfort in his providers and the technology they use to stabilize his heart failure PAGE 6



FIGHT THE TOP FIVE
You Can Take Steps to Prevent
Common Cancers PAGE 8



For Women For Life[®] 2017

As women, we're always thinking about ways to keep our families healthy. But are you doing the same for yourself? Making your health a priority sets a good example for your family, and helps ensure that you'll stay healthy and strong for a lifetime.

Whether you're already taking good care of your health or you want to start now, For Women For Life[®] at Baylor Scott & White Medical Center – Marble Falls is for you. This free, annual women's health and wellness event will be held on Saturday, Jan. 28, from 9 to 11 a.m. in the hospital's main lobby.

Highlights of this year's event will include:

- ▶ Healthy refreshments.
- ▶ Health and wellness information booths.
- ▶ A variety of health screenings.

▶ Healthy-cooking demonstrations with samples.

Invite your mom, sister, daughter or any woman you care about to join you for this fun, free health and wellness event—and to take the first step toward a healthier you, together. We hope to see you there!

SAVE YOUR SPOT!

This year's For Women For Life[®] event will be held on Saturday, Jan. 28, from 9 to 11 a.m. at Baylor Scott & White – Marble Falls in our main lobby. To register, please visit BSWHealth.com/FWFL or call **1.844.BSW.DOCS** today.

ROASTED WINTER SQUASH SOUP

This healthy and delicious recipe features seasonal squash, fresh thyme and white wine—the perfect simple supper to warm you on a cold winter night.

Ingredients: 2 or 3 butternut, acorn, or Hubbard squash, 2 garlic cloves, a few sprigs fresh thyme, 2 tablespoons unsalted butter, 2 diced yellow onions, ½ cup white wine, 8 cups vegetable broth, 1 bay leaf, salt and pepper, ⅓ cup cider vinegar

Directions: Preheat the oven to 350°F. Cut the squash in half, remove seeds and roast cut-side down with garlic and thyme inside for about 60 minutes or until soft. Scoop out flesh and set aside, along with the garlic and thyme.

Add butter to a large pan set over medium-high heat. Add onions and roasted garlic and sauté until soft. Add scooped squash to pan and stir, then add wine to deglaze.

Reduce heat slightly and add broth and bay leaf, then simmer for 10 minutes. Remove bay leaf and puree in a food processor. Season with salt, pepper and cider vinegar to taste. Serve immediately. Makes four servings.

Each serving contains: About 182 calories, 1 g protein, 6 g fat (30 percent of calories from fat), 15 mg cholesterol, 27 g carbohydrates, 3 g fiber and 10 mg sodium.

MORE

Find a Clinic Near You

Search for Baylor Scott & White clinics, including urgent care clinics and clinics offering extended hours, walk-in appointments and more, by visiting clinics.sw.org today.

Baylor Scott & White Health – Hill Country, 800 West Hwy 71, Marble Falls, TX 78654. Interim President and Chief Medical Officer: Paul Cook, MD; Hospital Marketing Manager: Karen Matthews. Visit sw.org or call 1.800.792.3710 for information about Baylor Scott & White's services, providers, career opportunities and more. Find a physician at doctors.sw.org or a location at 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.

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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.



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 someone you love may be showing the first signs of dementia, talk to your doctor. To find a neurologist on the medical staff at Baylor Scott & White – Marble Falls, visit FindDrRight.com today.

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.

MORE

Stressed Out?

If you’re concerned about the effects of chronic stress and anxiety on your health, talk to your doctor. Take a free stress risk assessment by visiting risk.sw.org today.

Paul Harris with his wife, Judy



Whole Hearted

Innovative treatments offer hope for people with cardiac conditions



PAUL HARRIS KNOWS the value of having the right tool for the job. The Killeen handyman was replacing a garbage disposal at a customer's house in January 2013 when he started to feel weak and have trouble breathing. He had his wife take him to the local emergency department, where physicians diagnosed chronic obstructive pulmonary disease and congestive heart failure.

“I am at ease knowing my CardioMEMS implant is helping me avoid future heart problems.”

—Paul Harris

To compensate for the lack of blood flow to his lungs resulting from heart failure, Harris was provided an oxygen tank to carry wherever he goes.

For his heart condition, he turned to Baylor Scott & White Health, where physicians gave him another tool to live a fulfilling life.

DAILY REASSURANCE

In December 2015, surgeons implanted a **CardioMEMS™ miniaturized wireless heart sensor** in Harris' chest. Robert C. Scott III, MD, PhD, medical director of advanced heart failure, mechanical support and cardiac transplantation at Baylor Scott & White – Central Texas, says CardioMEMS is prescribed for some people who experience fatigue, heart palpitations or labored breathing during nonstrenuous activities.

“A tiny sensor is inserted through a small tube called a catheter and then into an IV. This goes in a vein in the groin. From here, the sensor is advanced up to an artery of the heart,” Dr. Scott says.

Once a day for a few minutes, Harris lies on his back on a specialized pillow attached to a portable monitoring unit. As blood in his pulmonary artery flows over the sensor, it sends information electronically to his physician about any elevations of blood pressure that might signal impending heart failure. “He can notify me immediately of any problem, before it gets serious,” Harris says. “And that gives me great comfort.”

OTHER LIFESAVING OPTIONS

Equally reassuring for many people with heart failure is a **ventricular assist device, or VAD**. “It’s for those who can’t do their normal, daily tasks and optimum use of heart failure medications haven’t worked,” Dr. Scott says. The VAD is a pump that’s permanently attached to the outside

of the heart. A small tube pulls blood from the heart’s lower chamber and another tube returns blood to the aorta (main heart artery) and out to the rest of the body. A control unit monitors the VAD, and if it’s not working properly, an alarm goes off.

People who have heart failure or severe lung infections that worsen despite medication and who can’t breathe on their own may be candidates for **extracorporeal membrane oxygenation, or ECMO**. Tubes are attached to blood vessels connecting the heart and lungs, and blood is pulled to a machine outside the body for oxygen and returned to the heart. “Most people are sedated while they’re on an ECMO,” Dr. Scott says. “This stabilizes them, and then a decision can be made if it’s best to get a transplant, a VAD or further medication.”

Those strong enough to transition off of ECMO but too sick for a heart transplant can be sustained by a **total artificial heart**, which is implanted to replace a person’s own faulty heart. An external console, worn like a backpack or a shoulder bag, provides power. Because of its size, the total artificial heart is generally limited to people with large chests, but smaller devices are expected in the future.

GO DO WHAT YOU LOVE

“We’re constantly evaluating the newest technologies and embracing those that are most useful,” Dr. Scott says. “Here at Baylor Scott & White, we say ‘living with heart failure.’ You’re ranching, attending church and going to your grandkids’ football games.” And, like Harris, maybe you’re under a kitchen sink, wrench in hand. “However you define living,” Dr. Scott adds, “these heart-failure devices allow you to do that.”

5 WAYS TO KEEP YOUR HEART STRONG

A heart-healthy lifestyle can help your heart do its job better, longer. Here, Dave Chawla, MD, a cardiologist on the medical staff at Baylor Scott & White Medical Center – Marble Falls, shares his tips for keeping your ticker strong:

1. Eat a heart-healthy diet. “Focus on nutrient-dense, high-fiber, antioxidant-rich foods like fruits and vegetables, whole grains, beans, nuts and legumes, as well as fatty fish,” Dr. Chawla says. “And limit your consumption of red meat, dairy, sugary beverages and processed foods, which may contain added sugar, sodium, saturated and trans fat.”

2. Strive for a healthy BMI. A body mass index of 25 or more increases your risk for heart disease. Work with your doctor to achieve a BMI of 24.9 or less and a healthy waist circumference as well.

3. Get moving. Aim for 30 minutes of moderate physical activity on most days, Dr. Chawla says. “It can help lower blood pressure, increase good cholesterol, lower triglycerides and help you reach a healthy weight.”

4. Achieve healthy blood pressure and cholesterol levels. “High cholesterol can cause plaque buildup, which can harden and narrow your arteries,” Dr. Chawla says. “And high blood pressure can damage and weaken arteries over time.”

5. If you smoke, quit. “It will improve your heart health and much more,” he adds.

MORE

Your Heart, in Good Hands

The Baylor Scott & White Heart & Vascular Institute provides quality care for heart and vascular conditions, with diagnostic and treatment programs that consistently exceed national benchmarks for excellence. To learn more, visit heart.sw.org today.



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.

SUPPORTING YOU WHEN YOU NEED IT MOST

If you or someone you love is coping with a cancer diagnosis, Baylor Scott & White Medical Center – Marble Falls offers two unique resources to help support cancer patients:

Breast cancer navigation services are provided by Cheryl Kafel, BSN, RN, CAPA, a nurse navigator at Baylor Scott & White – Marble Falls. Kafel assists breast cancer patients and their families by acting as a patient advocate, connecting patients to the appropriate resources and providing guidance, education and moral support. To learn more about breast cancer navigation, call **830.201.8145** today.

Social work services for Baylor Scott & White Medical Center – Marble Falls and Scott & White Specialty Clinic – Marble Falls are provided by Nora Eades, LCSW, a social worker on staff. Eades is available to answer questions and provide social work services for cancer patients. Examples of questions may include topics such as depression or financial concerns. To learn more about social work services, call **830.201.8000** and ask to be connected with the social worker today.

MORE

Your Community Hospital

To learn more about Baylor Scott & White – Marble Falls, including our providers, services, clinic locations and more, visit marblefallshospital.sw.org today.

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

MORE

Forward Thinking

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

WHAT'S ONLINE

→ sw.org



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 recipe.sw.org 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 supersnacks.sw.org for tips, and share them with friends!



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.

→ Visit bloodcenter.sw.org for more information and to determine your eligibility to donate.

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 womensguide.sw.org 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 podcast.sw.org for a few exercises to try.

FOR WOMEN FOR LIFE®

Spend the morning with us and get ready for a healthier, happier you.
A few hours of your time at this FREE event can change your life for the better.

SATURDAY, JAN. 28, 2017

9AM - 11AM

**BAYLOR SCOTT &
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TX 78654**

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To register or to learn more about this FREE event, call **1.844.BSW.DOCS** or visit us online at **BSWHealth.com/FWFL**

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HEALTH
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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. Physicians are employees of Scott & White Clinics, an affiliate of Baylor Scott & White Health. ©2016 Baylor Scott & White Health BSWMAR BLE_105_2016 2017 FWFL BSWH mag ad 7.25X8.125_tm.indd

