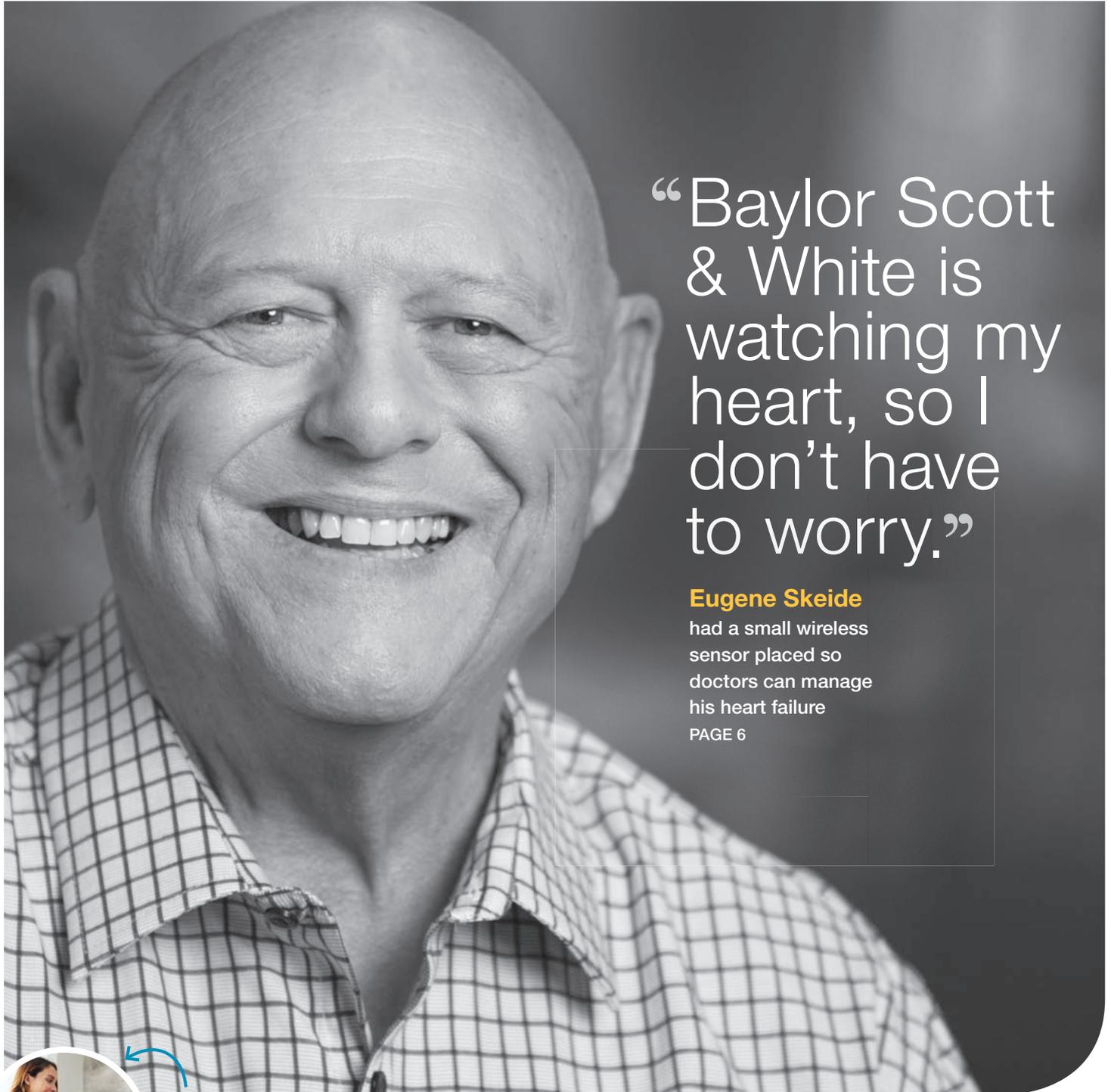


Baylor Scott & White Health

BSWHealth.com | Waco Region

January 2018



“Baylor Scott & White is watching my heart, so I don’t have to worry.”

Eugene Skeide

had a small wireless sensor placed so doctors can manage his heart failure

PAGE 6



CONVENIENT HEALTH CARE

It’s easy to connect with a provider when you need it PAGE 8





Tiny Pacemaker Now Available in Waco

Last August, Baylor Scott & White Medical Center – Hillcrest became the first hospital in the Waco region to offer what has been called the world’s smallest pacemaker.

The miniature device is one-tenth the size of a traditional pacemaker—about as big as a large vitamin. Also, unlike traditional pacemakers, the new device has no leads (wires) and does not require a surgical “pocket” under the skin, both of which can cause complications. Instead, the pacemaker is implanted directly into the heart through a catheter (a small, flexible tube). It is designed to be left inside the body, but it also can be easily removed or turned off if necessary.

“We worked very hard to offer this advanced technology to patients and bring it to Waco before many other

larger markets,” says Shawn Skeen, MD, a cardiologist on the medical staff at Baylor Scott & White – Hillcrest. “We believe it has advantages over traditional pacemaker technology and that our patients in Waco and the surrounding communities will reap the benefits.”

MAKE YOUR HEART HEALTH A PRIORITY

To find out about Baylor Scott & White – Hillcrest’s heart and vascular services, including the Advanced Heart Failure Clinic and cardiac rehabilitation program, call **254.202.9990**.

Join Us: Free Women’s Health Event

You’re always thinking about ways to keep your family healthy. But are you doing the same for yourself?

For Women For Life® is a free women’s health and wellness event that will have information you need to make healthier decisions in 2018 and beyond.

This year’s event begins in the main lobby of Baylor Scott & White – Hillcrest (100 Hillcrest Medical Blvd.) on Saturday, Jan. 27, at 8:30 a.m.

Highlights will include:

- ▶ Light breakfast
- ▶ Chair massages
- ▶ Health and wellness information
- ▶ Blood pressure, cholesterol and triglyceride screenings*
- ▶ Oxygen saturation and body fat testing
- ▶ Healthy cooking demonstrations with samples
- ▶ Volunteer opportunities

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

*For the most accurate screening results, please do not eat after midnight on Friday, Jan. 26.

MORE

Sign Up Right Now

For Women For Life® is Saturday, Jan. 27, from 8:30 to 11:30 a.m. at Baylor Scott & White – Hillcrest. Visit BSWHealth.com/FWFL or call **1.844.BSW.DOCS** to register.

Baylor Scott & White Medical Center – Hillcrest, 100 Hillcrest Medical Blvd., Waco, TX 76712. President: Glenn A. Robinson, FACHE. Senior Vice President and Chief Medical Officer: Jim Morrison, MD, MPH, MBA. Marketing Manager: Alan Luker, MBA. Baylor Scott & White – Hillcrest Main Number: 254.202.2000. Baylor Scott & White Cancer Center, 150 Hillcrest Medical Blvd., Waco, TX 76712. Baylor Scott & White Cancer Center Main Number: 254.202.4000.

Baylor Scott & White Health Mission: 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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Skin Care Tips for Winter

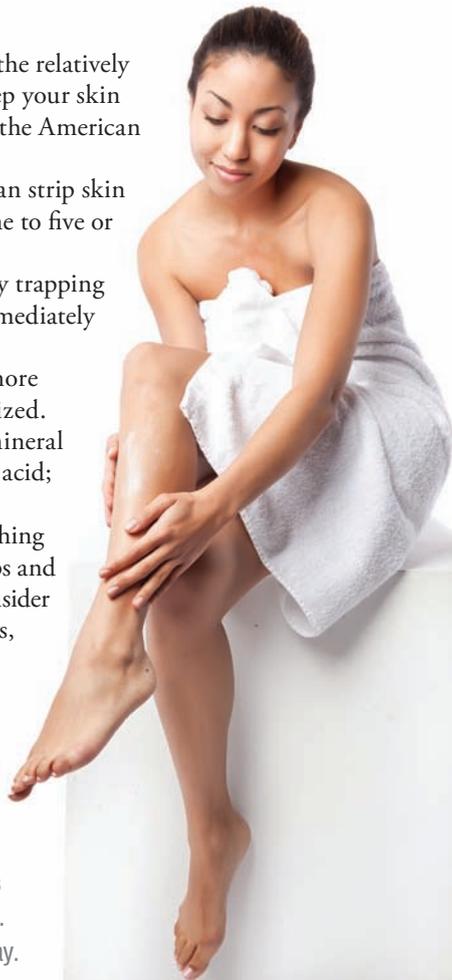
Although we certainly enjoy our mild winters, the relatively cooler, drier air can still take a toll on skin. Keep your skin hydrated and comfortable with these tips from the American Academy of Dermatology:

Take shorter showers. Long, hot showers can strip skin of its natural oils and dry it out. Limit your time to five or 10 minutes, and avoid using overly hot water.

Moisturize while wet. Moisturizers work by trapping moisture in your skin, so be sure to apply it immediately after toweling off, while skin is still damp.

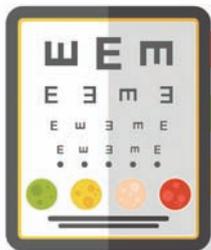
Opt for ointments and creams. They're more effective than lotions at keeping skin moisturized. Pick products with ingredients such as olive, mineral or jojoba oils; shea butter; glycerin; hyaluronic acid; and petrolatum.

Avoid harsh ingredients. Steer clear of anything that can irritate dry skin, such as deodorant soaps and products that contain alcohol or fragrances. Consider switching to hypoallergenic laundry detergents, which generally don't have chemicals that can aggravate skin.



DRESS FOR SUCCESS IN COLD WEATHER

Discover the truth behind five common myths about the cold, plus get tips for staying warm. Visit BSWHealth.com/StayWarm today.



184,720

Number of Texans age 40 and older living with glaucoma, an eye disease that can lead to vision loss and blindness if not properly controlled. Because there are few early warning signs in most cases,

the best way to protect your vision is to get regular eye exams by an ophthalmologist or an optometrist, who can prescribe treatment as needed.

Be SMART About Your Nutrition Goals

At least 1 in 5 Americans wanted to lose weight or eat healthier in 2017—it was the most popular New Year's resolution—but research suggests that fewer than 1 in 10 people actually reach their goals. In 2018, increase your chances for success with a SMART approach to goal-setting. Make sure your objectives are:

Specific. Rather than saying you'll "eat healthier," outline exactly how you'll do it, such as eating five servings of fruits and vegetables each day or cooking from scratch five nights a week.

Measurable. Want to "eat less sugar" in 2018? Put numbers behind it. Instead, say, "I will track my added sugar intake and aim for less than 25 grams a day."

Attainable. Setting your sights too high—like promising to eat only whole, unprocessed foods—is a recipe for failure. Rather, aim for moderate improvements, like switching some refined or enriched grains to 100 percent whole grains, or doing "Meatless Mondays."

Relevant. Setting a goal based on meaningful motivation—like escaping a family history of heart disease or having more energy to play with your children—might help you stick with it.

Time-sensitive. Commit to your goals for a set amount of time, then re-evaluate and possibly adjust them based on what you've learned.

MORE

Your Guide to Eating Better

If you've resolved to eat healthier, start with this in-depth video on the basics of good nutrition and building a better diet. Visit BSWHealth.com/HealthyEatingVideo to watch.

By Your Side

Palliative care specialists support people throughout treatment for serious illness

➔ WHEN YOU'RE FIGHTING a life-threatening illness, you're centered on survival. Attending to your obligations in addition to getting medical care is overwhelming. Plus, aggressive treatment might have physical and mental side effects that you aren't fully prepared for.

This is where palliative care professionals can help.

"Palliative care is the medical specialty that cares for people with serious illnesses," says Laurel Kilpatrick, MD, director of the

Division of Supportive & Palliative Care at Scott & White Medical Center – Temple. "We help manage symptoms and improve quality of life for seriously ill people at any age and any stage of illness."

NOT THE END OF THE ROAD

Many people confuse palliative care with hospice and believe contacting a palliative care specialist is synonymous with the end of life. But that's not the case. Hospice is merely one aspect of palliative care.

"Hospice is care that's focused on comfort rather than curing," Dr. Kilpatrick says. "Palliative care comes

alongside people to support them through their journey with a serious illness, usually while they are still receiving treatments for their illness."

Palliative care is most often referred by the treating physician, but people who need it can also reach out for the service directly.

GOAL: LIVE BETTER

Palliative care specialists can help manage the symptoms of serious illness and the side effects of treatment, such as pain, shortness of breath, fatigue, nausea, insomnia and anxiety.

"We take a step back and look at the big picture to understand how a person's illness is impacting his or her life," Dr. Kilpatrick says. "We work as part of a multidisciplinary team to improve quality of life."

Palliative Care or Hospice?

	PALLIATIVE CARE	HOSPICE CARE
FOCUS	Symptom management alongside curative treatments	Comfort after curative care has ended
FOR WHOM	Anyone dealing with a serious illness	People nearing end of life
WHEN	As soon as it's needed after diagnosis and throughout the illness	When life expectancy is six months or less
WHERE	In a hospital, an outpatient palliative care clinic, a nursing home or the person's home	Wherever the person resides, often at home, a nursing home or a hospice facility

GET THE HELP YOUR FAMILY NEEDS

Supportive and palliative care can help you and your family face the complex situations that often accompany advanced illness. Visit [BSWHealth.com/PalliativeCare](https://www.bswhealth.com/palliativecare) for details about these services at Baylor Scott & White – Hillcrest.

9 Screenings Women Shouldn't Skip

→ A LOT OF SERIOUS health problems that affect women—like cancer, heart disease and osteoporosis—don't show symptoms until they're advanced. Screenings, however, can identify problems early so they can be addressed. In short, screenings save lives. Though you and your doctor can best determine your personal screening schedule, Jennifer Flory, MD, medical director of Scott & White Clinic – Westfield in Temple, recommends the following for women of average risk.

1 Mammogram
Why: To screen for breast cancer.
When: Starting between age 40 and 50, every year or two. “Women should talk with their physicians about family history and risk,” Dr. Flory says, “and then together make a decision about the age to begin and the frequency of screening.”

2 Colonoscopy
Why: To screen for colon and rectal cancer.
When: Starting at age 50, with follow-up screenings every 10 years if results are normal.

3 Pap Test
Why: To screen for cervical cancer.
When: Starting at age 21, every three years. Starting at age 30, women may have the option of Pap screening every five years if they are tested for HPV (human papillomavirus) at the same time.

4 Bone Density Scan
Why: To check for signs of osteoporosis.
When: Starting at age 65, every two years, depending on the results.

5 Blood Pressure Screening
Why: To check for high blood pressure, which increases the risk of heart disease.
When: Annually for all ages.

6 Blood Glucose Testing
Why: To check for signs of diabetes.
When: Starting at age 40, every three to five years.

7 Depression Screening
Why: To check for signs of this serious mental health condition.
When: Annually for all ages.

8 Vaccinations
Why: To help prevent a range of diseases.
When: An annual flu shot is recommended for all ages. Talk to your doctor about other vaccines you might need—these will vary based on your age and health.

9 Wellness Exam
Why: To evaluate overall health.
When: Annually for all ages. Wellness exams are tailored to your age and health, Dr. Flory says, so the specifics can vary each year.

MORE

Establish Care with a Primary Care Physician

Regular wellness exams with a primary care physician will help you stay on top of your screenings and vaccinations. Visit BSWHealth.com/Locations to find a primary care clinic near you.



Eugene Skeide with
his wife, JoAnn



Strong Heart

New technologies and treatments improve quality of life for Eugene Skeide and others with heart failure

→ EDWARD “EUGENE” SKEIDE OF FRANKLIN knows how serious heart failure can be. After he received a kidney transplant in 2007, he’s been careful to watch for any health warning signs. Last spring, when he was having difficulty breathing, he didn’t hesitate to go to the emergency department at Baylor Scott & White Medical Center – College Station. It’s a good thing.

“I appreciate how everyone on my team works together to coordinate my care.”

—Eugene Skeide

Doctors discovered his labored breathing resulted from fluid retention in his abdomen, which was putting pressure on his lungs and also stress on his kidneys and liver. He was transferred to Scott & White Medical Center – Temple, where he spent 17 days, including a week in the intensive care unit.

Skeide received a diagnosis of heart failure. (Fluid builds up in the abdomen and other parts of the body when the heart struggles to circulate blood.) In July, doctors recommended implanting a dime-sized wireless sensor to monitor his heart and spot problems quickly. The device measures heart rate and pressure in the pulmonary artery coming out of the heart and relays the information electronically to doctors. Skeide had the sensor implanted in October.

During the minimally invasive procedure, doctors made a small incision in the groin and threaded a catheter to the heart to insert the device. “I watched the whole time,” Skeide says, “and I never felt a thing.”

The daily monitoring of his heart function is just as painless. Skeide simply lies on a special pillow at home for a few seconds every morning. Data automatically transmit to his doctor for review.

“The sensor can tell if he is starting to accumulate fluid, so his doctors can adjust his medication and help keep him out of the hospital,” Skeide’s wife, JoAnn, says.

WATCH FOR WARNING SIGNS

As Skeide can attest, difficulty breathing can be a sign of heart failure. “The biggest tipoff with heart failure is shortness of breath with any sort of activity, even simple activities like showering or making the bed,” says Robert Scott III, MD, PhD, an advanced heart failure and heart transplant cardiologist on the medical staff at Scott & White Medical Center – Temple.

People with heart failure also may cough, especially at night. They try to make themselves more comfortable to sleep by propping themselves up, which keeps fluid from building up in the lungs.

Often, people don’t recognize these symptoms as signs of heart failure. “They let things go for a while, thinking they have allergies or a cold,” Dr. Scott says. If you haven’t had allergies in the past and haven’t changed anything in your environment, he says it’s unlikely that you have allergies and it could be something more.

“You can have symptoms of allergies or a cold and not have heart failure,” Dr. Scott says, “but you should be evaluated by a physician.”

Another heart failure warning sign is swelling in the abdomen, legs, ankles or feet, which can indicate that fluid is building up in those parts of the body.

ARE YOU AT RISK?

People with kidney problems, like Skeide, aren’t the only ones who can face heart failure. You’re at risk if you smoke or if you have a long history of high blood pressure, a history of heart attack or blockages in your arteries, diabetes, a family history of heart failure or an enlarged heart.

Heart failure risk also increases with age. And the condition is more common in men than women, and in African-Americans more than Hispanics or Caucasians.

LIVE LONGER, FEEL BETTER, DO MORE

Medication, including diuretics to reduce excess fluid, can help relieve symptoms for people with heart failure.

“Medications have been shown to help people live longer, feel better, stay out of the hospital and improve functional capacity—what they can do and how far they can walk,” Dr. Scott says. “Heart failure is a treatable disease, but it needs to be addressed earlier rather than later.”

HOW TO LOWER YOUR HEART FAILURE RISK

If you have high blood pressure, you could be at risk for heart failure. “High blood pressure makes it difficult for your heart to pump blood through your arteries,” explains John McClanahan, DO, a family medicine physician at Hillcrest Bosque Clinic in Waco. “Your heart has to pump harder to keep up. The harder it has to work, the more likely it is to fail.” Dr. McClanahan shares some ways to keep your blood pressure in check:

Get regular checkups. “Treating high blood pressure early can prevent it from progressing to something more serious,” Dr. McClanahan says.

Exercise regularly. Aim for 30 minutes of moderate activity five days a week. Exercise strengthens your heart so it can pump blood more easily.

Eat healthfully. “The DASH diet can help improve high blood pressure,” he says. DASH is rich in heart-healthy nutrients and low in sodium.

Lose weight. Blood pressure can increase as your weight goes up. So, if you’re overweight, losing just 10 pounds can help.

Limit alcohol. The American Heart Association recommends no more than two alcoholic drinks per day for men and one per day for women.

Quit smoking. “Nicotine raises blood pressure,” Dr. McClanahan says. “Every time you smoke a cigarette, it goes up.”

MORE

Your Partner in Health

A primary care provider can help you make healthier choices now to avoid problems later.

Visit FindDrRight.com to find a physician on the medical staff at Baylor Scott & White.



Right Care, Right Time

Looking after your health
is easy at Baylor Scott & White



SOME DAYS, IT'S ALL YOU CAN DO to get everyone—yourself included—dressed, fed and where they need to be on time. Throw in a doctor appointment and your whole day goes out the window. But it doesn't have to.

Baylor Scott & White Health understands your busy family and makes getting the care you need easy, no matter what's on your to-do list.

CONVENIENT SCHEDULING

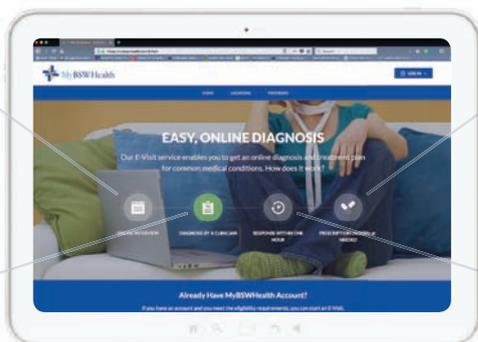
You've already stopped what you were doing to make the call. The last thing you want is to spend more time navigating an automated phone system to set up a doctor appointment.

"When you call Baylor Scott & White Health, you reach a local team who can help meet your needs," says Samuel A. DeLiberato, DO, a family medicine physician at Baylor Scott & White Clinic – Westlake in West Lake Hills, outside Austin. "A patient service specialist can work with you and schedule your appointment for you."

With e-visits at Baylor Scott & White Health, you can ...

Explain your condition

Get a diagnosis by a clinician



Have a prescription ordered if needed

Hear back within an hour

You can also go online to schedule an appointment at MyBSWHealth.com. Find your provider or select a new one and get access to the schedule. Choose a location and a time and voila, you're booked!

WHEN YOU NEED CARE NOW

Not every ailment requires an office visit. Sometimes you just need a provider to validate your suspicion of an illness or simply answer a question. That's why Baylor Scott & White Health has two convenient ways to interact with your care team.

E-visit. E-visits are helpful when you need treatment for a common condition, such as a cold, pink eye, a yeast or bladder infection, a sinus infection or a bout of diarrhea, and you don't want to leave the house. Anyone age 2 to 65 who is an established patient and has seen a Baylor Scott & White Health provider in person is eligible for this service. Simply log in to your account at MyBSWHealth.com/EVisit anytime and explain a little about yourself and your condition. A health care provider will respond within an hour from 8 a.m. to 8 p.m., seven days a week. If a provider prescribes medication, the prescription will be sent to your preferred pharmacy automatically.

Convenient care. If you need advanced, cost-effective care for a nonemergency injury or health condition, go to a Baylor Scott &

White Convenient Care Clinic. These walk-in facilities are open seven days a week and have on-site labs for quick, convenient service. Convenient Care Clinics are ideal for colds and flu, cuts, simple bone fractures, sprains and strains, sore throats, headaches and urinary tract infections. For a list of Convenient Care Clinics, go to BSWHealth.com/Locations and check the "Convenience Services" boxes when you search.

ALL YOUR INFORMATION IN ONE PLACE

No matter how or where you get your care at Baylor Scott & White Health, you can access your personal health information through one centralized online portal: MyBSWHealth.

With a single, secure login at MyBSWHealth.com, you can find personal health records, review notes from a recent visit and receive test results. You can also use MyBSWHealth to communicate with your providers to ask questions, clarify care instructions and update them on your progress.

"It's more of a direct line to the physician rather than having to schedule an appointment or wait for a callback," Dr. DeLiberato says. "It benefits patients, because it lets them be more interactive with their health care. It really makes them a part of their health care team, and that ability to participate in their care ultimately improves their health."

TIPS FOR CHOOSING THE RIGHT DOCTOR FOR YOU

Are you looking for a new primary care provider? Consider these tips from Christopher R. Grant, MD, a family physician and medical director of Baylor Scott & White Clinic – Waco, as you search:

Do your homework. Visit Medicare.gov/PhysicianCompare to find and compare information about the physicians you're considering, including board certifications, education and performance scores.

Make an appointment. During your initial visit, ask questions. The answers can give you an idea of the experience you'll have with this provider.

- ▶ How have you continued your education since earning your medical degree?
- ▶ How would you describe your bedside manner? What is your care philosophy?
- ▶ How quickly can I get an appointment to see you if I need one?
- ▶ May I contact you via phone, email or through your website if I have a question between appointments?

Consider compatibility. Being comfortable is a key component to having a great relationship with your primary care doctor. Make sure the one you choose is someone you feel you can talk to openly about sensitive health-related subjects.



MORE

The Search for Dr. Right Stops Here

There are hundreds of providers in and around Waco who are on the Baylor Scott & White – Hillcrest medical staff. Find one with the education, background and interests you prefer. Go to FindDrRight.com to start your search.

Drawing Closer to a Cure

New investigational technology harnesses the power of magnetic and electric fields to potentially treat aggressive brain tumors

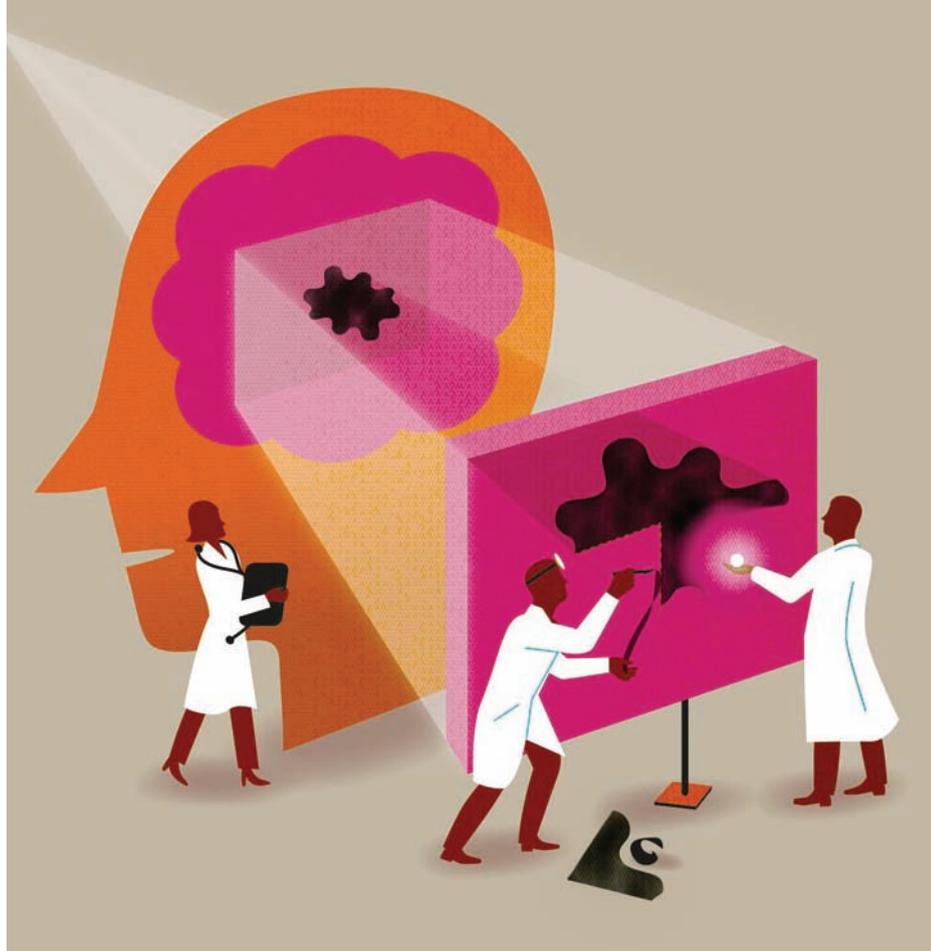
→ Former Sen. Ted Kennedy. Famed movie critic Gene Siskel. Sen. John McCain. All of these men shared the same devastating diagnosis: an aggressive brain tumor known as glioblastoma multiforme, or GBM. And they're not alone—in 2017, an estimated 12,390 people in the U.S. received a diagnosis of the condition.

The outlook for them is not good, sadly. “The median survival rate with standard treatment—surgery followed by chemotherapy and/or radiation—is only about 15 months,” says Jason H. Huang, MD, chairman of the Department of Neurosurgery at Baylor Scott & White Health – Central Texas.

Part of the reason for this, Dr. Huang says, is the difficulty in identifying the edges of the GBM tumor, making it challenging to remove completely. As a result, more than 90 percent of these tumors return.

POSITIVE IMPACT

Determined to improve outcomes for people with GBM, Dr. Huang and



two of his colleagues, Ekokobe Fonkem, DO, a neuro-oncologist, and Sam Dayawansa, MD, PhD, a neurosurgery resident, have spent the last year developing two devices that could make it easier for surgeons to effectively remove these tumors and prevent them from coming back.

The first device is used during surgery. “We typically depend on imaging studies to guide tumor resection [removal], but these offer limited guidance, since the brain shifts during the operation,” Dr. Huang explains. “The device, which resembles a miniature cage, holds magnetic particles that attach to GBM cancer cells, changing their density and appearance. This makes it easier for surgeons to find and remove these tumors completely.”

Once the tumor is removed, the second device—no bigger than a golf ball—is implanted into the tumor cavity and left there for up to two years. “This battery-powered unit emits a constant electric field at a specific frequency to help prevent or slow any potential tumor regrowth in the future,” Dr. Huang says.

ENERGIZED OUTLOOK

In the coming year, Dr. Huang and his colleagues will look to obtain funding from the National Institutes of Health to begin clinical trials on both devices at Baylor Scott & White Research Institute. “We are excited to put our devices to work,” he says. “We expect to see a dramatic reduction in recurrences and improved survival rates in study patients.”

Baylor Scott & White Research Institute has filed a patent application for these devices, and after successful completion of clinical trials, Dr. Huang believes the technology can gain necessary Food and Drug Administration approval quickly. “This is such a devastating disease, and the current treatment options offer little hope,” he says. “We really need to get this technology out there to people as quickly as possible.”

MORE

Research in Action

Medical breakthroughs like these are happening now at Baylor Scott & White Health. Visit [BSWHealth.com/Research](https://www.bswhealth.com/research) to read about them.

ABOUT THE STUDY

Prototype Devices for the Detection and Treatment of Solid Brain Tumors

Baylor Scott & White researchers are optimizing prototype devices in preparation for future clinical trials.

Key Contributors

Baylor Scott & White – Central Texas Foundation
Baylor Scott & White Research Institute

WHAT'S ONLINE

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



RECIPE

HEART-HEALTHY SALMON

Studies show that eating fatty fish may help reduce your risk of heart disease. Tonight, you can show your family how tasty it is, too.



→ Check out [BSWHealth.com/Recipe](https://www.BSWHealth.com/Recipe) for the details.

QUIZ

WHAT DO YOU KNOW ABOUT CERVICAL CANCER?

Cervical cancer shows few if any symptoms, but with regular screening it can be detected early and treated successfully.



→ Visit [BSWHealth.com/CervicalCancerQuiz](https://www.BSWHealth.com/CervicalCancerQuiz) to answer some questions and get in the know.



DONATE

Give Blood, Save Lives

One blood donor has the potential to save three people's lives. Your donation to Scott & White Blood Center stays right here in the community to help your friends and neighbors in need.

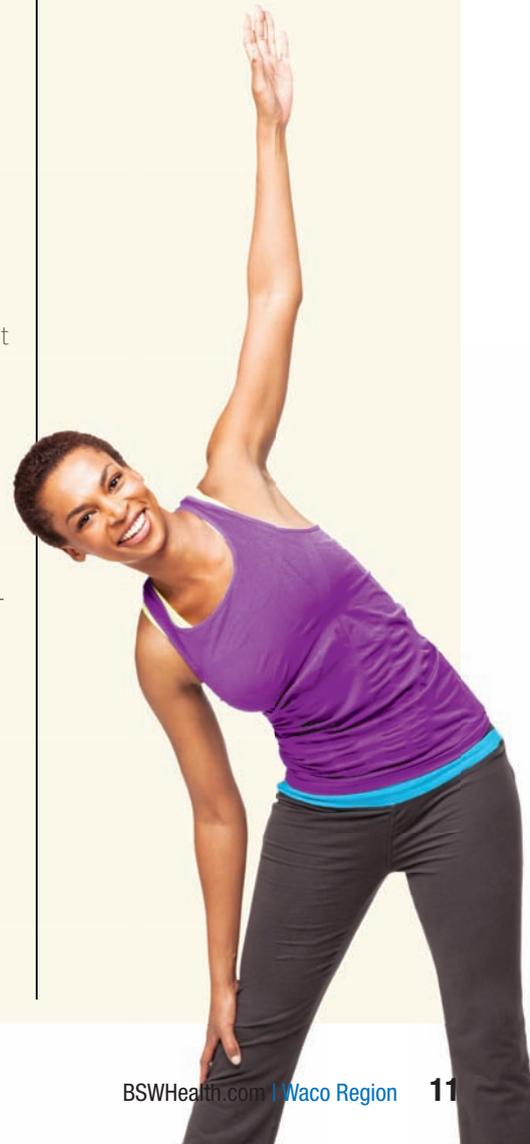
→ Visit [BSWHealth.com/BloodCenter](https://www.BSWHealth.com/BloodCenter) for more information and to determine your eligibility to donate.

WELLNESS

MAKE THIS YOUR BEST YEAR OF FITNESS

Don't just resolve to be healthier. Put a plan in place! Read our month-by-month guide to improving your fitness.

→ See [BSWHealth.com/FitnessPlan](https://www.BSWHealth.com/FitnessPlan) to get started.



VIDEO

"MY SISTER GAVE ME MY LIFE BACK."

When Lacy Barcak's liver disease got worse and she needed a transplant, her sister stepped forward as a living donor.

→ Visit [BSWHealth.com/MyStory](https://www.BSWHealth.com/MyStory) to hear about their journey at Baylor Scott & White.



FREE

**A WOMEN'S HEALTH
EVENT FOR YOU.**

FOR WOMEN FOR LIFE®



Baylor Scott & White
MEDICAL CENTER – HILLCREST
WACO



PHYSICIAN "ASK AN EXPERT" HEALTH PANELS • FREE HEALTH SCREENINGS • HEALTHY COOKING
WELLNESS EDUCATION • FREE CHAIR MASSAGES • FREE LIGHT BREAKFAST AND MORE!

HAPPY NEW YOU!

SATURDAY, JAN. 27, 2018 • 8:30 – 11:30 A.M.

For WOMEN For LIFE
2018

BAYLOR SCOTT & WHITE – HILLCREST | 100 HILLCREST MEDICAL BLVD., WACO, TX 76712

Here's a special invitation to you and your friends to join us for a once-a-year women's health event, hosted by Baylor Scott & White Medical Center – Hillcrest. The focus will be on you, and how a healthy you means a happier family and a better, more fulfilling life. **And it's all FREE!**

**Kick off a new you by joining us at For Women For Life®. Call 1.844.BSW.DOCS
or visit us online at BSWHealth.com/FWFL to register or for more information.**