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Baylor Health

FORT WORTH EDITION

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REAL PATIENTS. REAL STORIES.

Surviving & Thriving

When Donna Witters Banks delivered her son, Owen, doctors delivered the bad news that she had colon cancer.

Learn the steps she took to be healthy and happy today. **PAGE 4**

 **BAYLOR**
All Saints Medical Center
at Fort Worth

 **BAYLOR**
Medical Center
at Southwest Fort Worth
Baylor All Saints Medical Center



GOING ABOVE AND BEYOND
Announcing expanded cancer care services at Baylor All Saints **page 2**



Cancer-accredited program means you will have access to:

- Comprehensive care, including a range of advanced services and equipment
- A multispecialty team to coordinate treatment options
- Information about ongoing clinical trials and new treatment options
- Access to cancer-related information, education and support
- A cancer registry that collects data on type and stage of cancers and treatment results and offers lifelong patient follow-up
- Ongoing monitoring and improvement of care

A Leader in Community Cancer Care

The cancer program at Baylor Fort Worth reaches beyond the hospital walls as well. “As the number of cancer cases continues to increase locally and nationally, our dedication and involvement in health promotion and wellness programs, utilization of current diagnostic technology and establishing survivorship opportunities are essential,” Dr. Shide says. “Our leadership ensures that the cancer care we provide benefits our patients, their families and the community as a whole. We are committed to their needs.” ● *By Shelley Flannery*

Quality Cancer Care

Why a recent accreditation from the American College of Surgeons means better cancer care for you

After receiving a diagnosis of cancer, all you want is to know you’re in safe, capable hands. When your health is on the line, you’ll search far and wide for the best care. But you don’t have to go far for advanced cancer care. It’s right in your backyard.

The cancer program at Baylor All Saints Medical Center at Fort Worth recently received accreditation from the American College of Surgeons Commission on Cancer. It also was recognized as a Community Hospital Comprehensive Cancer Program with commendation.

What does this mean for you? “Not only did we meet, but we exceeded the standards set by the Commission on Cancer,” says Kathleen L. Shide, M.D., chair of the All Saints Cancer Committee at Baylor Fort Worth. “Achieving this level of accreditation means that patients will receive quality cancer care right here in Fort Worth.”

What’s in an Accreditation?

If you are facing cancer, it’s important to seek an accredited care program. Receiving care at a Commission on

SEE A SPECIALIST Are You Facing Cancer?

To learn more about the oncology services offered at Baylor Fort Worth, visit BaylorHealth.com/AllSaintsCancer.

Baylor All Saints Medical Center at Fort Worth
1400 Eighth Ave., Fort Worth, TX 76104
817-926-2544

Baylor Medical Center at Southwest Fort Worth*
7100 Oakmont Blvd., Fort Worth, TX 76132
817-346-5700

*Baylor Southwest is a hospital location of Baylor All Saints Medical Center.

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Sunny Drenik

All Saints Imaging Center: 817-922-7780
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

Baylor Health Care System Mission:
Founded as a Christian ministry of healing, Baylor Health Care System exists to serve all people through exemplary health care, education, research and community service.

Visit BaylorHealth.com or call 1-800-4BAYLOR for information about Baylor All Saints Medical Center services, upcoming events, physician referrals, career opportunities and more.

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Lead the Way

Palliative care specialists support patients dealing with serious diagnoses

You're probably familiar with the term "hospice." It's the type of care provided at the end of life when a patient no longer wishes to pursue aggressive treatment for his or her condition, only comfort. The hospice team provides options, support and guides the family.

But patients dealing with all serious illnesses—not only at the end of life—also need support. Fortunately for them, there's palliative care.

Different from Hospice

"Palliative care takes an interdisciplinary approach," says Taffy Roden, senior palliative care social worker on staff at Baylor All Saints Medical Center at Fort Worth. "We help manage symptoms, provide support to the patient and family and offer grief counseling. The main difference between hospice and palliative care is the type of treatment the patient is pursuing. Palliative care patients may have a prognosis of many years and still be pursuing aggressive treatment."

Baylor Fort Worth's palliative care program is available at no cost to patients with a variety of chronic conditions. All that's needed is an order from your physician. Then, members of the team will meet with you to determine a care plan.

"We're able to sit down and really zero in on what's important to you," Roden says. "We're here to help

you get the most out of your medical care as an inpatient by coordinating your care, educating families and developing a plan based on your goals."

Heart to Heart

While Roden's team takes on the responsibility of pain management, the most important part of their services is communication. "We provide a need that often is unmet," she says. "Life-limiting illness doesn't only affect the patient physically but mentally, emotionally and financially as well."

The palliative care team at Baylor Fort Worth is the only one in North Texas to also offer perinatal palliative care.

"We support parents who have babies with lethal abnormalities or potential long-term health concerns. We assist them with a plan of care at delivery and we coordinate subspecialty care in advance of birth," Roden says. "We aim to maximize the amount of time parents get to spend with their baby. We also support the staff, because those situations affect them deeply as well."

All in all, the team is there to help—in every way. "We want to help you feel empowered to face a diagnosis or treatment of a serious illness," she says. "That's what we're here for." ● *By Shelley Flannery*



HERE TO HELP
Is Palliative Care for You?

To learn more about palliative care or to find out if it could benefit you or a loved one, call **1-800-4BAYLOR** or visit **BaylorHealth.com/PalliativeCare**.

After the Diagnosis

By Stephanie Thurrott

Once the shock of hearing you have cancer wears off, take these 8 steps to prepare for the battle of your life

When Donna Witters Banks, 35, of Trophy Club, Texas, was delivering her son, Owen, by emergency c-section at Baylor Regional Medical Center at Grapevine, the last thing she expected to hear was that she had cancer. But after physicians gave her the news, she knew it was time to tackle the disease head-on. If you receive a cancer diagnosis, these tips can help guide you to the treatment process that's best for you.

1 GATHER INFORMATION

Treatment for cancer is evolving quickly. So, it helps to go to appointments with some basic understanding. Websites of the American Cancer Society (cancer.org) and the National Cancer Institute (cancer.gov) can walk you through diagnosis and treatment recommendations. "When you know what to expect to hear from your care team, it can be empowering," says A. David McCollum, M.D., an oncologist on the medical staff at Baylor Charles A. Sammons Cancer Center at Baylor Dallas who treated Banks.

2 UNDERSTAND WHAT YOU'RE DEALING WITH

Sridevi Juvvadi, M.D., an oncologist on the medical staff at Baylor Medical Center at Irving, says, "Lots of patients don't understand what stage, what grade or what kind of cancer they have. Once they hear they need surgery, radiation and chemotherapy, it's too much for them." The solution? Bring two things with you to every appointment: a notebook and a friend or family member. That way, you can write down what your doctor says, and your friend can ask questions and help remember details.

3 CRUNCH THE NUMBERS

Many people have job and insurance concerns to deal with when they're facing a serious disease. Will you need time off for medical treatments? Is your job protected under the Family and Medical Leave Act? Will insurance copays or deductibles present a financial hardship? Talk to your doctor or your treatment center's financial services office if you expect to face financial difficulties. Sometimes, foundations and support organizations can help.

 **WATCH THE VIDEO**
Her Story

Find out more about the decisions Donna Witters Banks faced when she was diagnosed with colon cancer. Watch her story at BaylorHealth.com/HealthCast.



Owen is happy to have his mom, Donna Witters Banks, healthy again.

4 TALK TO YOUR DOCTOR ABOUT GENETIC TESTING

Some types of cancer, including breast, ovarian and gastrointestinal, run in families. C. Richard Boland, M.D., chief of gastroenterology and a physician on the medical staff at Baylor Dallas, says, “Familial syndromes become a big issue in terms of diagnostic considerations, outcome and followup for patients as well as for their children and siblings.” The Hereditary Gastrointestinal Cancer Risk Program at Baylor Dallas, in which Banks participated, offers genetic testing, and other cancer risk programs are available at various Baylor facilities.

5 WEIGH YOUR OPTIONS

After Banks’ diagnosis, some doctors advised a course of chemotherapy and radiation, followed by a final course of chemotherapy. Others whom she consulted recommended tackling the chemotherapy in its entirety first, followed by radiation. When questioned, both teams agreed that her outcome would likely be the same regardless of the sequence. She chose chemotherapy first, which she felt worked better for her schedule with a newborn, and allowed her a longer recovery period from initial surgery.

Support from her parents, Archie and Sarah, was key for Leslie Williams (center) while she battled breast cancer.

6 DO WHAT YOU NEED TO DO TO FEEL GOOD

Leslie Williams of Arlington was 41 when she was diagnosed with breast cancer. She learned the best techniques for putting on makeup when she lost her eyebrows and when she didn’t feel well. “It was important that I didn’t look the way I felt some days,” she says. “Looking good on the outside always made me feel better going through the process. I did not want to look like a typical cancer patient that people have pictured in their minds.” Banks felt the same. She made herself up as usual every day, even during daily radiation treatments.

7 TELL PEOPLE HOW THEY CAN HELP

Some people prefer to go through chemotherapy alone. Not Williams, who was treated at Baylor Irving. “I was never alone during chemo. I wanted somebody to go through it with me,” she says. And when she had surgery, she surrounded herself with family and friends in the hospital. She told her co-workers she was being treated for cancer. But she asked them not to treat her any differently. “I didn’t want people to feel bad for me, and it was good for them to be about business as usual,” she says.

8 DON’T FEEL PRESSURED

Banks said that when she had decisions to make regarding her treatment she wanted to make them quickly. “I was thinking, ‘I’ve got cancer. I want it gone,’” she says. But her doctors explained that taking a week or two to think about a major decision likely wouldn’t affect her prognosis. ●



 **FIND A SUPPORT GROUP**

Don't Go Through It Alone

Sometimes it helps to talk to others who are going through the same thing. To find a support group at a Baylor hospital near you, go to **BaylorHealth.com/CancerSupport**.



Is It Something Serious?

If you have more than occasional digestive difficulties, seek help to tame your tummy troubles

By Amy Lynn Smith

There was a time when Dyanna Cornell accepted being sick to her stomach every day as a fact of her life. But when she reached the point of having 12 to 15 bowel movements and vomiting daily—resulting in a significant weight loss—the 38-year-old resident of Mesquite knew she had to take her problem more seriously.

After a thorough evaluation at Baylor University Medical Center at Dallas, Cornell was diagnosed with celiac disease. This inflammatory condition is caused by eating foods

LISTEN TO YOUR STOMACH

Ever wondered why your stomach rumbles and grumbles?

“Those sounds are usually the process of digestion, as air, gas and digestive juices move through the intestines,” explains Elizabeth Odstrcil, M.D., a gastroenterologist on the medical staff at Baylor University Medical Center at Dallas.

The stomach and intestines contract during digestion and every 90 minutes or so as part of a regular “sweeping of the intestine,” she says. That also creates those rumbling noises, which can sometimes be the result of incomplete digestion of food.

BETTER SAFE THAN SORRY

Trust Your Gut Instincts

If you think something is just not quite right with your digestive system, trust your instincts and talk to your doctor. For a referral to a primary care physician or gastroenterologist on the medical staff at Baylor, call 1-800-4BAYLOR or visit FindDrRight.com.

containing gluten, such as wheat, barley and rye, which damages the lining of the small intestine and leads to various complications.

The treatment for celiac disease is to avoid foods with gluten. Working with a nutritionist, Cornell adopted a new

eating plan. She no longer gets sick to her stomach every day and has put back on the weight she'd lost.

“I feel 100 times better and I have tons more energy,” Cornell says. “Being diagnosed answered questions I’ve had for years, and now I know what to do to feel better.”

What’s Normal and What’s Not?

Everyone has digestive discomfort on occasion, which is nothing to be concerned about. But certain symptoms point to a potentially more serious issue.

“If you’re having any changes in bowel habits, or if they’re associated with alarming symptoms like rectal bleeding, weight loss, tiredness or a skin rash, you need to see a doctor,” says Syed Oqail, M.D., a gastroenterologist on the medical staff at Baylor Medical Center at Carrollton.

According to Elizabeth Odstrcil, M.D., a gastroenterologist on the medical staff at Baylor Dallas, chronic abdominal pain, nausea, vomiting, bloating and gas could also be signs of a digestive problem.

Digestive Diagnostics

Ongoing symptoms could be a sign of celiac disease or one of these other common digestive disorders, which all warrant treatment.

CROHN’S DISEASE A form of inflammatory bowel disease (IBD), Crohn’s is inflammation of the gastrointestinal tract that commonly affects the end of the small intestine and the beginning of the colon, says Dr. Odstrcil. The condition requires treatment with medication and, sometimes, surgery. Dietary modifications may also be prescribed.

ULCERATIVE COLITIS Another type of IBD, colitis strikes the large intestine or the lining of the colon. The treatment options are the same as those for Crohn’s.

GLUTEN INTOLERANCE Unlike celiac disease, gluten intolerance doesn’t cause damage—just discomfort such as bloating or nausea. A gluten-free diet resolves the issue.

LACTOSE INTOLERANCE Almost everyone will develop at least a slight intolerance to lactose (milk products) as they age. It’s caused when the body quits making lactase, an enzyme necessary to metabolize lactose. Treatment includes avoidance of all or some products containing lactose and, sometimes, taking a medication that contains lactase.

FOOD ALLERGIES Digestive issues such as gassy buildup or cramps can be caused by food allergies, says Dr. Oqail. Avoiding the offending foods will relieve the discomfort of mild food allergies.

To diagnose a digestive condition, doctors need as much information as you can provide about your symptoms and what you think may cause them.

“Don’t be scared to talk about what your stools look like or if bowel movements are bloody or painful,” Dr. Odstrcil says. “These are the things we need to know.”

GO INTERACTIVE Learn More About Digestive Health

Visit BaylorHealth.com/HealthCast this month to take our food allergies quiz, get tips on eating if you have Crohn’s disease or another GI disorder, and listen to our podcast on avoiding indigestion. Plus, you’ll find a downloadable tip sheet with ideas for spring cleaning your diet.

I Can't Lose!

Some reasons slimming down is difficult—and what you can do about it

Have you been in and out of the gym and on and off diets? Does losing weight seem like a never-ending battle? You may have the best of intentions, but, unfortunately, there's no such thing as getting an A for effort on your bathroom scale. And if you're not losing, you're not alone.

"Obesity is an epidemic in the U.S.," says Anthony O'Connell, M.D., an obstetrician/gynecologist and bariatrician on the medical staff at Baylor Regional Medical Center at Plano. "It's a chronic condition with a high incidence of relapse and is an underlying factor in many cases of the most common causes of death."

Internal Struggle

Why is it so hard to lose weight? You can blame physiology. Well, partly. "Humans didn't always have such easy access to food," Dr. O'Connell says. "And so our bodies are designed to hold on to excess calories."

But behavior is another part of the equation, and perhaps an even more important one. "The majority of weight problems

are caused by eating too much and not getting enough exercise," says Sina Matin, M.D., a surgeon and medical director of the Weight Loss Surgery Center at Baylor Regional Medical Center at Grapevine.

And for people who are morbidly obese, losing weight can be an even greater challenge. "Your body decreases metabolism and increases hunger, making it more difficult to lose weight," says Gregory S. Barnes, M.D., a surgeon and medical director of Weight Loss Surgery at Baylor Medical Center at Southwest Fort Worth. "Plus, you have a decreased tolerance for exercise."

Slimming Solutions

It's clear that preventing weight gain is much easier than losing weight later. So start making healthy choices today. Stick to a meal plan rich in fruit, vegetables and whole grains. And get at least 30 minutes of exercise five or more days per week, recommends Dr. Matin.

If you are obese and have a history of not being able to lose weight or keep it off, surgery may be a solution. "Surgery has the highest percentage cure rate and the highest percentage of weight loss," Dr. Barnes says.

But no solution is a magic bullet, so be patient, recommends Dr. O'Connell. "You didn't gain weight overnight, and you're not going to lose it overnight either. It will take some time." ●
By Shelley Flannery



EXPLORE YOUR OPTIONS

Lose It— for Good

To find out if you are a candidate for weight loss surgery, watch videos of patient success stories or calculate your BMI, visit **BaylorHealth.com/WeightLoss** or call **1-800-4BAYLOR** for a referral to a bariatric specialist on the medical staff at Baylor.



Studying Solutions to Side Effects

Baylor participates in anti-rejection drug trial for transplant patients

Patients who have a kidney transplant nearly always need to take anti-rejection drugs for the rest of their lives. These drugs are essential, but can cause significant side effects such as bone and muscle weakness, high blood pressure, nausea, vomiting, diarrhea and even kidney dysfunction.

But a new anti-rejection drug might do the job with fewer side effects, and researchers at Baylor University Medical Center at Dallas are part of an eight-center study to evaluate the medication.

When a kidney is transplanted from one person to another, cells in the recipient's body fight what's perceived as a foreign invader, causing the body to reject the organ. Currently available anti-rejection drugs block the body's rejection response, but the side effects can be uncomfortable for patients or even toxic to their kidneys.

"Ideally, what we'd like to see with the drug Baylor is studying is a rejection and kidney survival rate that's equal to or better than today's standard, along with lower toxicity to the kidney and fewer side effects," says Larry B. Melton, M.D., Ph.D., medical director of the Kidney/Pancreas Transplant Program at Baylor Dallas and a transplant nephrologist on the medical staff there.

The FDA-approved study is currently in Phase I, which is designed to look for adverse effects and evaluate dose tolerance in patients who agree to participate.

In September 2010, Baylor entered the first patient into this phase of the study, which is expected to last about 18 months. The data will then be analyzed before Phase II is designed and approved by the FDA. According to Dr. Melton, it could be six to 10 years before the drug is approved for routine use.

Baylor, which was involved in the studies of many of the anti-rejection drugs available today, has more than 25 years of experience working with transplant patients in clinical trials.

"These patients are helping Baylor blaze the trail for getting these drugs approved," says Dr. Melton, "so we can use them in future patients and help improve outcomes in transplantation." ● *By Amy Lynn Smith*

ADVANCING MEDICINE **A Range of Research**

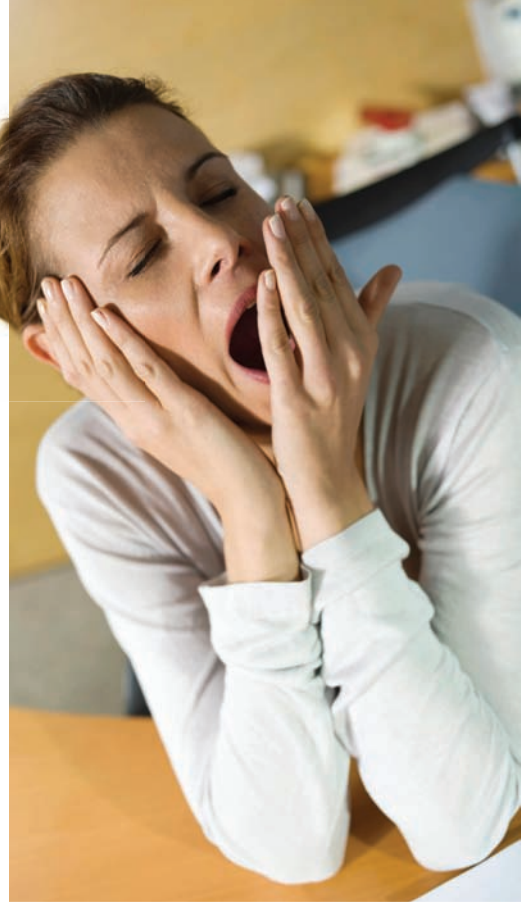
Although the anti-rejection drug trial is not open for enrollment, you can learn more about other trials at Baylor that are seeking participants at BaylorHealth.com/AdvancingMedicine.

Is Your Body Trying to Tell You Something?

5 symptoms you should never ignore

*“I don’t have time to go to the doctor.”
“I’m sure it’s nothing.”
“It’ll go away.”*

If you’re a woman, you’ve probably uttered such phrases—even if only to yourself. But you’re doing yourself and your body a disservice. In some cases, your life and health depend on being a good listener. Below are five symptoms you should never ignore.



1 Fatigue
Busy women often find themselves tired. “But persistent, chronic fatigue that lingers longer than two weeks should be checked,” says Natalia Southerland, M.D., a family practitioner on the medical staff at Baylor Medical Center at Waxahachie. It could indicate hypothyroidism, a condition resulting from the thyroid not producing enough hormones. It also could signal anemia, heart disease, sleep apnea or depression.

2 Unexplained weight loss
Think losing 10 pounds without even trying sounds like a miracle? Think again. “Unexplained weight loss can be a sign of diabetes,” Dr. Southerland says. “Other symptoms include unusual thirst and frequent urination, extreme hunger, fatigue, blurred vision, wounds that are slow to heal, and numbness in the hands or feet.” But don’t wait to experience symptoms to talk to your doctor about your risk factors for the condition. Ask about blood glucose screenings.

3 Abnormal bleeding
Whether it occurs between your periods or after menopause, any abnormal bleeding should be checked out by your doctor, says Barbara K. Chen, M.D., an obstetrician and gynecologist on the medical staff at Baylor Regional Medical Center at Grapevine. “Women often think abnormal bleeding is not a big deal,” she says. “But it could signal hormonal problems, fibroids or even cancer.”

4 Changes in your breasts
You know to alert your doctor right away if you feel a lump, but not all breast cancers are detected by a mass. Talk to your doctor if you notice changes in your breasts, such as reddening or thickening of the skin and nipple discharge.

5 Chest discomfort
Women are more likely than men to experience lesser-known symptoms when having a heart attack, including shortness of breath, lightheadedness and nausea. But the No. 1 indicator for men *and* women is still chest pain or discomfort. If you have it and it isn’t heartburn, call 911 right away. ●
By Shelley Flannery



MAKE AN APPOINTMENT

Get Peace of Mind

If you’re worried about a symptom or you’re just not feeling right, talk to your doctor. For a referral to a physician on the Baylor medical staff, call **1-800-4BAYLOR** or visit **FindDrRight.com**.

Good-for-You Goals

If your resolutions have already fallen by the wayside, don't give up. Set some new healthy goals for 2011 starting now! Here are a few ideas:

LISTEN UP



Check out our podcast about setting goals at BaylorHealth.com/HealthCast.

GET MOVING Overwhelmed by your usual exercise resolutions? Start small. Get a pedometer and set a goal to reach 10,000 steps every day—no gym required.

GET BACK TO NATURE If you can't identify most of the ingredients in the foods you're eating, make a vow to eat at least

half of your foods in their natural state. That means cutting down on processed, prepared and packaged foods.

SCHEDULE SCREENINGS Make appointments early for annual tests such as cholesterol, blood pressure, mammograms, PSA blood tests and other screenings.

STRESS LESS Worrying rarely gets results. This year when financial worries, a heavy workload or other stressors get you down, commit to taking time for yourself. Whether it's 10 minutes to just sit quietly and breathe slowly or a monthly massage appointment, taking care of your health is a wise time investment.

BONUS OFFER

BAYLOR HEALTH EXCLUSIVE

Available Now

If you love *BaylorHealth* magazine, you'll love **BaylorHealth.com/Exclusive**. Access it today for healthy lifestyle videos, podcasts, recipes, articles, quizzes and tips.

WHAT'S THE RIGHT RATE?

Any kind of exercise or activity is good for you. But to truly reap the heart-healthy rewards, you need to get in the zone—your target heart rate zone, that is. If you don't know a heart rate from an interest rate, don't worry. This formula from the American Heart Association makes it easy. Your maximum heart rate is 220 minus your age. Ideally, you want to maintain a heart rate



between 50 and 85 percent of your maximum during the middle of your workout.

If you're just starting out, stay near the lower end of your range. If you have a condition such as high blood pressure, heart disease or diabetes or if you're new to exercise, be sure to talk with your doctor before beginning any workout program. He or she may have special recommendations for you.

Spring Ahead of Allergies

It's the perfect time for cleaning, yard work and outdoor activities. Unfortunately, it's also time for allergy season. Pollen and other allergens can trigger sniffles, sneezing, scratchy throats and watery eyes. Avoid allergies this season with these tips from the American Academy of Allergy, Asthma & Immunology.

INSIDE Close windows at night to keep pollen and molds from drifting into the house.

Dry the air with an air conditioner. This helps keep irritating allergens from growing in your home. Try to keep your pets clean and out of your bedroom if they bother your allergies. Also, avoid hanging clothes or sheets outside to dry because pollen can collect on them.

OUTSIDE Avoid doing yard work or physical activities in the morning, when the most allergens are released. Also, stay inside on windy or humid days when pollen and mold counts are highest.

Talk to your doctor about taking medication if your allergy symptoms are getting in the way of your daily life.



TAKE THE TEST

Do You Have Allergies?

Take our allergy assessment at BaylorHealth.com/AllergyAssessment to see what's bugging you this spring.

 **Free. Online.
All the time.**

At BaylorHealth.com/Exclusive you'll find health information for you and your family you can't get anywhere else, including:

Articles • Videos • Recipes • Quizzes • Tips



“Thanks to Baylor All Saints Medical Center at Fort Worth, I’m breast cancer free.”

With no family history of cancer and a screening mammogram that had recently come back negative, Yvette Alvarado was shocked when she discovered a lump in her breast. She relied on Baylor Fort Worth cancer care services for treatment. “They determined it was a fast growing cancer, and they would go ahead and remove it,” Yvette explains. Unfortunately, cancer had already begun to spread to her lymph nodes. “I needed chemotherapy, and they would give me the most aggressive chemotherapy possible.” Finishing chemo was cause for celebration. “My last day of chemo I took in some baked goodies for all the staff there just to show them how much I loved and appreciated them.”

For a physician referral or for more information about cancer care services, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/AllSaintsCancer.

1400 Eighth Avenue, Fort Worth, TX 76104

 **BAYLOR**
All Saints Medical Center
at Fort Worth
Joan Katz Breast Center