

March 2013

Baylor Health

PLANO EDITION

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REAL PATIENTS. REAL STORIES.

Resting Easy

Now pain-free, BILL GEORGE relaxes with wife, Phyllis, knowing that his new knees allow them to travel, play and *live*

PAGE 6



**JOINT PROBLEM?
NO PROBLEM!**
Complicated cases are no match for Baylor Plano **PAGE 4**



PAIN MANAGEMENT CENTER OPENS IN PLANO

People suffering from pain can draw on advanced diagnostic techniques, targeted interventional treatments, rehabilitation options and appropriate medications at the Baylor Center for Pain Management at Plano.

“Our precision interventional spine diagnosticians on the Baylor Plano medical staff can help identify the exact source of pain through scientifically validated techniques,” says Lewis Frazier, MD, medical director of the Baylor Center for Pain Management at Plano. We can help determine if your condition requires surgical intervention,

and if so recommend a qualified provider with a proven track record in treating your specific condition. If not, we possess the education, training and experience to provide the full spectrum of nonsurgical care available to alleviate your suffering.

Interventional specialists on the medical staff at the center are board-certified in physical medicine and rehabilitation and have served for years as instructional faculty to physicians around the world in the precision interventional diagnosis of the source of pain and precision interventional treatment of that pain.

➤

Let Us Help Take Away the Pain

For a referral to a pain management specialist on the Baylor Plano medical staff, visit BaylorHealth.com/Plano or call **1.800.4BAYLOR**.

Baylor Regional Medical Center at Plano, 4700 Alliance Blvd., Plano, TX 75093. 469.814.2000. Giving Opportunities/Baylor Health Care System Foundation: 214.820.3136. 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. President and CEO, Baylor Health Care System: Joel Allison.

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WHAT WE TREAT

Specialists on the medical staff at the center treat (without open surgery):

- Neck and back pain of any origin (disk, nerve, facet, muscle)
- Peripheral nerve pain (carpal tunnel syndrome, etc.)
- Hip, knee, foot and ankle, and shoulder, elbow and wrist pain
- Neuropathic pain (postherpetic neuralgia)
- Complex regional pain syndrome
- Myofascial pain syndromes, occipital neuralgia, cervicogenic headache
- Cancer and postradiation pain
- Postsurgical pain, “failed back syndrome”
- Sciatica/radicular pain
- Sacroiliac joint (SIJ) dysfunction

OPTIONS OFFERED

Treatment options, if rehabilitation and medications fail, include:

- Steroid injections (epidural, peripheral nerve, facet, SI joint, all peripheral joints)
- Radio-frequency ablation (medial and lateral branches of nerves to facet joints, SIJ) standard
- monopolar, bipolar and cooled
- Sympathetic chain blockades
- Trigger point procedures
- Spinal cord stimulator trials and permanent implants in severe cases

DIAGNOSING PAIN

Diagnostic options include:

- Discography (cervical, thoracic, lumbar)
- Medial or lateral branch blocks
- Pain mapping via anesthetic injection of competing pain generators, such as hip vs. spine, shoulder vs. spine, intra-articular hip/shoulder vs. extra-articular hip/shoulder
- EMG NCS (electrodiagnostic evaluation of peripheral nerves)





HELP FOR WOUNDS THAT WON'T HEAL

We all injure ourselves from time to time, and most of our wounds heal with no problem. But people with certain chronic conditions such as anemia, diabetes, heart disease and kidney disease sometimes have wounds that can't get better on their own.

Talk to your doctor if you have these symptoms of a wound that won't heal:

- Persistent, increased pain
- Discoloration of the wound near its edges—often a dark or bluish color
- Increased drainage from the wound
- Redness or swelling around or spreading away from the wound
- A foul odor coming from the wound

Have a Wound That Won't Heal?

Talk to your doctor today or visit FindDrRight.com for a free physician referral.

Get to the Root of Your Health

You know the importance of understanding your family health history. After all, it seems as though your doctor's office asks for it every time you visit. But for some reason, you haven't compiled yours yet. Make March your month to finally put together a family health tree that you and your kids can use for years to come. Share it with your doctor so that he or she can recommend earlier or more frequent screenings and other potentially lifesaving advice.

It's most important to capture history for immediate family members—mother, father, siblings and children. Add extended family as applicable. Here's what to include:

- Common chronic diseases, such as heart disease, diabetes, neurological diseases, hemophilia, cystic fibrosis, sickle cell anemia, stroke and cancer
- Other serious medical conditions, such as pregnancy complications or birth defects
- Age at onset of disease
- Ethnicity—some conditions are more common in certain groups
- Age at death and cause

To learn more about starting a family health tree, visit BaylorHealth.com/FamilyTree today.



BaylorHealth.com now in Spanish

Baylor's Spanish-language website, BaylorHealth.com/Salud, has officially launched. The site offers information about Baylor facilities, has a bilingual "Find a Physician" tool, and provides health information in Spanish through the HealthSource® Library. ¡Salud!



It's Complicated

Complex joint problems and musculoskeletal tumors require advanced care

TUMORS AND INFECTIONS IN BONES AND JOINTS NEED SPECIAL TREATMENTS. At Baylor Regional Medical Center at Plano, the Complex Joint and Musculoskeletal Tumors Program can help heal these complicated cases.

TREATING INFECTED JOINT REPLACEMENTS

It's rare, but sometimes a joint replacement becomes infected. Traditional treatment typically involves removing the infected joint, placing a spacer for six weeks to six months or more until the infection is cleared, then reinserting a replacement joint. "It creates a lot of disability," says Gerhard Maale, MD, medical director of the program.

The team at Baylor Plano can perform a one-stage procedure, clearing the infection and replacing the joint at the same time, with 90 percent success. With the one-stage procedure, qualified patients are spared the waiting time for the infection to clear and the recovery from two separate surgeries.

TREATING CANCER

The program's team treats a lot of bone, connective tissue and soft tissue cancers, following clear protocols for chemotherapy and radiation before surgery in a treatment plan tailored to the needs of each patient. By involving radiologists, oncologists, internists, orthopedists, infectious disease specialists and plastic surgeons in care, the advanced techniques result in a very low local recurrence rate.

FIGHTING INFECTIONS

The team is working to identify bacteria that infect orthopedic appliances, heart valves and other medical devices and that don't show up in typical cultures. By using DNA sequencing, team members can pinpoint the strain of bacteria causing the infection. Then they can use molecular carriers to deliver antibiotics.

By identifying bacteria and viruses by their genes, hospitals will be able to identify the cause of infections more quickly and start appropriate treatment sooner. "With a DNA sequence, we could probably identify the exact bacteria causing an infection in an hour and a half," Dr. Maale says.

BEATING BONE INFECTIONS

Bone infections, or osteomyelitis, can be challenging to treat, requiring a precise antibiotic regimen and, often, surgical removal of the infected bone. With advanced, coordinated treatments, the program's team can eliminate many of these infections and avoid the need for amputation.

Need an Orthopedic Surgeon?

For a referral to an orthopedic surgeon on the Baylor Plano medical staff, visit BaylorHealth.com/PlanoOrtho or call **1.800.4BAYLOR**.

One

The one-stage procedure means no waiting between surgeries and only one recovery period.



WHAT'S GOT YOU WHEEZING?

Find relief from allergy-induced asthma



WHEN YOU THINK OF ASTHMA, do you picture a nerdy kid taking a break from gym class to use his inhaler? That's how the movies portray it. But in reality, asthma affects the young and the old, and it strikes indoors and out. And many times, asthma is triggered by allergens—not always exercise or activity.

In fact, allergies are strongly associated with asthma, says Nastaran Safdarian, MD, an allergy, asthma and immunology physician on the medical staff at Baylor Regional Medical Center at Plano. "Allergic reactions are over-reactions by the body to substances, like pollen, pet dander or dust mites," she says. "It's that overreaction that leads to inflammation of the airways, causing airway spasms and wheezing."

Common Asthma Triggers

- Allergies
- Tobacco smoke
- Dust mites
- Air pollution
- Cockroach droppings
- Pet dander
- Mold
- Viral infections
- Acid reflux

—Centers for Disease Control and Prevention

WHEN TO SEE A DOCTOR

Asthma, whether triggered by allergies, exercise, cold weather or something else, should be diagnosed by a physician.

"If you have wheezing, coughing or shortness of breath, see a doctor," advises Dr. Safdarian. "And if it's allergy-induced, find out what it is you're allergic to."

CHOOSING A TREATMENT

The best way to treat allergy-induced asthma is to avoid the trigger.

"With most patients, when they avoid the trigger, they improve," Dr. Safdarian says. So be on the lookout for your triggers.

"If you start wheezing every time you vacuum or sweep, that's a pretty good indicator that's a trigger of yours," she says. "Have someone else do that chore."

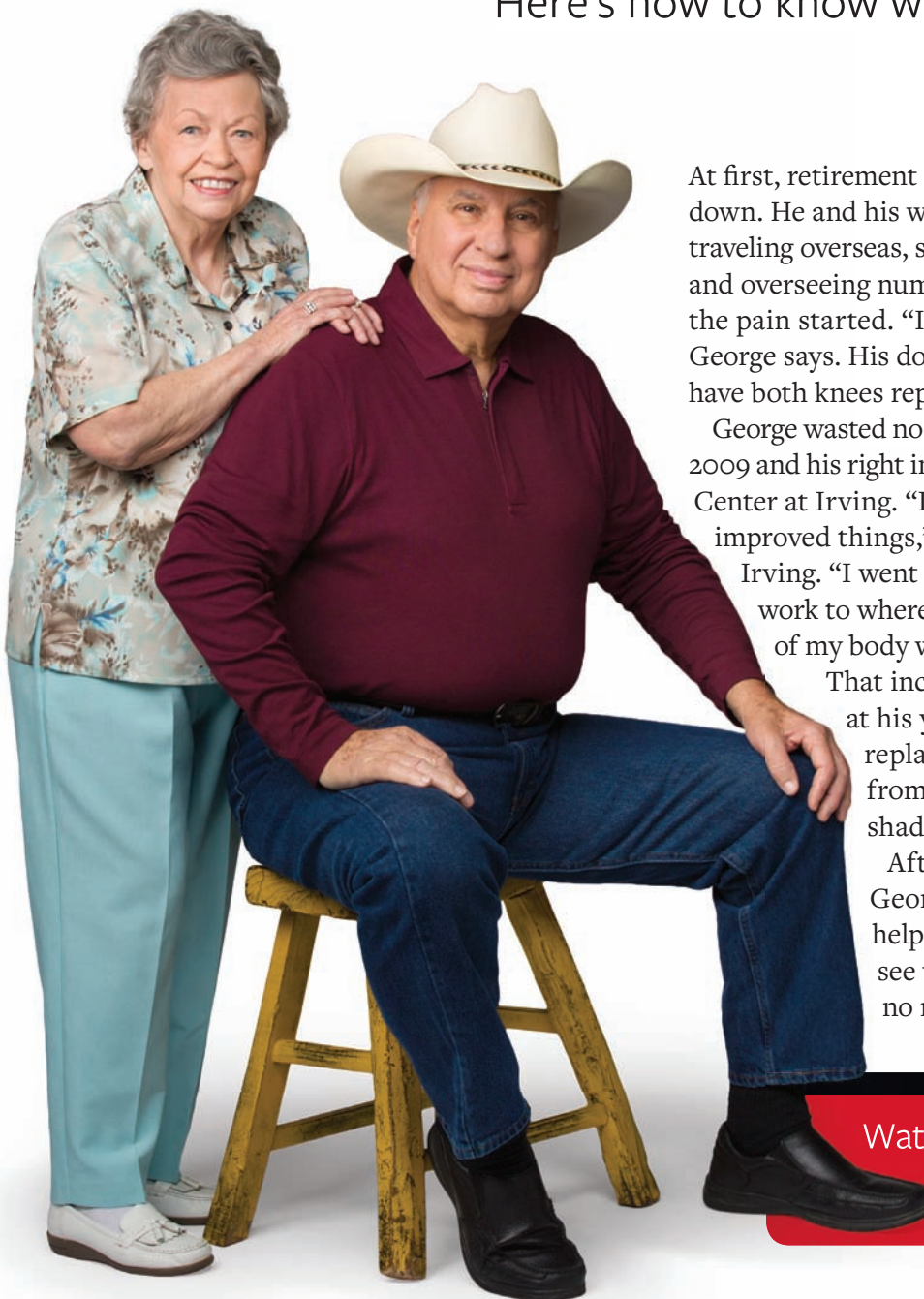
But avoidance isn't your only option. "The primary treatment of asthma is medication management," Dr. Safdarian says. "Quick-relief medicines open up airways. But more important are the controller therapies, which reduce inflammation and prevent the airway spasms from happening in the first place."

Let Us Help You Breathe Easier

For a referral to an allergist on the Baylor Plano medical staff, call **1.800.4BAYLOR** or visit **BaylorHealth.com/Plano** today.

Is It Time?

Joint replacement surgery is *life-changing*. Here's how to know when you need it



At first, retirement couldn't slow Bueal "Bill" George down. He and his wife, Phyllis, were as busy as ever—traveling overseas, spending time with their 14 grandkids and overseeing numerous rental properties. But then, the pain started. "It got to where it hurt to walk," George says. His doctor soon confirmed he needed to have both knees replaced.

George wasted no time. He had his left knee done in 2009 and his right in 2011—both times at Baylor Medical Center at Irving. "It was unbelievable how much it improved things," says the 74-year-old resident of Irving. "I went from not being able to do physical work to where I can literally do anything the rest of my body will permit me to do."

That includes helping out two days a week at his youngest son's farm. Since his knee replacements, he has done everything from clearing trees to building a cow shade to removing roof shingles.

After seeing such incredible results, George is a vocal proponent of getting help if you need it. "If you're hurting, see what can be done," he says. "There's no reason to suffer if you can get relief."

Watch Bill's Story

Hear Bill talk more about his experience at [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/exclusive) today.



Considering Joint Replacement?

For a referral to an orthopedic surgeon on the Baylor Plano medical staff, visit BaylorHealth.com/PlanoOrtho or call **1.800.4BAYLOR**.

Are you from suffering joint pain in silence? If any of the following four warning signs sounds familiar, it may be time for a replacement.

WARNING #1 **You can't make it through the grocery store without taking a break.**



And it's not just the grocery store. If you can't walk around the neighborhood or play with your grandkids without taking frequent breaks, it's probably time for joint replacement surgery, says Charles Toulson, MD, medical director of the Total Joint Replacement Center at Baylor Plano. "It's a quality of life decision," he says. "Joint replacement is typically life-changing."

Don't let the pain—or the thought of surgery—keep you from getting your ZZZs. Joint replacement surgery is one of the most successful procedures being done, Dr. Toulson says. "It's very common. There's nothing I do that helps people more." In fact, more than 1 million hip and knee replacements were completed in 2009, reports the Centers for Disease Control and Prevention.



WARNING #2 **You can't do the things you love.**

For George, not being able to walk his dogs was a red flag that he needed to do something. So was the fact that he was enjoying his travels less and less because being on the tour bus was just too uncomfortable. Sound familiar? Then it's time to make an appointment with a doctor.



WARNING #4 **You've tried everything else, and you're still in pain.**

"Joint replacement is always the last resort," Dr. Toulson says. Your doctor may suggest home exercises, a physical therapy program, medications or injections first. If none of those treatments works, joint replacement may be the next step.

More Than Just Joint Pain

Still on the fence? Consider what your quality of life will be if you don't do it. "If you lose the ability to walk, your overall health tends to decline," Dr. Toulson says.

Plus, if you choose a hospital that uses minimally invasive techniques and advanced pain control methods, you're more likely to have a faster recovery and fewer complications. "We see some patients up and walking the same day of their surgery," Dr. Toulson says. "It turns someone who can barely walk into a person who can live their life again."

WARNING #3 **You're unable to get a good night's rest because of your joint.**

Maybe it's the pain keeping you up, or that you can't get into a comfortable position. "If every time you roll over you feel the bones grind together, you're going to wake up," Dr. Toulson says. "If you can't sleep, you're tired all the time."

Help for Hurting Joints

As a regional referral center for joint replacement, Baylor Regional Medical Center at Plano offers replacement for every major joint, including hips, knees, shoulders and ankles.

"We are in the process of becoming a center of excellence for joint replacement," says Robert Berry, DO, medical director of sports medicine at Baylor Plano.

With minimally invasive techniques, joint replacement procedures have less pain and faster recoveries. For example, according to Dr. Berry, most patients who have total knee replacement at Baylor Plano go home the next day. And with a new, minimally invasive anterior approach to hip replacement, most people can go home the next day without a walker.

Baylor Plano also offers a joint education class, so people know what to expect before, during and after surgery, and an accelerated rehabilitation program that begins the day of surgery.

It's Not That Bad!

Put your colonoscopy fears to rest with this primer

Next year. In a few weeks. When my spouse bribes me.

If you're like many Americans, these excuses may pop into your head when your doctor asks you about making a colonoscopy appointment. But this lifesaving exam isn't as bad as you think. Read on to find out why it's not worth all the worrying.

FEAR #1 **THE PREPARATION**

If you cringe at the thought of even scheduling a colonoscopy, chances are it's the "prep" portion that has you feeling squeamish.

"The No. 1 concern I hear from patients is about what getting ready for the exam entails," says Dale Burleson, MD, a colorectal surgeon on the medical staff at Baylor Regional Medical Center at Plano.

Typically, preparation includes a day of fasting and one or two hours spent drinking a laxative that can cause some cramping and diarrhea.

While diarrhea may not be particularly pleasant, Dr. Burleson says to keep in mind that it's all relative.

"We're trying to prevent cancer with this exam," he says. "One day of diarrhea is well worth possibly detecting and treating cancer. Many people do the cleansing the night before, so it doesn't even interrupt their day-to-day life."

FEAR #2 **THE PROCEDURE**

The actual exam may sound invasive and uncomfortable, but there's really not much to fear, Dr. Burleson says.

During the test, your doctor will use a thin, flexible tube with a small video camera attached to look at the colon for any ulcers, polyps, tumors or areas of inflammation and bleeding. During a colonoscopy, tissue samples can also be collected and abnormal growths removed.

Thanks to sedation, though, patients are blissfully unaware of everything going on, making the colonoscopy a pretty easy exam. Plus, it's an outpatient procedure, so no major downtime is required.

FEAR #3 **THE RESULTS**

"The other thing that patients fear the most is the idea that we might actually find something," Dr. Burleson says.

But that fear should really just be more motivation to get the screening in the first place, he says.

"If precancerous polyps are found, they can be removed, which leads to a 100 percent five-year survival rate. If cancer is found early, the survival rate is 98 to 100 percent," Dr. Burleson says. Colorectal cancer can be treated using minimally invasive and robotic technology, which helps reduce blood loss and pain, and shortens hospital stays.

Even the worst-case scenario isn't as scary as you might think. "Stage 4 colorectal cancer has a long survival period now, too," he adds. "Advanced colon cancer is decreasing. The at-risk population is growing, but incidence of cancer is decreasing. That means that colonoscopy does a good job of what it's supposed to do."



Don't Skip Screenings

When it comes to preventing colon cancer, the most important thing you can do is get screened, says Houston Bogus, MD, a gastroenterologist on the medical staff at Baylor Regional Medical Center at Plano.

With colonoscopy, your doctor can identify and remove polyps before they've had time to turn cancerous. And the vast majority of polyps can be removed during the colonoscopy procedure, with no further treatment needed.

For people with no family history of polyps or colon cancer and no changes in bowel habits, colonoscopies can begin at age 50 and be repeated every 10 years if no polyps are found.

People with a family history of colon cancer should begin screening sooner, and people who have had polyps may need more frequent screenings. Talk to your doctor about a plan today.

Find a Doctor

For a referral to a gastroenterologist or a colorectal surgeon on the Baylor Plano medical staff, visit [BaylorHealth.com/PlanoDigestive](https://www.baylorhealth.com/PlanoDigestive) or call **1.800.4BAYLOR**.

Health E. Detective, RN

Nurses dig deeper to improve care, communication and efficiency with research

WHEN IT COMES TO FINDING hidden opportunities to improve patient care, nurses have a distinct advantage. Observant, conscientious and detail-oriented, they provide hands-on care and act as the main point of contact for families, patients, physicians and other hospital staff. It's this unique perspective that makes nurse-led studies at Baylor Health Care System medical centers so important and beneficial to the work that goes on there.

IT STARTS WITH AN IDEA

"Nurses are in a unique position to lead health care research studies," says Susan Houston, RN, PhD, director of nursing research for Baylor Health Care System. "We have a keen eye when caring for patients, and are great detectives when it comes to finding opportunities to improve care."

Jessica Saucier, RN, clinical transplant research nurse at Baylor Research Institute, is an example of one such detective. "I witnessed firsthand the lack of patient education, awareness and understanding of their medical conditions and how that affected them after they left the hospital," Saucier says. That realization inspired her to run a study in which nurses used a variety of multimedia to educate patients in lieu of the standard paperwork.

TAKING A CLOSER LOOK

In Saucier's case, her findings were substantial—40 percent of patients were more informed about their condition and self-care after discharge when they were provided information in a visually stimulating way. "Our next trial will follow these patients to see how the improved comprehension affects their health and readmission rates in the long term," Saucier says.

But gaining new, beneficial data means nothing if it doesn't make a difference in

the efficacy, efficiency or quality of care at Baylor hospitals. "The magic happens when we take what we learn and ask ourselves, 'How can we improve care with this new information?'" Dr. Houston says.

FOLLOWING THEIR INSTINCTS

The future holds promise for nurse-led research. In fact, Baylor offers incentives for nurses who champion and run trials. "The program, called ASPIRE, rewards nurses for their contributions in the fields of quality, research and evidence-based practice," Dr. Houston says.

Saucier says she hopes more nurses will follow suit. "Nurses play a critical role in research," Saucier says. "I think many nurses are intimidated by research, but they participate in it every day without knowing it. If more nurses participated in evidence-based practice and nursing research, we could change the world."

Would You Like to Participate?

To learn more about research trials at Baylor seeking participants, visit BaylorHealth.com/AdvancingMedicine today.



Get the Exclusive

Visit BaylorHealth.com/Exclusive for lots more health and wellness content!



TIPSHEET

All About Allergies

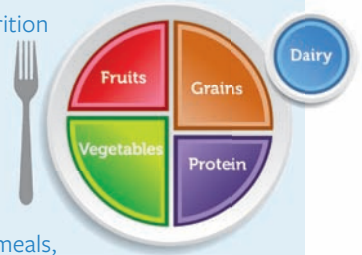
It's March and you know what that means—allergens are everywhere! Find out what's most likely making yours act up and how you can keep allergies from keeping you down this spring by downloading our tipsheet at BaylorHealth.com/Exclusive today!

ONLINE

What's for Dinner?

March is national nutrition month, so why not make healthy eating a priority starting now? Aim to eat at home as a family at least a few nights a week.

And when preparing meals, use MyPlate as a guide to ensure everyone at the table is getting the nutrients they need.



VIDEO

WHY AREN'T YOU RELAXED?!

Kids! Work! Chores! Does it seem like everything in your life is shouting for attention? Learn how to relax almost anywhere with our video on relaxation techniques. Visit BaylorHealth.com/Relaxation to watch.



RESOURCE

Straighten Things Out

If you suffer from the pain and disfigurement of scoliosis, learn how the Baylor Scoliosis Center can help you by visiting TheBaylorScoliosisCenter.com today.

QUIZ

Are You at Risk for Colon Cancer?

Visit BaylorHealth.com/ColonRisk to find out if you are at risk for colon cancer.

CONNECT

Chat Us Up!

Are you looking for a physician or a support group? Would you like to register for a class or an event? Our online advisers can help. Chat with one today by visiting BaylorHealth.com and click "Let's Chat" at the bottom of the page.



COMMUNITY CALENDAR

March & April 2013 Events

To register, visit BaylorHealth.com/PlanoEvents or call **1.800.4BAYLOR** unless otherwise noted.

MAMMOGRAPHY

Saturday Mammography Services

8 a.m. to noon. Register for a screening mammogram at BaylorHealth.com/PlanoBreastImaging or call **469.814.5500**. Most insurance plans are accepted. **March 2 & 23; April 6 & 27:** Women's Imaging Center at Baylor Regional Medical Center at Plano

March 9; April 13: Baylor Regional Medical Center at Plano Elizabeth Jekot, MD Breast Imaging Center
March 16; April 20: Baylor Diagnostic Imaging Center at Craig Ranch

SEMINARS AND SUPPORT GROUPS

Weight Loss Surgery Support Group March 13; April 10, 6 to 8:30 p.m. Education Center 1 & 2, Garden Level Baylor Plano. This meeting is intended for past, current and future weight loss surgery patients before or after procedure. To register, call **469.814.5677**.

Diabetes Support Group March 14; April 11, 7 to 8 p.m. Baylor Plano.

Joint Pain Seminar March 20; April 17, 6 to 7 p.m. Education Center 1, Garden Level at Baylor Plano.

Cancer Survivorship Program March 26; April 23, 6 to 8 p.m. Education Center 1-4 on the Garden Level of Baylor Plano. Light dinner will be served.

Look Good, Feel Better

April 16, 6 to 8 p.m. Classrooms A & B on the Garden Level of Baylor Plano. This program provides information to women undergoing cancer treatment to help them look and feel more comfortable with changes in their appearance.

ONGOING EVENTS

Diabetes Self-Management Program

This program assists people of all ages in managing diabetes. Classes are offered at various times. To register, call **469.814.6896**.

Medical Nutrition Therapy Baylor Plano offers appointments and classes at various times. To schedule an appointment, call **469.814.4483**.

MammaCare® Breast Self-Exam Class Build confidence and skill with an introduction to the MammaCare method of breast examination. MammaCare is the internationally recognized standard for breast examination. During this class, you will practice on lifelike breast models that allow you to feel the difference between texture of normal tissue and lumps. To register, call **469.814.6758**.



Ten years of caring. That's commitment.

When you care for as many members of a community as long as we have, you can't help but care for the whole community. Over the last decade, we at Baylor Medical Center at Frisco have become deeply involved in the life of this community. With over 400 physicians on our medical staff, our quality and range of services for the family continue to grow substantially. Beyond that, we've contributed more than 2,000 volunteer hours to Frisco in 2011 alone. So while we'll continue providing the advanced patient care you've come to expect of us, please know that whether you're inside or outside our hospital, we're always working for your health.

~ Celebrating 10 years of award-winning commitment. ~

For a virtual tour or for more information, go to
BaylorHealth.com/Frisco or call **1.800.4BAYLOR**.

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