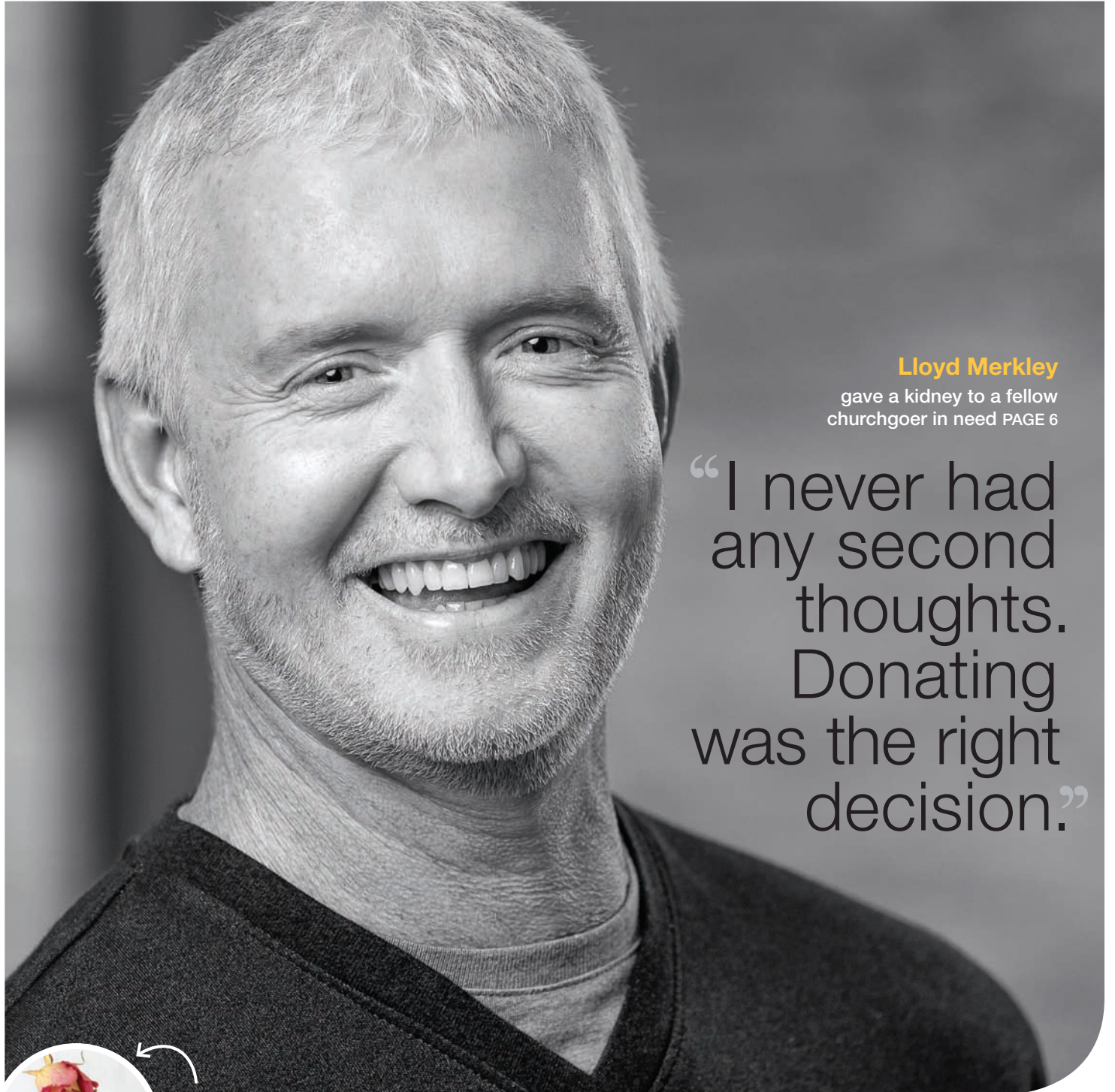


# Baylor Scott & White Health

sw.org | Austin/Round Rock Region

March 2016



## Lloyd Merkley

gave a kidney to a fellow churchgoer in need PAGE 6

“I never had any second thoughts. Donating was the right decision.”



## SMOKING'S UGLY TRUTH

A head-to-toe look at the damage caused by your tobacco habit PAGE 5

## April Is National Volunteer Month

Have you ever considered volunteering at your local Baylor Scott & White Health hospital or clinic? Our volunteers play an important role. They come from all walks of life and are paired with volunteer opportunities based on their availability, interest, ability and skill.

We'd love to have you join the Baylor Scott & White family of volunteers. At Baylor Scott & White Medical Center – Round Rock, for example, there are openings in the clinic, gift shop and spiritual care office, as well as at the information desk—with new opportunities always becoming available.

All volunteers must:

- ▶ Be at least 16 years old
- ▶ Be able to commit to volunteering at least four hours a week for six months
- ▶ Pass a free two-step TB test and drug test/nicotine screening
- ▶ Receive a flu vaccine
- ▶ Complete a volunteer application, interview and attend orientation

### MORE

#### Want to Help? Volunteer with Us!

Visit [volunteer.sw.org](http://volunteer.sw.org) to learn more about volunteering opportunities in your area.



## How an Allergist Can Help

Though your primary care physician can treat many allergy-related conditions, you might be referred to an allergist for a consultation if you aren't responding to treatments or if your symptoms are complicated by sinus, ear or chest infections.

An allergist is an internal medicine physician who specializes in the diagnosis and treatment of allergies and other related conditions, like hay fever, asthma, hives, eczema, food and drug allergies, and more.

During your visit, the allergist will take a detailed history and perform a brief exam. Depending on your symptoms and other factors, he or she may recommend:

- ▶ Allergy testing on your back or arms
- ▶ Special blood tests
- ▶ Routine X-rays

### YOUR QUESTIONS, ANSWERED

Get answers to frequently asked questions about allergy shots, skin tests, allergy medications and more by visiting [allergy.sw.org](http://allergy.sw.org) today.

- ▶ X-ray studies, CT scans or special tests of your lungs and sinuses
- ▶ One or more breathing tests

In some cases, your evaluation, diagnosis and treatment may be completed in a single visit, but in others, you may need to return after you've completed certain tests and your allergist has reviewed your results. Whatever the case, you'll be on your way to relief before you know it.

Baylor Scott & White Health – Austin/Round Rock, 300 University Blvd., Round Rock, TX 78665. President: Jay Fox; Chief Medical Officer: Rob Watson, MD; Hospital Marketing Manager: Karen Matthews. Visit [sw.org](http://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](http://doctors.sw.org) or a location at [clinics.sw.org](http://clinics.sw.org).

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## SMART STEPS

Diabetes and foot injuries are a dangerous combination. That's because diabetes can lead to neuropathy (nerve damage in the feet), making it hard for you to feel small cuts or blisters. To make matters worse, diabetes affects blood flow, so even small wounds are slower to heal. Result: A simple blister can become a big problem.

If you have diabetes, keep your feet healthy by following these three simple steps.

**1 Check your feet.** A daily foot exam (don't forget the bottoms!) means you'll catch any redness, blisters or cuts early so you can take action quickly.

**2 Protect your feet.** Wear shoes at all times, even inside your house.

**3 Clean your feet.** Warm water + soap = happy feet.

## EAT WELL TONIGHT!

Need a healthy recipe fast? Visit [BaylorHealth.com/Recipe](http://BaylorHealth.com/Recipe) and browse our free library of nutritious dishes.



# Fresh Picks

Out with the winter fruits and veggies (at least the ones you're tired of) and in with the spring produce. Next shopping trip, reach for these three seasonal treats that pack a nutritious punch.

## Spinach

► **Why you should eat it:**

It's a vitamin powerhouse offering vitamins A, C and K, plus folate and iron.

► **How to eat it:**

Sneak into smoothies or eat straight up in salads, on sandwiches or sautéed with a little garlic.

## Strawberries

► **Why you should eat them:**

Get an entire day's worth of vitamin C in just 1 cup.

► **How to eat them:**

Enjoy sliced and frozen as an after-dinner treat.



## Asparagus

► **Why you should eat it:**

The vitamin K will help keep your bones strong, while the vitamin A will boost your immune system.

► **How to eat it:**

Add to soups and pasta dishes, or simply bake a few spears and sprinkle with Parmesan cheese.



## MORE

### Do You Have Diabetes?

Take our quiz at [BaylorHealth.com/DiabetesRisk](http://BaylorHealth.com/DiabetesRisk) to see what risk factors (if any) you have for developing type 2 diabetes.

In Texas, more people have breast cancer than any other cancer, across all races and genders. Baylor Scott & White Health encourages **women to start annual mammogram screening at age 40.**

Those at high risk, however, may need to start earlier, so talk to your doctor about what's best for you.





# Bottom Line

**Straight talk about what it means to be regular**

➔ IT'S NOT NECESSARILY something you talk about over lunch with friends or even post in your neighborhood Facebook group. So how do you know what it means to be regular when it comes to bowel movements?

“Regular can mean different things to different people—every day, every other day or three times a week is in the realm of regular,” says Terilyn Scott-Winful, MD, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Carrollton. “A lot depends on the amount of food you eat. If you don’t eat a lot, you’re not going to produce a lot of waste.”

No matter how often you go, it’s really more about comfort.

“Most people feel better when they empty their bowels consistently,” Dr. Scott-Winful says. “If you’re feeling fine and not having any pain or discomfort, then the frequency doesn’t matter too much.”

**MORE**

## Tummy Trouble?

If your digestive system is giving you grief, visit [gastroenterology.sw.org](http://gastroenterology.sw.org) to learn more about gastroenterology services, specialty clinics and support groups near you.



### IF YOU EXPERIENCE THIS

### DO THIS

#### ► CONSTIPATION

Bowel movements are infrequent or stools are small, dense and difficult to pass.

First, examine your diet. “Make sure you’re getting between 20 and 35 grams of fiber per day,” says Terilyn Scott-Winful, MD. “And stay hydrated. Hydration is very important to digestion.”

#### ► REGULARITY

Bowel movements occur three times a week up to three times a day, with stools that are solid yet soft.

Keep doing what you’re doing, which is likely getting plenty of fiber, drinking lots of water and working out. Talk to your doctor anytime you’re given a prescription, as certain medications can affect digestion, particularly those for blood pressure, cholesterol, depression and pain.


#### ► DIARRHEA

Bowel movements are frequent or urgent with stools that are loose and watery.

Over-the-counter antidiarrheal medication should help. Be sure to follow the instructions on the package. Call your doctor if you have diarrhea lasting longer than two days, a fever higher than 101 degrees, severe abdominal pain or are unable to keep down liquids.

# The Ugly Truth

## Nine ways smoking damages the body

 THE EFFECTS OF SMOKING on the lungs are well documented. But did you know the tobacco habit damages other parts of the body as well?

“Smoking affects every multiorgan system in the body,” says Kartik Konduri, MD, co-medical director of the Lung Cancer Center of Excellence at Baylor Charles A. Sammons Cancer Center at Dallas. “Cardiovascular, neurological, gastrointestinal, respiratory and many other systems—the effects of smoking are systemic.” Here is a look at what you can expect when you continue to smoke.

**1 Hearing loss.** Smoking reduces oxygen supply to the cochlea, which over time can lead to mild to moderate hearing loss.

**2 Poor vision.** Nicotine reduces the body’s ability to make a chemical that helps you see at night. Smoking also increases your risk for cataracts and macular degeneration.

**3 Mouthful of problems.** Aside from an increased risk of mouth and throat cancers, smokers also typically have more cavities, mouth sores and gum disease than nonsmokers.

**4 Breathlessness.** Think cancer is the only risk to the lungs? Think again. Smoking leads to lung damage that causes chronic cough, shortness of breath and increased respiratory infections.

**5 Gummy blood.** Smoking causes blood to become thick and sticky, making it harder for your heart to pump throughout the body. Sticky blood is also more likely to clot than nonsticky blood, and clots are dangerous when they block blood flow to the heart, brain and legs.

**6 Premature aging.** Smoking takes a toll on the skin, especially on the face. It causes skin to become dry and lose elasticity, which can lead to wrinkling.



**7 Fertility issues.** Smoking decreases estrogen in females and can cause dry skin, thinning hair, memory problems, premature menopause and fertility issues. And guys aren’t off the hook—smoking can lead to fertility issues in them, too.

**8 Weak muscles.** Smoking robs your muscles of oxygen and nutrients, making it more difficult to build and maintain muscle mass.

**9 Brittle bones.** The chemicals in cigarette smoke break down bone tissue over time, leading to osteoporosis and an increased risk for falls and broken bones.

Source: [smokefree.gov](http://smokefree.gov)

### YOUR DOC CAN HELP YOU QUIT

When it comes to quitting, your doctor is your No. 1 ally. To learn more about how your primary care doctor can help you kick bad habits and stay healthy for a lifetime, visit [primarycare.sw.org](http://primarycare.sw.org) today.



# Give of Yourself

**Living kidney donors like Lloyd Merkley save lives. We answer the most common questions about the process**

➔ WEEK AFTER WEEK, Lloyd Merkley saw the message in his church bulletin. John, a fellow church member, needed a kidney.

“They sat on the same pew as us,” Merkley recalls. “They had a new grandson.”

Merkley first asked himself, what does it take to be a match?

Then he sought answers. He learned that he could live a normal, healthy life with just one kidney. And he went through a

series of tests and consultations at Baylor Scott & White Health, never saying a word to John.

“I didn’t want to risk getting his hopes up,” Merkley says. “Until a date was set for surgery, he didn’t know.”

In April 2014, Merkley had surgery to remove his kidney—and saved John’s life.

“It didn’t cost me anything but a little bit of time,” says Merkley, 49. “We all have a little bit of time to give.”

If you’re thinking about donating a kidney, consider the answers to these key questions.

## **WHY IS LIVING DONATION SO IMPORTANT?**

“A living donor kidney will most likely last longer and work better [than a deceased donor organ],” says Debra Doherty, MD, director of living and related donor kidney transplantation at Scott & White Memorial Hospital – Temple.

“It didn’t cost me anything but a little bit of time. We all have a little bit of time to give.”

—Lloyd Merkley

With a living donor, the transplant surgery can happen sooner, too. (The alternative is to wait for a deceased organ donor, which can take several years.)

With over 100,000 people in the U.S. on the wait list for a kidney, roughly 17,000 get transplants each year, and only 5,500 of them are from living donors.

“When living donors come forward, they save the lives of two people,” Dr. Doherty says. “They save the person they give a kidney to, and they also save the life of someone who can move up on the transplant list.”

### I WANT TO DONATE, BUT WHERE DO I START?

In Central Texas, start by visiting [donatelifesw.org](http://donatelifesw.org) or calling 254.724.5522.

“When we have donors who call the live donor coordinator, we do a health screening over the phone to determine whether there are any obvious issues that would exclude them,” Dr. Doherty explains. “Then we have them come in to do a blood test.”

Blood type is the major factor in determining donor compatibility.

### WHAT HAPPENS IF THE BLOOD TYPE IS A MATCH?

The next step is a one-day total health evaluation.

“They see the surgeon, the nephrologist, a social worker, a

financial coordinator and a transplant coordinator, a donor advocate and a dietitian,” she says. “They have X-rays and lab work to determine whether they’re healthy enough to donate.”

The surgery can happen in as little as a few weeks after the evaluation.

### WHAT IS THE SURGERY AND RECOVERY EXPERIENCE LIKE FOR THE DONOR?

The surgery, which takes about four hours, is done minimally invasively with small incisions. The donor typically is in the hospital for three to four days.

People who have desk jobs can often go back to work within two to three weeks, while those with physically demanding jobs will be off for about six weeks.

“We see donors for a checkup about a week after their surgery,” Dr. Doherty adds. “Then we see them at about six months, a year and two years. We want to make sure they’re still doing well.”

### IS THERE ANYTHING ELSE A DONOR SHOULD CONSIDER?

Be sure to assess whether you are in a place in your life where donation is feasible. “You have to have the resources to be able to take time off work,” Dr. Doherty says. “And you have to have family support.”

Without these things in place, it can be a more challenging process.

“It’s a big surgery, and we don’t take this lightly,” Dr. Doherty says.

For Merkley, there has been no regret.

“This experience has humbled me. It made me a better husband and a better dad,” he says. “And I gained a friend.”

## 4 REASONS TO BECOME AN ORGAN DONOR

There’s a lot to consider when it comes to becoming a living organ donor. Debra Doherty, MD, director of living and related donor kidney transplantation at Scott & White Memorial Hospital – Temple, says she encourages potential donors to think about the following:

**1 The need is great.** “More than 120,000 people are waiting for a lifesaving transplant,” Dr. Doherty says. “You can donate to a friend, family member or stranger—you may even know someone in need.”

**2 You have resources available to you.** Potential donors should educate themselves about the risks and benefits of living donation by talking to their doctor, contacting a transplant center or visiting the United Network for Organ Sharing website at [unos.org](http://unos.org).

**3 The medical team will determine whether you are a good candidate.** “Living organ donors must be in good health and be able to live without the organ they’re donating,” Dr. Doherty says. The transplant center will perform a complete evaluation to determine if you are healthy enough to donate.

**4 Virtually all of your costs are covered.** While the cost of the evaluation and procedure will be covered by the recipient’s insurance, you may incur costs from taking time off or transportation, Dr. Doherty explains. “In addition, your insurance company may be responsible for health care costs if there are complications.”

**MORE**

### Leave a Legacy of Life

You can learn more about blood and marrow donation as well as the live kidney donor program at Baylor Scott & White by visiting [donatelifesw.org](http://donatelifesw.org) today.



Get up  
about the  
same time  
every day.

# Good Night

## Your guide to better sleep

➔ BETWEEN WORK, KIDS, household chores, social commitments and other to-dos, life became an exercise in learning just how little sleep you can get away with.

“It’s recommended adults get seven to eight hours of sleep per night,” says Shirley Jones, MD, medical director of the Scott & White Sleep Institute in Temple. “But many Americans don’t achieve that on a nightly basis.”

Lack of sleep, especially over a prolonged period, leads to more than just daytime drowsiness.

“It can affect your mood the next day or even down the road,” Dr. Jones says. “Your performance at work, at school or in sports won’t be optimal. And it can lead to dangerous situations like drowsy driving.”

Sleep deprivation can lower immune response, and a sleep-related breathing problem known as obstructive sleep apnea has been linked to the development of heart disease, diabetes and obesity.

### TRY THESE TIPS

The good news is there are steps you can take to ensure a better night’s sleep. “We call it sleep hygiene,” Dr. Jones says. “These practices are needed to have normal and good-quality sleep.” Here are nine.

- ▶ **Watch how much you nap.** Although short naps (around 30 minutes) are helpful, long naps might indicate that you are not getting enough sleep at night.
- ▶ **Exercise.** People who work out regularly report the best sleep, according to the National Sleep Foundation.

People who work out regularly report the best sleep.





► **Reinstate a bedtime.** Go to bed about the same time each night, even on weekends. Likewise, get up about the same time each day. If you get into a productive groove in the evenings, set an alarm reminding you to go to bed.

► **Create a sleep sanctuary.** Your bedroom should be calming, comfortable and dark. If it isn't, hang window coverings, paint the walls a soothing color, buy new linens or a new mattress, and eliminate all light sources that don't have an off switch. Even the glow from an alarm clock can interrupt sleep.

► **Check the thermostat.** A cool room is most conducive to quality sleep. Some experts suggest around 65 degrees is the optimal temperature for sleep, though it's not a hard and fast rule. "It should be cool," Dr. Jones says, "but it's an individual preference."

► **Move up your coffee break.** Consuming caffeine too close to bedtime can affect your ability to fall asleep and stay asleep. Your last sip should be no later than early afternoon.

► **Banish screens from the bedroom.** Watching TV or staring at a phone or tablet before bed is enough to signal to your brain that it's time to stay awake, not doze off. Even reading a book that requires emotional or intellectual effort can disrupt your ability to fall asleep. Leave all entertainment and work in other rooms.

► **Wind down before bed.** Instill "quiet time" in your house leading up to "lights out." Read, take a bath or meditate. By reflecting on your day, you'll have worked through the mental baggage by the time you hit the sheets.

► **Keep a pen and paper handy.** No matter how much you avoid it, there will be times when you'll lie in bed ruminating on the 15 things you need to remember. Jot them down before you go to bed so your brain doesn't have to continue working while you're trying to sleep.



## 5 Signs You Could Have a Sleep Disorder

Do your sleep troubles warrant a visit to a sleep medicine specialist? Here, Peter Yau, MD, FCCP, medical director of Scott & White Sleep Center – Taylor, shares five signs they might.

**1. You have difficulty falling asleep.** If it regularly takes you more than 30 minutes to fall asleep, or if you wake up and have trouble falling back asleep, it could be insomnia.

**2. You have trouble getting up in the morning.** "If you're sleeping at least seven hours and waking up exhausted, a sleep disorder could be the culprit," Dr. Yau says.

**3. You're excessively sleepy during the day.** If you're dozing off at your desk or while watching TV, you may not be getting enough quality sleep at night.

**4. You make frequent bathroom trips at night.** While this could be a sign of a bladder issue, Dr. Yau says some sleep disorders can prevent you from sleeping deep enough to ignore those little urges.

**5. Your spouse complains.** "Loud snoring, especially when accompanied by pauses in breathing, gasping or choking, could indicate sleep apnea," Dr. Yau says.

If any of these sound familiar, a sleep medicine specialist can provide a diagnosis and provide treatment to help you get the sleep you need.

**MORE**

### Catch Some ZZZs

Is good sleep eluding you? To learn more about sleep disorders and treatments or to find sleep services in your area, visit [sleep.sw.org](http://sleep.sw.org) today.



# A Chance for a Child

## Womb transplant could allow some women to carry their own babies through pregnancy

**FOR A WOMAN** with a damaged uterus who wants to have a child of her own, surrogacy—another woman carrying an implanted egg through pregnancy—is the only medical option to help her achieve her dream of motherhood.

Perhaps.

Inspired by uterine transplant research in Sweden, Giuliano Testa, MD, a transplant surgeon on the medical staff at Baylor University Medical Center at Dallas, and a team of physicians at Baylor Annette C. and Harold C. Simmons Transplant Institute, are preparing to conduct a similar trial.

The Swedish study has resulted in five live births from seven transplants.

The Baylor University Medical Center team will conduct the trial with 10 women who will receive donated uteruses, explains Dr. Testa, the

study's principal investigator. Candidacy, he says, is based on the absence of a uterus caused by a birth defect or prior medical treatments.

### THE PROCESS

Eggs will be removed from the ovaries of the trial participants, fertilized and stored; then, the uterus transplants will be undertaken.

Based on lessons from the Swedish study, the team will wait about a year after the transplant to allow the adaptation of the uterus to the woman's body, Dr. Testa says.

Then, the woman's embryo will be implanted.

"If we have a positive implant, we will monitor the woman carefully through the pregnancy. We consider these pregnancies high risk," Dr. Testa says.

Again following the Swedish study's model, the babies will be delivered by cesarean section about eight months into the pregnancy. After, the woman will have the

option to keep the uterus for a second pregnancy or have it removed.

### HOPE AND OPTIMISM

This project is exciting for many reasons, Dr. Testa notes.

"It's a real opportunity," he says. "It's something that people can grasp. It's also fascinating because it's a temporary transplant—the uterus is kept in place only as long as it's needed."

The results of the study won't be known for a couple of years, but Dr. Testa is optimistic. For one, the Swedish team is consulting on the Baylor Scott & White Health research project.

"And although this is new, it's less experimental than it looks," he says. "From a technical point of view, it's very natural."

## ABOUT THE STUDY

### Womb Transplant Trial

Ten women will receive a donated uterus, and after a year of monitoring, their own embryos will be implanted with the hope of a healthy pregnancy and a live birth.

### Key Contributor

Baylor Annette C. and Harold C. Simmons Transplant Institute

**MORE**

## Delivering Excellence

Visit [BaylorHealth.com/AdvancingMedicine](http://BaylorHealth.com/AdvancingMedicine) and [research.sw.org](http://research.sw.org) to see how else Baylor Scott & White is bringing advanced technology to you.



ONLINE

## APPOINTMENT REMINDERS BY TEXT

Baylor Scott & White Health features text message appointment reminders. Simply provide your mobile phone number when making your next appointment.



→ Head to [appointments.sw.org](http://appointments.sw.org) to learn more or to schedule an appointment online.

ONLINE

## PARKINSON'S SUPPORT

The Scott & White Plummer Movement Disorders Center offers group support and other services, including chair yoga and dance classes, for people with Parkinson's, plus their family members and caregivers.

→ For dates and times in Georgetown, go to [pmdc.sw.org](http://pmdc.sw.org) today.

EVENT

## Walk with a Doc

Join providers from Baylor Scott & White Health for an informative health discussion followed by a 2-mile walk. Events will be on the third Saturday of each month at 9 a.m. at San Gabriel Park in Georgetown.

→ Visit [walkwithadoc.sw.org](http://walkwithadoc.sw.org) for details.



ONLINE

## FREE EDUCATIONAL PROGRAMS

Each month Baylor Scott & White Medical Center – Round Rock provides free programs on common children's health issues and other wellness topics.

→ Check out [healthspeak.sw.org](http://healthspeak.sw.org) for a list of upcoming HealthSpeak Education Series topics and events.



ONLINE

## KIDNEY DISEASE RESOURCES

Scott & White Nephrology & Dialysis Center – Round Rock is holding patient education classes for individuals with advanced kidney disease. Sessions are based on the National Kidney Foundation's Your Treatment, Your Choice program. Physician referral is required.

→ Visit [nephrology.sw.org](http://nephrology.sw.org) for more information.





## **Baylor Scott & White Health Primary Care Clinics. Your needs are covered.**

When you enter a Baylor Scott & White clinic, you enter an entire health care network with access to primary and specialty care. In our integrated system, doctors communicate with each other to give you the right diagnoses and treatment. And with MyChart – our online patient portal – you can manage your care at all times. So don't trust your family's health to just any clinic. Get just what you need at Baylor Scott & White.

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