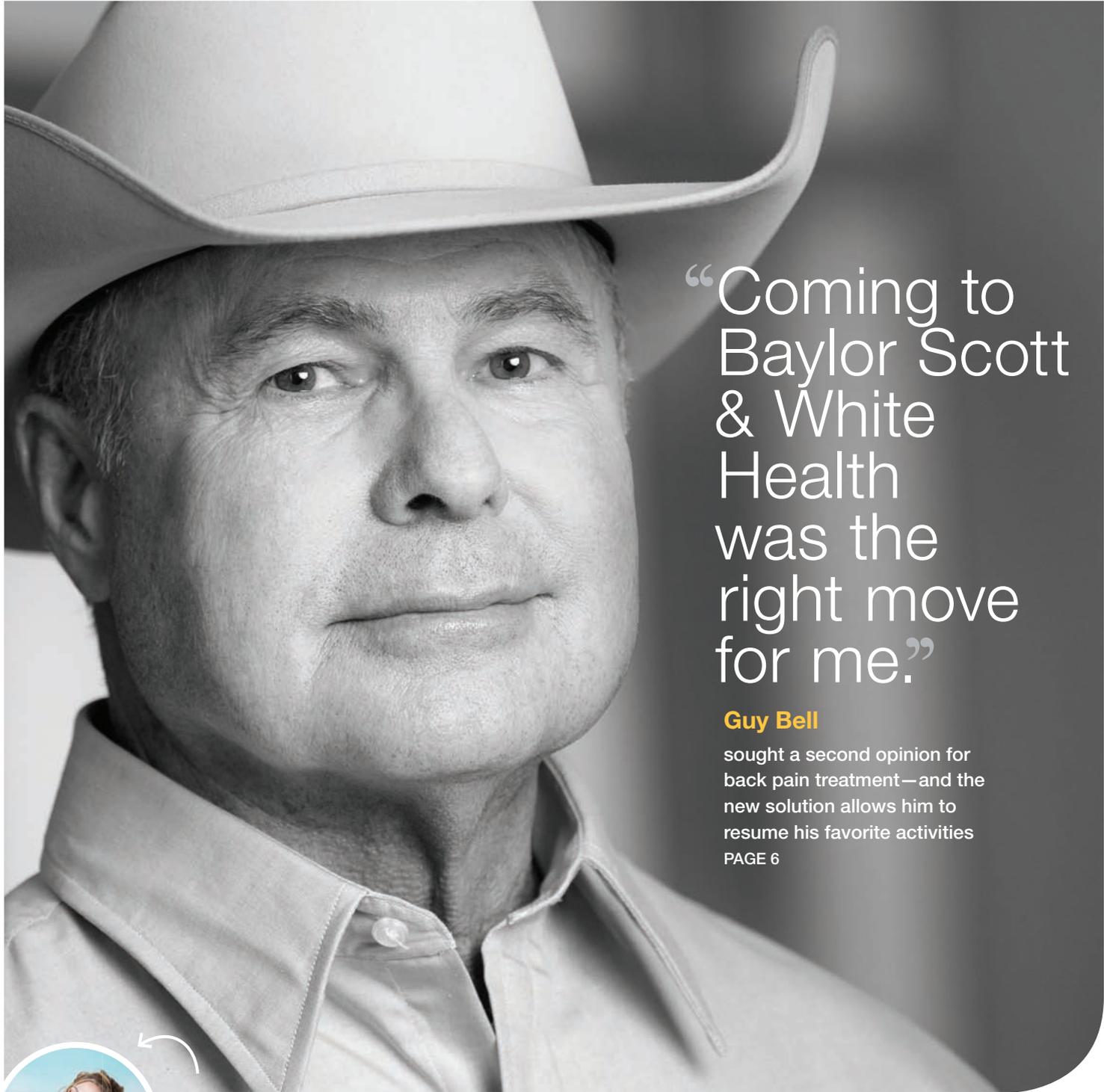


Health



“Coming to Baylor Scott & White Health was the right move for me.”

Guy Bell

sought a second opinion for back pain treatment—and the new solution allows him to resume his favorite activities

PAGE 6



EIGHT WHOLE HOURS?

The truth about how much sleep you really need PAGE 4



The Gold Standard in Hip Fracture Rehab

Baylor Scott & White Medical Center – Garland has earned The Joint Commission Gold Seal of Approval™ for certification in hip fracture rehabilitation. Certification is awarded for complying with The Joint Commission’s national standards for health care quality and safety in disease-specific care.

To earn this certification, Baylor Scott & White – Garland underwent a rigorous on-site survey on Nov. 16, 2016. A surveyor with expertise in the care of patients with hip fracture evaluated the hospital’s hip fracture rehabilitation program for compliance with national standards specific to the needs of patients and their families, including:

- ▶ The provision and quality of care
 - ▶ Medical staff
 - ▶ Leadership
 - ▶ Medication management
- Pursuing Joint Commission certification is a voluntary process that demonstrates Baylor Scott & White – Garland’s ongoing commitment to providing quality care to our patients.

QUALITY COUNTS

To learn more about our awards, certifications, accreditations and more, visit BSWHealth.com/GarlandQuality today.

Bow-Tie Pasta with Peas, Prosciutto and Spinach

INGREDIENTS:

- ▶ 12 ounces dried farfalle (bow-tie) pasta
- ▶ 5 ounces fresh baby spinach
- ▶ 1 tablespoon olive oil
- ▶ 3 ounces thinly sliced prosciutto, julienned (can substitute turkey bacon or ham)
- ▶ 1 clove garlic, minced
- ▶ 1 10-ounce package frozen peas, cooked and drained
- ▶ ½ teaspoon salt
- ▶ ½ teaspoon pepper (optional)
- ▶ ¼ cup grated Parmesan cheese

1. Cook the pasta according to package directions. Add spinach the last three minutes of cooking time. Drain, cover and set aside.
2. Meanwhile, heat olive oil in a medium skillet over medium heat. Add prosciutto and garlic, and cook until crisp, about 3 minutes. Add peas and heat thoroughly.
3. Toss pea mixture with pasta and spinach. Season with salt and pepper, and sprinkle with Parmesan. Serves 4.

MORE

Feeling Hungry?

Visit BSWHealth.com/Recipe for more delicious healthy recipes.

Baylor Scott & White Medical Center – Garland, 2300 Marie Curie Blvd., Garland, TX 75042. President: Tom Trenary; Marketing/Public Relations Manager: Robin Kraase, FACHE; Main Number: 972.487.5000; Patient Education Classes: 1.800.4BAYLOR (1.800.422.9567); Baylor Senior Health Center-Garland: 972.487.5444; Baylor Breast Center: 972.487.5293; Physician Referral: 1.800.4BAYLOR (1.800.422.9567); Volunteer Services/Auxiliary: 972.487.5520

Baylor Scott & White Health Mission: Founded as a Christian ministry of healing, Baylor Scott & White Health exists to serve all people through exemplary health care, education, research and community service. Visit BSWHealth.com or call 1.800.4BAYLOR for information about Baylor Scott & White Medical Center – Garland services, upcoming events, physician referrals, career opportunities and more.

The material in *Baylor Scott & White Health* is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health’s subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers, Baylor Health Care System, Scott & White Healthcare or Baylor Scott & White Health. Photographs may include models or actors and may not represent actual patients. *Baylor Scott & White Health* is published six times a year for friends and supporters of Baylor Scott & White Medical Center – Garland and is distributed by the Marketing Department of Baylor Scott & White – Garland. *Baylor Scott & White Health* is published by MANIFEST LLC, 4110 N. Scottsdale Road, Suite 315, Scottsdale, AZ 85251. © 2017 Baylor Health Care System. If you are receiving multiple copies, need to change your mailing address or do not wish to receive this publication, please send your mailing label(s) and the updated information to Robin Vogel, Baylor Scott & White Health, 2001 Bryan St., Suite 750, Marketing Department, Dallas, TX 75201, or email the information to Robin.Vogel@BSWHealth.org.



Take Note: Journaling Can Help Your Health

If you haven't kept a diary since you were a teen, consider starting up again. Journaling has many noteworthy applications for your health and well-being.

Less stress and anxiety. By recording your actions, thoughts and feelings in situations that induce stress or anxiety, you can gain insight into what could be causing your reactions—and look for ways to reduce or avoid them in the future.

Healthy weight. People who want to lose weight are more likely to succeed when they keep a food journal. Journaling can make you more aware of what, why and how much you're eating, helping you naturally eat less.

A better sense of symptoms. For gastrointestinal trouble, sleep problems, heartburn, migraines and more, keeping a daily log of your symptoms can help you and your doctors understand what's going on and pursue more accurate diagnosis and treatment.



WHAT MIGHT YOUR SYMPTOMS MEAN?

Baylor Scott & White's interactive symptom checker can help you identify what could be causing your health problems and determine whether you should see a physician. Visit BSWHealth.com/SymptomChecker to try it out.

Keep the Beat

At least 2.7 million Americans today are living with atrial fibrillation (AFib), an irregular or quivering heartbeat that occurs when the heart's electrical impulses fire abnormally.

Although an AFib episode isn't necessarily dangerous, the condition greatly increases the risk for serious conditions like heart failure and stroke. In fact, people with AFib are five times more likely to experience stroke.

Not everyone with AFib has symptoms, but signs can include general fatigue, rapid and irregular heartbeat, a fluttering or thumping sensation in the chest, dizziness, anxiety and shortness of breath, weakness, faintness or confusion, fatigue during exercise, sweating, and chest pain or pressure, the American Heart Association says.

Talk to your health care provider about AFib. If you have the condition, your doctor can prescribe medications to regulate your heart rate and may also recommend surgical or nonsurgical procedures to restore a normal heart rhythm.



69,212

This many adolescents and young adults ages 15 to 39 are diagnosed with cancer each year in the U.S. Coping with cancer is a unique challenge for these individuals and requires specialized treatment.

Baylor Scott & White All Saints Medical Center – Fort Worth is home to one of the few units in the U.S. dedicated to treating adolescents and young adults with cancer.

MORE

Lots of AFib Info at HealthSource®

For details about atrial fibrillation, including causes, symptoms and treatment options, visit BSWHealth.com/AFib today.

Sleep Numbers

Counting sheep? Here are the facts and figures for getting better shut-eye

7-9 HOURS

Most adults require this amount of sleep each night. "There are a few people who can get by with less and those who need more, but the vast majority need this much to function properly," says David Luterman, MD, medical director of the Baylor Sleep Center at Baylor University Medical Center at Dallas.

8.9 HOURS

In a National Sleep Foundation poll, parents said their children ages 6 to 10 slept an average of eight to nine hours per night, whereas experts recommend 10 to 11 hours for this age group.

1 IN 3

A third of U.S. adults do not get a healthy amount of sleep each night (at least seven hours), according to the Centers for Disease Control and Prevention. The lowest healthy sleep duration was reported by people who were divorced, separated or widowed (56 percent) and those who were unable to work (51 percent) or unemployed (60 percent).

10 MINUTES

People who work out regularly report better sleep than those who don't exercise. Vigorous exercisers say they sleep best, but even a 10-minute low-intensity walk each day can improve sleep quality.

15-20 MINUTES

This is how long it should take you to fall asleep. If you're still lying awake after 20 minutes, get out of bed and do a quiet activity like reading or knitting until you feel tired enough to fall asleep.

10+ SECONDS

Sleep apnea could be disrupting your sleep without you realizing it. The throat muscles relax too much during sleep and restrict the airway, causing you to stop breathing—for 10 seconds or more at a time. This can happen many times per hour throughout the night.

05:30

The best way to tell whether you are getting enough sleep is by not setting an alarm. "If you have to wake up with an alarm, you probably need more sleep," Dr. Luterman says. Talk to your doctor about ways to improve your sleep health.

MORE

Trouble Sleeping?

The Sleep Center at Baylor Scott & White – Garland can help. To learn more or schedule a consultation, call **972.487.5143** today.

Life Force

As a living organ donor, you give the ultimate gift



ORGAN TRANSPLANTATION

is a marvel of modern medicine. When a person donates a liver, a kidney or a lung upon death, it's a gift of renewed life for the recipient. Yet only a small number of people ever have the opportunity to give after their death, as just 3 in 1,000 deaths occur in a way that allows for organ donation, according to the U.S. Department of Health and Human Services.

That's why the need is so great for people to donate organs while they are living. These benefactors allow those seeking transplants to get off the national organ transplant waiting list.

If you're considering becoming a living donor and helping the nearly 120,000 people looking for a new organ, check out the answers to these common questions.

WHAT ORGANS CAN BE TRANSPLANTED FROM LIVE DONORS?

The organs most commonly donated through live transplants are kidneys and portions of the liver, but sections of intestine and the uterus can also be transplanted, as can body tissue, bone marrow and islet cells, which are cells in the pancreas that make insulin. Baylor Scott & White Health has one of the few centers in the country performing islet cell transplantation in an effort to help people with chronic pancreatitis, an inflammation in the pancreas that inhibits proper digestion.

MUST DONORS BE RELATED TO RECIPIENTS?

No. Donors need not be relatives of recipients or even know them, although many have a familial or social connection.

"But now there is a growing number of altruistic donors who donate to the general pool," says Giuliano Testa, MD, surgical director of abdominal transplant and living donor liver transplantation at Baylor University Medical Center at Dallas. "Or they donate to specific people without knowing them."

Pair exchanges are also common.

"Let's say I were a donor for my wife, but we are different blood types" and thus incompatible for organ donation, Dr. Testa explains. "What we do is a pair exchange, where I donate to, say, someone's sister and he donates to my wife."

ARE THERE RISKS TO THE DONOR?

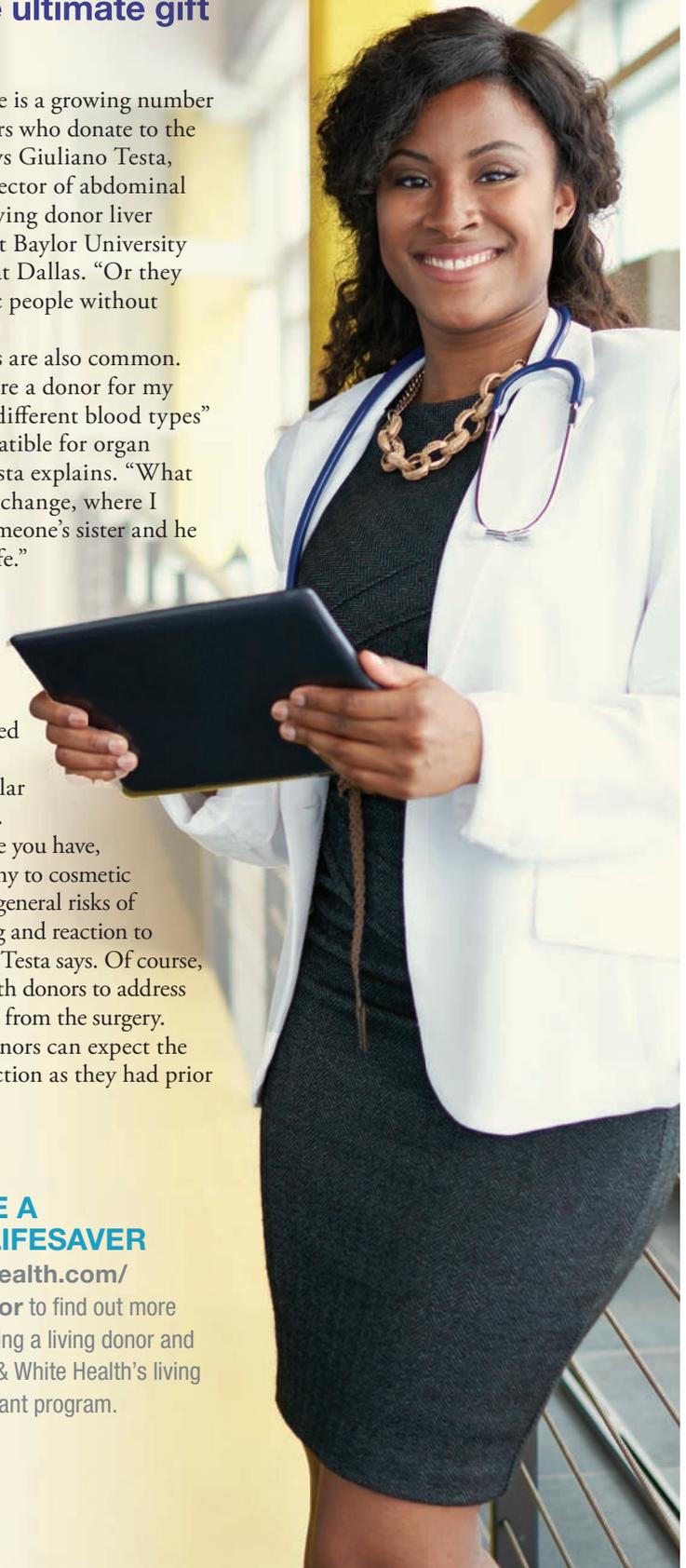
The risks associated with live organ donation are similar to other surgeries.

"Any procedure you have, from appendectomy to cosmetic surgery, there are general risks of infection, bleeding and reaction to medications," Dr. Testa says. Of course, providers work with donors to address any complications from the surgery.

Ultimately, donors can expect the same level of function as they had prior to surgery.

BECOME A LIVING LIFESAVER

Visit [BSWHealth.com/LivingDonor](https://www.BSWHealth.com/LivingDonor) to find out more about becoming a living donor and Baylor Scott & White Health's living donor transplant program.



Guy Bell with his daughter, Ashley



Second Nature

When his original treatment plan wasn't sitting right, Guy Bell pursued another opinion



GUY BELL DOESN'T KNOW what it's like to *not* be active. The son of a rodeo cowboy, Bell followed in his father's footsteps into the arena at a young age, riding bulls and bareback horses.

"Bareback riding is very hard on your body," says Bell, 68. "The jarring is tremendous. It's hard on your back."

Although Bell stopped competing in those two events long ago, he continued to ride, roping and training horses. But the damage to his back had been done. The pain got to the point where it was radiating down to his knee, and he couldn't take it anymore. So he went to see a neurologist near his home in Amarillo.

"They said the only thing we can do with your back is fuse the vertebrae," Bell says. It would help with the pain, but it meant he'd no longer be able to

“The doctor said, ‘I think we can try something different for you,’ and I said, ‘Can we do it today?’”

—Guy Bell

do the things he loved. So he went to Baylor Scott & White Health for a second opinion.

“This time the doctor said, ‘I think we can try something different for you,’ and I said, ‘Can we do it today?’” Bell says.

DIFFERING TREATMENT OPTIONS

It’s common practice for cancer patients to seek a second opinion when determining their optimal treatment. But patients with other conditions might not realize they have that opportunity.

“One thing that strikes me about spine surgery and orthopedics in general is what a wide range of opinions you can get from different surgeons regarding the same type of problem,” says Matthew Berchuck, MD, an orthopedic spine surgeon on the medical staff at Baylor University Medical Center at Dallas and Baylor Scott & White Medical Center – Waxahachie. “Anytime you’re considering elective surgery, it’s not a bad idea to get a second opinion.”

But what if time is of the essence?

“There are certain situations where we do need to operate sooner rather than later, but those are relatively few,” Dr. Berchuck says. “In other cases, it’s worth taking a stepwise approach.”

FIRST STEPS TO A SECOND OPINION

If you want another physician to evaluate you and your condition, have these tips in mind.

Ask friends and family for recommendations to physicians they had good experiences with. Also, tell your current doctor that you’re seeking

a second opinion. His or her office can send over your chart and any relevant scans and test results to the doctor giving the second opinion.

Talk to your new physician about his or her recommendations and whether there are any alternative treatments.

“The important thing is for the physician to go over the full scope of treatment options, not just surgical options,” Dr. Berchuck says. “In general, for degenerative problems, less is more.”

Besides the treatment plan, be sure to get a sense of the physician and his or her team as well.

“You’re going to be interacting with the whole office staff, not just the physician,” Dr. Berchuck says. “You should be comfortable and feel like they’ll talk to you if you have problems.”

If the second opinion doesn’t seem right, seek a third. Just be careful not to overwhelm yourself with options.

“At some point,” Dr. Berchuck says, “you have to go with your gut and make a decision.”

BACK IN THE SADDLE

Bell is pleased he went with Baylor Scott & White for his second opinion. Doctors on the medical staff inserted a plastic cushion into his vertebrae to release the pressure on his spine, and a couple of months later, he returned to the arena—and to his winning ways in roping events.

“I still have some pain, which is to be expected when you have bone on bone like I do, but it’s not excruciating nerve pain like I had,” Bell says. “And that’s a miracle.”

4 WAYS TO MANAGE BACK PAIN AT HOME

While most back pain will resolve on its own within a few days, those days can certainly be uncomfortable. Fortunately, there are ways to get relief while you wait, including:

1. Heating pads or cold packs.

“Heat increases blood flow and brings oxygen to the muscle to help it heal, while cold reduces blood flow but decreases inflammation,” explains Radhika Ravula, MD, a pain management physician on the medical staff at Baylor Scott & White Medical Center – Garland. “You can also alternate heat and cold.”

2. Over-the-counter pain relievers.

Pain relievers such as acetaminophen can help reduce pain, while nonsteroidal anti-inflammatory medications like ibuprofen and naproxen can be helpful in reducing pain and inflammation, Dr. Ravula says.

3. Rest. “Avoiding strenuous activities and exercise for 48 hours after the onset of pain can help the muscles to recover and reduce inflammation,” she says.

4. Meditation. “Meditation can help relieve muscle tension and increase endorphin levels, which can help reduce pain,” Dr. Ravula adds.

If your back pain is severe, is associated with other symptoms, occurs as the result of an injury or doesn’t improve after three days, see your doctor immediately.

MORE

Tired of the Pain?

If chronic pain is plaguing you, the Baylor Scott & White Center for Pain Management – Richardson, an outpatient department of Baylor Scott & White – Garland, can help. To discuss your treatment options, call **972.231.1591** today.



You focus on your baby, but you need to focus on you, too.

What to Expect *After* You're Expecting

How to deal with six common health issues that affect new mothers

 WHEN YOU HAVE A BABY, it's natural to focus on the child's health. Although your little one's development is marvelous, you might also experience changes—and they need attention, too. Here are six issues women face after pregnancy.

1 Vaginal Pain
Women are usually well aware of the pain they can expect during childbirth, but many don't anticipate the pain afterward.

“With a vaginal delivery, it depends on how smoothly the delivery went and whether a laceration or an episiotomy needed to be repaired,” says Renee L. Chan, MD, FACOG, chair of the Department of Obstetrics and Gynecology at Baylor Scott & White Medical Center – McKinney. Try icing the area and using pain-relieving spray.

Women who have cesarean sections can expect some pain at the incision site. You'll be given a prescription pain medication to take for about two weeks. After that, ibuprofen should do the trick.

2 Breast Pain

If your breasts are swollen, lumpy, hard or painful, they're likely engorged.

"Engorgement may happen as your body figures out how much milk it needs to produce while establishing the milk supply," Dr. Chan says. Apply a warm compress prior to breastfeeding to help the milk flow. Dr. Chan suggests ice packs and acetaminophen between feedings.

Of course, breastfeeding itself can be uncomfortable or even painful for some women. Don't give up.

"With my first, I didn't realize that my baby was latching incorrectly, so I was actually in a lot of pain," Dr. Chan says. Meet with a lactation consultant who can help your baby to latch

properly and eliminate pain.

3 Infection

Childbirth is tough on the body. In addition to infection at the surgical site of a C-section or at a tear in the perineum, postpartum infections can also appear in the uterus, bladder or kidneys. The good news is, "they're fairly uncommon unless there's an issue in delivery like prolonged labor or prolonged rupture of membranes," Dr. Chan says. "We counsel our patients upon discharge from the hospital to watch for fever or increased pain. If those symptoms arise, it may be an infection, which can easily be treated with antibiotics."

4 Urinary Incontinence

You'll want to remember all of the public bathrooms you mapped out while you were pregnant. Urinary

incontinence is common for six months or longer post-delivery.

"Pelvic floor physical therapy—learning how to strengthen the muscles in your pelvis—can help urinary incontinence," says Jill M. Danford, MD, a urogynecologist on the medical staff at Baylor Scott & White Medical Center – Hillcrest in Waco and Scott & White Medical Center – Temple. "This can be done before and after delivery."

5 Pelvic Organ Prolapse

Pregnancy and childbirth weaken the pelvic floor muscles, which in some women can lead to prolapse, when the bladder, uterus or bowel protrudes into the vagina. The condition typically lessens after childbirth with rest, which includes not lifting anything heavier than your baby.

Even though many women who have prolapse in the postpartum period will improve, there is a chance it will return after menopause. But don't fret, and don't keep it to yourself.

"This is an issue that many women deal with and don't talk about," Dr. Danford says. "But there is treatment available. As a profession, we are trying to get the word out that this is a common problem and there are providers who specialize in helping women."

6 Exhaustion

New moms are notoriously tired. And rightfully so.

"The first two to three months will be a total blur, because of the baby's feeding schedule alone," Dr. Chan says. "It's absolutely normal, the first two weeks especially, to feel moody or cry easily due to exhaustion and a lack of sleep."

Lean on your support system to help with nighttime feedings so you can get even one or two full nights of sleep a week.

If moodiness persists or progresses into uncontrollable sadness, feelings of worthlessness or wanting to sleep all day, ask your doctor to evaluate you for postpartum depression.

TIPS FOR CHOOSING A PEDIATRICIAN FOR YOUR CHILD

Finding a good pediatrician is a tall order. We asked Johanna Limsenben, MD, pediatrician on the medical staff at Baylor Scott & White Medical Center – Garland to share her tips for finding one.

1. Ask around. "Build your initial list from referrals," Dr. Limsenben says. "Ask friends and neighbors if they love their pediatrician—if they do, get their doctor's name."

2. Narrow it down. "Make sure the doctors on your list are board-certified with the American Board of Pediatrics at abp.org," Dr. Limsenben says. "Then, make sure they're covered by your insurance."

3. Dig deeper. Now's the time to check websites and make calls. Is their office close to your home, office or day care? Do they offer extended hours or weekend appointments? These things may be important to you.

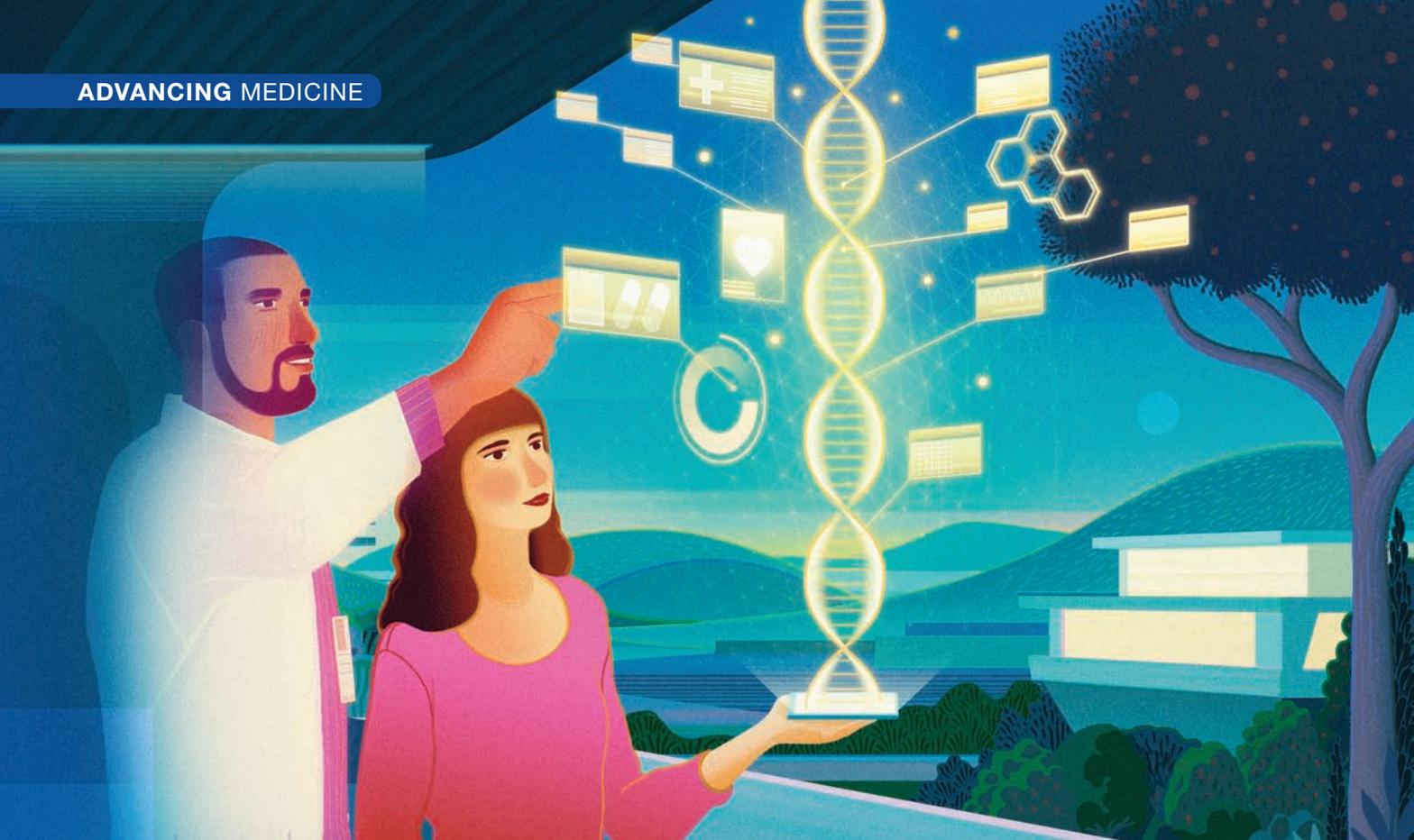
4. Schedule a consult. "This will help you get a feel for the pediatrician's bedside manner and let you ask about things like same-day appointment availability, whether they have a nurse helpline, and who takes calls after hours," she says.

If you're left with more than one great option, Dr. Limsenben says to go with your gut. "You'll likely feel a stronger connection to one provider's personality and style."

MORE

Find Dr. Right

Good pediatricians don't just help you keep your child healthy. They help lay the foundation for a lifetime of good health. If you're looking for a pediatrician for your child, call **1.800.4BAYLOR** or visit FindDrRight.com today.



Custom-Fit Health Care

Program gathers data about people's genetics and lifestyle with the goal of tailoring treatment

➔ Doctors do not have one-size-fits-all treatment plans for patients. Nor should they. A therapy that helps a man might not work for a woman, and a medication that is effective for an adult might not be best for a child. The federal All of Us Research Program wants to help providers further tailor health care to individuals.

ABOUT THE STUDY

All of Us Research Program
The initiative will enroll participants from many racial, ethnic and age groups to gather health data to improve diagnosis, treatment and prevention of disease.

Key Contributors
Baylor Scott & White Research Institute
Essentia Health of Minnesota
Henry Ford Health System of Detroit
Spectrum Health of Michigan
University of Massachusetts Medical School

The nationwide program plans to enroll 1 million participants, representative of all types of people, to gather lifestyle and diet information and blood samples. The comprehensive

data will be used to track diseases over time and to craft prevention programs and treatment based on a person's genetics and lifestyle, says Giovanni Filardo, PhD, MPH, director of epidemiology at Baylor Scott & White Health.

A PRECISE APPROACH

The program is based on precision medicine, which "will allow us to personalize health care," Dr. Filardo says. When researchers have people's demographic information, as well as data about their lifestyle, diet and genetics, they can link that information to potential health conditions and assess how each factor plays a role in disease and wellness.

GETTING STARTED

Baylor Scott & White Research Institute is one of five institutions working together as part of the program, which is under the umbrella of the National Institutes of Health.

Initially, Baylor Scott & White will have five or six sites in North and Central Texas participating, with a goal of signing up 2,000 to 2,500 people in the first year. Baylor Scott & White is expected to enroll 42,500 people over five years and work with them over 10 years.

For the study, people will use smartphones to provide real-time information and updates about their health. Dr. Filardo says a large-scale marketing effort to recruit participants was set to begin this spring.

MORE

Help Shape the Future of Medicine

Visit [BSWHealth.com/Research](https://www.bswhealth.com/research) to learn about innovations and clinical trials at Baylor Scott & White Health.

WHAT'S ONLINE

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



RECIPE

FUNNY FACE OMELET

Encourage your children to eat nourishing meals by letting them have a little fun with their food! Make a simple omelet lively with zucchini, shredded cheese and salsa.



→ Go to [BSWHealth.com/Recipe](https://www.BSWHealth.com/Recipe) for the details, including instructions for children.

QUIZ

PRACTICE POISON PREVENTION



You might be surprised where poisons lurk in your home, or who in your family is finding them.

→ Visit [BSWHealth.com/PoisonPreventionQuiz](https://www.BSWHealth.com/PoisonPreventionQuiz) to test your knowledge and get tips for taking action.



ONLINE

Connect with Us

Stay connected with Baylor Scott & White - Garland through our Community Connection Newsletter. To start receiving updates by email, visit [BSWHealth.com/Garland](https://www.BSWHealth.com/Garland) and at the bottom right side of the page enter your name and email address and click "Sign Up."

CALCULATOR

GET A GAUGE ON YOUR WEIGHT

Don't just rely on the bathroom scale to tell you whether you're overweight. You should also know your body mass index, or BMI, a measurement that indicates body fat.

→ Enter your height and weight at [BSWHealth.com/BMICalculator](https://www.BSWHealth.com/BMICalculator) and see where your BMI falls in the range.



VIDEO

"EVERYTHING THAT I THOUGHT WAS HOPELESS WAS NOW POSSIBLE."

A small blister nearly cost Derrick Collins his foot, all because of complications from type 2 diabetes. At Baylor Scott & White, wound care experts used innovative treatments to get him on his feet again.

→ See [BSWHealth.com/MyStory](https://www.BSWHealth.com/MyStory) for Derrick's story.





Community Calendar

March & April 2017

Registration required for all events unless otherwise indicated.

→ Call **1.800.4BAYLOR** to register.

Screening Mammograms

An annual screening mammogram can detect breast cancer at its earliest stage. Recommended for women 40 and older, screening mammograms do not require a physician's order. Call **972.487.5293** today to schedule. Saturday appointments are available.

Kick the Habit

Join us for a free tobacco cessation class led by a registered respiratory therapist to learn strategies to stop using tobacco products. Thursday, March 16, and Thursday, April 20, 6 to 7:30 p.m. in the first-floor Auxiliary Conference Center. Call **1.800.4BAYLOR** to register.

New Life New Hope

This breast cancer survivors group provides emotional support, assistance, contact with medical providers and additional resources to other "co-survivors." Visit the group online at **NewLifeNewHopeBCSG.org**.

Find relief
for your
**GI twists,
turns,
blocks and
burns.**

For more information about
gastroenterology services, visit us online at
BSWHealth.com/GarlandDigestive or call **1.800.4BAYLOR**.



2300 Marie Curie Blvd., Garland, Texas 75042

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