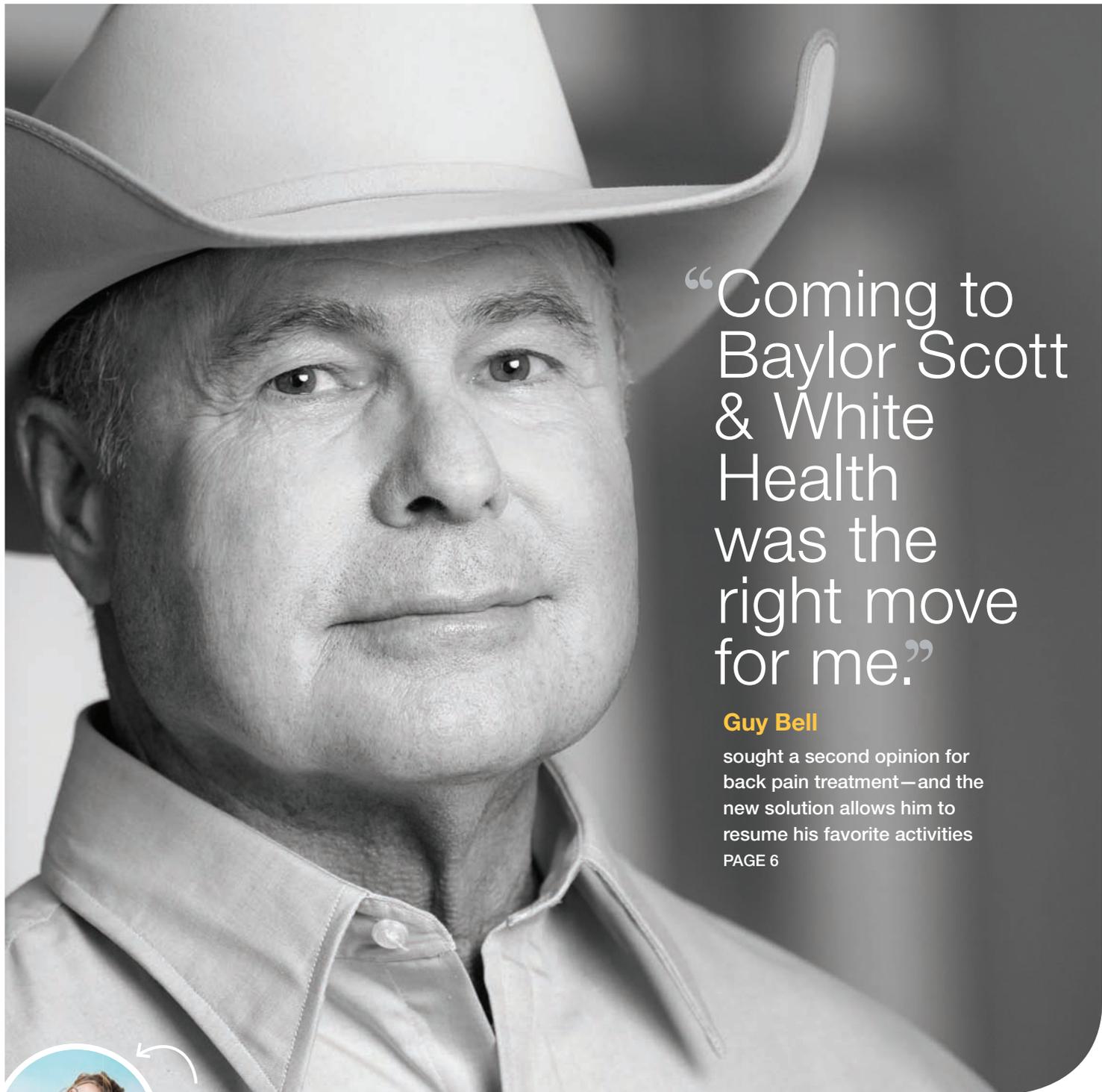


# Health



“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



**NEED BETTER ZZZs?**

Check out these facts and figures on sleep  
PAGE 4



# Breast Cancer Treatment: What's Best?

In recent years, many women who have been diagnosed with breast cancer have chosen to proceed with bilateral mastectomy, believing that removing both breasts would increase their odds of survival. But a 2014 study of nearly 200,000 women with breast cancer found that lumpectomy, or removal of cancerous tissue only, combined with radiation treatment led to slightly better 10-year survival rates than mastectomy.

The American Society of Breast Surgeons published a consensus statement in 2016 that concluded bilateral mastectomy should be discouraged in average-risk women with breast cancer, because there is no cancer benefit and complications are increased.

Rufus Mark, MD, medical director of radiation oncology at Baylor Scott & White Medical Center – Waxahachie, says, “It is important for women diagnosed with breast cancer to know their treatment options and evidence-based outcomes before making a decision.”

## CALL ON YOUR LOCAL EXPERTS

For more information on treatments and services at Baylor Charles A. Sammons Cancer Center at Waxahachie, visit [BSWHealth.com/WaxCancer](http://BSWHealth.com/WaxCancer) today.

## Spray Away Your Seasonal Allergies

If allergies have you sniffing and sneezing through spring, consider starting an over-the-counter nasal steroid spray such as Flonase® or Nasacort® before the blossoms burst.

“If you use a steroid spray consistently starting a few weeks before allergy season, you’ll have the best allergy season of your life,” says Matthew Branch, MD, an ear, nose and throat specialist on the medical staff at Baylor Scott & White Medical Center – Waxahachie. He recommends using the spray regularly until allergy season is over.

Unlike antihistamines and decongestants, nasal sprays don’t cause drowsiness. And you can reduce your risk of the most common side effect—nosebleeds—by aiming the spray away from the middle of the nose and toward the outside corner of the eye.

“I tell 90 percent of my patients,” Dr. Branch says, “until you’ve used a nasal steroid spray for a month, trying any other medications is not a good idea.”

**MORE**

## Search for a Specialist

The experts at Baylor Scott & White – Waxahachie can help you get your allergies under control for good. For a referral, visit [BSWHealth.com/Waxahachie](http://BSWHealth.com/Waxahachie) or call **1.800.4BAYLOR**.

Baylor Scott & White Medical Center – Waxahachie, 2400 N. I-35E, Waxahachie, TX 75165

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# 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](http://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](http://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**

### Get Ready for Dreamland

The sleep specialists on the medical staff at Baylor Scott & White – Waxahachie can diagnose and treat your sleep problems. For a referral, visit [BSWHealth.com/Waxahachie](https://www.bswhealth.com/Waxahachie) or call **1.800.4BAYLOR**.

# 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?

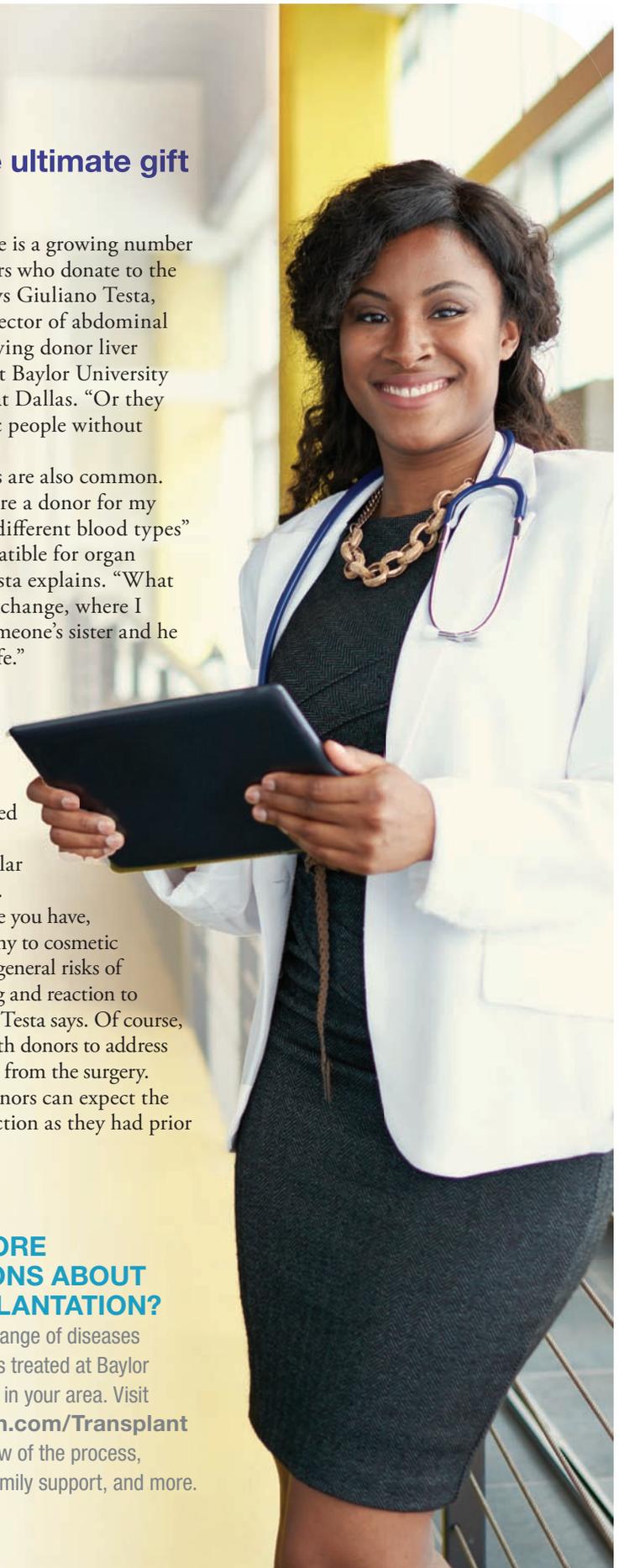
The risks associated with live organ donation are similar to other surgeries.

"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.

### HAVE MORE QUESTIONS ABOUT TRANSPLANTATION?

Discover the range of diseases and conditions treated at Baylor Scott & White in your area. Visit [BSWHealth.com/Transplant](https://www.bswhealth.com/transplant) for an overview of the process, patient and family support, and more.



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.”

## WHAT TO DO ABOUT YOUR ACHING BACK

Most adults will face back pain at some point, whether it’s from an injury, overuse or inactivity. It can be a challenge to decide when to treat your back pain yourself and when to seek help.

For pain after a weekend of physical activity, you can likely wait several weeks and it should get better on its own, says Matthew Berchuck, MD, an orthopedic spine surgeon on the medical staff at Baylor Scott & White Medical Center – Waxahachie. Resting, applying heat, reducing strenuous activities, using a lumbar support and seeing a chiropractor might help.

If, however, you have any of the following symptoms, it’s important to see your doctor right away:

- ▶ Severe pain, especially after a fall or an injury
- ▶ Numbness, weakness or tingling in your extremities
- ▶ Bowel or bladder control issues
- ▶ Pain that wakes you up at night
- ▶ Pain that follows a recent infection
- ▶ Pain along with a history of cancer

**MORE**

### Seek a Local Expert for Relief

Specialists on the medical staff at Baylor Scott & White – Waxahachie can diagnose and treat your back pain. For a referral, visit [BSWHealth.com/Waxahachie](https://www.bswhealth.com/Waxahachie) or call **1.800.4BAYLOR**.



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.

## 6 WAYS TO PREPARE FOR A HEALTHY PREGNANCY

If you're thinking about starting or growing your family, there are steps you can take to get a healthy start. Nicole Davis, MD, an Ob/Gyn on the medical staff at Baylor Scott & White Medical Center – Waxahachie, offers these tips:

**1. Watch your weight.** Excessive body weight can contribute to infertility, miscarriage and other complications.

**2. Take a prenatal vitamin.** Folic acid is important for your baby's brain development, which starts before becoming pregnant.

**3. See your doctor.** It's a good idea to have a routine checkup and to discuss any medications you are taking.

**4. Stop drinking alcohol and quit smoking.** You've probably heard this before, but it bears repeating.

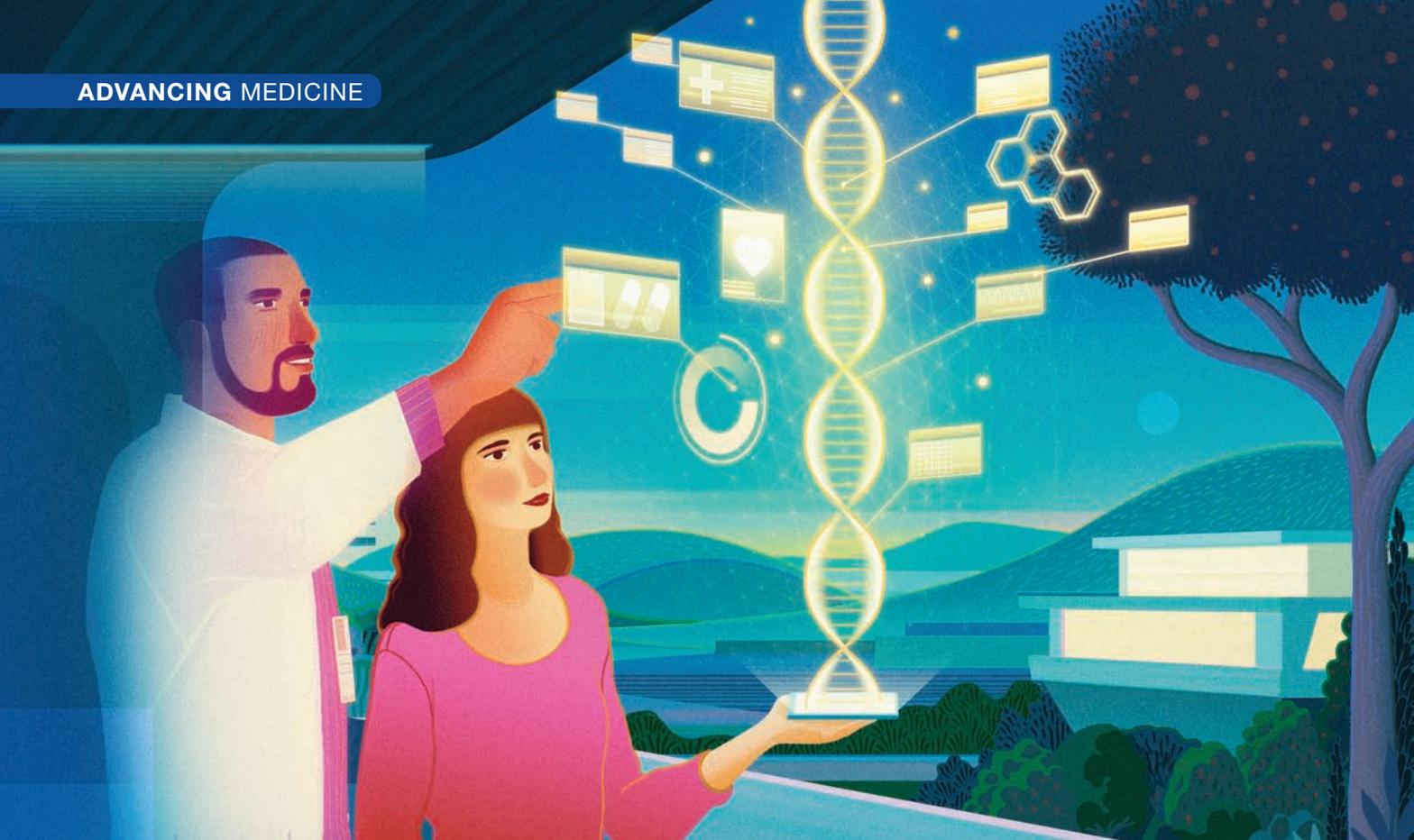
**5. Limit caffeine.** Keep intake below 250 milligrams per day—about the amount in two cups of coffee.

**6. Choose a healthy diet.** Load up on fruit, vegetables, whole grains and lean protein. Avoid raw fish, fish that's high in mercury, and soft or unpasteurized cheese.

MORE

### The Best for Your Baby

For more information on preparing for pregnancy, call **1.800.4BAYLOR** to find out about child birthing classes and tours at Baylor Scott & White.



# 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

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

### Quality Care in the Heart of Texas

Baylor Scott & White Medical Center – Waxahachie has been serving Ellis County for more than 100 years. Learn more by visiting [BSWHealth.com/WaxAbout](https://www.bswhealth.com/WaxAbout) today.

## 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.





## Long Live Women.

Women's bodies are always changing, so their health needs change along with them. Our expertise across many medical specialties means you'll receive quality health care when you need it most. We're part of the largest not-for-profit health care system in Texas, and we're here to be your health partner for life.



**Baylor Scott & White**

**MEDICAL CENTER**

**WAXAHACHIE**

2400 N. I-35E, Waxahachie, TX 75165

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