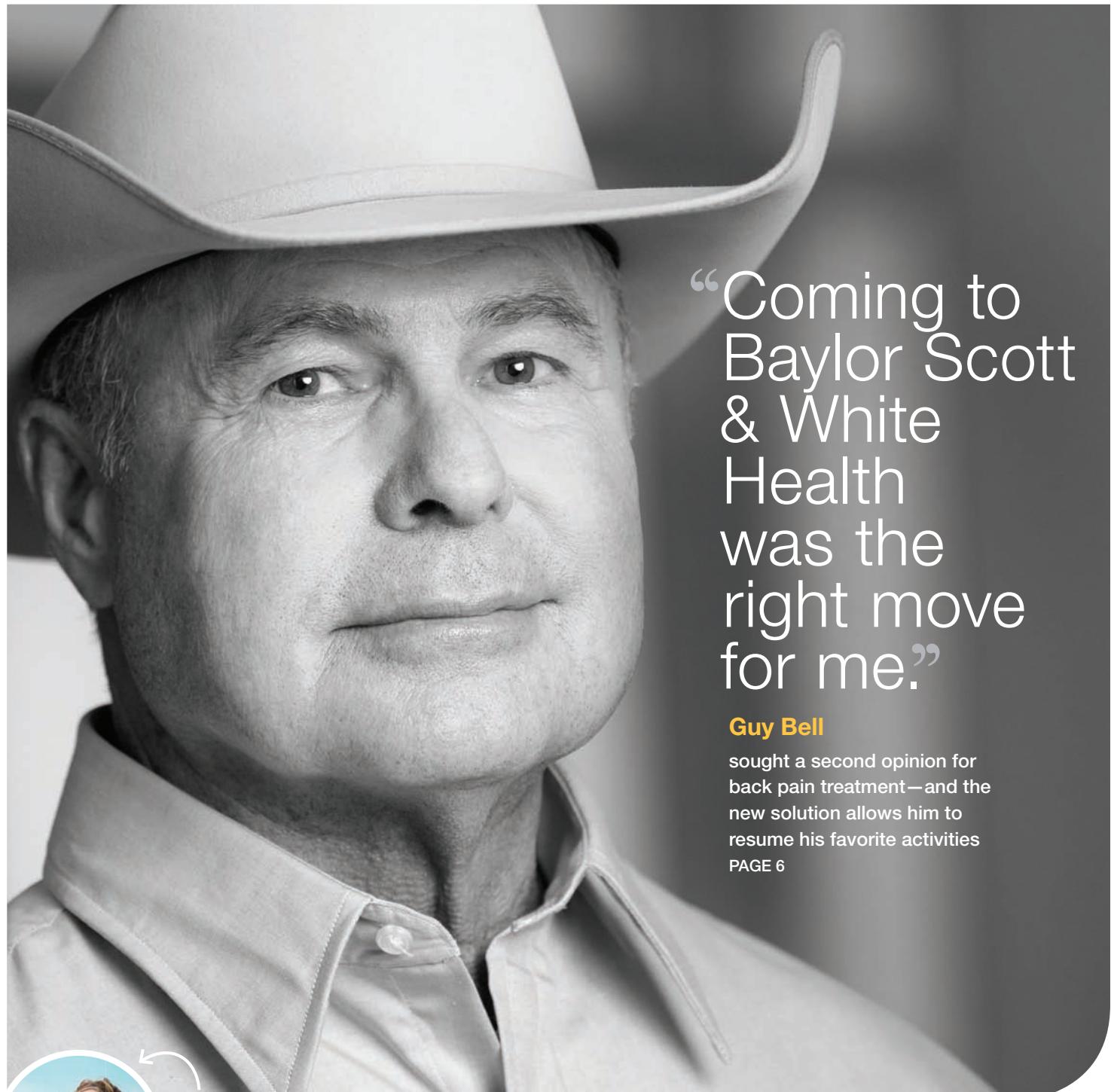


Baylor Scott & White

# Health

BSWHealth.com/McKinney

March 2017



“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**

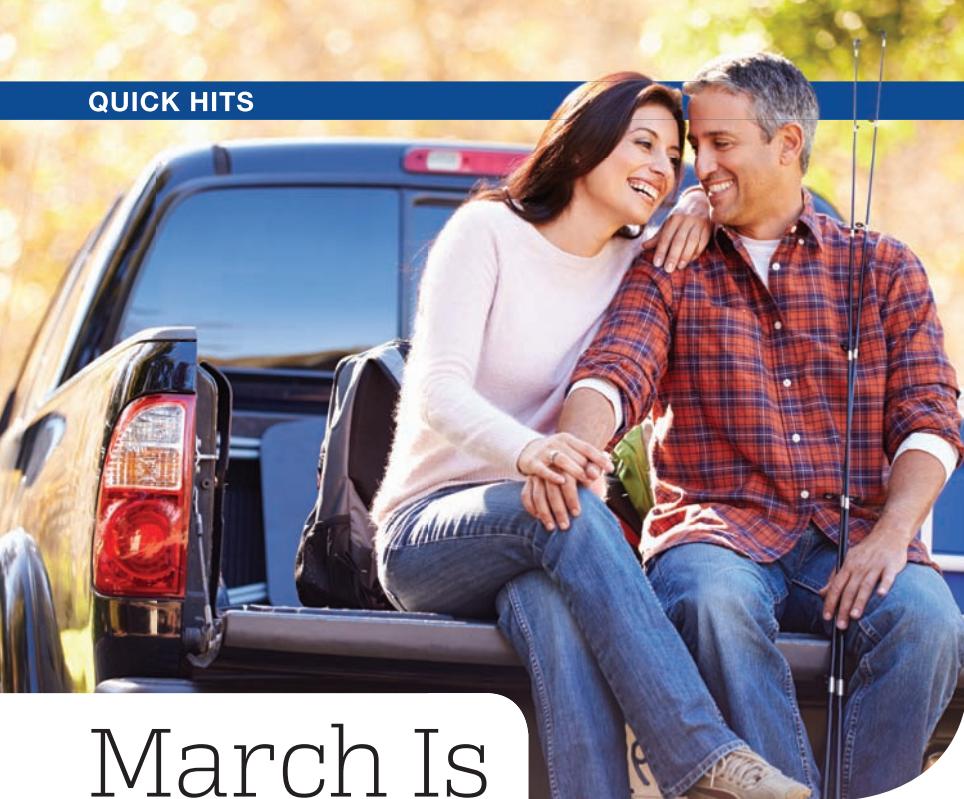


## EIGHT WHOLE HOURS?

The truth about how much  
sleep you need **PAGE 4**



**BaylorScott&White**  
MEDICAL CENTER  
MCKINNEY



# March Is Colorectal Cancer Awareness Month

In 2016 alone, more than 134,000 Americans were expected to be diagnosed with colorectal cancer and more than 49,000 were expected to succumb to the disease. But those numbers could be far fewer if everyone in the U.S. adhered to the recommended screening guidelines.

In fact, if just 80 percent of Americans were properly screened, it could prevent as many as 277,000 new cases and 203,000 deaths from the disease within 20 years—and you can help make that a reality.

The American Cancer Society recommends that people at average risk begin getting screened at age 50 using one of the following methods:

► Flexible sigmoidoscopy every five years

- Colonoscopy every 10 years
- Double-contrast barium enema every five years

► CT colonography every five years  
In honor of Colorectal Cancer Awareness Month, talk to your doctor to evaluate your risk and develop a personalized screening schedule that's based on your personal risk factors and family history.

## QUALITY CANCER CARE, CLOSE TO HOME

For more information on cancer care services at Baylor Scott & White – McKinney, visit [BSWHealth.com/McKinneyCancer](http://BSWHealth.com/McKinneyCancer) today.

MORE

## Should You Be Screened?

To find out whether you should be screened for lung cancer, talk to your doctor. To learn more about low-dose CT lung cancer screening or to schedule a screening, call **469.764.2400** or visit [BSWHealth.com/McKinneyImaging](http://BSWHealth.com/McKinneyImaging) today.

Baylor Scott & White Medical Center – McKinney, 5252 W. University Drive, McKinney, TX 75071. President: Kyle Armstrong; Marketing/Public Relations Manager: Jennifer Estes. Baylor Scott & White – McKinney, Main Number: 469.764.1000; Parent Education Classes: 1.800.4BAYLOR (1.800.422.9567); Baylor Scott & White – McKinney Women's Imaging: 469.764.7000; Baylor Scott & White – McKinney Physician Referral: 1.800.4BAYLOR. Visit [BSWHealth.com/McKinney](http://BSWHealth.com/McKinney) or call 1.800.4BAYLOR for information about Baylor Scott & White – McKinney's services, upcoming events, career opportunities and more.

Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people by providing personalized health and wellness through exemplary care, education and research as a Christian ministry of healing.

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MEDICAL CENTER  
MCKINNEY

# 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.

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.

**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.**

# 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

### Catch Those ZZZs

If sleep has been eluding you, a sleep study can help find out what's going on. To learn more about the Sleep Lab at Baylor Scott & White – McKinney, please call 469.930.4503 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.

### YOUR DESTINATION FOR TRANSPLANT CARE

To learn more about transplant services at Baylor Scott & White Health, including research and clinical trials and how we support patients and families throughout their transplant journey, visit [BSWHealth.com/Transplant](http://BSWHealth.com/Transplant) today.



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.”

## **SHOULD YOU SEEK HELP FOR YOUR BACK PAIN?**

Most people will experience some degree of back pain now and then, but certain types of back pain could indicate an injury or condition that requires medical treatment. Here, Ioannis Avramis, MD, an orthopedic surgeon on the medical staff at Baylor Scott & White Medical Center – McKinney, shares three types of back pain that should be seen by a doctor.

**Low back pain accompanied by leg pain and numbness.** “This could indicate arthritis or a disk injury that is pinching a nerve,” Dr. Avramis says.

**Low back pain that persists and worsens over a few weeks.** “Most back pain is muscular and will resolve on its own with time and rest,” Dr. Avramis says. “But persistent, worsening back pain could be a sign of a fracture, herniated disk, pinched nerve in the spine or spinal instability.”

**Back pain that wakes you up at night.** “Sudden, severe pain that rouses you from sleep could be a symptom of a significant spinal condition and should be evaluated as soon as possible.”

If your back pain meets any of these criteria, talk to your doctor. “There are a variety of surgical and nonsurgical treatment methods available to reduce or eliminate back pain completely,” Dr. Avramis adds.

**MORE**

### **Get Moving Again**

If pain is slowing you down, the multidisciplinary team of orthopedic specialists at Baylor Scott & White – McKinney offers a variety of treatment options to get you moving again. Visit [BSWHealth.com/McKinneyOrtho](http://BSWHealth.com/McKinneyOrtho) to learn more.



# 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.

## PREPARE FOR A HEALTHY PREGNANCY

If you're thinking about having a baby soon, you may be surprised to learn that there are things you can do today to ensure a healthy pregnancy in the near future. We asked Christi Kidd, MD, FACOG, an Ob/Gyn on the medical staff at Baylor Scott & White Medical Center – McKinney, to share a few of them.

**1. Schedule a preconception appointment.** "This is a visit with your Ob/Gyn to evaluate your health and any medications you're taking to make sure they're safe for pregnancy," Dr. Kidd says. "Your doctor will also administer any necessary vaccines."

**2. Take a prenatal vitamin.** "Start taking a prenatal vitamin with at least 400 mcg of folic acid, an important nutrient that can help prevent birth defects, at least two months before becoming pregnant," Dr. Kidd says.

**3. Achieve a healthy weight.** Carrying excess weight during pregnancy can increase your risk of certain complications and make labor more difficult, Dr. Kidd says. "If you're overweight, losing weight before becoming pregnant is ideal."

**4. Assess your lifestyle choices.** If you smoke or take illegal drugs, now is the time to stop, Dr. Kidd says. "And if you drink, you should stop once you start trying to conceive."

MORE

## Are You Ready for Pregnancy?

To find out, visit the Baylor Scott & White Health blog [scrubbing.in](#) and search for "6 questions to ask yourself before you consider pregnancy" or visit [scrubbing.in/6-questions-to-ask-yourself-before-you-consider-pregnancy](#).



# 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.

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](http://BSWHealth.com/Research) to learn about innovations and clinical trials at Baylor Scott & White Health.

## 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

# WHAT'S ONLINE

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



## ONLINE

### Join Our Team

Would you enjoy working in a fast-paced, patient-focused health care environment? Check out available careers at Baylor Scott & White - McKinney at [BSWHealth.com/McKinney](http://BSWHealth.com/McKinney) by clicking "View Available Openings" under "Looking for a Career?"

## 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](http://BSWHealth.com/MyStory) for Derrick's story.

## 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](http://BSWHealth.com/BMICalculator)

and see where your BMI falls in the range.





## Community Calendar

**March & April 2017**

Registration required for all events unless otherwise indicated.

→ Call **1.800.4BAYLOR** to register.

### CHILDBIRTH AND FAMILY EDUCATION

**Power Prepared Childbirth** is a one-day version of Prepared Childbirth. March 18 or April 15, 9 a.m. to 4 p.m. \$15

**Basics of Baby Care** teaches infant care and development. March 2 or 16, April 6 or 20, 6:45 to 9:30 p.m. No charge.

**Breastfeeding Class** is designed to discuss the many benefits of breastfeeding your baby. March 9 and 23, April 13 and 27, 6:45 to 9:30 p.m. No charge.

**Infant Safety and CPR** teaches basic skills but is not a certification course. March 11 or April 8, 9 a.m. to noon. \$35



## Is It Time for Your “Tune Up?”

**A colonoscopy can keep you at peak performance.**

Colorectal cancer is the third most common cancer diagnosed in the United States. The disease often grows with no symptoms until it's at an advanced stage. But when detected in its earliest stages, colorectal cancer is treatable.

That's why getting a screening colonoscopy when you're 50 or older is so important to your health. In fact, a colonoscopy may even help prevent cancer by allowing your physician to find and remove polyps that might become cancerous.

A colonoscopy is a simple procedure that can keep you healthy for many years to come. Check with your primary care physician to confirm if it is *your year* to schedule a colonoscopy.



Baylor Scott & White Charles A. Sammons Cancer Center – McKinney is accredited by the Commission on Cancer.



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5252 W. University Dr. | McKinney, TX 75071

For a physician referral or for more information about cancer care services, call **1.800.4BAYLOR** or visit us online at [BSWHealth.com/McKinneyCancer](http://BSWHealth.com/McKinneyCancer).

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