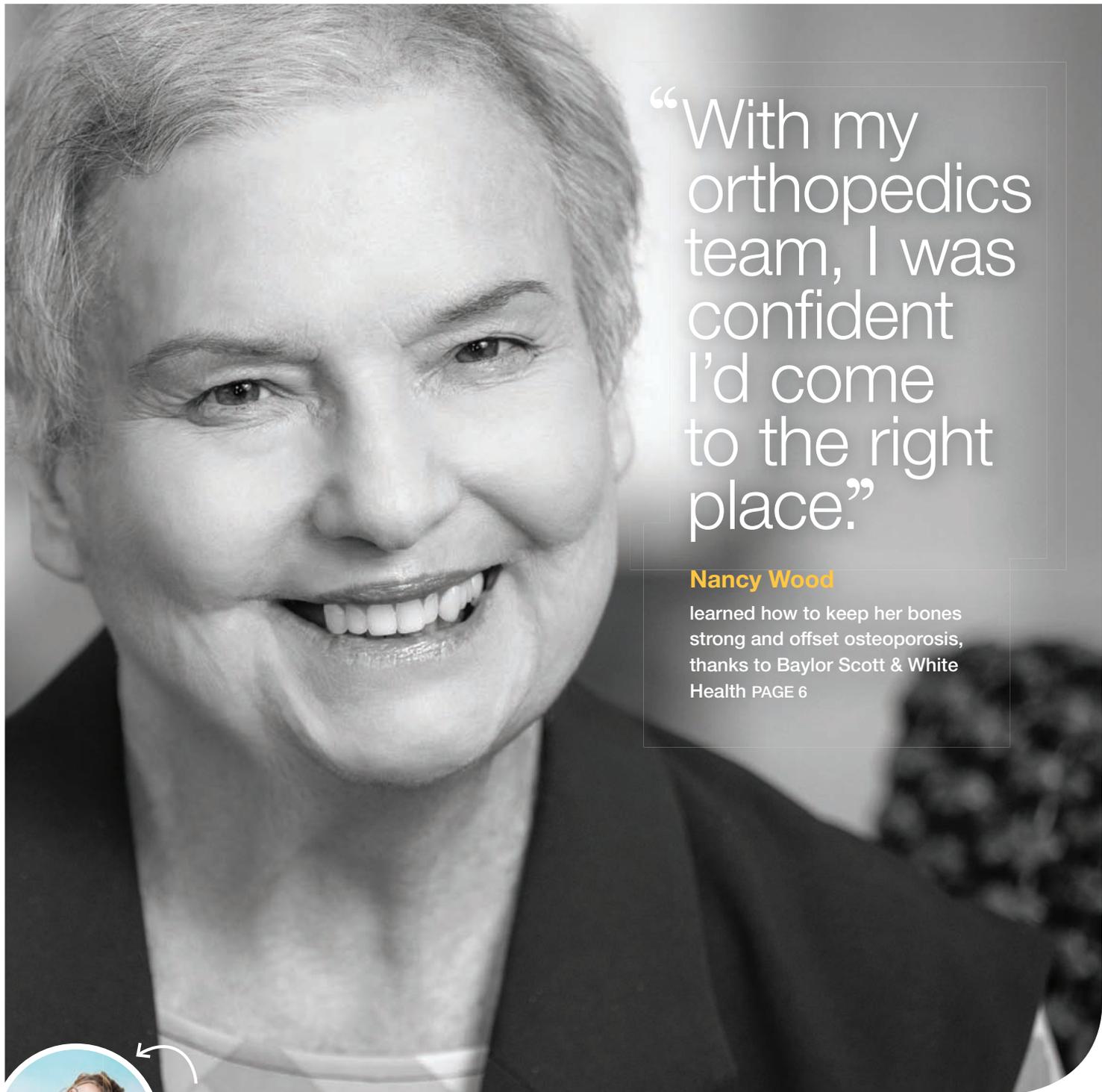


Health



“With my orthopedics team, I was confident I’d come to the right place.”

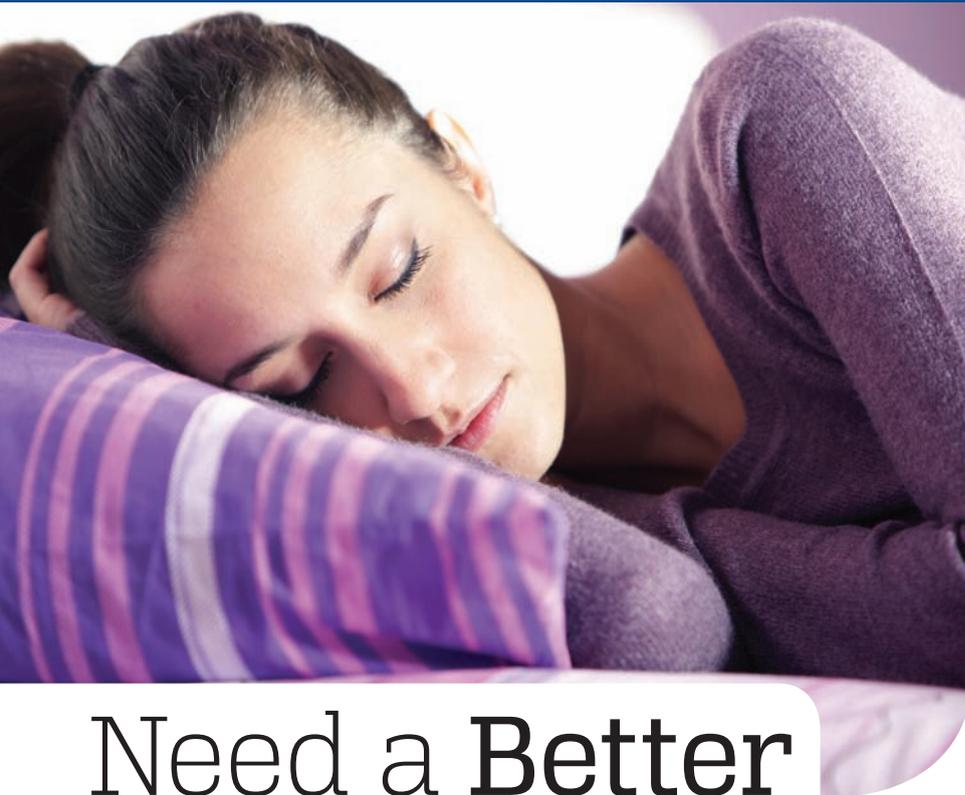
Nancy Wood

learned how to keep her bones strong and offset osteoporosis, thanks to Baylor Scott & White Health PAGE 6



GET QUALITY ZZZs

Check out these facts and figures on sleep PAGE 4



Need a Better Night's Sleep?

Obstructive sleep apnea, which causes breathing to stop or become shallow during sleep, is not something to snooze on.

The condition, which affects up to 20 million Americans, increases risk of heart attack and stroke, not to mention daytime drowsiness. "It's a serious problem, and it should be treated," says Charles W. Guy, DO, an ear, nose and throat specialist on the medical staff at Baylor Scott & White Medical Center – Hillcrest.

Although nonsurgical breathing devices—like continuous positive airway pressure, or CPAP, machines, which use air to keep airways open—are the first line of defense, Dr. Guy says surgical options can widen breathing passages.

These can include:

- ▶ Nasal surgery to allow air to pass more easily
- ▶ Surgery to move the tongue base forward
- ▶ Surgery to the soft palate and tonsil area to enlarge the back of the throat
- ▶ Surgery to reduce tissue from the back of the tongue

MEET WITH A SPECIALIST—AND REST EASY

Talk about your options with an ear, nose and throat specialist on the medical staff at Baylor Scott & White – Hillcrest. Call **254.202.7950**.

The Heart of Texas

Over 70 years, the average human heart beats more than 2.5 billion times without ever stopping to rest.

The experts at Baylor Scott & White Medical Center – Hillcrest are not stopping to rest, either. A heart attack response team is available 24 hours a day. And a growing array of heart and vascular services provides a broad scope of diagnostic and treatment options to people in Central Texas.

Here are some minimally invasive procedures designed to help your heart:

- ▶ Cardiac and vascular angioplasty and stents to open clogged arteries
- ▶ Radial and femoral artery catheterization to diagnose and treat arterial disease
- ▶ Implantation of CardioMEMS™, a dime-sized device allowing physicians to monitor heart failure remotely
- ▶ Permanent pacemaker implantation
- ▶ Permanent internal cardiac defibrillator placement
- ▶ 3-D heart mapping to diagnose the origins of abnormal heart rhythms
- ▶ Electrophysiology ablation, a treatment for abnormal heart rhythms

MORE

Call the Local Experts

For details about Baylor Scott & White – Hillcrest's heart and vascular services, including the Advanced Heart Failure Clinic and cardiac rehabilitation, call **254.202.9990**.

Baylor Scott & White Medical Center – Hillcrest, 100 Hillcrest Medical Blvd., Waco, TX 76712. President: Glenn A. Robinson, FACHE. Senior Vice President and Chief Medical Officer: Jim Morrison, MD, MPH, MBA. Marketing Manager: Alan Luker, MBA. Baylor Scott & White – Hillcrest Main Number: 254.202.2000. Baylor Scott & White Cancer Center, 150 Hillcrest Medical Blvd., Waco, TX 76712. Baylor Scott & White Cancer Center Main Number: 254.202.4000.

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

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 by MANIFEST LLC six times a year for friends and supporters of Baylor Scott & White Medical Center – Hillcrest. © 2017 Baylor Scott & White Health. 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, 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

Get Ready for Dreamland

What's coming between you and a good night's sleep? Find out with help from the specialists at the Scott & White Sleep Institute. Go to [BSWHealth.com/Sleep](https://www.bswhealth.com/sleep) for a location near you.

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?

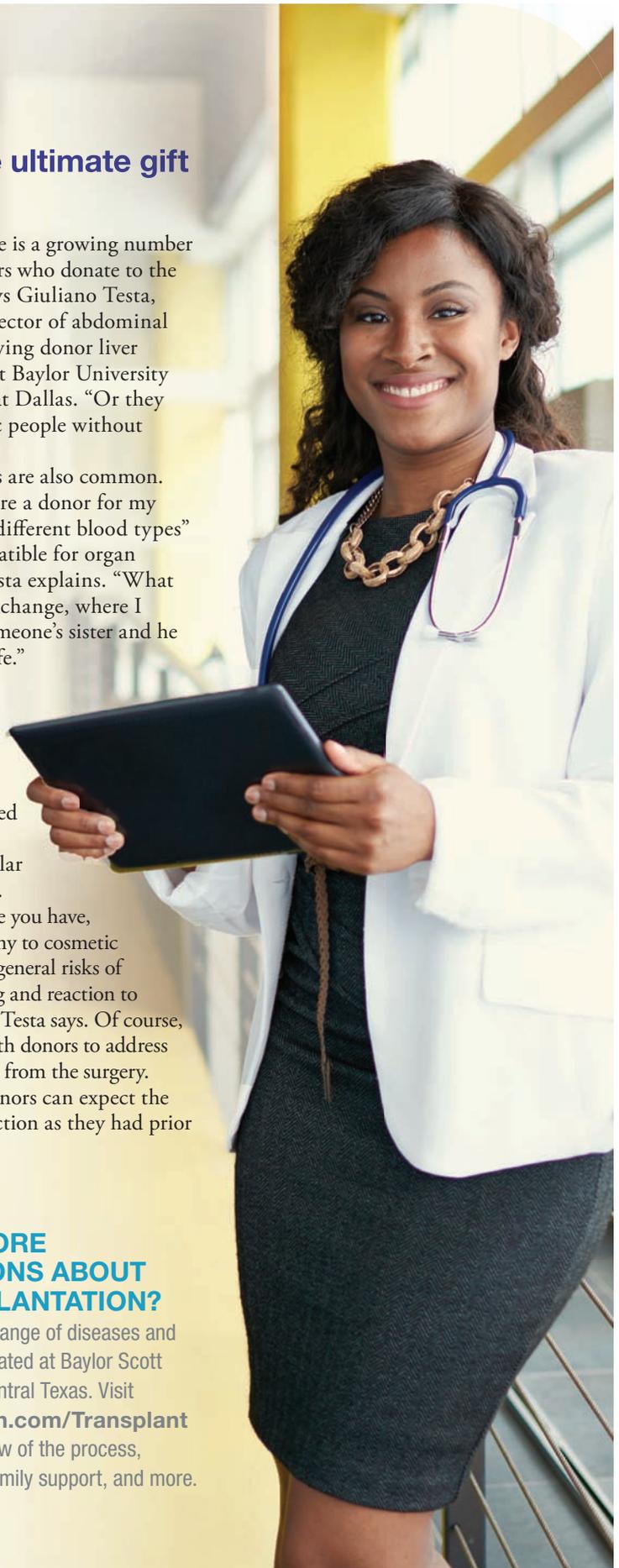
The risks associated with live organ donation are similar to other surgeries.

"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 Central Texas. Visit [BSWHealth.com/Transplant](https://www.BSWHealth.com/Transplant) for an overview of the process, patient and family support, and more.



Nancy Wood says she is stronger now than before she fractured her ankle.

Firm Foundation

An ankle break was Nancy Wood's first sign of osteoporosis. She's healing now—and more intent on having stronger bones

➔ NANCY WOOD HAS ALWAYS been active. Whether tending her rose garden or taking long walks, she's happiest when she's in motion. It's no surprise, then, that when she took a tumble and broke her ankle last fall, she looked forward to a full and speedy recovery.

But that wasn't initially the case.

The first doctor she saw after her injury put her ankle in a cast that left her in constant pain and wondering whether she'd walk unassisted again. The bone wasn't healing properly. At the recommendation of her primary care physician, Wood, 77, went to Scott & White Roney Bone & Joint Institute, part of Baylor Scott & White Health.

“They fixed my ankle, and they also talked to me about bone health. There is a lot you can do to keep your bones strong.” —Nancy Wood

She had her cast removed and her ankle stabilized with surgical fixation. Just as important, she began treatment for osteoporosis—the loss of bone density that occurs in women after menopause and contributes to or exacerbates breaks (fractures).

BUILD A STURDY BASE

Osteoporosis is a particular problem for women, because of a reduction of hormones related to menopause. According to the International Osteoporosis Foundation, the disease is estimated to affect 200 million women worldwide—approximately one-tenth of women at age 60 and increasing to two-thirds of women at age 90.

Bone health can be diminished by smoking, excess alcohol consumption and a sedentary lifestyle, as well as gastrointestinal conditions that inhibit absorption of certain minerals, and kidney disorders. Yet some people without these contributing factors, like Wood, may still experience osteoporosis.

Although menopause doesn't occur for most women until their late 40s or early 50s, the time to start building bone strength is much sooner, says Michael Brennan, MD, director of orthopedic trauma at Baylor Scott & White – Central Texas. “By age 40, the majority of women could benefit from vitamin D and calcium supplements,” he says. “As for lifestyle changes to either build up or preserve bone density, it's never too early to start.”

Weight-bearing exercises such as jogging and lifting weights increase

bone density, especially when supported by a calcium-rich diet that includes whole grains and green, leafy vegetables.

A bone density scan taken early on can give physicians a baseline from which to measure a person's bone health over time.

SEEK TREATMENT

Equipped to treat traumas such as bone fractures and breaks, the Baylor Scott & White orthopedics team includes specialists in physical medicine and rehabilitation, physical and occupational therapy, and rheumatology. Because of the hormonal factor to bone density loss, the orthopedics team takes an interdisciplinary approach to treatment, working closely with the health system's Division of Endocrinology, among others.

“If you're a woman older than 65 with a fracture, we're going to be diligent in assessing your bone health,” Dr. Brennan says. Scans to measure bone mineral density can reveal the need for medication or supplements and can identify those at risk for a fracture. Women are most susceptible to fractures in the vertebrae, hips and wrists, but all bones are vulnerable. With proper treatment, bone density loss can be slowed or stopped within six to 18 months.

Wood, for one, expects to resume her favorite activities. “I'd recommend Baylor Scott & White to anyone,” she says. “They are real pros. I was walking again soon after I saw them, but I'm much stronger overall. I guess you could say I feel it in my bones!”

KEY NUTRIENTS FOR HEALTHY BONES

Just like the rest of your body, your bones need “food” to stay healthy and strong. Here are the top nutrients for better bone health, plus a few honorable mentions, from Sommer Rainwater-Owens, RD, nutrition services manager at Baylor Scott & White Medical Center – Hillcrest.

Calcium. Found in low-fat dairy, green leafy vegetables, broccoli and some fish, calcium maintains strong bones. Rainwater-Owens recommends dietary calcium as the primary source—with a supplement if needed—to reach 1,200 milligrams daily.

Vitamin D. This vitamin enables the body to absorb calcium. “If you don't have enough vitamin D, calcium won't deposit into your bones,” Rainwater-Owens says. Sources include fatty fish and natural sunlight. Many people need a vitamin D supplement to get the recommended 800 to 1,200 international units daily.

Other key nutrients. For strong bones, Rainwater-Owens recommends: magnesium, from green leafy vegetables, nuts, seeds and whole grains; iron, from lean red meat, fruits and vegetables; and zinc, from lean red meat, liver, oysters, lobster, whole grains, nuts and seeds.

MORE

Are You at Risk for Osteoporosis?

Visit [BSWHealth.com/OsteoporosisRisk](https://www.bswhealth.com/OsteoporosisRisk) and answer some questions to find out your osteoporosis risk and get tips for having healthy bones.



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.

HOW TO CHOOSE THE RIGHT HOSPITAL FOR DELIVERY

Having a baby is one of life's most precious events. The hospital where you deliver your bundle of joy is a big part of that. Choose the facility wisely.

"We want it to be an exceptional event for the family," says Melonnie Pollard, director of women's and children's services at Baylor Scott & White Medical Center – Hillcrest. "If things don't go as planned, our level III neonatal intensive care unit is equipped to handle any type of neonatal complications."

Here are a few questions to ask when choosing a hospital:

► **Do nursing staff members have specialty certifications?** Nurses at Baylor Scott & White – Hillcrest are certified in labor/delivery, neonatal intensive care and mother/baby nursing.

► **Are there private mother/baby suites?** At Baylor Scott & White – Hillcrest, private labor rooms and postpartum rooms for every patient allow newborns to stay with their mothers at all times (as long as both mom's and baby's conditions are stable).

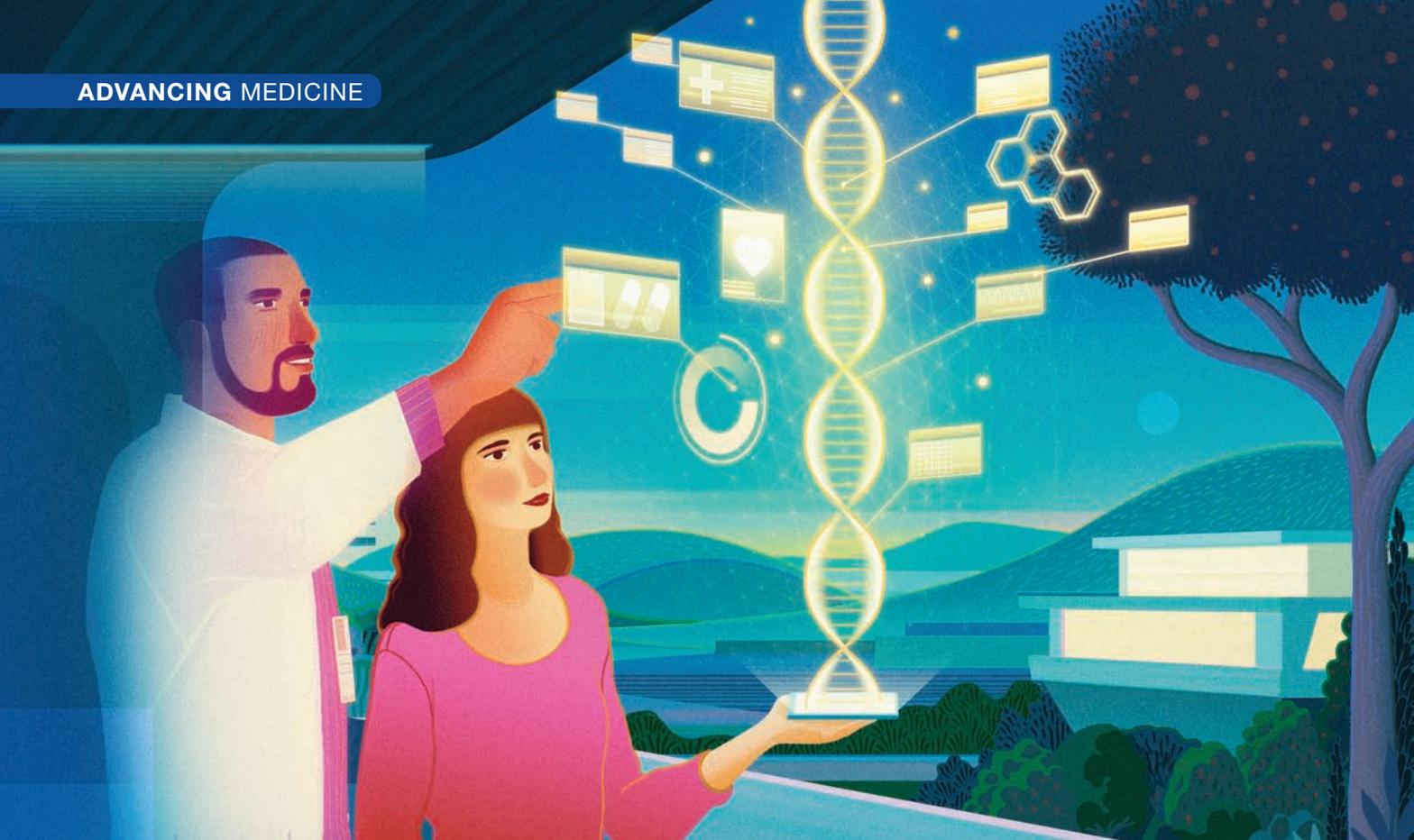
► **Will my birth plan—e.g., requesting skin-to-skin contact after delivery—be adhered to?** "I encourage parents to discuss their birth plans with their physicians prior to the delivery," Pollard says.

► **What kind of pre-delivery and post-delivery classes are offered?** Baylor Scott & White – Hillcrest offers childbirth, infant CPR, breastfeeding and "daddy boot camp" classes.

MORE

Resources at Baylor Scott & White – Hillcrest

Register for a labor and delivery class or schedule a tour. Visit sw.org/women-health/classes-waco or call 254.202.9663.



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.



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.



QUIZ

Could a Stroke Be in Your Future?

Your current lifestyle and family history might be putting you at risk for a stroke. Find out!

→ Visit [BSWHealth.com/StrokeQuiz](https://www.BSWHealth.com/StrokeQuiz) to determine your personal risk and get tips for living healthier.

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.



REAL PATIENTS. REAL STORIES.

“Worst kind of
heart attack.
Best place to
treat it.”



Physically fit and 49, Jeff Fisher isn't the typical heart attack victim. "I was out running like I've probably done a thousand times, being a retired Marine, and I started to feel pain in my left side." When he arrived at the Baylor Scott & White Medical Center – Hillcrest emergency room, his heart stopped. Repeated resuscitation efforts brought him back, and an implanted stent reopened the fully blocked artery. "When I woke up, 36 hours later, the cardiologist was sitting by my bed." The entire care team rallied around Jeff and his wife during his recovery. Today, he's healthy again. "I don't think I'd be here to tell the story if it weren't for Baylor Scott & White."



150 Hillcrest Medical Blvd., Waco, TX 76712

Watch Jeff's story at heart.sw.org.