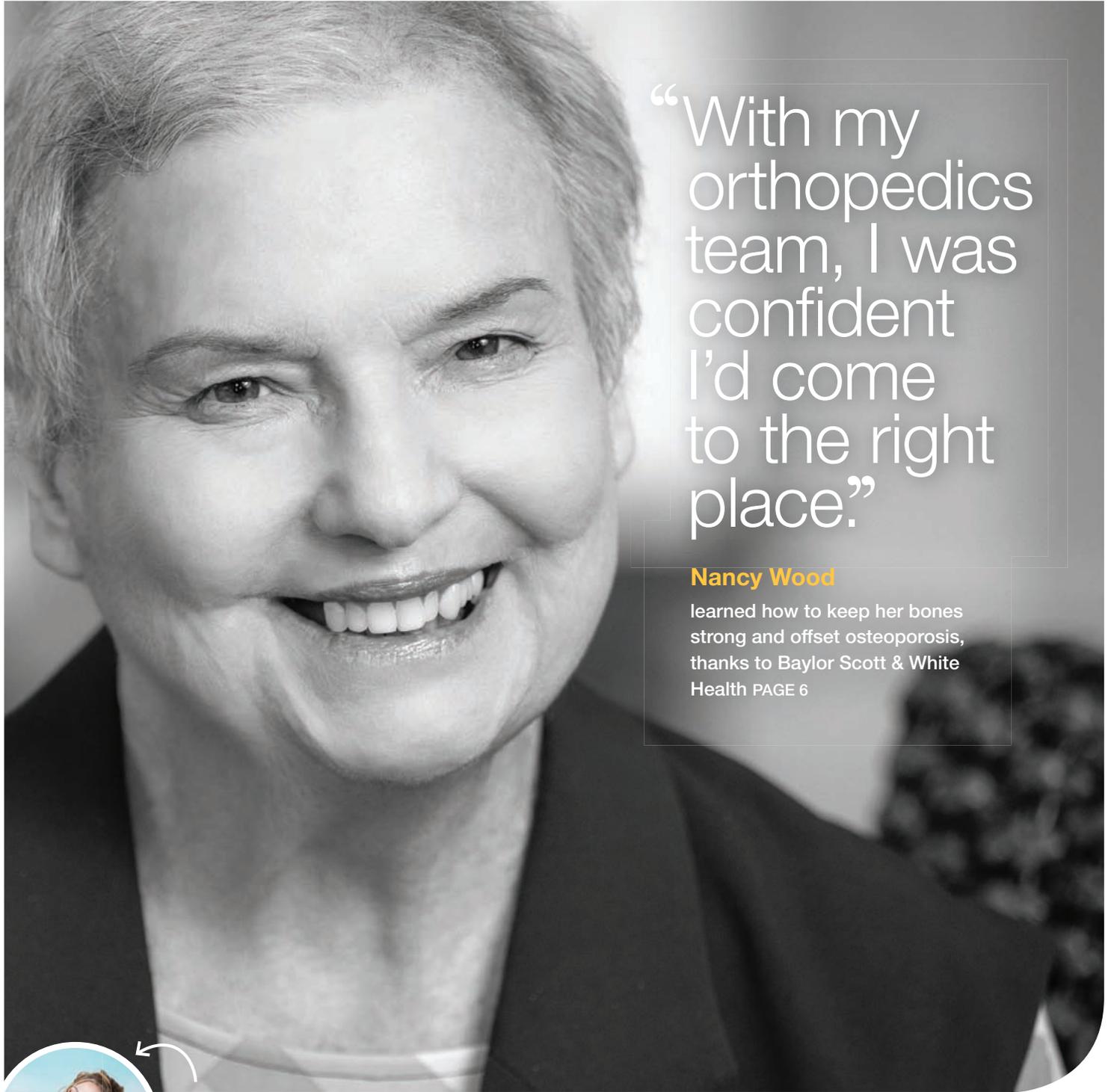


Health



“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



EIGHT WHOLE HOURS?
The truth about how much sleep you need PAGE 4



Don't Shun Heart-Healthy Fats

If you've been avoiding all types of fat in an effort to be healthier, you need to rethink your approach. Certain kinds of fats aren't bad for you—in fact, they're an essential part of a healthy diet.

There are two types of these “good” fats: monounsaturated and polyunsaturated. These kinds of fats provide essential fatty acids that your body needs but can't make on its own, lower your bad cholesterol and can help lower your risk of heart disease and stroke. Here's where you can find them:

Plant-based liquid oils like olive, canola, peanut, sesame and safflower

Avocados and foods containing them, like guacamole

Fatty fish like tuna, salmon, mackerel, herring, lake trout and sardines

Soybeans and foods containing them, like tofu

Nuts and seeds like flaxseeds, sunflower seeds, walnuts and peanuts

The American Heart Association recommends that people make sure most of the fats they eat are these heart-healthy varieties.

SEE HOW GOOD HEALTHY CAN TASTE

Could your dinner menu use a pick-me-up? You can find delicious healthy recipes, including ones matched to your dietary preferences, by visiting BSWHealth.com/Recipe today.

April Is Donate Life Month

In Texas alone, more than 11,000 individuals are awaiting an organ transplant—and one organ donor can save up to eight lives. Here, Jacqueline Lappin, MD, FACS, surgical director of the Baylor Scott & White abdominal transplant program on the medical staff at Baylor Scott & White Medical Center – Temple and Baylor Scott & White Specialty Clinic – Cedar Park, explains the different ways to donate.

Deceased Donors

People can elect to donate their organs and tissue to others after death. “The most important thing is to register and let your family know,” Dr. Lappin says.

Living Donors

“The most common living organ donation is a kidney, but living donors can also donate a lung, a liver lobe or part of their intestine or pancreas,” Dr. Lappin says. Locally, Baylor Scott & White – Temple performs living-donor kidney transplantation. In North Texas, Baylor University Medical Center at Dallas performs living-donor kidney and liver transplantation.

MORE

Compassionate Transplant Care

To learn more about transplant services available at Baylor Scott & White in Central Texas, visit transplant.sw.org today.

Baylor Scott & White Health – Hill Country, 800 West Hwy 71, Marble Falls, TX 78654. Interim President and Chief Medical Officer: Paul Cook, MD; Hospital Marketing Manager: Karen Matthews. Visit sw.org or call 1.800.792.3710 for information about Baylor Scott & White's services, providers, career opportunities and more. Find a physician at doctors.sw.org or a location at clinics.sw.org.

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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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

Tired of Being Tired?

The Scott & White Sleep Institute offers select sleep services through the nearby Scott & White Specialty Clinic – Horseshoe Bay, among others in Central Texas. To learn more about how we can help you sleep better, visit sleep.sw.org 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.

BE THE MATCH

To learn more about the Scott & White Marrow Donor Program, a network partner of the National Marrow Donor Program, which operates the Be the Match® Registry, visit marrow.sw.org or call 254.724.2811 today.





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!”

COULD OSTEOPOROSIS BE IN YOUR FUTURE?

Whether or not you develop osteoporosis, a slow, progressive weakening of the bones that can cause them to break easily, is at least partially up to you. “Some risk factors you can't control, while others are the result of our choices,” says Jacqueline Guy, MD, an Ob/Gyn on the medical staff at Baylor Scott & White Medical Center – Marble Falls. Here are some factors that could influence your risk:

Age. “The older you are, the greater the chance your bone density is decreased,” she says.

Gender. Women are five times more likely to develop osteoporosis than men.

Race. It's more common in Caucasians than blacks and Hispanics.

Weight. “Bearing weight helps improve bone density, so petite, thin individuals are more likely to develop it,” Dr. Guy says.

Family history. If you have a direct relative with osteoporosis, you're more likely to develop it yourself.

Diet. “Consuming adequate amounts of calcium and vitamin D throughout your lifetime helps build and maintain strong bones,” Dr. Guy says.

Exercise. In addition to making it easier for your body to use calcium, physical activity (both aerobic and strength training) can help improve bone density.

Lifestyle. “A history of smoking, excessive alcohol consumption or anorexia increases your risk of bone loss,” Dr. Guy says. “Certain medications may also increase your risk.”

MORE

What's Your Risk?

To find out your personal risk for developing osteoporosis, as well as how you can reduce it, complete our interactive risk assessment. Visit [BSWHealth.com/OsteoporosisRisk](https://www.bswhealth.com/OsteoporosisRisk) 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.

4 WAYS TO PREPARE FOR A HEALTHY PREGNANCY

If you're thinking about having a baby soon, there are things you can do now to help ensure you get the best start even before you get pregnant. Here, Melia Lucero, MD, an Ob/Gyn on the medical staff at Baylor Scott & White Medical Center – Marble Falls, shares her recommendations.

1. Schedule a preconception appointment. "This is an opportunity for us to evaluate your health, lifestyle choices and any medications you're taking together to make sure you have as healthy a pregnancy as possible," Dr. Lucero says.

2. Take a prenatal vitamin. "Begin taking a prenatal vitamin with at least 400 mcg of folic acid, a nutrient that can help prevent birth defects, at least two months before you plan to become pregnant," she says.

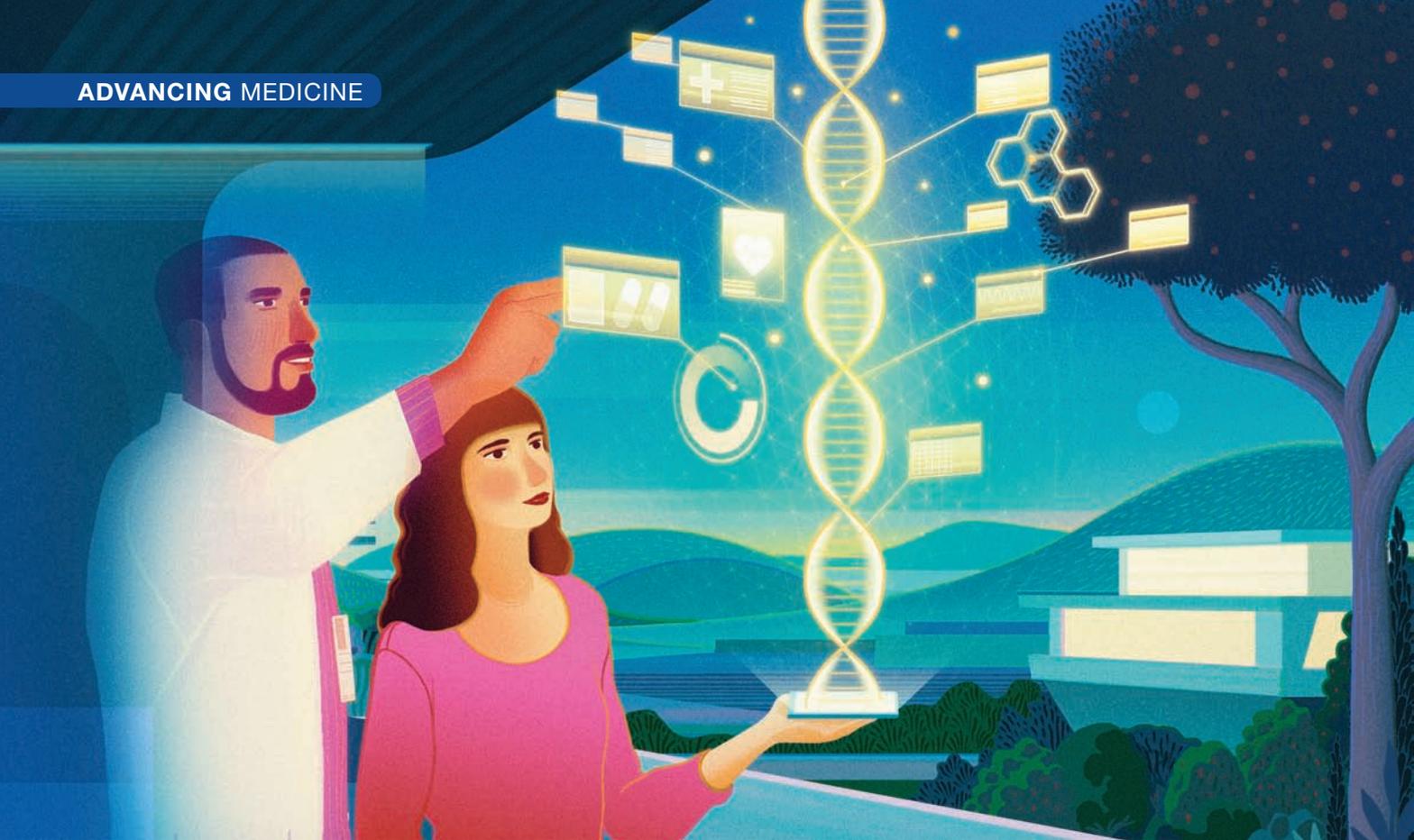
3. Achieve a healthy weight. Carrying around extra weight during pregnancy can not only increase your risk of complications, but it can also make labor more difficult, Dr. Lucero says.

4. Avoid traveling to areas at high risk for Zika virus. "To help protect yourself and your future baby, you should also wear long sleeves and pants outside, use mosquito repellent and avoid sexual contact with partners who have recently traveled to these areas," she adds. Visit TexasZika.org to learn more.

MORE

Comprehensive Prenatal Care

If you're planning to become pregnant soon, a preconception appointment can help make sure you're ready. For a referral to an Ob/Gyn on the medical staff at Baylor Scott & White – Marble Falls, please call **830.201.7100** 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

→ [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

Take Care of Yourself

Time to see your primary care provider or a specialist? No need to put it off—scheduling online is quick and easy.

→ Visit [appointments.sw.org](https://www.appointments.sw.org) 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.



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