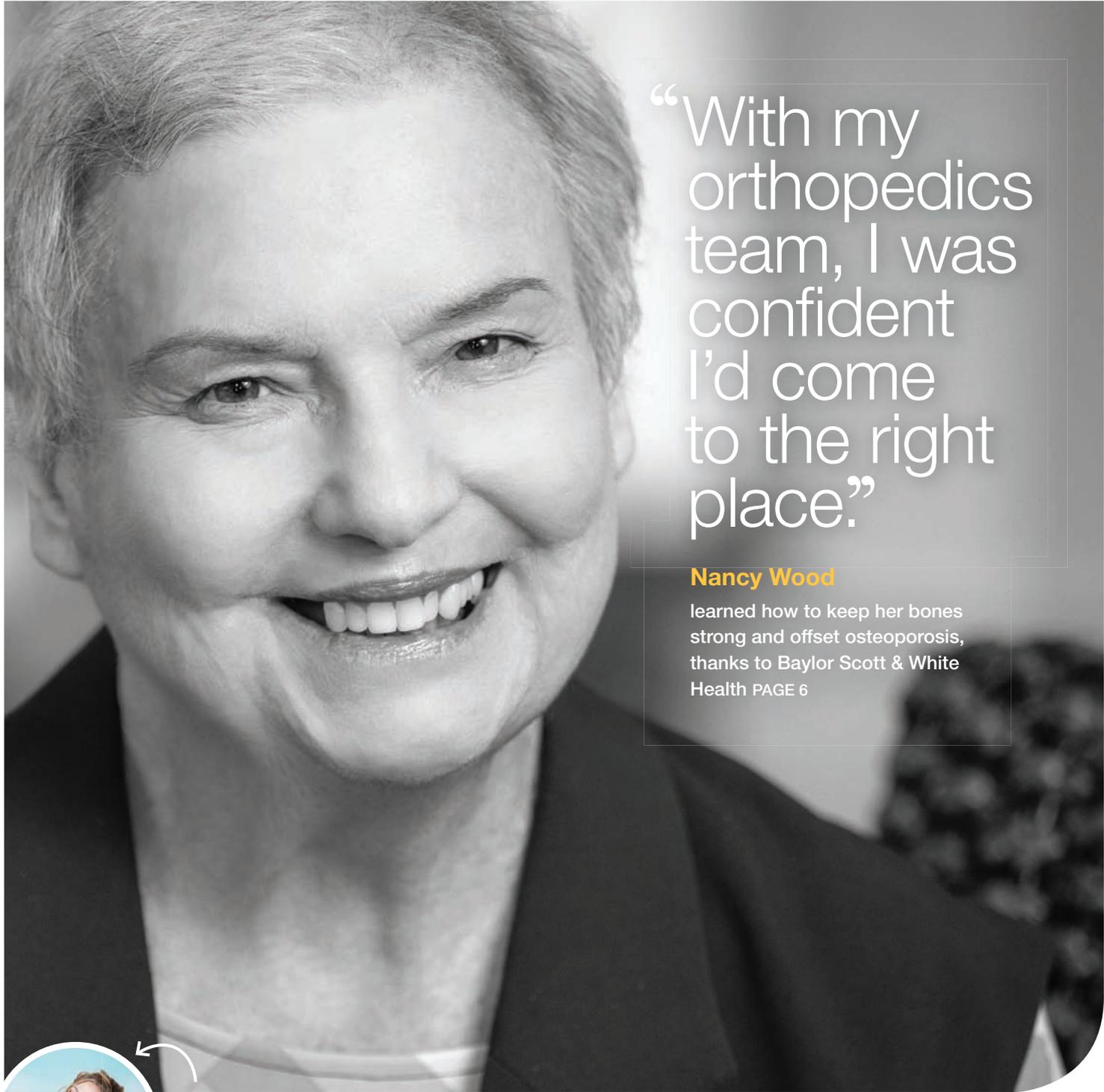


Health



“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



Pathway to Excellence

Baylor Scott & White Medical Centers in Round Rock and Taylor, as well as the ambulatory care clinics in the Greater Austin region, have achieved Pathway to Excellence® designation by the American Nurses Credentialing Center. The designation identifies work environments where nurses can flourish and feel empowered. For an organization to earn the distinction, it must successfully undergo a thorough review process that documents quality initiatives in creating a positive work environment as defined by nurses and supported by research. These initiatives must be integrated in the facility's practices, policies and culture.

"We were confident in our nurses and the work they do; we knew we could achieve this prestigious nursing excellence

designation for both our hospitals and clinics," says Leslie Gembol, Greater Austin region chief nursing officer. "I am so incredibly proud of our organization and our team, and our commitment to doing whatever it takes to be the best for each other and for our patients."

The Round Rock and Taylor hospitals join Baylor Scott & White hospitals in Carrollton, Garland and Waxahachie and the Continuing Care Hospital in Temple in achieving this designation.

BE A PART OF OUR NURSING TEAM

Visit Jobs.BSWHealth.com to learn more about nursing career opportunities at Baylor Scott & White Health.

Got a Sports Injury? Let Us Take a Look

What to do when a sports injury strikes and you can't wait to see your primary care physician? Baylor Scott & White's Sports Injury Screening Program provides prompt assessments for injured athletes at several of our physical therapy clinics.

During your 10- to 15-minute screening, a physical therapist or an athletic trainer will evaluate the severity of your injury and make treatment recommendations. Recommendations may include formal treatments such as physical therapy, or a referral to a physician for a same- or next-day diagnostic MRI or X-ray, based on scheduling availability.

Sports injury screenings are offered at Baylor Scott & White physical therapy clinics located in Cedar Park, Georgetown, Leander, Pflugerville and Round Rock. For more information or to schedule an appointment, call **512.509.TEAM** today.

MORE

We Know Sports (Injuries)

To learn more about our sports medicine program, including our services, locations and sports injury assessments at our physical therapy clinics, visit sportsmedicine.sw.org today.

Baylor Scott & White Health – Austin/Round Rock, 300 University Blvd., Round Rock, TX 78665. President: Jay Fox; Chief Medical Officer: Rob Watson, 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.

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 Health. © 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

Don't Lose Any More Sleep

The Scott & White Sleep Institute provides select sleep services at our clinics throughout Central Texas. To find one near you and learn more about how we can help you get a great night's sleep, 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?

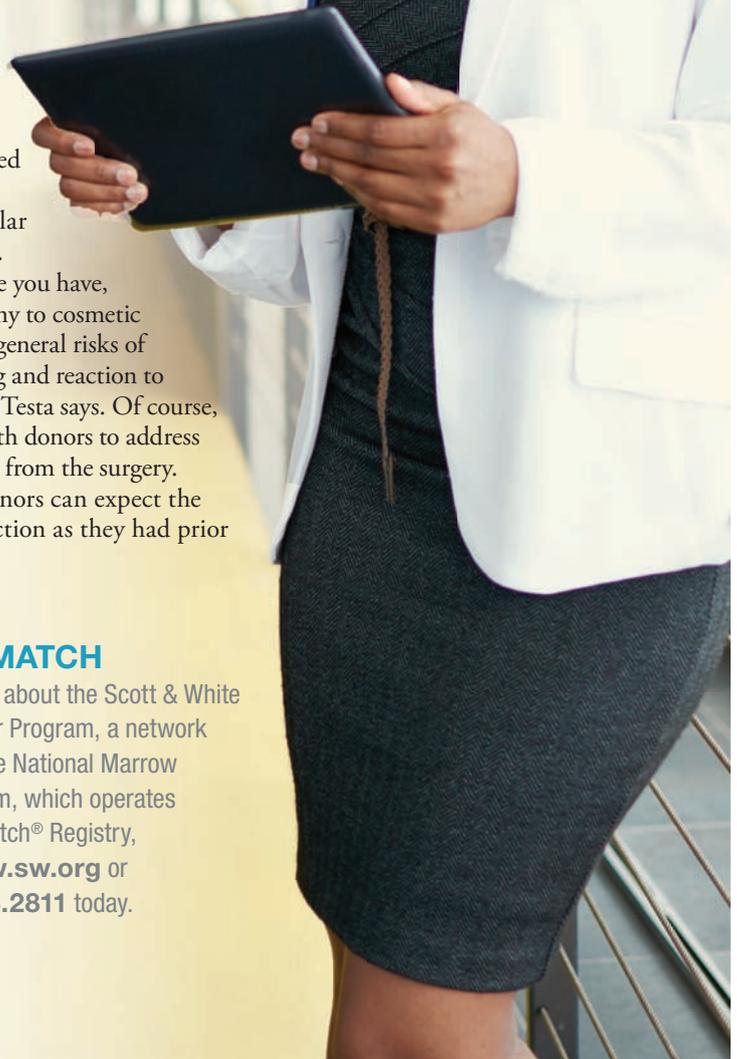
The risks associated with live organ donation are similar to other surgeries.

"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 member 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!”

4 KEY NUTRIENTS FOR BONE HEALTH

Are you giving your bones everything they need to stay healthy and strong for a lifetime? Here are four key nutrients:

Calcium is the foundation of strong bones. “Our bodies are always remodeling our bones—taking calcium out and putting it back in,” explains Matthew Romberg, MD, an Ob/Gyn on the medical staff at Baylor Scott & White Medical Center – Lakeway. “If we don't get enough from our diet and supplements, we may lose bone density over time.”

Vitamin D helps you absorb calcium effectively. “While our bodies can manufacture vitamin D using sunlight, most people need dietary sources or supplements to get enough,” he says.

Phosphorus works with calcium to help build and strengthen your bones and teeth.

Magnesium adds density and strength to your bones and helps you metabolize and absorb calcium.

To get enough of everything your bones need, Dr. Romberg recommends eating a balanced diet and taking a daily multivitamin and twice-daily calcium supplement containing at least 500 mg of calcium (you can't absorb more than that at one time) and 300 IU vitamin D to enhance absorption.

MORE

Assess Your Risk

To determine your risk for osteoporosis and find out what you can do to reduce it, complete our interactive risk assessment by visiting [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.

PHYSICAL THERAPY FOR PELVIC FLOOR DISORDERS

If you've been diagnosed with a pelvic floor disorder, your doctor may recommend physical therapy before, after or in addition to surgery. "Physical therapy can help improve or correct many pelvic floor issues or be used in conjunction with surgery to achieve quality results," says Colleen Basler, a physical therapist at Scott & White Clinic – Round Rock.

Techniques may include:

Exercises. "These can be used to address pelvic girdle muscle imbalances and support pelvic floor strengthening," Basler says.

Hands-on therapy. Internal and external techniques may be used to manipulate connective tissues, mobilize scar tissue, release trigger points and realign joints.

Biofeedback. "We use small internal or external sensors and a biofeedback machine to show patients how their muscles are working during pelvic floor strengthening and relaxation exercises, which helps them perform them more effectively," Basler says.

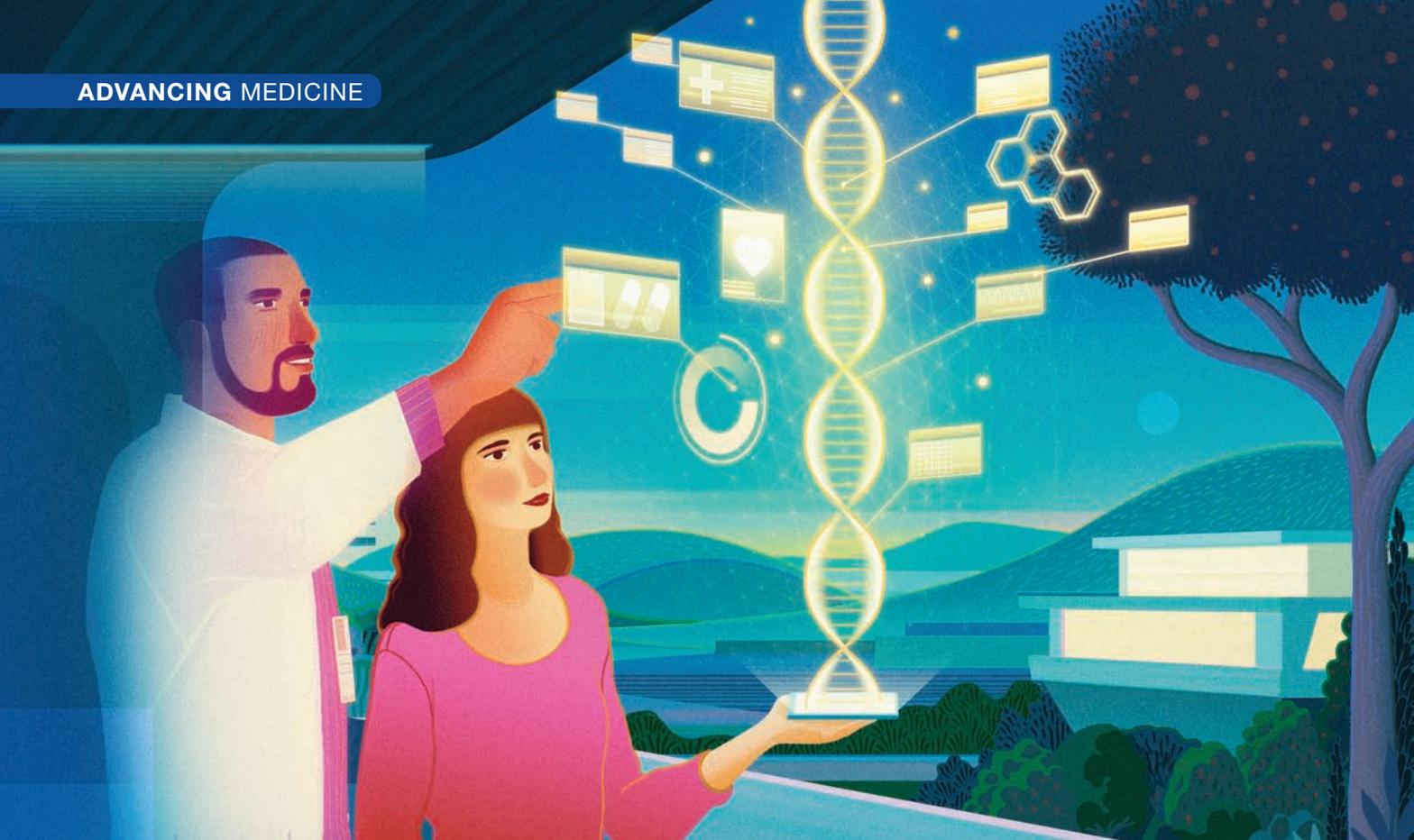
Interferential therapy. External electrodes are used to deliver comfortable electrical stimulation to muscles and nerves to relieve pain.

If you're feeling hesitant, that's OK. "We won't make you do anything you're not comfortable doing, and we minimize any discomfort," Basler says. "Most patients are surprised by their results and wish they hadn't waited so long."

MORE

Feel Like Yourself Again

If you're struggling with the symptoms of a pelvic floor disorder, ask your primary care physician for referral to a urogynecology specialist or physical therapist at Baylor Scott & White. To find a provider, visit providers.sw.org 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.



CLASS

Pain Relief

In a six-week series of classes, people with chronic pain can learn proven techniques for relief from a behavioral pain specialist at Scott & White Clinic - Round Rock.

→ Talk to your doctor for a referral. Visit [appointments.sw.org](https://www.appointments.sw.org) to make an appointment.

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.



Start a healthy **relationship.**



Introducing health care that puts you in control. Schedule appointments online, video visit with your doctor and enjoy the convenience of having specialists on-site. And get the primary care you want right where you are.

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Services available at select locations.



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