Back in the Game

Knee replacement surgery got Bill Mattes off the sidelines

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Men are hesitant to go to the doctor. Here’s why it’s essential page 2

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Reasons for guys to go to the doctor

Did you ever notice how men spend time taking good care of their cars or their finances, but they won’t do the same for themselves? “I don’t need to see a doctor” or “I’ll handle it myself,” they say. It might be fear, or avoidance of a situation where they’re not in control.

Often, it’s the wife or girlfriend who schedules an appointment for her husband or boyfriend, says Richard Grandjean, M.D., a family medicine physician on the medical staff at Baylor University Medical Center at Dallas.

Whatever the reason for the initial appointment, Dr. Grandjean sees every visit as an opportunity for preventive medicine. Men often claim they would know if something were wrong, but that may not be possible in the case of high blood pressure, diabetes, cancer, kidney disease or abnormal heart rhythm. They could have any one of these and not be aware of it. “In their early stages, many serious conditions don’t have signs or symptoms that you would recognize,” says Dr. Grandjean.

An annual physical exam is more than just listening to the heart and lungs. It’s a chance to address a variety of health conditions and establish baseline readings for tests, such as a PSA test for prostate cancer, so the physician has something to compare future results with. A man should also share his family medical history—whether his grandparents, parents or siblings had or have heart disease, diabetes, stroke, cancers, Alzheimer’s disease and others.

“‘You know, maybe there is something going on here.’”

Dr. Grandjean sees patients who may not be able to think about it, “at the next visit he’ll come back and say, ‘I will see a man who is obviously depressed, and either he won’t own up to it or he feels he can handle it on his own,’” Dr. Grandjean says. But after he has time to think about it, “at the next visit he’ll come back and say, ‘You know, maybe there is something going on here.’”

So, guys, please go get your physical exam. Do it for someone you love, and consider it an investment in your future health.

By Deborah Paddison

MAKE AN APPOINTMENT
Prevention Is the Best Medicine

Talk to your doctor to make sure you get the screenings you need. To find a physician on the medical staff at Baylor Dallas, call 1-800-4BAYLOR or visit FindDr.Right.com.

The physical exam is also a private forum for a man to openly discuss his lifestyle habits—diet, exercise, sleep—as well as family relationships, sexual problems, anxiety and depression.

“I will see a man who is obviously depressed, and either he won’t own up to it or he feels he can handle it on his own,” Dr. Grandjean says. But after he has time to think about it, “at the next visit he’ll come back and say, ‘You know, maybe there is something going on here.’”
No one imagines when he wakes up that by the end of the day he will be in a hospital with a serious injury, but it happens. Baylor University Medical Center at Dallas is one of only two adult Level I Trauma Centers in North Texas that provide rapid diagnosis and immediate treatment of life-threatening injuries 24 hours a day, seven days a week by a team of trauma surgeons, orthopaedic surgeons, neurosurgeons, anesthesiologists, and other specialists and subspecialists on the medical staff.

When their beepers go off, members of the TART (Trauma Action Response Team) respond to the emergency department (ED) in 15 minutes or less. With six dedicated trauma and critical care surgeons on the medical staff for 24-hour coverage, the TART typically is there waiting for the patient to arrive.

Because May is National Trauma Awareness Month, we asked Laura Petrey, M.D., trauma surgeon on the medical staff at Baylor Dallas, to share advice for preventing common injuries.

Avoid Household Hazards
Any fall around the house is particularly concerning for older individuals, who are more susceptible to hip fractures and long-term complications.

“As you get older, consider hiring someone to help with household tasks like putting up holiday decorations, cleaning the gutters, fixing the roof, or anything else where there’s a risk of falling,” says Dr. Petrey. Loose carpets, poor lighting and stairs also pose tripping hazards.

Although it’s not a dedicated pediatric hospital, Baylor Dallas treats some injured children who are brought to the nearest hospital. Dr. Petrey advises securing TVs to the wall, enforcing the use of bike helmets, buckling kids properly in car seats, and being aware of neighborhood dogs.

Senseless Behavior
Dr. Petrey expresses the frustration that many trauma surgeons experience when they see death and injury caused by alcohol, drug abuse or violence.

“We get our share of drug overdoses, gunshot and stab wounds, and injuries caused by domestic violence,” Dr. Petrey says. Individuals who are chronic drunk drivers show up repeatedly in the ED, but usually there is little doctors can do with these offenders except to treat them and advise them to make better choices. These patients are referred to a special drug and alcohol treatment program in the Level I Trauma Center where a counselor meets with them. Family and friends may be asked to intervene to prevent future events.

On the Level I Trauma team, an orthopaedic trauma surgeon, a neurologist, an ophthalmologist, a hand surgeon and other specialists on the medical staff treat complex problems such as severed limbs, crushed bones, stroke, burns or eye injuries.

DRV NOW, TXT L8TR
According to the Texas Department of Transportation, in 2009 there were 44 deaths in Texas caused by cell phone use while driving.

“Anything that distracts you from driving can cause a collision,” Dr. Petrey says, which is why Baylor Dallas asks the public, and its own staff, to refrain from texting while driving. Look for information on the DRV NOW, TXT L8TR pledge at Baylor Dallas during National Trauma Awareness Month.

Why not give it a try? Even the employees at Baylor Dallas are taking the pledge. © By Deborah Paddison

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NAFLD. It’s one of those acronyms you really can’t pronounce, but learning what it means might make a positive difference to your health. NAFLD stands for non-alcoholic fatty liver disease, and it is characterized by excessive fat accumulation in the liver.

Many of us have small deposits of fat in the liver that are relatively benign (simple fatty liver, also known as steatosis). However, says Carmen Landaverde, M.D., liver specialist on the medical staff at Baylor University Medical Center at Dallas, NAFLD is not to be taken lightly. A more serious form of fatty liver is called NASH (non-alcoholic steatohepatitis), which involves inflammation—and that can cause scarring and liver cell damage.

“Patients with NAFLD can develop progressive liver disease, leading to cirrhosis and liver cancer,” she says.

A Push for Education
NAFLD is becoming an increasingly relevant public health issue, Dr. Landaverde explains, because of its strong association with the epidemics of obesity and diabetes.

“It is estimated that NAFLD affects up to 30 percent of the general population in the U.S., surpassing all other causes of chronic liver disease,” says Dr. Landaverde.

Unfortunately, when NAFLD is discovered, a physician may simply tell the patient to lose weight, and offer little follow-up.

“In reality, this condition is more serious than it’s often thought to be, and people in the community don’t realize it can become progressive and result in very serious complications, even in young adults,” Dr. Landaverde says.

Telling NAFLD and NASH apart can be tricky. An ultrasound test will identify fatty infiltration in the liver, but it can’t show whether the inflammation associated with NASH is present. The only way to see the difference is to do a liver biopsy, but this is often reserved for patients with a history of liver abnormalities who are already at high risk.

So if your physician says you have fatty liver disease, “really focus on modifying your diet and exercising to reach a healthy weight,” Dr. Landaverde advises. This will keep it from negatively affecting your life in the long run. ❖ By Deborah Paddison

IS YOUR LIVER AT RISK?
Causing no symptoms, NAFLD is usually discovered when a routine blood test shows elevated liver enzymes. Here are some of the major risk factors:

- **Obesity.** Seventy to 90 percent of people who are morbidly obese (100 pounds or more over their ideal body weight) have NAFLD.
- **Metabolic syndrome.** This condition is defined by insulin resistance, abdominal obesity, high blood pressure, high cholesterol and high triglycerides.
- **Type 2 diabetes.** Since diabetes is associated with obesity, it’s also associated with fatty liver disease.
- **Genetics.** NAFLD is common among Hispanics and certain Native American groups.
Centralizing Cardiovascular Research

Virtual center will coordinate efforts across Baylor

Baylor has already distinguished itself as a leader in cardiovascular research across multiple locations. But moving forward, this research will be coordinated in a united effort intended to improve collaboration, access to funding and visibility. Even more important, it’s expected to help Baylor more efficiently translate research into patient care.

This initiative is a program of Baylor Research Institute (BRI) and will create a “virtual” cardiovascular research center (VCC). Entities already conducting research, including THE HEART HOSPITAL Baylor Plano, Baylor Jack and Jane Hamilton Heart and Vascular Hospital, and the Soltero Cardiovascular Research Center at Baylor University Medical Center at Dallas, will be part of the new VCC.

“They've all done world-class cardiovascular research, but what’s been lacking so far is a unified approach,” says Bernard Brigonnet, vice president and chief operating officer of BRI.

According to Brigonnet, the VCC will create synergies and access to joint resources across Baylor’s research lines, including BRI’s personalized, or precision, medicine efforts.

“The advancing field of personalized medicine is becoming more important every day in the care of patients,” says Brigonnet, referring to treatment that's tailored to an individual patient’s genetic, genomic and clinical information. “Research in cardiovascular disease could benefit from this science, too.”

By uniting the efforts of its various research teams, Baylor can create a single entity large enough to become one of the top research recruitment centers in the country, Brigonnet says.

The virtual nature of the VCC means there will be no new physical building. Each research team will work from its existing facility but will be united where appropriate through centralized leadership, including the already existing Cardiovascular Research Coordination Committee.

In addition to enhancing research capabilities and access to funding, the VCC is intended to bring research developments to the patient bedside faster.

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Illustration by Blair Kelly

To learn more about Baylor’s cardiovascular care capabilities and related research studies open for enrollment, call 1-800-4BAYLOR or visit BaylorHealth.com/AdvancingMedicine.

“Physicians and surgeons will have a much greater chance of sharing their experience and research with their colleagues,” says Brigonnet. “The acceleration of the adoption of new procedures would be a great innovation for our patients.”

By Amy Lynn Smith

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When You Can’t Just Walk It Off

Seek treatment for these common knee injuries

By Stephanie Thurrott

Bill Mattes of Dallas walks trade show floors for work and plays tennis for fun. So he can’t let knee problems slow him down. Over the years, that meant therapy and injections to alleviate pain, as well as five operations on his knee—an anterior cruciate ligament (ACL) reconstruction and four arthroscopies to clean up damaged cartilage and bone.

Still, by age 50, his knee pain was flaring up again. He decided it was time to have his knee replaced, and last October he had the surgery at Baylor Medical Center at Carrollton. By January, he was swinging his tennis racket again. “I’m able to do what I want and need to do with no joint pain at all,” he says. “Just being able to walk on the concrete floors of convention centers now—to do what I do for a living—is so nice.”

Marcus Roux, M.D., an orthopaedic surgeon on the medical staff at Baylor Medical Center at Waxahachie, says sports that require pivoting can lead to knee injuries. In addition to tennis players, he sees problems in people who play basketball, soccer and football.

WATCH THE VIDEO

Hear Bill’s Story

To hear more about the surgery and rehabilitation that helped Bill Mattes get back on his feet and back on the court—pain free—watch his story at BaylorHealth.com/MyStory.
When You Can’t Just Walk It Off

Romanian Steps

Wendell Cooke, of Waxahachie, travels to Romania on a mission trip every summer. “I have to walk a good bit, and go up several flights of stairs. My knee began to swell on me, and for the past two years I’ve had trouble. I’m going back this year, so I knew I needed to do something.”

Injections didn’t alleviate the pain for long, and when X-rays showed that Cooke had bone rubbing against bone, his doctor recommended total knee replacement. He underwent the surgery last November and now is able to walk on the knee. He’s so confident he will be able to move around Romania without trouble, he’s already booked his tickets for July.

Here are some of the most common knee injuries and ailments:

Bone bruises occur when people hyperextend a knee, take a hit to the knee or suffer trauma from an accident. People with bone bruises will feel pain along the joint lines and notice swelling. Rest, ice, elevation and change in your activities can help bone bruises heal. “Don’t run, don’t cut [side to side], don’t jump,” Dr. Roux says.

Meniscus tears cause pain when pivoting and rising up from a squat. Sometimes, they’re caused by something as simple as bending down and standing up, or rolling over in bed, says Eric Stehly, M.D., an orthopaedic surgeon on the medical staff at Baylor Regional Medical Center at Grapevine. “These injuries aren’t always apparent, and people sometimes fail to seek treatment for weeks or months because it doesn’t hurt all the time, just during certain activities.” Meniscus tears can be treated surgically, in a same-day procedure.

With ligament sprains, your knee will feel unstable, as if you might misstep. Bracing and activity modification can help with healing.

ACL, medial collateral ligament (MCL) and lateral collateral ligament (LCL) tears bring swelling and knee instability. MCL and LCL tears may heal with conservative treatment; ACL tears usually require surgical reconstruction.

Overuse injuries, such as tendinitis, usually heal with rest. Your doctor can help determine if your injury stems from overuse.

Arthritis is the most common cause of chronic knee pain and loss of function. Osteoarthritis causes the cartilage cushioning the knee bones to wear away, forcing the bones to rub together, while chronic inflammation from rheumatoid arthritis can damage the cartilage and trigger severe pain and stiffness. Both conditions may result in the need for joint replacement.

Glenn Wheeless, M.D., an orthopaedic surgeon on the medical staff at Baylor Carrollton, suggests seeking treatment for these knee warning signs:

- Pain when you try to do a deep knee bend
- A knee that locks or catches, preventing you from bending it
- Sharp pain

Depending on the diagnosis, treatment may include physical therapy, exercise, bracing or surgery.
Community Calendar
May & June 2011

SPECIAL EVENTS
It’s a Guy Thing
Saturday, June 11, 7:30 a.m. to noon. Baylor Charles A. Sammons Cancer Center
Call 1-800-4BAYLOR to register and schedule a screening appointment.

Camp Airways
June 10, July 8 & Aug 5
A free day camp for kids, age 8-12, with asthma. Sponsored by the Baylor Martha Foster Lung Care Center. For more information or to register, call 1-800-4BAYLOR.

DRV NOW, TXT L8TR
Pledge not to text while driving at BaylorHealth.com/DRVNOWTXTL8TR.

ONGOING PROGRAMS
Saturday Mammogram Clinics
Baylor Breast Imaging Centers. For dates and to schedule an appointment, call 1-800-4BAYLOR or visit BaylorHealth.com/DallasBreastImaging.

Skin Cancer Screening Clinic
Friday, May 20 & June 17
Baylor Charles A. Sammons Cancer Center, Oncology Outpatient Clinic, Suite 250
Call 214-820-8577 to schedule an appointment.

Cancer Support Group
Baylor Charles A. Sammons Cancer Center, Cvetko Education Center, Suite 200
Call 214-820-2608 for topics, dates and registration.

Diabetes Support Group
Baylor Ruth Collins Diabetes Center.
Call 214-820-8988 for dates and locations.

Newborn and Parenting Classes
Women’s and Children’s Services Classes held all year on a variety of topics. Seating is limited. Registration required. Call 1-800-4BAYLOR.

Weight Loss Surgery Seminars
May 10, 25 & June 14, 22, 6 to 7:30 p.m.
Baylor Health Center at North Dallas. Seating is limited. Call 1-800-4BAYLOR for a reservation.

LINK: Connecting Cardiovascular Health and Wellness Across Generations
May 18 & June 15
Baylor Heart and Vascular Hospital, Ground Floor, Cree Auditorium.
Call 1-800-4BAYLOR for times and more information.

Leap for Life®
May 19, 21 & June 23, 25
Baylor Heart and Vascular Hospital, Cree Auditorium, Classroom A & B.
Call 1-800-4BAYLOR for more information.

Wired For Life – ICD Support Group
May 12, 10 a.m. to 2 p.m.
Baylor Heart and Vascular Hospital, Perseus Conference Room, 2nd floor

FREE SCREENINGS

June 11 / 7:30 AM – NOON
Baylor Charles A. Sammons Cancer Center
3410 Worth Street, Dallas, 75246

Most guys insist on taking charge and being in control until it comes to their health. Do you know the last time you had a check-up? Do you know your cholesterol or blood pressure numbers? You can find out on June 11th.

Join us for It’s a Guy Thing, an event dedicated solely to men’s health.

Free Health Screenings:
- Blood pressure
- Glucose
- Cholesterol
- Hearing
- Lung function test
- Body mass index screening
- And more

Other offerings:
- 5-minute chair massage
- Golf swing analysis
- Educational information provided by physician panel with Q&A moderated by David Winter, MD
- Free gift for attendees

Free screenings and free breakfast? Take charge of your health this summer. Sign up today.

REGISTER AT 1.800.4BAYLOR OR BAYLORHEALTH.COM/DALLASGYUTHING

*For a more accurate reading, do not eat or drink anything after midnight before the screening. You may take your regular medications as directed. Please review and follow the checklist posted at the event or go to Baylor Health Care System’s website, community or affiliated medical centers and any unique requirements per agent of those medical centers. Baylor University Medical Center at Dallas, Baylor University Heart and Vascular Hospital, at Baylor Health Care System. © 2011 Baylor Health Care System. WOBNOZMED 04/1010538T 05/11.

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