

May 2012

# Baylor Health

**CARROLLTON EDITION**

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**REAL PATIENTS. REAL STORIES.**

## Man Up for Your Health

Men are notorious for avoiding the doctor. But WAYNE REYNOLDS is alive today because he sought treatment when he needed to

**PAGE 4**

Wayne is pictured with his wife, Martha.

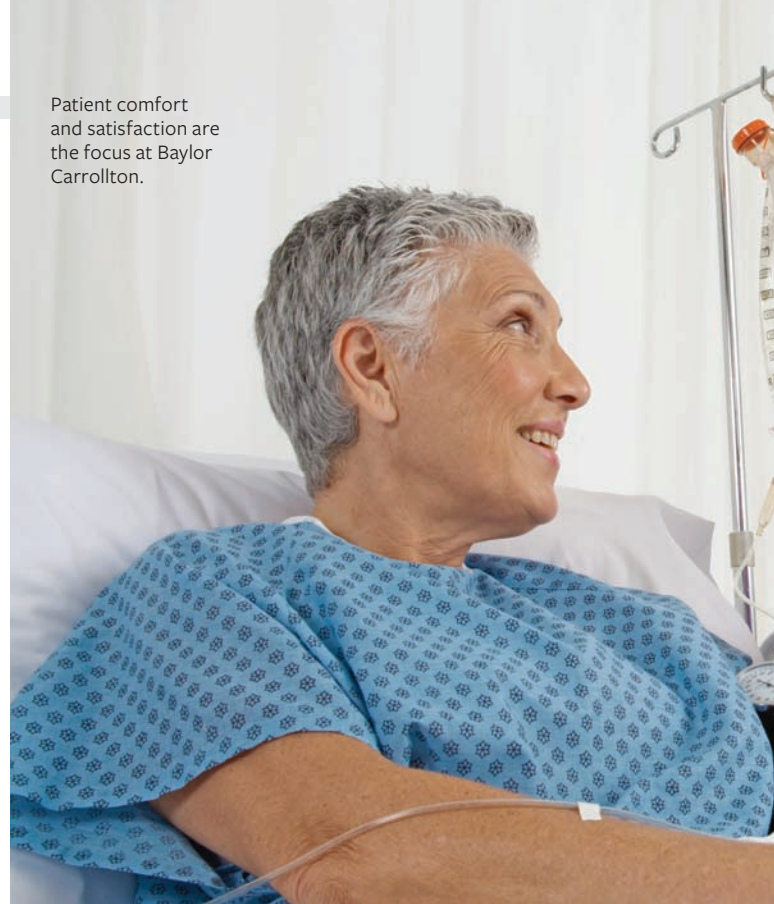


**GROWING TO SERVE YOU**  
Baylor Carrollton expands its services **PAGE 2**



**FEELING STRESSED?**  
Discover five easy ways to keep your cool **PAGE 7**

Patient comfort and satisfaction are the focus at Baylor Carrollton.



# Your Community Hospital Transformed

Learn how Baylor Carrollton is changing to meet the community's health care needs

IT HAS BEEN ALMOST THREE YEARS since Carrollton's only hospital joined Baylor Health Care System, changing its name from Trinity Medical Center to Baylor Medical Center at Carrollton. But there's more than just a new sign on the building. Ask the physicians, the staff and even the patients at Baylor Carrollton and they will tell you about the dramatic changes and improvements that are taking place inside.

## IMPROVING PATIENT CARE

"We are most proud of our improvement in the quality of care we provide," says Anita Hunt, director of health care improvement at Baylor Carrollton.

In June 2009, when Trinity (now Baylor Carrollton) joined the System, the hospital was performing better than the state average in all areas of care. However, when compared to the rest of Baylor Health Care System hospitals, there was room for improvement. The bar had been raised and Baylor Carrollton was up for the challenge.

"We implemented processes so that every measure was performed for every patient, every time," Hunt says. "We started seeing dramatic improvement right away." By the end of the second year, Baylor Carrollton was rated among the best in Baylor Health Care System.

Improvements in patient satisfaction are also evident. Reinforcing the belief that family and friends are integral to the healing process, Baylor Carrollton has eliminated

# 5,500

Since June 2009, Baylor Carrollton has provided more than 150 educational events and more than 300 community events, bringing free health screenings to more than 5,500 individuals.

traditional visiting hours, allowing patients access to their loved ones, regardless of the time of day.

And patients now have the opportunity to play a more active role in their treatment thanks to bedside reports. When nurses change shifts, they complete the handoff at the patient's bedside, with the patient's input. This provides an added level of safety as well as improved communication.

## GROWING FOR THE FUTURE

"Expanding our service offerings is another important area of change," says Michael Sanborn, M.S., FACHE, president at Baylor Carrollton. Here's what is new at your community hospital.

Baylor Medical Center at Carrollton, 4343 N. Josey Lane, Carrollton, TX 75010. 972.492.1010. Visit [BaylorHealth.com](http://BaylorHealth.com) or call 1.800.4BAYLOR for information about Baylor Medical Center at Carrollton services, upcoming events, physician referrals, career opportunities and more.

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## Best of the Metrocrest

It's gratifying when your accomplishments are recognized. Baylor Medical Center at Carrollton was pleased to be named "Business of the Year" for 2011 by the Metrocrest Chamber of Commerce.

Over the past three years, Baylor Carrollton has emerged not only as a leading provider of health care services, but also as a vital employer and community asset for the Metrocrest area.

"The services and dedication the hospital provides to our community are unmatched," says Charles

Heath, chairman of the Metrocrest Chamber.

"This award is a reflection of the outstanding work of our staff and the talented physicians on our medical staff," says Michael Sanborn, M.S., FACHE, Baylor Carrollton president. "We are honored to receive such a prestigious award from the Metrocrest Chamber, and we are proud every day to serve the citizens of the Metrocrest area. It's our honor and privilege to care for the health of those in this exemplary community."

cancer center, which would offer chemotherapy infusions and radiation therapy, is planned for the near future.

**Neurological care.** Several neurosurgeons have joined the medical staff, growing the hospital's neurosurgical services and capabilities. And with a neurosurgery call system now in place, physicians on the medical staff at Baylor Carrollton can treat more complex trauma cases.

### A CHANGING LANDSCAPE

Expanded services and improved care aren't the only changes at Baylor Carrollton. The building itself is getting its own upgrades. Recently, the north wing of the third floor was completely remodeled, providing oversized, hotel-like suites for orthopedic surgery patients and their families.

To further elevate the level of orthopedic care, two new operating room suites were constructed, featuring advanced equipment for joint replacement, spine surgery and other complex surgical procedures. A complete remodel of the rest of the OR is planned for next year.

Renovations are also scheduled for the women's services unit, medical/telemetry unit, diagnostic imaging centers, clinical laboratory and many of the common areas around the facility. Since joining Baylor Health Care System, the hospital has spent more than \$26 million in capital improvements.

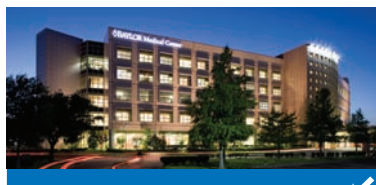


Baylor Carrollton has enhanced its orthopedic services with the addition of a new rehabilitation gym.

**Wound care.** In 2010, the hospital opened a comprehensive wound center that includes two hyperbaric oxygen therapy chambers.

**Cardiology care.** The emergency department was named an accredited chest pain center by the Society of Chest Pain Centers. This means that the hospital has proved its ability to receive and treat patients suffering from chest pain or a possible heart attack effectively, thanks to a collaborative effort between the hospital, first responders and cardiac specialists. Also, a new cardiac catheterization lab is planned for later this year.

**Cancer care.** The cancer program at Baylor Carrollton is growing rapidly. In addition to beginning the two-year process toward accreditation by the Commission on Cancer, the program also features monthly cancer conferences, during which current cases are presented to an interdisciplinary group of physicians for discussion and treatment decisions. And an outpatient



### Learn What's New

Discover all that Baylor Carrollton has to offer, including upcoming events, by visiting [BaylorHealth.com/Carrollton](http://BaylorHealth.com/Carrollton).

# Live Longer, Live Stronger

Smart strategies to defuse men's top *health threats*

Staying in shape is a priority for Wayne Reynolds. "I've always been extremely health conscious," says the 55-year-old bank senior vice president. Because of bleeding polyps when he was 35, Reynolds had several colonoscopies in his 30s and 40s before getting an all-clear report when he was 48. Later, when bleeding cropped up again, internal hemorrhoids were diagnosed. But Reynolds felt that it wasn't a big enough deal to want to take time away from his busy work and family life.

When Reynolds finally scheduled repair surgery in 2010, the surgeon discovered Reynolds also had a tumor in his colon. It took almost a year of chemotherapy, radiation and surgery to treat the stage-three cancer.

"If I had acted sooner, I might have been diagnosed with stage-one colon cancer," Reynolds says. "It's best to err on the side of current inconvenience instead of long-term inconvenience."

Although he still struggles with chemo-induced peripheral neuropathy, making it difficult to feel his feet and be as active as he would like, today Reynolds' cancer is gone and he is relieved.

Wayne Reynolds survived colon cancer, thanks to his good sense to see a doctor when he did and the support of his wife, Martha.



## Watch Wayne's Story

To hear more about Wayne's story, visit [BaylorHealth.com/Healthcast](http://BaylorHealth.com/Healthcast) today.





## Sign Up and Bring a Buddy!

To register for It's a Guy Thing, call **1.800.4BAYLOR**.



## It's a Guy Thing

Men, mark your calendars for It's a Guy Thing, a free health fair on Saturday, June 23, from 7 a.m. to noon, in the lobby at Baylor Medical Center at Carrollton.

The event focuses specifically on men's health, says Robin Kraase, MHA, community outreach coordinator at Baylor Carrollton.

"Participants will have the chance to attend educational seminars on current men's health topics and meet with primary care doctors and specialists," Kraase says.

Here's how to plan your day.

- Start off the morning with complimentary health screenings. One blood draw (which requires fasting) will test your cholesterol, blood glucose and hemoglobin A1c.
- Enjoy a light breakfast. Then get your blood pressure checked, receive a body composition analysis and determine your body mass index (BMI).
- Visit educational booths highlighting weight loss surgery, orthopedics, digestive health and more.
- Sit down for "Coffee Talk with a Doc." During this one-hour Q&A session, a panel of physicians will answer questions submitted anonymously by audience members.
- End the day with a free golf swing analysis and a relaxing chair massage.

Like Reynolds, you may think you're too busy for an annual physical, screening test or minor medical procedure. But "sacrificing an hour or an afternoon or even two or three days of your life is a lot more efficient than sacrificing weeks and months of your life" for treating more-advanced disease, Reynolds says.

Here's what you can do to guard against common diseases that strike men:

### **THREAT: CARDIOVASCULAR DISEASE** Strategy: Get your numbers in line

"The number-one killer of men is cardiovascular disease," says Shaun McMurtry, M.D., a family medicine physician on the medical staff at Baylor Regional Medical Center at Grapevine. When fatty plaque deposits build up in blood vessels, they can cause heart attack or stroke.

Just like tracking business goals, you can't measure your progress if you don't know your numbers. Keep an eye on your blood pressure, cholesterol and weight.

"Generally speaking, you're not going to feel bad from high blood pressure or cholesterol," Dr. McMurtry says. "So you don't know you have them until you get the screening done."

Improving your diet and exercise habits can help modify weight and cholesterol and blood pressure levels. If lifestyle changes aren't enough, medication may help reduce your heart disease risk.

### **THREAT: CANCER** Strategy: Talk to your doctor about necessary screenings

Lung, prostate and colon cancer are the top three cancers in men. "Screening is the biggest way to catch colon cancer in its early stages," Dr. McMurtry explains. "Anytime you can catch a cancer early, before it spreads, you have a better outcome." If everyone older than 50 would get recommended screening tests, colon cancer deaths could be reduced by as much as 60 percent, the Centers for Disease Control and Prevention says.

"It's important to have regular visits with your primary care doctor so you know if you need to screen earlier," Dr. McMurtry says. You can also discuss the risks and benefits of

screening for prostate cancer by means of a digital rectal exam or prostate-specific antigen testing.

Smoking is the culprit for about 90 percent of lung cancer deaths in men. "If you don't smoke, don't start," Dr. McMurtry says. "If you do, quit."

See your doctor if you experience symptoms such as chest pain, chronic cough, coughing up blood or unexplained weight loss.

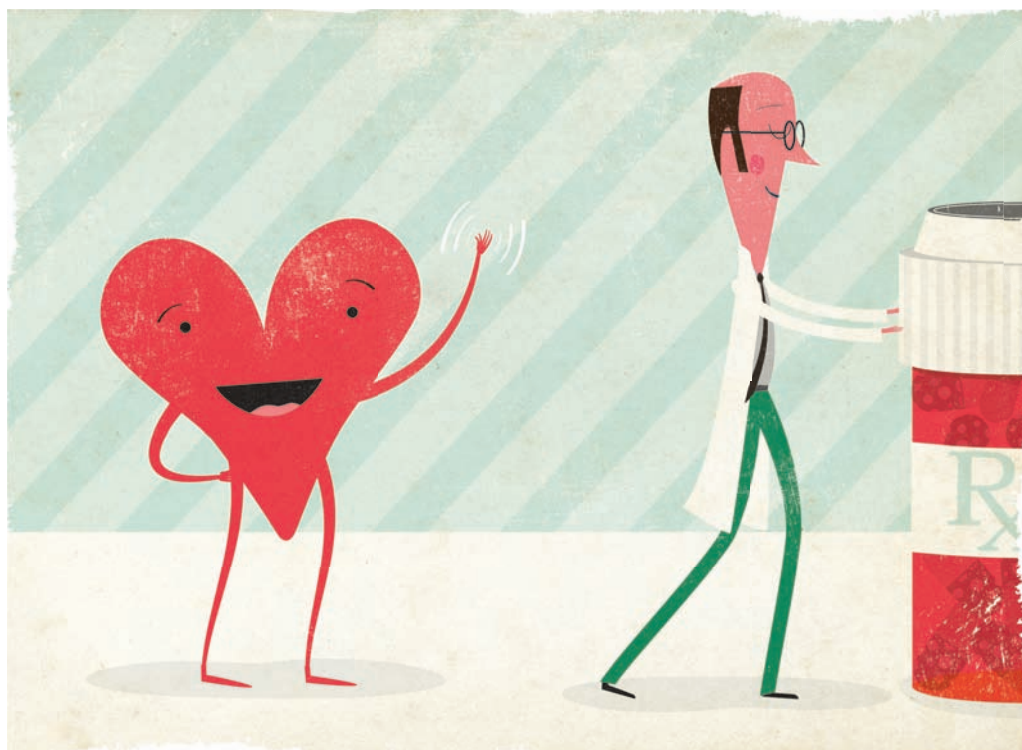
### **THREAT: DIABETES** Strategy: Be physically active and lose a little bit of weight

Being overweight and inactive are two major risk factors for type 2 diabetes. "Losing weight and exercising have been proven to decrease your risk of developing diabetes," Dr. McMurtry says. Losing just 5 to 7 percent of your body weight can delay or prevent diabetes, according to a National Institutes of Health study. Even without weight loss, exercise can help lower blood sugar, other research has shown.

"Diabetes affects every system in the body," Dr. McMurtry says. Uncontrolled high blood sugar puts you at risk for heart disease, stroke, vision loss, kidney disease, erectile dysfunction, and nerve damage that causes a loss of feeling in the feet and legs.

It can be hard to make time for your health in the midst of work and family responsibilities, Reynolds acknowledges. "But if I'm gone, I can't take care of my family. Your physical health is more important than anything else."

Acting now can preserve your ability to enjoy life in the future. "You need to catch these health conditions in their early stages," Dr. McMurtry says, "so you can prevent complications as you get older that can limit your ability to be active."



# 33.5%

More than a third of U.S. adults have high blood pressure.

but not achieving the desired lower blood pressure levels.

“In previous studies of this device in limited numbers of people, this simple procedure reduced patients’ blood pressure by an average of about 30 mmHg, a reduction that persisted throughout subsequent assessments,” says Sonia Prashar, M.S., CCRC, research coordinator at THE HEART HOSPITAL Baylor Plano. Baylor Jack and Jane Hamilton Heart and Vascular Hospital also is participating in the study.

Participants will be randomly assigned into two groups: One group will have the renal denervation

procedure and the other group will not. (No one but the surgical team will know who is in each group.) Patients will be given home blood pressure monitors and followed up with frequently. After six months, participants who did not have the procedure may be given the option of having it done, if they still qualify.

If the study confirms that renal denervation can result in a large, persistent decrease in blood pressure, it could be excellent news for people who have high blood pressure that isn’t being successfully controlled with medication.

“Improving blood pressure has a profound effect on longevity and reducing the risk of stroke,” says James W. Choi, M.D., primary investigator for the Symplicity trial at Baylor Hamilton Heart and Vascular Hospital. “Catheter-based renal denervation is an exciting, investigational treatment for patients with resistant hypertension who otherwise might not be able to be helped.”

## Easing the Pressure

Baylor study investigates alternative to blood pressure medication

UNCONTROLLED HIGH BLOOD PRESSURE can lead to serious health issues, including heart disease, kidney disease and stroke. Baylor researchers are studying a new approach that could help normalize blood pressure—without medication.

The Symplicity trial is testing a minimally invasive procedure known as renal denervation. The experimental procedure uses heat that is generated by radio frequency to disrupt nerve communication to and from the kidneys. This can reduce overactivity in the sympathetic nervous system, a frequent cause of chronic high blood pressure.

“The sympathetic nervous system controls blood pressure and can cause hypertension initiated by life and stress,” says David L. Brown, M.D., principal investigator at THE HEART HOSPITAL Baylor Plano. “This investigational device is being tested to determine if it will disrupt

the sympathetic nervous system, which may significantly lower blood pressure, stop multiple antihypertensive medications, and have an effect on other conditions affected by the sympathetic nervous system.”

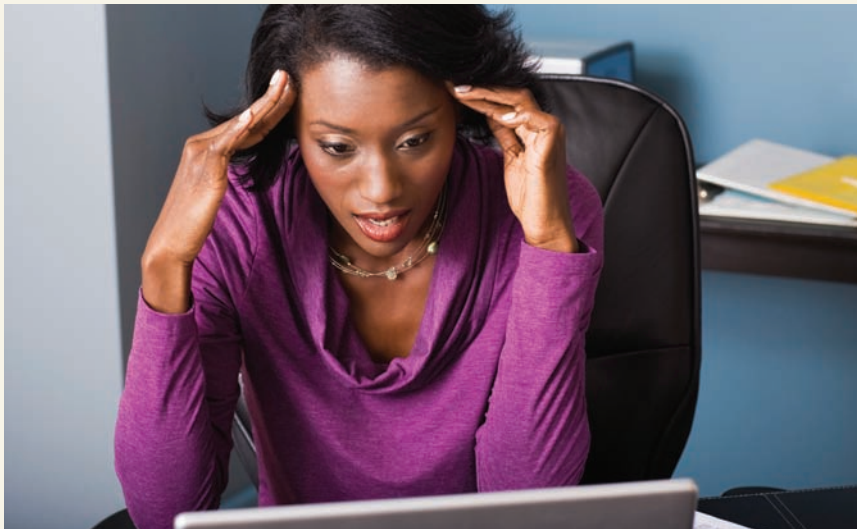
Blood pressure is measured in millimeters of mercury (mmHg). Less than 120/80 is considered healthy. To enroll in the Symplicity trial, patients must have a blood pressure level in which the top (systolic) number is above 160. They must also be taking the maximum dose of three to five different blood pressure medications simultaneously

**Do You Have High Blood Pressure?**

To enroll in the Symplicity trial, visit [BaylorHealth.com/AdvancingMedicine](http://BaylorHealth.com/AdvancingMedicine).

# FIGHT STRESS ON THE FLY

These quick, calming techniques can help you cope with life's challenges



**LET'S FACE IT**, stress is a part of life. If left unchecked, however, stress can lead to anxiety, high blood pressure, insomnia, digestive issues and a host of other health problems.

Susan Overstreet, M.D., family medicine physician on the medical staff at Baylor Medical Center at Carrollton, offers five quick, calming techniques.

## 1 GIVE YOGA A GO.

"Even though you can't take a 50-minute yoga class when you're in the middle of something, there's no reason you can't close your office door, get in the downward dog position and relax," she says.



Dr. Overstreet says. "Maybe not every one of those tasks needs to be done perfectly. It's OK to ask, 'Ten years from now, how important will it be that I did this well?'"

## 2 IDENTIFY UNREALISTIC THOUGHTS.

A dose of reality may stop excessive worry in its tracks. "Maybe you're late on your house payment and you catch yourself getting anxious that it will mess up your credit score and sabotage an attempt to get a loan. Stop yourself, and say, 'What's realistic? I'm a few days late on my mortgage,'" Dr. Overstreet says.

## 3 LET GO OF PERFECTIONISM.

"Many times the focus of our worry is getting things done on our to-do list,"

## 4 HUNT FOR HUMOR.

"Many of us feel less stressed when we can laugh," Dr. Overstreet says. Stopping to snicker over daily predicaments will help you gain perspective.

## 5 TALK IT OUT.

"Venting to the appropriate person is the key. Find someone who is trusted and not overly anxious about the same things you are," she advises.

## When Stress Won't Stop

Sometimes bigger adjustments are necessary. The American Psychological Association recommends these strategies for chronic stress:

- Set limits.
- Reach out to your support system.
- Make one health-related change (such as exercising or quitting smoking).
- Enhance your sleep quality.
- Try to be positive.
- Seek help from a licensed mental health professional.



## Help When You Need It

If you're feeling overly stressed or anxious, talk to your doctor. For a referral to a physician on the medical staff at Baylor Carrollton, call **1.800.4BAYLOR** or visit **FindDrRight.com**.



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to your *inbox*.

# Baylor Health

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# BETTER MAN, BETTER YOU.

**SATURDAY, JUNE 23 • 7 AM-NOON**

Main Lobby-Baylor Medical Center at Carrollton  
4343 N. Josey Lane, Carrollton, TX 75010

Join us for **It's a Guy Thing**, a **FREE** health event designed just for men. Bring your father, brother or friend to learn about maintaining and improving your health. The event includes:

- Free Health Screenings: blood pressure, glucose and cholesterol,\* & more!
- Men's health education seminars
- 5 minute chair massage
- Wellness Booths
- Complimentary breakfast

**Guys it's time for a tune-up! Register today.**

Download a code reader on your smartphone and scan this QR code to get event details.



 **BAYLOR**  
Medical Center  
at Carrollton

**TO REGISTER: CALL 1.800.4BAYLOR OR  
GO TO BAYLORHEALTH.COM/GUYTHING**

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