

May 2013

# Baylor Health

**CARROLLTON EDITION**

Visit [BaylorHealth.com/Carrollton](http://BaylorHealth.com/Carrollton) for informative videos, interactive quizzes, online event registration and much more.



**REAL PATIENTS. REAL STORIES.**

## At Ease

JENNIFER SHEPPARD finally has the answer to unexplained symptoms: Crohn's disease

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**STOP OSTEOPOROSIS**  
4 ways to keep your skeleton strong **PAGE 2**



**TEST YOUR SKIN SAVVY**  
Are you taking the right steps to protect your skin? **PAGE 5**



# Build Your Bones

## 4 ways to fend off osteoporosis

**Here's how to keep your skeleton strong and prevent bone loss.**

### 1. EXERCISE

Work your bones with weight-bearing exercise such as walking and jogging.

### 2. GET PLENTY OF CALCIUM

You need three to five servings of high-calcium food daily. Good choices include dairy foods, calcium-fortified orange juice, tofu processed with calcium, collard greens,

turnip greens, canned salmon with bones, dried beans or peas, almonds, kale and broccoli.

### 3. MAKE HEALTHY LIFESTYLE CHOICES

Avoid smoking and excessive alcohol consumption, which can weaken your bones.

### 4. TRY A TEST

If your doctor recommends it, have a bone density screening. It's a painless procedure that can help determine whether you're



### Have You Been Screened?

Talk to your doctor about scheduling a bone density exam. For a referral to a physician on the medical staff at Baylor Carrollton, visit [BaylorHealth.com/Carrollton](http://BaylorHealth.com/Carrollton) today.

at risk for osteoporosis. Most doctors recommend a scan at age 65, but if you are at high risk or have a family history of the disease, talk to your doctor about testing sooner.

## Renowned Heart Care

If you're living with heart failure, you want easy access to high-quality care. Well, we have good news: Baylor Medical Center at Carrollton recently received full heart failure accreditation status from the Society of Cardiovascular Patient Care (SCPC).



“Receiving national recognition as an accredited heart failure center reaffirms the efforts and commitment of our team every day to deliver quality patient care,” says Mike Sanborn, FACHE, president of Baylor Carrollton.

A facility with heart failure accreditation must demonstrate expertise in key areas, including emergency care, discharge criteria, patient education and staff training.

Baylor Carrollton met or exceeded a wide set of stringent criteria and went through an on-site review by a team of SCPC's accreditation review specialists in order to receive the accreditation.



## Do You Have Heart Failure?

To learn more about heart failure and the services offered at Baylor Carrollton, visit [BaylorHealth.com/CarrolltonHeart](http://BaylorHealth.com/CarrolltonHeart) today.

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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Baylor Health Care System Mission: Founded as a Christian ministry of healing, Baylor Health Care System exists to serve all people through exemplary health care, education, research and community service.

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## Baylor Makes Us All Better

Baylor Foundation has set a goal of raising \$250 million by 2015 to strengthen every aspect of Baylor. It marks our most ambitious fundraising effort to date. Visit [Give.BaylorHealth.com](http://Give.BaylorHealth.com) for more information.

# Home Sweet Medical Home

Home is where people know you and your history. The same is true in a patient-centered medical home. In this team-based model of care, a primary physician acts as a “home base” for providing and coordinating all of a patient’s health care needs.



The National Committee for Quality Assurance, which evaluates the effectiveness of clinics following the patient-centered medical home model, has awarded Baylor Health Care System’s HealthTexas Provider Network the highest possible level of recognition for every one of its 60 clinics that submitted applications. That’s the second-highest total number of recognitions of any medical group in the country.

With an emphasis on prevention and successfully managing chronic diseases, the patient-centered medical home matches patients with a primary care physician who knows every doctor they see, every test or procedure they receive and every medication they take.



## Snore Alert

Snoring may be more than a nuisance. It may signal an increased risk of cardiovascular disease. That’s because some snorers have sleep apnea, in which they briefly stop breathing while they sleep. And untreated sleep apnea increases risk for heart attack, stroke and heart failure.

But even garden-variety snoring may be a sign of trouble. A recent study found that snorers were more likely to have thickening in the carotid artery that supplies blood to the brain, which is associated with coronary artery disease.

### Get Sleep Support

To learn how we can help keep your heart healthy by providing a better night’s sleep, visit [BaylorHealth.com/Sleep](http://BaylorHealth.com/Sleep) today.

## WHEN THE PROSTATE CAUSES PROBLEMS

Did you know that a man’s prostate gland continues to grow throughout adulthood? But if it gets too big, or enlarged, it can cause symptoms. More than half of men in their 60s, and as many as 90 percent in their 70s and 80s, have some signs of an enlarged prostate, also called BPH for benign prostatic hyperplasia or

hypertrophy. Talk to your doctor if you experience:

- A weak or interrupted stream of urine
- Frequent urination
- Urinary urgency or leaking

The condition can be treated with medication, nonsurgical treatments or surgery.

### Do You Have Symptoms?

If you have signs of an enlarged prostate, your doctor can help determine which treatment is best for you. Visit [FindDrRight.com](http://FindDrRight.com) for a free physician referral.

# We've Got Your Back

*We take a closer look at your spine and pinpoint what can go wrong*

WHEN YOU CONSIDER how complex the anatomy of the spine is—muscles, ligaments, disks, vertebrae, nerves and the spinal cord—it's no wonder back injuries are so common.

“Nearly everyone has one at some point,” says James Guess, MD, an orthopedic surgeon on the medical staff at Baylor Medical Center at Carrollton. “Most back pain can be treated with conservative measures, such as rest, nonsteroidal anti-inflammatory drugs, stretching and physical therapy. Escalating back pain, weakness, numbness, or change in bowel or bladder control may indicate a problem requiring evaluation by your physician.”

Here, we explore key components of the spine.

## THE GUARDIANS

**VERTEBRAE:** These bones that make up your spine protect your spinal cord and nerves. A trauma, such as a bad fall or a car accident, can lead to a break or a fracture in your vertebrae. For older adults with osteoporosis (a disease that weakens the bones), compression fractures are also common.

“In the older and osteoporotic patient, something as simple as rolling over in bed in the morning can cause a compression fracture,” Dr. Guess says.

## THE SHOCK ABSORBERS

**DISKS:** These pads are situated between the vertebrae and prevent these bones from rubbing together. Over time, your disks can degenerate, which can cause pain. Additionally, an injury can result in a herniated disk, meaning the disk's core protrudes through its outer casing. If it presses against the nearby nerves, it can be very painful.



## THE COURIERS

**NERVES:** Nerves in the spine carry signals from the brain and spinal cord to the rest of the body. A herniated disk can put pressure on a nerve, resulting in pain. It's important to remember that pinched nerves anywhere in the spine can result in discomfort in your arms and legs. So, if you're feeling pain or numbness in your arms or legs, it's important to see your doctor.

“A lot of people think that if they don't have pain in their back, it's not a back injury,” Dr. Guess says. “But that isn't necessarily the case.”

## THE COMMAND CENTER

**SPINAL CORD:** The spinal cord runs from the base of the skull all the way down your spine. A spinal cord injury can occur when the vertebrae are fractured or dislocated and then threaten to injure or even sever the spinal cord. A spinal cord injury is very serious and requires immediate medical attention.

### Battling Back Pain?

Get help. For a physician referral, visit [FindDrRight.com](http://FindDrRight.com) or call **1.800.4BAYLOR**.

# HOW SKIN SAVVY ARE YOU?

Take our quick quiz to test your skin protection skills

Do you have what it takes to safeguard your skin from harmful ultraviolet rays? See how your answers stack up against our expert, Phillip Disraeli, MD, a family medicine physician on the medical staff at Baylor Medical Center at Carrollton.

## 1 What level of SPF do experts recommend?

- A. 15
- B. 30
- C. 45

**B.** The American Academy of Dermatology and the Skin Cancer Foundation raised the recommendation from 15 SPF (sun protection factor) to 30 SPF or higher, because most people don't apply enough sunscreen. Look for "broad-spectrum" coverage (with UVA and UVB protection), and apply at least 1 ounce on your face, arms and legs, and another ounce if you're in a bathing suit on your chest and back, Dr. Disraeli says.

## 2 You can get sunburned when it's cloudy.

**TRUE or FALSE?**

**TRUE.** "Depending on how thick the clouds are, 80 percent of the sun's UV rays can come through—even in the wintertime," Dr. Disraeli says. "That's why it's so important to wear sunscreen even if it's not sunny."



## 3 What are the most common sunscreen mistakes?

**A.** Applying too much sunscreen.

**B.** Neglecting key areas, such as the ears and neck.

**C.** Putting sunscreen on after you're outside.

**B and C:** "I find that patients will frequently miss their lips, ears, neck and the tops of their feet," Dr. Disraeli says. And most sunscreens need to be applied 15 minutes before you go outside to provide protection. "Only titanium dioxide and zinc oxide are effective immediately," he says.

## 4 You can get skin cancer even if you don't spend a lot of time in the sun.

**TRUE or FALSE?**

**TRUE.** While basal and squamous cell cancers are directly linked to UV exposure, melanoma is different. "There's a genetic component that puts you at a higher risk for developing it, or if you have many, many moles—regardless of any sun exposure," Dr. Disraeli says. "That's why we encourage patients to do full-body, self-skin checks regularly and to see a family physician if they have any doubt about a spot."

## 5 Tanning beds are a safe way to get vitamin D.

**TRUE or FALSE?**

**FALSE.** "Tanning beds typically use UVA bulbs, and an easy way to remember what UVA does is to think that the 'A' stands for aging. It's going to cause wrinkles, and it's going to increase your risk for skin cancer, too," Dr. Disraeli says. "UVB rays—in which the 'B' stands for burn—are the rays that are used to make vitamin D in your body." And remember: You can get your D from dietary sources like milk or by taking a supplement.

### See a Suspicious Spot?

For a referral to a physician on the medical staff at Baylor Carrollton, visit [BaylorHealth.com/Carrollton](http://BaylorHealth.com/Carrollton) today.

# Gut Check Time

3 ways to help your digestive system run smoothly

Jennifer Sheppard knew her illness wasn't in her head. She had severe abdominal pain, had lost nearly 40 pounds without trying and her hair was falling out. But no one had answers for her. That was until she went to the emergency room at Baylor Medical Center at Irving, where she was diagnosed with Crohn's disease, an autoimmune condition that causes inflammation in the digestive system. Common symptoms can range from diarrhea to joint pain to skin problems.

"I had never heard of it, so it was a huge learning experience for me," Sheppard says. "The doctors and nurses answered every question I had and made me feel comfortable. They put me at ease about my diagnosis."

After being diagnosed with Crohn's disease, Jennifer Sheppard changed her diet and got smarter about handling stress.

Watch Jennifer's Story

Hear Jennifer talk more about her experience at [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/exclusive) today.



Sheppard spent most of 2010 adjusting to life with Crohn's disease and the new medication it required. She had to change her diet and learn to manage her stress levels to keep symptoms at bay. "I can't eat raw vegetables because things that aren't fully cooked feel like glass going through my stomach," Sheppard says.

Now, the 27-year-old is going back to school, where she is

studying business and psychology. And she's back to work at a western store in downtown Dallas. "This is the first year in a long time that I've felt normal," Sheppard says. "It's easy to have a pity party about this, but you just have to keep on keeping on. You have to take care of yourself."

Are you dealing with your own stomach troubles? Adopt these three tips for digestive success.

# 1 THE KEY INGREDIENT

The first step to a happy stomach is to examine your diet. And for most people that means making sure you're eating a balanced diet with plenty of fiber, which will keep your digestive system moving efficiently, says Adnan Nadir, MD, a gastroenterologist on the medical staff at Baylor Medical Center at Carrollton. "Choose foods like green vegetables, corn and beans," he says. For fiber-rich fruits, opt for raspberries, pears and apples.

Just how much fiber do you need? Women should aim for 25 grams each day, while men should get 38 grams, according to the Academy of Nutrition and Dietetics. That's not hard to do if you incorporate whole grains, plenty of produce and beans into your daily diet.

# 2 JUST ADD WATER

Think of water as the oil that greases your digestive system's wheels.

"Dehydration leads to constipation and a lot of other gastrointestinal issues," Dr. Nadir says.

Keep this in mind, too: The adage of drinking eight glasses of water a day may not apply to you. Talk to your doctor about the specific amount you need, and look beyond the glass. Lettuce, watermelon, grapefruit, broccoli, and low-fat milk and yogurt can help you get the fluids you need with a little flavor.



# 3 SIT BACK AND RELAX

"There's a strong connection between the brain and the gut," Dr. Nadir says. For people with digestive problems, such as Crohn's disease, irritable bowel syndrome or ulcers, anxiety only fans the flames of discomfort. But even those without a chronic condition can experience constipation or diarrhea when under too much pressure.

Since it's virtually impossible to avoid stress in this day and age, it's important to arm yourself with the tools to combat it. Exercising, eating well and getting enough sleep can all contribute to a calmer you. Take it a step further by meditating, practicing deep breathing techniques and making time for the things you love, whether that's reading, scrapbooking or soccer. You (and your stomach) will be glad you did.

## Defuse Your Digestive Distress

Tired of persistent heartburn? For a referral to a gastroenterologist on the medical staff at Baylor Carrollton, visit [BaylorHealth.com/Carrollton](http://BaylorHealth.com/Carrollton) today.

## Help for Heartburn

If you have heartburn more than three times a week, you may need treatment for gastroesophageal reflux disease (GERD), says Adnan Nadir, MD, a gastroenterologist on the medical staff at Baylor Medical Center at Carrollton. Treatment may include:

- **Lifestyle changes.**

Losing a little weight can help. Also, avoid things that trigger symptoms, such as fatty, spicy or acidic foods, smoking and alcohol.

- **Medication.** Over-the-counter or prescription medications can reduce or block acid production.

- **Testing.** For patients who have difficulty swallowing or aren't responding to medication, an endoscopy test may be done to rule out conditions other than GERD, such as infection or cancer, Dr. Nadir explains. The test will also check for damage to the esophagus caused by prolonged acid exposure from chronic reflux.

- **Surgery.** "Surgery is fairly uncommon, but can be beneficial in select patients," Dr. Nadir says.



Make time for yourself—*and your health*—this Mother's Day

# *The Greatest Gift*

As a mom, you typically take care of everyone else in the family first. But to continue to play the role of caretaker for years to come, you have to look after yourself, too. In honor of Mother's Day, give yourself the gift of good health and take the time to schedule these important screenings.



## MAMMOGRAM

There are no sure things in medicine, but mammograms, which can find breast cancer in its earliest stages, come pretty close.

"Mammograms, which are X-ray images of the breast, can detect something two years before we can see or feel it," says Tami Roberts, MD, a family practice physician on the medical staff at Baylor Medical Center at Carrollton. "And because early detection is key to effectively treating cancer, mammograms are our best line of defense against breast cancer."

Dr. Roberts recommends getting a mammogram every year, beginning at age 40. "Risk increases as you age, so you never graduate from breast cancer screenings," she says. "By the time you are 80 years old, you have a 1 in 8 chance of developing breast cancer."

And keep in mind that you may need to start screening earlier based on family history. "Typically, we recommend women have the exam 10 years before the age that their relative was when they had their first diagnosis," Dr. Roberts says.





## Schedule Your 'Me' Time

The next scheduled spa mammography day is June 1, from 8 a.m. to 12:30 p.m. To register or to set up a screening mammogram at your convenience, call **972.394.1080**. Most insurance plans are accepted.



## COLONOSCOPY

While colonoscopy gets a bad reputation, the exam's ability to detect cancer early has made it one of the stars of the screening world.

Most adults should schedule their first colonoscopy at age 50. "There's really no reason to do it sooner, unless there's a family history or there's the presence of a bowel disease, such as Crohn's," Dr. Roberts says. "You should check with your doctor if you have any change in bowel habits or rectal bleeding.

"While these aren't anyone's favorite exams, they can be lifesaving. Colon cancer can remain silent until it's too late, and it has already spread," Dr. Roberts says.



## CARDIAC EXAMS

Heart disease is the No. 1 killer of women in the United States, according to the American Heart Association, so it's important to stay on top of your ticker. "By age 50, every woman needs to be having blood work every year to check the health of her heart and lungs," Dr. Roberts says. "Heart disease doesn't have any noticeable symptoms, so these checks are essential."

But keeping tabs on heart health doesn't start at 50. Beginning at age 20, your doctor should monitor your cholesterol, blood pressure and other risk factors every five years or so. "Once you hit 40, cholesterol screenings should happen every other year," Dr. Roberts adds.

Be honest with your physician about risk factors, such as smoking, stress and diet. Your doctor can help you improve your habits now, which will lower your risk for heart disease in the future.

"Talking to your doctor and having these exams can help women avoid serious issues down the road," Dr. Roberts says.



## PELVIC EXAM AND PAP TEST

In recent years, the recommended frequency of gynecological exams has changed. While most women refer to their annual screening as a Pap test, it is actually the physical, or pelvic, exam that should be done every year. "The Pap smear is just a portion of the pelvic exam, and the recommendations for Pap are changing," Dr. Roberts says.

A pelvic exam involves a comprehensive check of your entire pelvic area; a Pap smear entails taking a few cells from your cervix to check for abnormalities, which could signal cervical cancer.

"While it used to be that women should have a Pap every year with their pelvic exam, that has changed to a recommendation of every three to five years for the Pap smear for certain populations," she adds.

Confused? "Every adult woman, no matter her age, should get a physical exam every year," Dr. Roberts says. "Talk to your doctor about how often you need a Pap smear." And, she says, that advice holds true for health screenings across the board: "If you're unsure of what exams you need and when, ask your doctor. Don't just ignore it."

## Get Proactive, Get Pampered

Have you scheduled your mammogram yet? Get your exam while enjoying a little pampering at Baylor Medical Center at Carrollton's spa mammography days. Enjoy free perks such as refreshments and chair massages, and get a free gift (while supplies last).

"Mammograms have a crucial role in the early detection of breast cancer. They also detect changes in the breast that are too small to be felt," says Tami Roberts, MD, a family practice physician on the medical staff at Baylor Carrollton. "The earlier you detect breast cancer, the easier it is to treat it successfully."

The American Cancer Society recommends women begin annual screening mammograms at age 40, although having a family history of breast cancer can change that. Talk to your doctor about what age is right for you.

# One Hardworking Hormone

The female hormone estrogen might help speed recovery in trauma patients

NORTH TEXAS DOCTORS believe they may have found a wonder drug, something that could both increase survival rates and speed recovery in trauma patients—and clinical trials are now under way to find out. So what is this potential miracle cure? Surprisingly, it's the female hormone estrogen.

## PROTECTION FROM WITHIN

“For years we’ve known that women experience a protective benefit from estrogen in regards to Alzheimer’s, coronary artery disease and dementia,” says Michael Ramsay, MD, president of Baylor Research Institute (BRI). “But more recently, we’ve discovered that estrogen’s unique protective abilities may be beneficial for trauma patients as well.”

Preliminary laboratory research suggests that estrogen could decrease ultimate brain injury and increase survival by up to 65 percent in everything from cases of traumatic brain injury (TBI) and stroke to spinal cord injury, burns, hemorrhagic shock and sepsis.

So how does it work? “Shock from blood loss and trauma can damage the inner lining of blood vessels, which causes toxic molecules to be released to damage major organs,” Dr. Ramsay explains. “Estrogen seems to protect the lining and prevent the release of those molecules.”

## TO THE RESCUE

Despite these compelling findings, there were no clinical trials studying estrogen in trauma until 2009, when a collaboration began between University of Texas Southwestern Medical Center and Parkland Memorial Hospital, joined by Baylor University Medical Center at Dallas and BRI in 2010.

“There have been 30 years of bench research on estrogen, but no one had previously been able to translate it into a human study,” says Jane Wigginton, MD, associate professor at UT Southwestern and principal investigator of the studies.

“It’s a tribute to these organizations that they were able to get these studies off the ground.”

The RESCUE (Resuscitative Endocrinology: Single-dose Clinical Uses for Estrogen) studies include a single, early IV dose of estrogen to patients with shock and TBI.

Though results aren’t expected until fall 2013, expectations are high.

“These studies could result in the use of a drug that is safe, inexpensive and easy to deliver—and that could forever change the way we care for trauma patients,” Dr. Wigginton says.

“Truly, the whole world is watching.”



Up and at 'em

Help Move  
Medicine  
Forward

Visit [BaylorHealth.com/AdvancingMedicine](http://BaylorHealth.com/AdvancingMedicine) today to learn about research trials at Baylor seeking participants.

# Get the Exclusive

Visit [BaylorHealth.com/Exclusive](http://BaylorHealth.com/Exclusive) for lots more health and wellness content!



## This One's for the Fellas

**EVENT** Face it, guys. You get a bad rap for not paying closer attention to your health. Prove them wrong by registering for It's a Guy Thing, a free men's health event that includes health screenings, educational sessions and more. Sign up at [BaylorHealth.com/GuyThing](http://BaylorHealth.com/GuyThing).



### VIDEO

**WALK AWAY** Walking is one of the best and easiest exercises you can do. There's no equipment to buy, and no gym membership needed. Watch our video at [BaylorHealth.com/DigitalShort](http://BaylorHealth.com/DigitalShort) to learn how to get the most out of your next stroll.

### TIPSHEET

## STAY SAFE IN THE SUN

Are you doing everything you can to prevent skin cancer? Find out by downloading our tipsheet at [BaylorHealth.com/Exclusive](http://BaylorHealth.com/Exclusive) today.



### QUIZ

## Are You at Risk for Cervical Cancer?

The scary truth is that early cervical cancer has no symptoms. Take our quiz at [BaylorHealth.com/CervicalRisk](http://BaylorHealth.com/CervicalRisk) to find out if you're at risk.



### BLOG

## Scrubbing In with Baylor

We're bringing our 110 years of experience beyond the walls of our hospitals and clinics straight to you. Get the latest health care news by visiting Baylor Health Care System's new blog, [Scrubbing In](http://www.Scrubbing.In), at [www.Scrubbing.In](http://www.Scrubbing.In) today.

## COMMUNITY CALENDAR

May & June 2013

Registration required for all events unless otherwise indicated. Call **1.800.4BAYLOR** to register.

### HEALTH SCREENINGS

#### Know Your Numbers

Free screenings for blood pressure, weight, BMI, oxygen level and body fat. Plus, cholesterol panel and glucose testing for \$15. June 26, 7 to 9 a.m., front lobby.

#### Screening Mammograms

An annual screening mammogram can detect breast cancer at its earliest stage. Recommended for women 40 and older, screening mammograms do not require a physician's order. Call **972.394.1080** today to schedule. Saturday appointments are available.

### SUPPORT GROUPS

#### Weight Loss Surgery

**Support Group** Led by a certified bariatric nurse who is also a successful weight loss surgery patient. May 8 and June 12, 6:30 p.m. Call **1.800.4BAYLOR** for location details and to register.

### SEMINARS

#### Weight Loss Surgery

**Seminar** Attend our free seminar to learn more about weight loss surgery. May 23, 6 p.m., Conference Room 1.

### WOMEN'S AND CHILDREN'S EDUCATION

**All About Baby** teaches infant care and development. May 9 or June 6, 6:30 to 9:30 p.m. \$30

#### Infant and Child CPR

teaches basic skills but is not a certification course. May 11 or June 29, 9 a.m. to noon. \$30

**Big Kid's Club** is designed to help siblings, ages 3½ to 8, adapt to a new baby. June 9, 2:45 p.m. \$15

All maternal and child health information classes will be in Classroom 202.



# DON'T MISS OUR FREE MEN'S HEALTH EVENT



**JUNE 22 • 7:30-11:30 AM**

**Main Lobby - Baylor Carrollton**  
4343 N. Josey Lane, Carrollton, TX 75010

Regular checkups should be a part of every man's routine. Join us for **It's a Guy Thing**, a **FREE** health event, to learn about maintaining and improving your health. **This event includes:**

- Free Health Screenings - blood pressure, glucose and cholesterol,\* body fat/BMI & more!
- 5-minute chair massage
- Wellness booths
- Men's health education seminars: Heart Health, Orthopedics, and Cancer Care
- Complimentary breakfast

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

**TO REGISTER:** Call **1.800.4BAYLOR** or go to **BaylorHealth.com/GuyThing**

\*For a more accurate reading, do not eat or drink anything after midnight before the screening. You may take your regular medications as directed.

**BAYLOR**  
Medical Center  
at Carrollton