

May 2014

# Baylor Health

**GARLAND EDITION**

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**REAL PATIENTS. REAL STORIES.**

## Back in Action

After a double hip replacement, **DONNIE BOONE** returns to his favorite hobbies

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Guys, it's time to make your health a priority **PAGE 8**

# His and Hers Heart Attack Symptoms

It never hurts to brush up on the signs of a heart attack. Especially in women, the symptoms aren't always what you might think. And recognizing symptoms early in a heart attack can improve your chances of getting lifesaving treatment as quickly as possible. Here's what you should watch for:

**Men** often, but not always, experience the classic warning signs of a heart attack, such as pressure, fullness, squeezing or pain in the center of the chest that goes away and comes back; pain that spreads to the shoulders, neck or arms; and chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

**TRIGGER:** Men most often report physical exertion prior to heart attacks.



**Women** may experience the classic symptoms, but they are often milder. They also have other symptoms like shortness of breath or difficulty breathing; nausea, vomiting or dizziness; back or jaw pain; unexplained anxiety, weakness or fatigue; palpitations, cold sweats or paleness; and mild, flu-like symptoms.

**TRIGGER:** Women most often report emotional stress prior to heart attacks.



## STAY ALIVE, DON'T DRIVE

If you or someone near you is experiencing the symptoms of a stroke or a heart attack, it's easy to panic—and it can be tempting to drive to the hospital. But doing so is more than just dangerous; it can also delay lifesaving treatments. Calling 911, and taking an ambulance, is always your best bet. Here's why:

- **Paramedics can provide treatments** that can restore blood flow while on the way to the hospital.
- **Paramedics can provide critical information** to the ER while you're en route, allowing medical staff time to prepare for your arrival and expediting your treatment once you arrive.
- **Every minute treatment is delayed increases the likelihood of damage** or death to the brain or heart.

If you find yourself in a stroke or heart attack situation, you can direct paramedics to the hospital of your choice. Baylor Garland is certified by the Joint Commission as a primary stroke center, and is also chest pain accredited by the Society of Cardiovascular Patient Care. Visit [BaylorHealth.com/Garland](http://BaylorHealth.com/Garland) to learn more. And remember, in the event of a suspected heart attack or stroke, don't drive. Always call 911.

## Are You at Risk?

To learn more about the risk factors for stroke and heart attack, talk to your doctor. To find a doctor at Baylor Garland, visit [BaylorHealth.com/FindDrRight](http://BaylorHealth.com/FindDrRight) today.

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## Introducing Baylor Scott & White Health

The largest not-for-profit health care system in Texas, Baylor Scott & White Health, was born from the 2013 combination of Baylor Health Care System and Scott & White Healthcare. Visit [BaylorScottandWhite.com](http://BaylorScottandWhite.com) to learn more.



## Safeguard Your Sleep Against Allergies

If springtime allergies have you tossing and turning, you're not alone. Research has shown that allergies can significantly disrupt sleep. Get a better night's rest with these tips from the National Sleep Foundation:

- Launder your sheets in hot water weekly.
- Wash your pillow if possible, or dry it at a high temperature to kill mites.
- Mite-proof your mattress, box spring and pillows with sealed covers made from a breathable microwave fabric.
- Vacuum your home frequently.
- Consider an air purifier to help fight allergens.
- Close your windows to keep outside irritants like pollen at bay.



Allergies aren't the only thing that can affect your ZZZs. Visit [BaylorHealth.com/Sleep](http://BaylorHealth.com/Sleep) to learn about common sleep disorders and find a Baylor Sleep Center in your area.



# Halting Heartburn

We've all experienced that burning feeling you get just below or behind your breastbone after eating a big meal. But there are ways to prevent it. Here's a look at how you can avoid heartburn—and what will only fuel the fire.

### COOL IT OFF BY ...

- Eating your food slowly and chewing it completely.
- Losing weight if you need to.
- Eating smaller portions.
- Asking your doctor about antacids as well as over-the-counter medications called H<sub>2</sub> blockers and acid pump inhibitors that can be taken before a meal to prevent heartburn.

### AVOID ...

- Consuming alcohol, caffeine, citrus drinks, chocolate or minty or spicy foods.
- Overeating.
- Smoking.
- Eating or drinking two to three hours before bedtime.

### Could It Be Something More?

Chronic heartburn could be a sign of gastroesophageal reflux disease (GERD). Visit [FindDrRight.com](http://FindDrRight.com) to find a physician on the Baylor medical staff who can help.

# 6.5 million

That's the number of Americans affected by chronic wounds, which are often linked to health conditions such as obesity and diabetes. If you have a wound that hasn't healed after six to eight weeks of proper care, talk to your doctor.

# GOOD CHEMISTRY

*Nuclear imaging scans can detect problems using high-tech science*

HELPING PATIENTS HEAL starts from the inside out. And to get a good understanding of what's happening on the inside, your doctor might order up a nuclear imaging scan. What does that mean and what should you expect? Here are the basics.

## WHY YOU MIGHT NEED ONE

A nuclear imaging scan assesses chemical activity inside your body and can be used to check your heart, lungs, brain and bones.

Your doctor may request a nuclear scan to look for tumors, assess organ function, visualize blood flow or evaluate bones for fractures, infection or cancer.

## HOW THEY WORK

During nuclear scans, “tracers,” or low-level doses of radiation, are injected into the body. Then special cameras show how the radioactive material moves and where it accumulates. Unlike X-rays or CT scans, which show clear details of bone and anatomy, a nuclear scan makes pictures based on this chemical activity.

Nuclear bone scans, for example, are very good at detecting a new bone formation, says

Gerhard Maale, MD, medical director of orthopedic oncology on the medical staff at Baylor Regional Medical Center at Plano. “You have new bone in response to tumors, infection, fracture healing and in areas where there is bone turnover associated with prosthetic loosening,” he says.

## HOW TO PREPARE

Preparation will vary depending on what type of test you're having and what organs or tissue will be studied.

Some scans require fasting for up to 12 hours before the test. Others

may require the use of laxatives or an enema.

## WHAT TO EXPECT

During a nuclear scan, you will lie still on a table that has a circular scanner (imagine a high-tech doughnut) around it that moves back and forth.

Some nuclear scans take just 30 to 60 minutes. A typical nuclear bone scan, for instance, involves two 30-minute scans that are separated by three hours, Dr. Maale says. Other nuclear scans require several days between the injection and the actual scan.



### Scan Ahead

Baylor Garland is accredited in all types of imaging services. To learn more about nuclear imaging or to schedule a scan at Baylor Garland, call **1.800.4BAYLOR.**

Sunscreen isn't just for swim time. Slather it on every time you head outside.



A wide-brimmed hat protects your neck, ears and scalp.

# Skin Sense

The dos and don'ts of protecting your skin this summer—and all year long



**QUICK: WHAT'S THE MOST COMMON** form of cancer in this country? Nope, not breast or lung cancer. It's skin cancer, and it will affect more than 2 million people this year alone. Knowing how to protect yourself is crucial. Here, we make shielding your skin from those damaging ultraviolet rays easy.

## DO

✔ **KNOW YOUR SKIN PHOTOTYPE.** While everyone is susceptible to skin cancer, it's important to understand your natural skin type and tone, says Alan Menter, MD, chief of the division of dermatology at Baylor University Medical Center at Dallas. "Obviously someone of Celtic descent with skin type I or II, which are very fair, is going to need more daily protection than someone of type III or IV of Mediterranean ancestry with an olive skin tone."

✔ **PROTECT YOURSELF OUTDOORS.** Following the American Cancer Society's "Slip! Slop! Slap! and Wrap" guidelines makes this easy: Slip on a shirt, slop on the sunscreen (with an SPF of 30 or higher), slap on a hat and wrap on sunglasses to protect not only your eyes but also the skin around them.

## See Something Suspect?

Alert your doctor if you notice any moles that are new, growing or changing. To find a doctor on the medical staff at Baylor Garland, visit [BaylorHealth.com/FindDrRight](http://BaylorHealth.com/FindDrRight) today.

Keep the kiddos covered as much as possible, even when you're poolside.

"Your sunglasses need to wrap around your face and not simply protect straight ahead, as ultraviolet light hits from the side and back, too," Dr. Menter says.

## DON'T

✗ **SPEND A LOT OF TIME OUTSIDE**

**BETWEEN 10 A.M. AND 4 P.M.** These are the hours when the sun's rays are most intense, so try to avoid or at least limit your exposure during this period.

✗ **USE TANNING BEDS.** You may think they're safer, but tanning lamps and beds emit ultraviolet radiation, just like the sun.

✗ **SKIP THOSE TRICKY SPOTS.** There are areas that most of us miss, such as on the tops of and behind your ears, the backs of your hands and arms, the tops of your feet and even your scalp. "UV light does penetrate through hair," Dr. Menter says. "Thus, wearing a hat is especially important."

# Is Joint Replacement Right for You?

Your FAQs answered



Donnie Boone of Keller, Texas, put up with hip pain for a couple of years, chalking it up to arthritis. But when it kept the 58-year-old from hunting, fishing and riding his horses and four-wheeler he decided to take action.

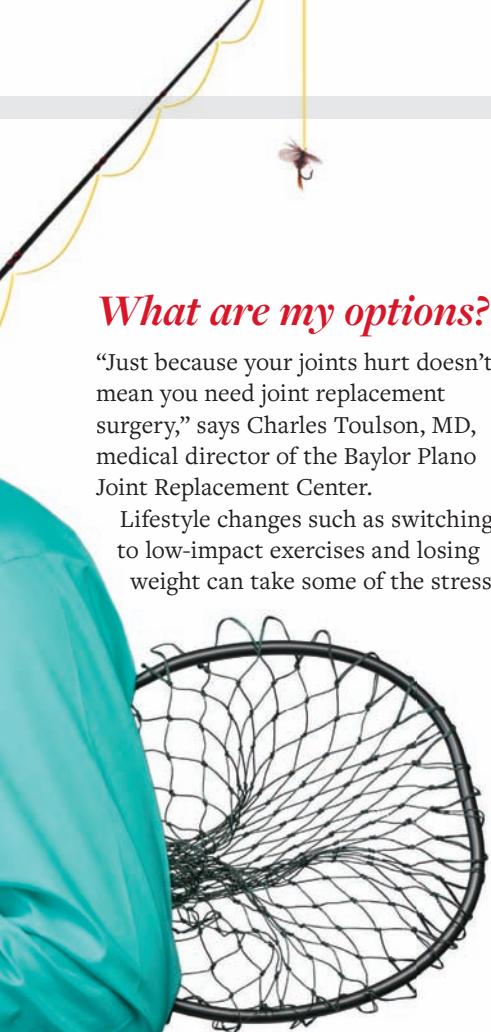
“Why give up everything if you can fix it?” he says.

While injections and exercise can help some people with hip pain, Boone’s joints were too deteriorated. The cushioning between his bones was completely worn away, leaving bone rubbing against bone. Surgery was his only option—Boone needed to have both hips replaced.

In July 2013, he turned to Baylor Regional Medical Center at Plano to have both done in one surgical procedure.

Four weeks later, he was out hunting, and last fall he traveled to Europe and walked 21 miles in a single day. “The outcome was amazing,” he says. “It’s more than I could hope for.”

If, like Boone, you’re plagued with joint pain, you probably have a lot of questions about joint replacement surgery. We’ve got answers.



## What are my options?

“Just because your joints hurt doesn’t mean you need joint replacement surgery,” says Charles Toulson, MD, medical director of the Baylor Plano Joint Replacement Center.

Lifestyle changes such as switching to low-impact exercises and losing weight can take some of the stress



## Protect Your Bones

Eating the right foods can help keep yours strong. Visit [BaylorHealth.com/EatWell](http://BaylorHealth.com/EatWell) for free bone-strengthening recipes.

off your joints. And a fitness or physical therapy program can help strengthen the surrounding muscles so the joint doesn’t have to work as hard.

Nonsteroidal anti-inflammatory medications, such as ibuprofen and naproxen sodium, can help curb inflammation, and ice or heat may provide relief. Your doctor may recommend steroid injections to combat pain and swelling.

And depending on the joint and the damage, a brace can help offload some of the pressure.

After a double hip replacement, Donnie Boone returns to the hobbies he loves, such as fishing, hunting and riding horses.

## How do I know whether it’s time for surgery?

“There’s not one answer that definitively makes someone a candidate for joint replacement surgery,” Dr. Toulson says. But it might be time if X-rays show damage and your pain is:

- Keeping you from doing your job or taking part in activities you enjoy.
- Unmanageable without medication.
- Not improving with conservative treatment options.

## Which joints can be replaced?

Hips and knees are the ones most frequently replaced. Why? They support your body’s weight, so every step you take adds to their wear and tear. Shoulders, elbows, wrists, fingers and ankles can also be replaced.

## What’s the surgery and recovery like?

Thanks to minimally invasive surgical procedures, today’s patients typically experience less pain, a faster recovery, smaller incisions and reduced risk of complications than those of yesteryear. And while a two- to three-day hospital stay is normal, you’ll likely be out of bed and moving the joint the day of surgery.

“The quicker you are up and out of bed, the less likely you are to have stiffness or complications,” Dr. Toulson says.

Most people are back to work in four to six weeks, depending on the demands of their jobs, and back to most activities in 12 weeks.

People who need joint replacement sometimes live with the pain for months or years because they fear the recovery time from surgery. “I hear from so many of my patients, ‘I wish I had done it sooner,’” Dr. Toulson says.

## Need Knee Help?

For a referral to a specialist on the medical staff at Baylor Garland, visit [BaylorHealth.com/GarlandOrtho](http://BaylorHealth.com/GarlandOrtho) or call **1.800.4BAYLOR**.

## Two Steps to Long-Lasting Knees

Do you want to increase the odds that your knees will stay healthy and pain-free? Follow these two tips, says Joseph Tejan, MD, an orthopedic surgeon on the medical staff at Baylor Medical Center at Garland.

**USE THEM.** Regular exercise is great for your knees. If your knees don’t keep moving they’ll eventually get stiff and be more likely to develop arthritis. The cartilage in your knees needs nutrition that comes through the fluids that lubricate your knees through use. Good, inexpensive exercise choices are swimming, brisk walking and stationary biking.

**DON’T ABUSE THEM.** If you’re overweight, take steps to lose the excess pounds. The extra weight adds extra stress to your knee joints, causing them to wear out sooner. Every pound you lose can ease the pressure on your knees by four pounds, according to a study published by the National Institutes of Health.



# Be a Better Man

OK, guys. It's time to break those bad-for-you habits you've been hanging on to since college. Our expert offers *four no-nonsense tips* for turning over a new (healthier) leaf.

# 1

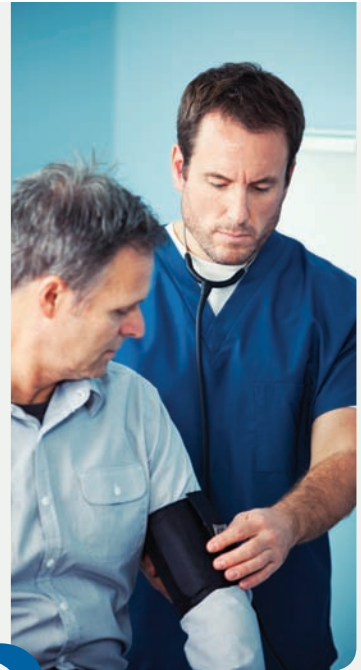
## **BAD HABIT: PLAYING THROUGH THE PAIN**

Hitting the gym, court or field regularly is a great habit to have. But if you're plagued by nagging pain, it's time to take a timeout.



**BREAK IT:** Continuing to exercise can cause more harm, so if you get hurt, stop playing. Start by treating the injury with RICE: rest, ice, compression and elevation. If the pain worsens or continues for days or weeks, it may be time to see a doctor.

Also, keep in mind that weekend warriors may put themselves at risk for injury by not properly conditioning their bodies. Do a mix of cardiovascular and strength training activities throughout the week to keep yourself in tiptop shape.



# 2

## **BAD HABIT: DITCHING THE DOC**

“Men tend to be a little bit notorious for skipping regular checkups,” says Michael Valachovic, MD, an internal medicine physician on the medical staff at Baylor University Medical Center at Dallas. “The hardest part sometimes is breaking that cycle of procrastination.”

It's common to fall out of the habit of getting a regular physical when you're young, in good health and busy with a career and family. But that doesn't make it OK.

**BREAK IT:** Schedule an appointment to see your doctor at least once a year, no excuses. Sometimes a little extra nudge helps, too: Ask your wife or another family member to schedule the appointment for you to keep you accountable.





### 3 **BAD HABIT: ASSUMING YOU'D KNOW IF SOMETHING WAS WRONG**

Many of the top concerns for men are “silent killers”—think high blood pressure

and cholesterol levels—so regular checkups are key for monitoring your health. “The good news, though, is that these are treatable. These are things that can be taken care of well before they are a major problem,” Dr. Valachovic says.

**BREAK IT:** Know your numbers, like blood pressure and cholesterol levels, schedule important screenings, and work with your doctor to effectively manage any health conditions you have.



### 4 **BAD HABIT: RELIVING THE GOOD OLD DAYS A LITTLE TOO OFTEN**

Let’s face it: We can’t stay 20 forever—and neither can our metabolism. If you’re still eating pizza and wings like you did in your dorm days, it may be time to revamp your diet.

Being overweight contributes to a bevy of other health problems, so it’s important to keep an eye on the scale

(or at least on your pants size).

“Exercise and diet are almost always better than any pill I can prescribe patients,” Dr. Valachovic says.

**BREAK IT:** There’s no need for anything drastic, like juice cleanses or cabbage soup diets. Start small with easy swaps: hummus and veggies for chips and dip; lean sirloin steaks for fattier rib-eye cuts; chicken sausage for traditional brats.

## It’s a Guy Thing

Calling all fathers, sons, brothers and uncles—mark your calendars for It’s a Guy Thing, a free health fair on Saturday, June 21, from 8 to 11:30 a.m. The event will be held at the Hyatt Place Garland, 5101 N. President George Bush Highway.

Many men have “silent symptoms,” such as high blood pressure, high cholesterol and high blood sugar levels. Left untreated, these can lead to diabetes, kidney disease, heart attack and stroke. Routine health screenings, like those provided at this event, can help detect these symptoms.

Attendees should skip breakfast, because the first stop is a fasting blood draw and cholesterol screening. After a light breakfast, men can get their blood pressure checked, as well as a body composition and body mass index analysis.

Informational booths hosted by Baylor Medical Center at Garland clinicians and staff will cover everything from heart and vascular services to snoring and sleep apnea to gastrointestinal disorders and prostate health. Men’s health presentations and a grilling demonstration are also scheduled. We hope to see you there!



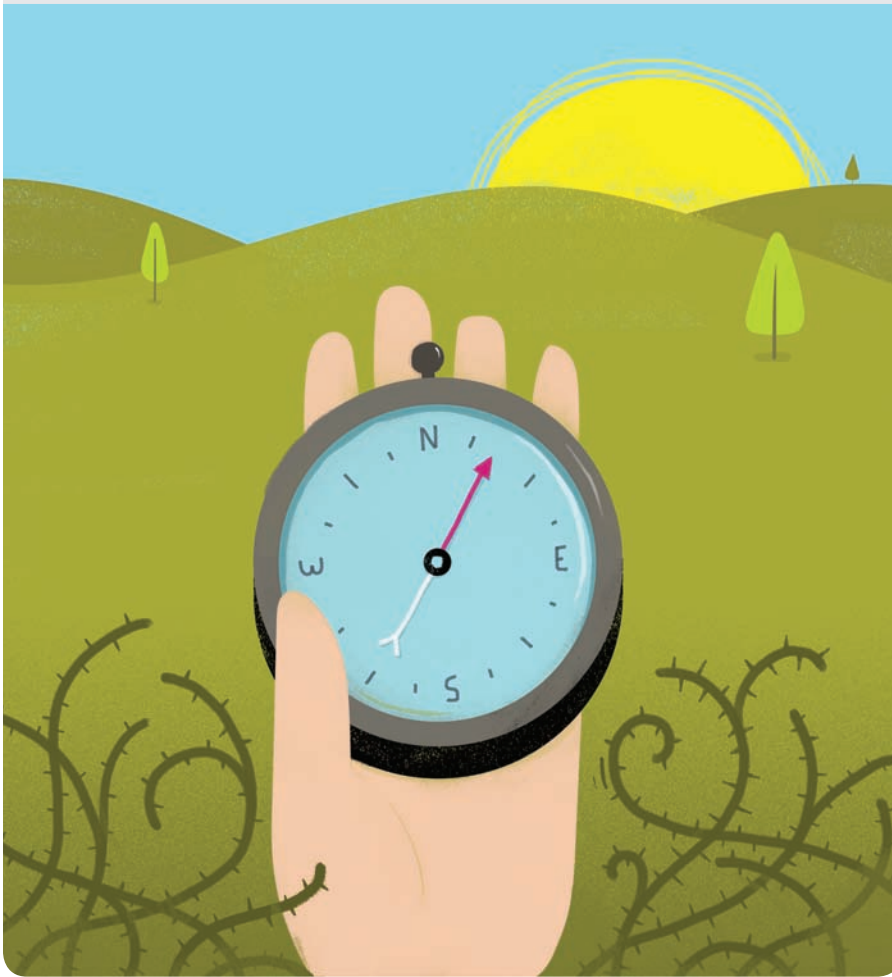
### Sign Up and Bring a Friend

**WHAT:** It’s a Guy Thing

**WHEN:** June 21, doors open at 8 a.m.

**WHERE:** Hyatt Place Garland, 5101 N. President George Bush Highway

To register for this year’s It’s a Guy Thing event at Baylor Garland or to learn more, visit [BaylorHealth.com/GarlandGuyThing](http://BaylorHealth.com/GarlandGuyThing) or call **1.800.4BAYLOR**.



# Charting a New Course for Hepatitis C

Baylor researchers are on the front lines of the fight to defeat a viral epidemic

THE HEPATITIS C VIRUS (HCV) is truly a silent killer. Contracted through blood-to-blood contact, it rarely causes symptoms until liver failure or liver cancer has occurred—the end result of years or even decades of damage. Today, it's the leading cause of liver failure, liver cancer and liver transplant in the U.S. It's estimated that up to 5 million Americans are living with the disease—and 75 percent don't know they're infected.

It's a jarring statistic, especially considering that when diagnosed early, HCV is largely treatable. Until now, that treatment included a combination of

two or three medications—an interferon combined with ribavirin and sometimes a protease inhibitor—depending on which of the six HCV types (genotypes 1 through 6) you had. Those treatments, however, often caused severe side effects and were only effective 50 to 79 percent of the time.

## A NEW PATH TO TREATMENT

Thankfully, a new polymerase inhibitor called sofosbuvir (Sofaldi®) is changing all that. FDA-approved

in December 2013, this once-a-day pill is effective for all types of HCV infection and “dramatically increases the effectiveness of treatment when combined with other medications,” says Jacqueline O’Leary, MD, medical director of hepatology research at Baylor University Medical Center at Dallas. “In fact, 90 percent of previously untreated patients are cured in just 12 weeks.”

Sofosbuvir also makes treatment with interferon (and its flu-like side effects) obsolete for patients with genotypes 2 and 3. “Sofosbuvir shortens the duration of treatment and has few, if any, side effects,” Dr. O’Leary says.

## FORGING AHEAD

In December 2013, Dr. O’Leary and fellow clinical researcher James Trotter, MD, medical director of liver transplantation at Baylor Dallas, participated in the pivotal trial that led to FDA approval of sofosbuvir in pre-liver transplant patients. The study administered the drug with ribavirin to HCV patients with liver cancer for up to 48 weeks prior to transplant.

“Those who were HCV-negative at least four weeks prior to transplant had a 96 percent cure rate,” Dr. O’Leary says. “That’s the first time there has been an effective, interferon-free option to cure patients awaiting transplant.”

Though the trial is over, the research is ongoing—and the potential for this new drug continues to impress. “A combination of sofosbuvir and simeprevir for 12 weeks is more than 90 percent effective in patients with genotype 1

who have not responded to prior treatments,” Dr. O’Leary says. “In both effectiveness and tolerability, this drug is revolutionizing the way we treat hepatitis C. Two pills a day to keep hepatitis C away!”

## Make a Difference in Medicine

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

# Get the Exclusive

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

## SLIDESHOW

### Get an Inside Look

Visit [BaylorHealth.com/Mag](http://BaylorHealth.com/Mag) to take a peek behind the scenes at this month's photo shoot as joint replacement patient Donnie Boone steps in front of the camera.



## Knowledge Is (Pregnancy) Power

**DID YOU KNOW?** If you're counting down to your due date, you no doubt have more questions than answers. Go to [BaylorHealth.com/Exclusive](http://BaylorHealth.com/Exclusive) and click "Get the Facts" to find five prenatal points to ponder.

## RECIPE

### Eating for Better Bone Health

Visit [BaylorHealth.com/EatWell](http://BaylorHealth.com/EatWell) to learn how much calcium you need each day and where to get it. **BONUS:** Get a bone-boosting smoothie recipe you can whip up tomorrow morning.



## QUICK TIPS

### TAKE A RIDE

The weather is just about perfect for a bike ride. Before you strap on your helmet (yes, you need a helmet!), visit

[BaylorHealth.com/Exclusive](http://BaylorHealth.com/Exclusive) and click "Live Better" to see how you can stay safe on two wheels.



## VIDEO

### Sleep Success

Trouble sleeping? The experts at Baylor Garland's Sleep Center can help. To watch a video about one patient's experience, visit [BaylorHealth.com/Garland](http://BaylorHealth.com/Garland) and click "Watch Video" under "Real Patients. Real Stories."

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



**SATURDAY, JUNE 21 • 8 AM-11:30 AM**

**Hyatt Place Dallas/Garland-Firewheel Conference Center**  
5101 N. George Bush Hwy., Garland, TX 75040

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, cholesterol,\* height and weight & more!
- Wellness booths
- Free continental breakfast
- Healthy grilling demonstration
- Glaucoma screenings
- Health education presentations with physicians on the medical staff

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

**TO REGISTER: Call 1.800.4BAYLOR or go to [BaylorHealth.com/GuyThing](http://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.

