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May 2015



“I walked out of day surgery pain-free.”

Kathy Chaney

is back to what she loves after a spinal disk injury PAGE 6



HALTING HEARTBURN
5 tips for putting an end to that uncomfortable feeling PAGE 2





Halting Heartburn

Heartburn, also known as acid reflux, can be a real pain—but relief can be as simple as a few lifestyle changes. Here, Houston Bogus, MD, a gastroenterologist on the medical staff at Baylor Medical Center at Garland, offers his tips for keeping the burn at bay.

1 Watch what you eat. Avoid foods that trigger heartburn symptoms for you by keeping a food diary. Common offenders include onions, tomatoes, citrus fruits and juices, high fat foods, chocolate and peppermint.

2 Be mindful of how you're eating. Eating slowly, chewing food well and eating smaller, more frequent meals throughout the day can help minimize attacks.

3 Lose a few pounds. “For overweight individuals,

BEAT THE BURN

For a referral to a gastroenterologist on the medical staff at Baylor Garland, visit FindDrRight.com or call **1.800.4BAYLOR**.

losing weight can help reduce the incidence of heartburn,” Dr. Bogus says.

4 Don't eat late. Eat your last meal at least two hours before you go to bed to give your stomach acid levels time to decrease before you lie down.

5 Kick bad habits. “Quit smoking, which can weaken the muscle between the stomach and esophagus that keeps acid from coming up,” Dr. Bogus says. “And avoid alcohol, which is known to aggravate heartburn symptoms.”

SUPPORT FOR THE JOURNEY

If you or someone you love has recently been diagnosed with cancer, it can feel like the ground has been pulled out from under you. The Baylor Medical Center at Garland Cancer Resource Center can help you find your footing again.

The Cancer Resource Center provides the following services to cancer patients and their families:

- ▶ Educational materials
- ▶ Free Internet access for doing research
- ▶ Referrals to community resources, like support groups
- ▶ Introductions to American Cancer Society volunteers
- ▶ Wig-fitting services
- ▶ Scarves, hats and comfort items for sale

The Cancer Resource Center is located near the Medical Plaza I entrance next to the Breast Imaging Center registration, and is open Mondays, Wednesdays and Fridays from 10:30 a.m. to 2 p.m.

MORE

We're Here for You

To learn more about the Cancer Resource Center at Baylor Medical Center at Garland, call **972.485.3194** or email crcbmcg@BaylorHealth.edu.

Baylor Medical Center at Garland, 2300 Marie Curie Blvd., Garland, TX 75042. President: Tom Trenary; Marketing/Public Relations Manager: Eva Hummel; Editor: Eva Hummel; Baylor Garland Main Number: 972.487.5000; Parent Education Classes: 1.800.4BAYLOR (1.800.422.9567); Baylor Senior Health Center-Garland: 972.487.5444; Baylor Garland Diabetes Program: 972.487.5483; Baylor Breast Center: 972.487.5293; Baylor Garland Physician Referral: 1.800.4BAYLOR (1.800.422.9567); Baylor Garland Volunteer Services/Auxiliary: 972.487.5520

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. Visit BaylorHealth.com or call 1.800.4BAYLOR for information about Baylor Medical Center at Garland services, upcoming events, physician referrals, career opportunities and more.

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Protect the Skin You're In

Skin cancer strikes more Americans than all other cancers combined. Take these steps to prevent it or find it early.

Cover up. Put on a shirt, use broad-spectrum SPF 30 or higher sunscreen (experts recommend using an amount the size of a golf ball), and wear a hat and sunglasses when out in the sun.

Avoid tanning beds. These give off harmful UV rays. In fact, they increase the risk of melanoma, the deadliest form of skin cancer.

Check your skin. By examining your own skin and seeing your doctor regularly, most skin cancers can be found early.



This is especially important for people with lower immunity, a previous skin cancer diagnosis or a strong family history. Look for new moles or changes in existing moles.

MAKE AN APPOINTMENT

A doctor can help you identify skin cancer early, when it's most treatable. Find a dermatologist near you—visit FindDrRight.com today.

BE READY FOR YOUR CLOSE-UP

Are you scheduled for a diagnostic imaging test? Make sure you're set up for a successful screening by coming prepared. Here are some dos and don'ts for your upcoming X-ray, MRI, CT scan or ultrasound.

DO

- ▶ Wear comfortable, loose-fitting clothes.
- ▶ Drink only clear liquids the day of the test, unless your doctor has instructed otherwise.
- ▶ Notify your doctor before your test of any health conditions, medications or possible pregnancy.

DON'T

- ▶ Wear jewelry, hairpins, removable dental appliances or clothing with metal, such as zippers or underwire bras. You may be asked to remove your eyeglasses and hearing aids.
- ▶ Eat prior to the test. Depending on the doctor's instructions, you might need to fast from two to 12 hours.



Still Have Questions?

Learn more about the advanced imaging available at Baylor Scott & White Health. Visit BaylorHealth.com/Imaging (North Texas) or radiology.sw.org (Central Texas).

MORE

40,203

The number of Texans who died in 2013 from heart disease—the state's and country's No. 1 killer.

Eat away at heart disease by consuming a diet low in saturated fat, cholesterol, sugar and sodium, and high in fruits, vegetables, whole grains, fish, nuts, seeds and legumes.



When Minutes Matter

In the event of a stroke, efficiency is everything

→ DO YOU KNOW THE SIGNS OF STROKE? The acronym FAST—Face, Arms, Speech and Time—make it easy to remember. And identifying the symptoms quickly can help reduce the time it takes to get to the hospital, where treatment with clot-busting medication can help stop a stroke in its tracks.

“With a stroke, the damage is dramatically increased by the length of time it continues,” says Jared Wolf, MD, medical director of emergency services at Baylor Medical Center at Garland. “The amount of time it takes to get treatment is one of the best indicators of how much brain tissue can be saved.”

But getting to the hospital is only the first step. Here, Dr. Wolf explains what happens next.

DIAGNOSING A STROKE

Once a person showing signs of a stroke arrives at the hospital, emergency department physicians follow strict guidelines to ensure that individual receives treatment as quickly as possible.

“If someone is showing symptoms of stroke, we immediately take them back to get a CT scan, a blood draw and an evaluation by an ER physician,” Dr. Wolf explains.

As part of this evaluation, doctors assess the severity of the stroke using the National Institutes of Health (NIH) Stroke Scale. “It includes a series of questions to ask and commands to give to a patient experiencing stroke, and assigns an objective score,” Dr. Wolf says. “It’s an extremely useful tool that any physician can use to

evaluate the severity and progression of the stroke.”

STOPPING A STROKE

Once it’s determined that a patient is having a stroke and that there are no contraindications for it, a medication called tPA is administered, usually within an hour of arrival at the ER. “tPA is exceptionally good at breaking up blood clots, and is our first-line treatment for stopping a stroke,” Dr. Wolf explains.

Strokes treated with tPA are usually over within 24 hours, Dr. Wolf says. Patients are typically monitored in the intensive care unit to observe the course of the stroke. “We continue to use the NIH stroke scale periodically throughout this observation process to ensure that the stroke continues to improve.”



MORE

We're Accredited

Baylor Medical Center at Garland is certified as a Primary Stroke Center by The Joint Commission. To learn more about what that means, visit us online at [BaylorHealth.com/Garland](https://www.baylorhealth.com/Garland) and click “About,” then “Awards and Accreditations.”



Clearing the Air

Deflating the three most common asthma myths

WHETHER YOU'VE HAD ASTHMA recently diagnosed or you are taking care of an asthmatic child, understanding the disease—and its limitations—can help you manage it more effectively. We asked Mark Millard, MD, medical director of the Baylor Martha Foster Lung Care Center in Dallas, to separate fact from fiction.

MYTH 1: I only have to take my medicine when I'm sick.

FACT: “The first symptom of asthma can be a severe attack that lands you in the emergency room or hospital,” Dr. Millard says. “Daily controller therapy, which usually includes an inhaled corticosteroid, reduces the chance of emergency room visits, hospitalizations and even asthma-related death.”



MYTH 2: I can't exercise because I have asthma.

FACT: “You're not allergic to exercise! If exercise frequently triggers attacks for you, chances are your asthma isn't properly managed,” he says. By controlling your asthma, you should be able to exercise without fear of an attack.

MYTH 3: I will “outgrow” my asthma.

FACT: Although about half of children with asthma do experience significant improvement in their condition when they hit adolescence, about one-third will have a recurrence in later years. “Actually, more adults have asthma than children,” Dr. Millard says.

FOLLOW THE RULES

Both people with asthma and their caregivers need to be on the same page in terms of what good asthma control looks like. Dr. Millard recommends following the Rules of Two® protocol:

A BREATH OF FRESH AIR

If you're having trouble keeping your asthma under control, the asthma care team at Baylor Medical Center at Garland can help. To find an asthma specialist on the medical staff, visit FindDrRight.com or call **1.800.4BAYLOR**.

- ▶ Do you have symptoms or use your quick-relief inhaler more than TWO times a week?
- ▶ Do you wake up at night with asthma symptoms more than TWO times a month?
- ▶ Does your peak flow measure less than TWO times 10 (that is, 20 percent) from baseline with asthma symptoms?
- ▶ Do you need prednisone TWO or more times a year to treat asthma flares?

Answering yes to any of these questions means you aren't in good asthma control and should talk to your doctor, Dr. Millard says.



“I walked out of day surgery pain-free.”

—Kathy Chaney

Back on Track

With a closer look at your back pain, you can understand the best way to be rid of it

➔ LAST FALL, KATHY CHANEY was preparing for a vacation with her daughter. Bending over to set down a basket of laundry, the 58-year-old felt a pop in her back.

“I immediately went to the freezer for an ice pack,” Chaney recalls. She also called her doctor.

To make her more comfortable during her time away, her doctor prescribed anti-inflammatory drugs, pain medications and muscle relaxers. Chaney also packed plastic bags for ice.

“Then, over the course of the trip, I developed numbness in my left leg,” she says. “By the

time I got home, my leg was completely numb.”

Upon her return, Chaney went to the emergency room, where an MRI of her spine showed a herniated lumbar disk. Chaney’s physician sent her to Baylor University Medical Center at Dallas.

WHAT PAIN CAN TELL YOU

When Richard Naftalis, MD, MBA, a neurosurgeon on the medical staff at Baylor Dallas, meets with patients, he asks questions to better understand the character of their pain. He asks about the location and the type of pain. Is it deep and achy or sharp and shooting? Is it just in the back, or is it radiating to the legs or arms?

If the pain is confined to the back or neck, he says, it could be a sign that it's related to the muscles, the vertebrae (bones of the spine) or the disks (cushions of cartilage that act as shock absorbers between the vertebrae). Degenerative disk disease, the wearing down of the disks over time, can be very painful.

In Chaney's case, the pain and numbness had extended to her leg, the result of a herniated disk pressing on nearby nerves. Numbness is a signal to see a doctor right away, as well as persistent pain that is getting worse or is accompanied by changes in bowel or bladder control.

WIDE RANGE OF TREATMENTS

"Most people, unless they have significant neurological deficits, can manage their back pain conservatively," Dr. Naftalis says. These options include anti-inflammatory drugs and other medications, heat, ice, rest, physical therapy, steroid injections and complementary therapies such as chiropractic care and acupuncture.

Surgery may be considered after these options have been tried without effect.

"If a patient is six to 12 weeks out and conservative therapies have failed—or anytime they're getting worse—then you may need to consider surgical intervention," Dr. Naftalis adds.

By the time Chaney arrived in a surgeon's office, she had already tried medications, heat, ice and rest.

"The doctor showed my husband and me the MRI pictures and explained the

anatomy," Chaney says. "He gave us a couple options for treatment and told us to think it over. I felt like I needed immediate relief."

A few days later, Chaney underwent a microlumbar discectomy, an outpatient surgery to remove her herniated disk fragment and decompress the nerve.

"Most spine surgeries can be done on an outpatient basis," Dr. Naftalis adds.

ENJOYING LIFE AGAIN

Chaney immediately noticed her pain was gone, and her discomfort from the surgery itself dissipated within a week. Surgery was followed by physical therapy. Two and a half months after her procedure, she was skiing with her family to ring in the new year.

"On the first run I was very tentative," Chaney says. "But I did great. We skied for three days and then did one day of snowshoeing."

She continues to rebuild strength in her back, and without pain Chaney is able to do the things she loves, including traveling, helping a new-moms group at church, staying active with walking and water aerobics, and spending time with family.

"The day surgery center was comfortable, and everyone was so supportive," she adds. "For the facility and all the providers, I just have the highest praise for all of them."

80%

of people will experience at least one bout of back pain in their lives.



5 Ways to Prevent Back Pain

If you don't have back pain yet, consider yourself lucky—but not out of the woods. In fact, some experts believe as many as 80 percent of Americans will experience low-back pain in their lifetime. Fortunately, there are several things you can do to help keep your back strong and healthy.

Here, Robert Suter, DO, a family medicine physician on the medical staff at Baylor Medical Center at Garland, shares his tips for keeping yours injury-free:

1. Strengthen your core. "A strong abdomen and lower back supports the spine and prevents injuries," Dr. Suter says.

2. Maintain a healthy weight. Carrying extra weight increases the strain on your spine, which could result in injury.

3. Use proper lifting technique. "Pull your belly button toward your spine, tighten your abdominal muscles and bend at your knees rather than rounding your back," he says.

4. Check your sleep position. Most experts recommend sleeping on your side with your knees bent. If you're a back sleeper, use pillows under your knees and lower back to support the spine.

5. Maintain good posture. Sit straight, wear well-cushioned footwear and avoid prolonged sitting. But if you must sit for long periods, take frequent walking and stretching breaks, Dr. Suter says.

MORE

What's Holding You Back?

If back pain is keeping you on the couch, we can help. To find a back pain specialist on the medical staff at Baylor Garland, visit us online at FindDrRight.com or call **1.800.4BAYLOR**.



Game Plan for Good Health

Guys: Here are your biggest health threats—and what you can do about them

➔ WHEN IT COMES TO STAYING WELL, women usually fare better than men. But is the fairer sex simply healthier by nature, or are there other factors involved?

“I don’t know that gender really plays a role, other than in the way health care is utilized. Men tend to wait until things get bad, where with women, we tend

to find problems earlier because they come and get them checked out” as part of their annual exams, says Raymond J. Harrison, MD, MBA, an internal medicine physician at Baylor Scott & White Clinic – Copperas Cove.

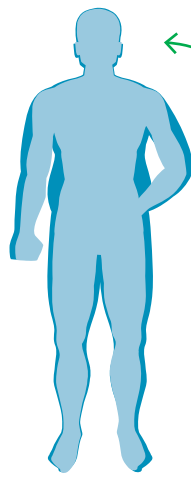
Guys, you don’t have to wait until things get bad. Do yourself and your family a favor and set aside two hours every year to see a

doctor and make sure everything is A-OK—and if it’s not OK, to get professional advice on how to be healthy. In the meantime, before your next checkup (you *have* made that appointment, right?), here is a heads-up about some of the biggest health threats facing men—diabetes, heart disease and cancer—and how you can reduce your risk.

DIABETES

KNOW YOUR RISKS: Being overweight or obese; having high blood sugar, high blood pressure and high cholesterol; and aging are among the biggest risk factors. Bigger still are genetic predisposition and race, Dr. Harrison says. “For example, people of Hispanic descent and Pacific Islanders are more likely to develop diabetes than people of European descent.” African-Americans, Asian-Americans and American Indians are also at greater risk, according to the American Diabetes Association.

TAKE ACTION: Controlling your blood sugar, blood pressure and cholesterol and eating a healthy diet are key, as are exercising regularly and maintaining a healthy weight. In fact, losing just 5 to 10 percent of your body weight (that’s 10 to 20 pounds for a 200-pound man) can significantly reduce your risk. “For anybody who has the genetic predisposition to diabetes, as soon as they lose the weight, most of the time their diabetes goes into remission,” Dr. Harrison says. “And one of the interesting things we see in patients with diabetes who have gastric



Losing just **5-10%** of your body weight can significantly reduce your risk for diabetes.

bypass surgery is that within a week or two it’s in remission.”

HEART DISEASE

KNOW YOUR RISKS: Men are more likely than women to develop heart disease and to have a heart attack. Besides gender, other risk factors include smoking and having diabetes.

TAKE ACTION: Quitting tobacco, eating a healthy diet, exercising, and controlling your blood pressure and cholesterol will go a long way. And these steps are also effective in controlling diabetes. “Diabetes is a big risk factor for heart disease,”

Dr. Harrison says. “We worry less about the blood sugar and more about the damage from diabetes to the kidneys and vascular system.”

CANCER

KNOW YOUR RISKS: Men have a greater risk of dying from cancer in general—a 22.8 percent lifetime risk on average versus a woman’s 19.3 percent. Although risk factors vary based on the type of disease, many fall in line with those for heart disease and diabetes, including tobacco use, being overweight or obese, and aging. Heavy or regular alcohol consumption also contributes.

TAKE ACTION: As with heart disease and diabetes, eating a healthy diet, maintaining a healthy weight and exercising regularly can help cut your cancer risk. Getting recommended cancer screenings is also critical, along with being safe in the sun to reduce your skin cancer risks. But Dr. Harrison prioritizes one preventive measure above the rest: “Quit smoking and avoid all tobacco products,” he says. “It’s a primary risk factor for lung cancer, head and neck cancer, and heart disease.”

IT’S A GUY THING

Hey guys, how’s your health? If you’ve been putting yours on the back burner, 2015 is the year to turn it around. It’s a Guy Thing is an annual health event designed to help men catch up on routine screenings and get their health back on track.

This year’s free event will be held at Baylor Medical Center at Garland, 2300 Marie Curie Blvd., on Saturday, June 13, from 8 to 11:30 a.m.

If you’re planning to attend, you’ll want to skip breakfast, because your first stop is a fasting blood draw and cholesterol screening. After a light breakfast, you’ll get your blood pressure checked, followed by a body composition and body mass index analysis.

Next, you’ll visit informational booths hosted by Baylor Medical Center at Garland clinicians and staff covering everything from heart health and sleep apnea to gastrointestinal disorders and prostate health. You can also watch men’s health presentations and even attend a healthy cooking demonstration (with samples!). We hope to see you there!



Save Your Spot

To preregister for this year’s It’s a Guy Thing event, please visit BaylorHealth.com/Garland or call 1.800.4BAYLOR.

MORE

Hitting the Mark

A simple blood test could improve treatment for people with late-stage colon cancer

Colon cancer is widely considered one of the most preventable and curable cancers, and yet it remains the second-leading cause of cancer death in the U.S. Why?

“We don’t have good compliance with colonoscopy screening recommendations, which can identify colon cancer in the early stages, when it’s most treatable,” says Ajay Goel, PhD, director of the center for gastrointestinal cancer research and the center for epigenetics, cancer prevention and cancer

genomics at the Baylor Research Institute.

“More than half of all cases aren’t diagnosed until late stages, when the prognosis is poor.”

SEEING THE OPPORTUNITY

At stage 3, colon cancer has advanced to the lymph nodes and treatment success is unpredictable, Dr. Goel says. “There’s no sure way to tell which cancers will remain

in the lymph nodes and which will metastasize [spread to other organs],” he says. “Being too conservative can fail to stop an aggressive cancer from metastasizing, but being too aggressive can be toxic, even deadly.”

Finding a way to identify people whose cancers are likely to be aggressive—and treating them accordingly—would be invaluable. And that’s exactly what Dr. Goel and his team set out to do.

“A few years ago, we developed a blood screening test for colon cancer that identified genetic markers in individuals who would develop polyps and cancers,” he says. “We wanted to see if we could find similar markers in patients whose cancers would metastasize.”

MAKING THE CONNECTION

Dr. Goel and his team compared primary colon cancer tissue samples with metastasized liver tissue samples from 67 patients—something he says few researchers have done before. They were able to identify three markers present in both tissue samples, indicating that people with these markers would go on to develop metastasis. “We even found one that could be identified with a simple blood test,” he says.

ABOUT THE STUDY

Identification of Metastasis-Specific MicroRNA Signature in Human Colorectal Cancer

Three genetic markers are used to predict which colon cancer patients will develop an aggressive form of the disease.

Key Players

National Cancer Institute

Baylor Research Institute

MORE

Research in Action

Visit BaylorHealth.com/AdvancingMedicine and clinicaltrials.sw.org for more medical breakthroughs happening at Baylor Scott & White.

The team’s findings are scheduled to be published in the *Journal of the National Cancer Institute*. In the future, the information could be used to test people with stage 2 and 3 cancers to identify those who should be treated aggressively with more effective chemotherapy drugs, and those who are likely to respond to conservative therapies.

“It’s my sincerest hope,” he says, “that our research can help increase survival rates for patients with colon cancer in the years to come.”

WHAT'S ONLINE

→ [BaylorHealth.com](https://www.baylorhealth.com)



QUIZ

How Are You Sleeping?

Getting good ZZZs is key to your physical and mental health. Find out how much sleep you need and what happens if you don't get enough.

→ Visit [BaylorHealth.com](https://www.baylorhealth.com)/**SleepQuiz** to test your knowledge.

TIPSHEET

DIGESTIVE DILEMMAS

When your stomach is “off,” your whole day can seem “off.” Discover some of the most common complaints and what may be behind them.

→ Visit [BaylorHealth.com](https://www.baylorhealth.com)/**Tipsheet** today.



ONLINE

Help Is on the Web

Our website now includes a helpful chat feature that instantly connects you with an advisor. You can ask questions, find a physician, preregister for classes and events, find support groups, and more.

→ Just visit [BaylorHealth.com](https://www.baylorhealth.com)/**Garland** and click “Chat online with an advisor.”

RECIPE

BLUEBERRY CHICKEN SALAD WRAPS

Check out this dish just in time for berry season. It's packed with protein and cancer-fighting antioxidants.

→ Visit [BaylorHealth.com](https://www.baylorhealth.com)/**Recipe** to find this recipe and browse many more.



VIDEO

Make Walking More Interesting

Walking is a great way to get and stay fit, but you might find yourself wanting more variety in your workout. Our “Live Up Your Walking Routine” video has simple tips for beating the boredom.



→ Watch the video at [BaylorHealth.com](https://www.baylorhealth.com)/**DigitalShort** today.

DON'T MISS OUR FREE MEN'S HEALTH EVENT



SATURDAY, JUNE 13 • 8 AM-11:30 AM

Baylor Medical Center at Garland

2300 Marie Curie Blvd., Garland, TX 75042

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 cooking 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

*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 Garland

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