

Baylor Scott & White Health

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May 2016

“I didn’t know I was having a stroke, but my wife did.”

John Ellison

got timely treatment for his stroke because others recognized the signs
PAGE 6



DIGESTIVE DISTRESS

Learn more about intestinal ailments and how to feel better PAGE 8

Finding Your Cosmetic Surgeon

If you're considering a cosmetic procedure, your first step is to choose a qualified plastic surgeon. Here, Susan Pike, MD, director of the Cosmetic Surgery Center at Baylor Scott & White – Round Rock, offers four steps to choosing a great one.

1. Search for board-certified surgeons in your area. Visit the American Society of Plastic Surgeons website (plasticsurgery.org) to find plastic surgeons who are board-certified by the American Board of Plastic Surgery. This ensures that they have met national education, training and ethical standards.

2. Ask around. A good plastic surgeon will be known in the community. Ask your family and friends for recommendations.

3. Have a consultation. Ask about training and experience, where the procedure will be performed, and the risks and benefits of the procedure. A good surgeon will welcome your questions and answer them professionally.

4. Get a second opinion. Even if you think you've found your surgeon on the first try, see at least one more. This may encourage you to continue searching or solidify your first choice.

Doing your homework can be time-consuming, but it can help ensure a positive experience and great results.

MORE

Be Your Beautiful Best

To learn more about cosmetic surgery services at a Baylor Scott & White cosmetic surgery center in your area, visit cosmetic.sw.org today.



Breaking Ground on Our New Cancer Center

In March, Baylor Scott & White Medical Center – Round Rock broke ground on a new 100,000-square-foot addition that will eventually become home to the hospital's new Cancer Center. The addition is scheduled for completion in 2017.

Located on the southwest side of the hospital, the entire first floor of the four-story facility will be dedicated to providing personalized, comprehensive cancer care to Central Texans in one convenient location.

The Cancer Center will be staffed by an experienced team of cancer-care specialists trained to guide patients through the diagnostic, treatment and recovery process and will feature:

COMPREHENSIVE CANCER CARE

Go to cancer.sw.org to learn more about cancer care at Baylor Scott & White Health.

- ▶ Medical, radiation and surgical oncology services
- ▶ Hematology services
- ▶ Outpatient infusion services
- ▶ Social services and financial counseling
- ▶ Nutrition services and integrative medicine
- ▶ On-site lab and pharmacy
- ▶ Various support groups and cancer navigation services

Baylor Scott & White Health – Austin/Round Rock, 300 University Blvd., Round Rock, TX 78665. President: Jay Fox; Chief Medical Officer: Rob Watson, MD; Hospital Marketing Manager: Karen Matthews. Visit sw.org or call 1.800.792.3710 for information about Baylor Scott & White's services, providers, career opportunities and more. Find a physician at doctors.sw.org or a location at clinics.sw.org.

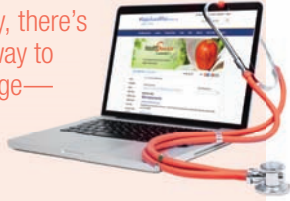
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HOW HEALTHY ARE YOU?

If you haven't had a checkup in a while, it can be hard to know where you fall on the health spectrum. Thankfully, there's an easy way to get a gauge—without leaving home.



Baylor Scott & White Health offers numerous online health risk assessments at BaylorHealth.com/RiskAssessments that allow you to estimate your risk for everything from acid reflux to osteoporosis.

For each assessment, you'll be asked to answer a handful of questions about your age, weight and lifestyle habits. In a matter of seconds, you'll receive your results and information about what steps to take next, including visiting your doctor. It's that quick and easy.

MORE

Check Your Risk with a Click

Visit BaylorHealth.com/RiskAssessments to find out your risk level for a variety of conditions such as cancer, diabetes and depression.

Baby Can Wait

When it comes to pregnancy, every week matters to your baby's health. That means week 37 is just as important as weeks 39 and 40. Acknowledging this, the American Congress of Obstetricians and Gynecologists recommends against induced labor before 39 weeks, except when medically necessary (such as when your water breaks or a complication like preeclampsia develops). Previously, it was thought that babies born anytime between 37 to 42 weeks had the same health results, but recent research shows that's not the case.

Need more persuading? Here are two very good reasons to wait until at least 39 weeks to give birth:

1 You'll give the baby time to develop. In the last few weeks of gestation, the baby's lungs and brain are still maturing. Waiting gives these crucial organs time to fully form.

2 The chances of having a healthy baby go up. Research shows that the magic window (now considered full term) is 39 weeks 0 days to 40 weeks 6 days. Babies born within this time frame had the best results.



GET READY FOR THE ARRIVAL

Sign up for classes on childbirth and breastfeeding or take a maternity tour. Visit BaylorScottandWhite.com/ParentEd for locations and times near you.



20% Women can lose 20 percent of their bone density in the five to seven years after menopause. In honor of National Osteoporosis Month (May), **protect your bones by committing to an exercise regimen.**

Weight-bearing activities are best (think: walking, dancing, doing yoga). Also, stop smoking—tobacco use lowers estrogen levels and weakens your bones.




Muscle Matters

What's the difference between a strain and a sprain?

"A strain usually refers to a muscle or tendon injury," says Duncan McKellar, MD, an orthopedic surgeon on the medical staff at Baylor Scott & White Medical Center – Carrollton. "Sprains are ligament injuries. They happen when you twist a joint and stretch the ligaments around the bone."



What's normal—and what's not—when it comes to pain after exercise

 **GOOD FOR YOU** for going hard at the gym yesterday! But today you can barely get out of bed. Is what you're experiencing normal muscle fatigue, or are you dealing with a strain or a sprain?

Soreness is the byproduct of placing new stress on a muscle or group of muscles. It's a common experience when you first start working out, but it can also occur anytime you increase resistance or intensity. Soreness typically kicks in 12 to 24 hours after exercise, whereas an injury tends to appear right away.

SIGNS OF INJURY

"With strains and sprains, there's usually an event that occurs when you feel something twist, pull or tear," says Duncan McKellar, MD, an orthopedic surgeon on the medical staff at Baylor Scott & White Medical Center – Carrollton. "But that doesn't

mean it will necessarily be dramatic. It may not even stop you from playing. But when you wake up the next day, the muscle is sore or tight or cramped."

HELP YOURSELF TO RICE

Although it may be uncomfortable at first, it's not harmful to work out when you're sore. In fact, light cardiovascular exercise to get the blood flowing might help alleviate some of the pain. Just be careful not to overdo it. Over-the-counter pain relievers also may help minimize soreness, but the discomfort should dissipate on its own after two or three days.

For strains and sprains, rest is best. The RICE method of treatment—rest, ice, compression and elevation—continues to be the gold standard for sports injuries.

"If you have a minor strain or sprain and you're able to

walk and perform normal activities, elevate it as soon as you can, apply ice and put a compression wrap on it," Dr. McKellar says.

WHEN HOME TREATMENT ISN'T ENOUGH

"If you're unable to bear weight or you can't move a joint in a normal way, that could represent a tear, and you should be seen by a physician," Dr. McKellar adds. "Also, if swelling persists for more than five to seven days or worsens, call your doctor."

MORE

Stay in the Game

Don't let an athletic injury sideline you. For more information on our sports injury clinics or to learn more about sports medicine services in your area, visit sportsmedicine.sw.org today.

Life After Cancer

You beat the disease. Yes! Here are four tips for being a survivor

→ FAR TOO LONG, cancer ruled your life. All your energy, all your brainpower—all your *you*—have been focused on treatment, appointments, side effects and cell counts. But now you're cancer-free! As much as you want to revel in the joys of survivorship, you realize this part of the journey can be difficult in its own way. Here are four bits of advice as you begin to adjust.

1 Own your emotions. You just got the best news of your life, and yet you feel uneasy. That's OK. "It's normal to be anxious when you're in remission," says Mark Holguin, MD, medical director of the oncology service line for Baylor Scott & White Health – Central Division. "There often is great concern about the cancer coming back and how you'll know if it does."

Don't hesitate to call your doctor to ask about what's normal and what's not, even if it turns out to be a simple ache or a seasonal cough. And talk to someone about how you're feeling. Join a support group or confide in a fellow survivor who can understand where you've been.

2 Take care of yourself. Eat a plant-based diet that's rich in antioxidants and fiber, and choose

lean meats and low-fat dairy products. Find a physical activity you enjoy, such as swimming, biking, walking or yoga. Proper self-care will help you feel good and also may boost your recovery from lingering side effects of treatment.

"And there's a growing body of evidence that suggests regular physical activity may be associated with a reduced risk of recurrence," says Dr. Holguin, who recommends getting at least 30 minutes per day three to five days a week.

3 Keep up with follow-ups. "Most of the cancers we treat have at least some risk of recurrence," Dr. Holguin says. "Remission is the first step to cure, but we have to maintain that remission long enough to be sure it's not going to come back. It's wise for people to be vigilant about follow-ups so that we may catch recurrences early."

4 Enjoy life. You might discover that you have a lot more time on your hands now that you're not going to so many appointments. Use your freer schedule to do all the things you dreamed about during treatment. Or maybe you realize that what was important to you before the diagnosis has changed now. In either case, pursuing enjoyable outlets can be life-affirming.

BY YOUR SIDE

No matter where you are in your cancer journey, we're here to support you. To learn more about cancer-care support services at Baylor Scott & White Medical Center – Round Rock, visit cancer.sw.org and click "Support and Resources."

Use your free time to do all the things you dreamed about.





John and Judy Ellison and their children, Miracle and Marcus

Mind the Warning Signs

Most stroke symptoms don't show up until an attack has started, but there are ways to tell whether trouble is brewing

➔ One minute, John Ellison felt just fine. The next, when his supervisor asked him a question, he was unable to say a word, even though he tried.

The supervisor acted quickly, calling down the hall for John's wife, Judy. (The couple work in the same government office.)

"We knew something was wrong because the side of his mouth began to droop and he couldn't talk," Judy says. "He could only move one of his hands, and he kept beating it on the desk."

A co-worker called 911, and when the paramedics arrived, they quickly determined John was having a stroke. The medical technicians took him to Scott & White Memorial Hospital – Temple, which The Joint Commission has designated a primary stroke center, where stroke experts are on call around the clock and ready to spring into action.

FAST FACTS

To help you take prompt action at the first signs of a stroke, the American Stroke Association reminds people to **BE FAST**. Look for symptoms involving:

- Balance—trouble standing or walking
- Eyes—blurred or double vision
- Face—drooping or paralysis
- Arms—weakness or difficulty moving
- Speech—slurred or halting
- Time—when you see any of these, call 911 right away

“We’re grateful for the care and support we received.”

—Judy Ellison, on husband John’s stroke treatment

AT THE STROKE CENTER

Without delay, the hospital team administered an intravenous medication called tPA, which can dissolve clots blocking blood supply to the brain. The drug must be given within four and a half hours of the

first symptoms of stroke to be effective. Then surgeons used a minimally invasive procedure to repair one of John’s arteries that had been torn during the stroke.

Within a week, John began a few days of occupational and physical therapy, as well as speech therapy. Three months after his ordeal, John was continuing speech therapy but had regained full mobility. He returned to work four hours a day.

“I can’t find the right words sometimes, but other than that you wouldn’t know anything had happened,” John says.

“It was amazing how fast they did everything at the hospital,” Judy adds. “It was quick and organized, and it was just a blessing.”

CONTRIBUTING FACTORS

John, 44, didn’t have many of the typical risk factors for stroke, which include uncontrolled high blood pressure, diabetes and high cholesterol. But he did smoke, which is a major contributor to stroke risk because it

affects the arteries as well as the blood flowing through them. Although John quit six months before his attack, 25 years of tobacco use might have taken its toll.

“All of these risk factors increase the clogging that happens in the arteries and causes stroke,” says Jennifer Rasmussen, MD, medical director of the stroke program at Scott & White Memorial Hospital – Temple. She likens it to hair that accumulates in your sink drain over time.

PREVENTION AND RECOGNITION

With stroke, there are no outward signs in the days, weeks and months leading up to the emergency. “That’s why preventive care [like getting regular routine health screenings] really becomes important,” Dr. Rasmussen says. By knowing about a person’s high blood pressure, for example, health care providers can take steps to lower it.

But even with prevention, a stroke is still a possibility.

Once a stroke begins (see “FAST Facts” for symptoms), it lasts about 72 hours. The earlier in that process you can intervene, the less chance there is for serious disability or death.

“I had a patient who saw us when he was experiencing minor symptoms of a possible stroke,” Dr. Rasmussen says. “Because he came in so quickly, we gave him tPA, and just two days later he was able to go back to work.”

NEW HOPE TO FIGHT STROKE

Recent advances in stroke prevention and treatment are helping reduce the risk of stroke and improving outcomes for patients. We asked Kailey Cohill, RN, stroke coordinator on staff at Baylor Scott & White Medical Center – Round Rock, to share some of the most compelling advances in the past five years.

An increase in dedicated stroke centers. “We’re seeing more hospitals certified as Acute Stroke Ready Hospitals, Comprehensive Stroke Centers and Primary Stroke Centers,” Cohill says. “These hospitals work together to help provide individuals with even the most complex strokes quality care as quickly as possible.”


Better stroke prevention drugs. “Several new anticoagulants are helping prevent ischemic stroke in individuals with atrial fibrillation, who are at five times the normal risk of stroke,” Cohill says. “In the past, there was only one drug available which required frequent blood tests. Fortunately, these new drugs do not.”

New surgical treatment for acute ischemic stroke. For individuals with large blockages in the arteries of the brain, a new device called a stent retriever can “be inserted into the groin to remove the clot and reopen the artery, stopping a stroke in its tracks,” Cohill says.

MORE

Comprehensive Stroke Care

Baylor Scott & White Medical Center – Round Rock is certified as a Primary Stroke Center. To learn more, visit stroke.sw.org and click “About Our Stroke Centers.”



Women are twice as likely as men to get irritable bowel syndrome.

Keeping Tract

Your guide to understanding the GI troublemakers IBS and IBD

→ IRRITABLE BOWEL SYNDROME and

inflammatory bowel disease may sound similar—they even share some symptoms—but they are actually very different. Understanding the distinctions between the two gastrointestinal conditions can help you get the relief you need.

WHAT IS IBS?

Irritable bowel syndrome (IBS) occurs when the gastrointestinal

tract acts abnormally, causing symptoms such as constipation, diarrhea or alternating bouts of each. It affects around 10 to 15 percent of people in the U.S., according to the International Foundation for Functional Gastrointestinal Disorders, and is often diagnosed in late adolescence or early adulthood.

“IBS is quite common,” says Jason Welch, DO, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Marble Falls. “Though many theories exist, there is not a single, identifiable cause, unfortunately, as there is

no anatomic disease or bowel inflammation. What we can do is treat the symptoms.”

WHAT IS IBD?

Inflammatory bowel disease (IBD) refers to two conditions that cause inflammation or ulceration along the gastrointestinal tract: Crohn’s disease and ulcerative colitis. Altogether, these conditions affect about 1.6 million Americans, according to the Crohn’s & Colitis Foundation of America.

“IBD carries significant long-term health implications and should be closely managed by a gastroenterologist,” Dr. Welch says.

IBS and IBD: Comparing the Conditions

	Irritable Bowel Syndrome	Inflammatory Bowel Disease
Most often affects	Women are twice as likely as men to get it, according to the National Institute of Diabetes and Digestive and Kidney Diseases, and it's most common in those 45 and younger.	Men and women. Ulcerative colitis: people ages 15 to 30 and older than 60, people of Jewish descent and those who have a family member with the disease. Crohn's disease: people ages 15 to 35 and those who have a family member with the disease.
Symptoms	Abdominal pain and discomfort; a change in bowel habits; constipation, diarrhea or both; urgent need for a bowel movement; bloating; mucus in the stool; feeling as though bowel movements are incomplete.	Abdominal cramps and pain; constipation; diarrhea; rectal bleeding; urgent need for a bowel movement; feeling as though bowel movements are incomplete; weight loss; loss of appetite; fever; fatigue; night sweats.
Treatment	Primary: lifestyle changes, including dietary changes and stress management. Secondary: medication, probiotic supplements, counseling and alternative medicine like acupuncture, meditation and yoga. See your doctor regularly to get symptoms under control.	Medication, including anti-inflammatories, immunosuppressants, antibiotics, pain relievers and other prescriptions and supplements. Surgery may be necessary in some cases.
Raises risk for colon cancer	No. Because it's classified as a syndrome (a collection of symptoms) rather than a disease, IBS itself does not cause cancer.	Yes, depending on duration and severity. "Once a person has had IBD for 10 to 15 years, he or she will need surveillance colonoscopies every one to two years, even if the disease is under control by then," says Jason Welch, DO, an internal medicine physician and a gastroenterologist.

Tummy Troubles in Kids

Mommy, my tummy hurts! As any parent can attest, stomach pain is a common complaint among children. "In a recent survey, 38 percent of kids in third through eighth grades reported experiencing stomach pain on a weekly basis," says Ashis Barad, MD, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Round Rock.

So what's going on? "By far, the number-one cause of stomach pain is constipation," Dr. Barad says. "Another common cause is anxiety—there's a huge nervous system in the gut, and the stomach really is the second brain."

While these issues are relatively harmless and can often be resolved with dietary and lifestyle changes, some stomach pain may be a sign of something more serious.

Seek medical attention if your child's stomach pain is accompanied by:

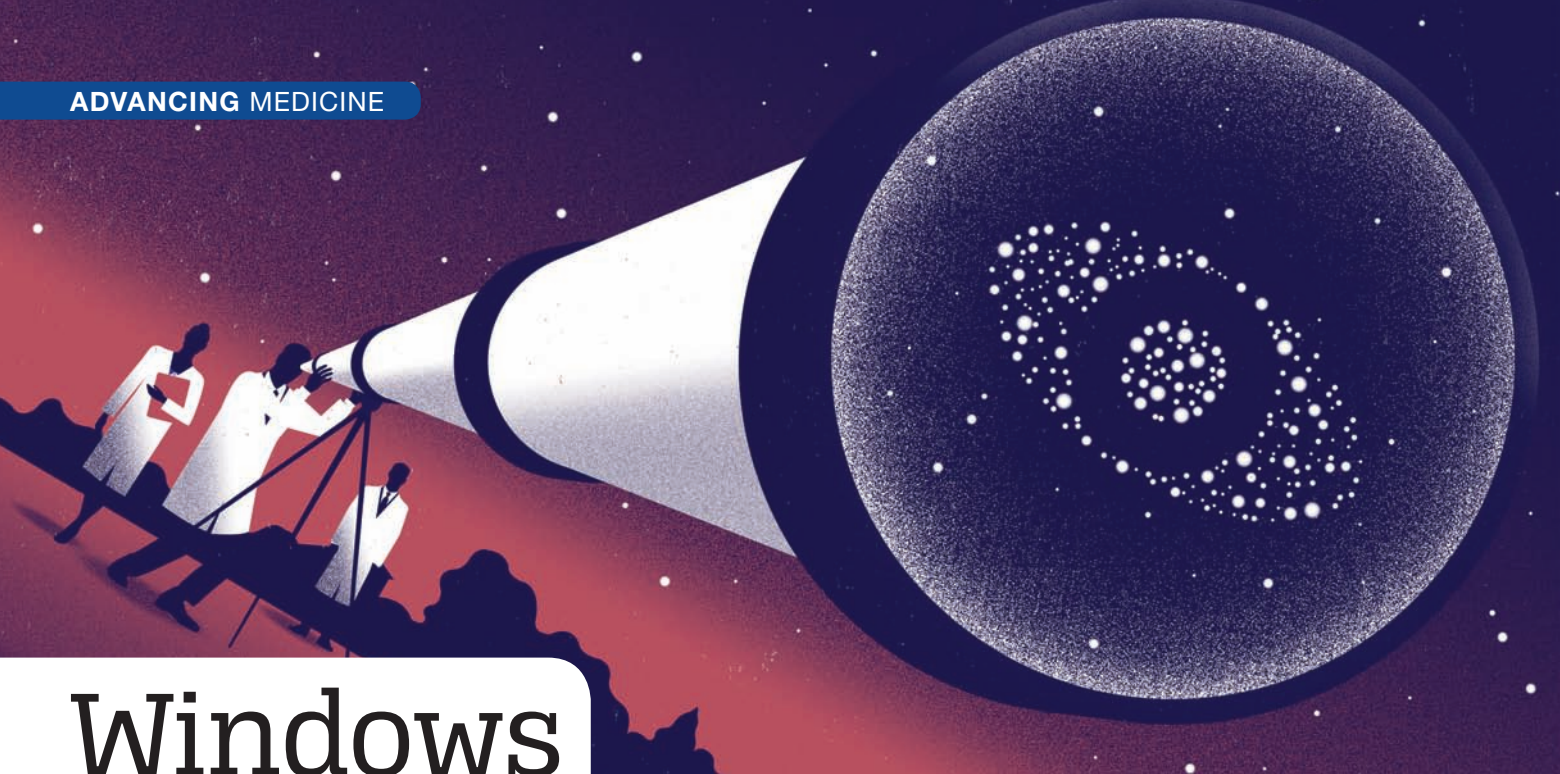
- ▶ Vomiting
- ▶ Weight loss
- ▶ Blood in the stool
- ▶ Fevers
- ▶ Pain that wakes them up at night

"When it comes to digestive issues, kids aren't little adults," Dr. Barad says. "They don't always experience symptoms like we do, and can't always articulate what they're feeling." Don't second-guess yourself. If you're concerned about your child's symptoms, talk to your doctor.

MORE

Help for Hurting Bellies

If your child is experiencing worrisome digestive symptoms, our gastroenterologists can help. To request an appointment online or to find a specialty clinic in your area, visit gi.sw.org today.



Windows to Your Health

By examining blood vessels in the eye, a research team looks to avoid vision loss in people with diabetes and other conditions

THE EYES HAVE BEEN CALLED windows to the soul. But they are also windows to your health.

That's because by examining blood vessels in the eye, doctors can detect health conditions like diabetes.

Knowing how these blood vessels work normally and under duress is important in helping develop treatments—and that's the goal of the Ophthalmic Vascular Research Program (OVRP), a collaboration between the Department of Ophthalmology

at Baylor Scott & White Health and the departments of Medical Physiology and Surgery at the Texas A&M Health Science Center (TAMHSC).

A UNIQUE TECHNIQUE

The key is to study blood vessels in the eyes independently from other tissues. Lih Kuo, PhD, director of the research program and professor of medical physiology at TAMHSC, is known for his work with isolating microscopic blood vessels from the heart. The OVRP team applied a similar approach to the eye.

“Blood vessels in the heart respond to stimuli in a certain way,” explains Robert Rosa Jr., MD, an ophthalmologist, vice chair for research in the Baylor Scott & White Department of Ophthalmology and a researcher in the OVRP. “The blood vessels in the kidneys may respond differently to the same stimuli; the blood vessels in the eye may respond in yet another way.”

Today, the OVRP is the only research program in the U.S. to use the isolated retinal microvessel technique.

LASTING IMPACT

Diseases like diabetes and high blood pressure affect blood vessels in the eye, damaging the retina (the back of the eye) and leading to impaired vision. Regulating and improving blood flow might help.

“Diabetes is the most common cause of blindness among 20- to 60-year-olds,” Dr. Rosa explains. “Our work could have a significant impact in preserving vision in patients with diabetes.”

What's more, the OVRP investigators have developed patents that could aid in the establishment of new treatments for other eye diseases, including dry macular degeneration and retinitis pigmentosa.

“Our goal ultimately,” he says, “is to have a lasting impact on patient care and find new therapeutic strategies to prevent blindness from retinal vascular and degenerative diseases.”

ABOUT THE STUDY

Ophthalmic Vascular Research

A team of scientists is better understanding how the blood vessels in the eye work with the goal of finding therapies for people with impaired vision as a result of retinal vascular and degenerative diseases.

Key Contributors

Baylor Scott & White Health

Texas A&M Health Science Center

Scott & White Healthcare Foundation (funding)

Retina Research Foundation (funding)

National Institutes of Health (funding)

MORE

Take a Look at the Latest Research

Visit BaylorHealth.com/AdvancingMedicine and research.sw.org for other advancements like this.



EDUCATION

FREE HEALTHSPEAK PROGRAMS

Each month Baylor Scott & White Medical Center – Round Rock provides free programs on health topics including diabetes, exercise, stroke, hearing loss and children's conditions.

→ Check out healthspeak.sw.org for a list of upcoming HealthSpeak Education Series topics and events.

BLOG

CONNECT AND SHARE

Check out our blogs for inspiring patient testimonials, health and wellness tips, information on community events, videos and more.



→ Read it now at scrubbing.in—and don't forget to subscribe!

DONATE

GIVING BLOOD FEELS GOOD

Summer is particularly demanding on Scott & White Blood Center's blood supply, leading to an urgent—sometimes critical—need for donations. Blood drives are held monthly throughout the Round Round/Austin region.

→ Visit bloodcenter.sw.org for more information and to determine your eligibility to donate.



WELLNESS

Don't Wait for That Sports Physical

Do your children participate in team sports? Beat the August rush by scheduling their sports physicals early. You can even combine their sports physical and well-child checkup into one convenient appointment.

→ Head to swchildrens.org/physicals to learn about the benefits of well-child checkups, sports physicals and more.

ONLINE

SUNBLOCK VS. SUNSCREEN

Our experts break down the difference to help you keep your skin safe this summer.

→ Go to sunscreensw.org to get the 411.



GEAR UP FOR BETTER HEALTH

SATURDAY, JUNE 11 · 9-11 A.M.
Baylor Scott & White Clinic – Cedar Park
910 E. Whitestone Blvd., Cedar Park, TX 78613

Regular checkups should be a part of every man's routine. Fortunately, our **FREE** men's health event makes it simple to tune up your health. Attend It's a Guy Thing® for free health screenings and information all in one place. **This event includes:**

- Free Health Screenings: blood pressure, vision, skin cancer screenings, body fat/BMI & more
- Wellness booths
- Healthy cooking demonstrations with samples
- Informative mini-seminars featuring updates on men's health issues including common conditions that accompany aging.
- Bring the kids! While you are getting your tune up, your child's doll/stuffed animal can get one of its own at our free Teddy Bear Clinic.



TO REGISTER: Call 1.844.BSW.DOCS or go to
BaylorScottandWhite.com/GuyThing

