

Health

“My horizons have widened now that I don’t have to worry about migraines.”

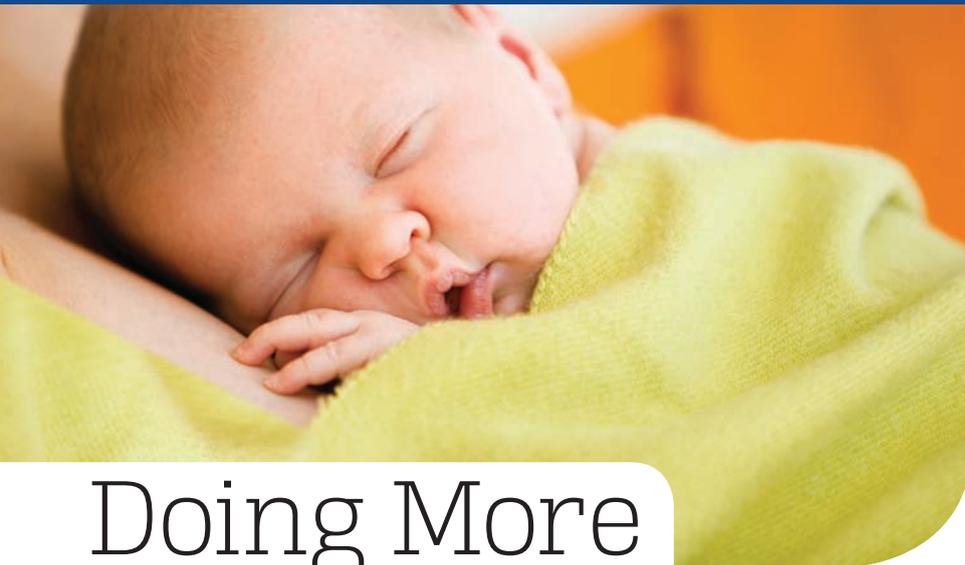
Judi Malcom

knows how to handle her headaches now, with help from Baylor Scott & White Health
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THE TRUTH HEALS

Why you shouldn’t lie to your doctor PAGE 8



Doing More to Support Breastfeeding

Baylor Scott & White Health is dedicated to improving the health of mothers and babies by supporting moms in breastfeeding. In recognition of its efforts, Baylor University Medical Center at Dallas and six other Baylor Scott & White hospitals recently earned designation from the Texas Department of State Health Services as Texas Ten Step facilities.

The Texas Ten Step program is based on the World Health Organization's Ten Steps to Successful Breastfeeding, evidence-based practices that have been shown to increase the number of women who initiate breastfeeding as well as how long they continue. The program is designed to help hospitals improve their support of breastfeeding mothers before and after delivery, as well as after returning home.

To be awarded the Texas Ten Step designation, a hospital must:

- ▶ Meet at least 85 percent of the World Health Organization's Ten Steps to Successful Breastfeeding
- ▶ Be designated as a Texas Mother-Friendly Worksite by the Texas Department of State Health Services
- ▶ Evaluate breastfeeding policies and maternity-care practices
- ▶ Routinely educate all health care staff during evidence-based courses

PERSONALIZED CARE FOR WOMEN

At Baylor University Medical Center, women's health care is as individualized as you are. To learn more about the comprehensive services delivered with a personal touch, visit BSWHealth.com/DallasWomen today.

Outpatient Pharmacy Advantages

Conveniently located on the first floor of the Barnett and Wadley towers, the outpatient pharmacy at Baylor University Medical Center at Dallas is open weekdays from 7 a.m. to 10 p.m. and weekends from 9 a.m. to 5 p.m., as well as all major holidays.

The pharmacy is open to the public and accepts most pharmacy insurance plans. Benefits of using the pharmacy:

- ▶ Pharmacy medication concierge program, which includes free bedside delivery of your medications on the day of your discharge
- ▶ Prescription club, which offers discount and \$4 generic medications to everyone, including pets
- ▶ Pharmacy mobile app, myBSW Rx, which lets you manage all of your prescription needs from your smartphone or tablet
- ▶ Lower out-of-pocket costs for Scott & White Health Plan members
- ▶ Shopping for personal gifts and Baylor Scott & White-branded merchandise and clothing for all ages

Have questions? Call a pharmacy associate at **214.820.3451**.

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Health Care as Mobile as You Are

Manage your prescriptions on the go with myBSW Rx! Visit BSWHealth.com/Pharmacy to register and download the app.

Baylor University Medical Center at Dallas, 3500 Gaston Ave., Dallas, TX 75246. Patient Information: 214.820.0111. Volunteer Opportunities: 214.820.2441. Giving Opportunities/Baylor Health Care System Foundation: 214.820.3136. Visit BSWHealth.com or call 1.800.4BAYLOR (1.800.422.9567) for information about Baylor University Medical Center at Dallas services, upcoming events, physician referrals, career opportunities and more.

Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people by providing personalized health and wellness through exemplary care, education and research as a Christian ministry of healing.

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Immunotherapy: A New Weapon in the War on Cancer

In the past decade, some of the most remarkable advances in cancer treatment have been in immunotherapy. This relatively new approach harnesses the power of the body's own immune system to help it fight disease.

Immunotherapy works by boosting the immune system or enhancing immune response to help the body recognize and destroy cancer cells more effectively.

Among its benefits, immunotherapy:

- ▶ Is effective on some cancers that do not respond well to radiation or chemotherapy
- ▶ May be less toxic and cause fewer side effects than other treatments
- ▶ Provides a new option for people who have exhausted other methods

Immunotherapy is being used to treat a variety of cancers, and with dozens more treatments being explored, immunotherapy could revolutionize the way we treat cancer in the near future.



EXPERTS ON YOUR SIDE

To learn more about advanced cancer care at Baylor Scott & White, including research and clinical trials, visit BSWHealth.com/Cancer today.

0.4 mSv The amount of radiation (in millisieverts) that a woman receives during a typical mammogram. For perspective, you get about this much exposure every two months just from your natural surroundings. **A mammogram's benefits of identifying breast cancer early far outweigh the slight risk of cancer from radiation.** If you're concerned, consult your doctor.



Thinking About Organ Donation? Start Here

If you're considering becoming a living organ donor, Baylor Scott & White Health can support you on your journey. Here is a list of resources to help you learn more about:

Qualifying for donation.

Finding out whether you can be a living donor is easier than you think. Visit LivingDonorDallas.org, LivingDonorFortWorth.org or LivingDonorTemple.org to complete a brief health history survey for the location nearest you.

Kidney donation.

Go to BSWHealth.com/LivingDonorFAQ to find answers to commonly asked questions.

Liver donation.

Check out BSWHealth.com/LivingDonorLiver to learn more, including who can donate and what to expect.

Transplantation services. Visit BSWHealth.com/Transplant to learn about Baylor Scott & White's multispecialty transplantation centers in North and Central Texas.

Organ donation in general. Go to BSWHealth.com/LivingDonor for details about living organ donation, including requirements, costs and benefits.



MORE

Talk to Someone About Being a Donor

To speak to a living donor coordinator, call one of Baylor Scott & White Health's transplant locations:

- ▶ Baylor University Medical Center at Dallas: **214.820.4438**
- ▶ Baylor Scott & White All Saints Medical Center – Fort Worth: **817.922.2990**
- ▶ Scott & White Medical Center – Temple: **254.724.8912**

Do You Have Hepatitis C?

Before you say no, read this

 YOU'VE BEEN around long enough to know the drill. As far as your health is concerned, you're pretty good about keeping up with annual checkups, screenings and immunizations.

But ... have you been tested for hepatitis C?

Hepatitis C is a contagious, blood-borne virus that attacks the liver. It affects up to 3.9 million Americans, and 3 in 4 of them are born between 1945 and 1965. Why these baby boomers specifically?

"Most of the people who have hepatitis C contracted it sometime in the '70s or '80s prior to screenings for viruses in blood products that were given in transfusions," says Terilyn R. Scott-Winful, MD, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Carrollton and Baylor Scott & White Medical Center – Plano. "People who have a history of injected drug use—no matter how remote it was—also are at risk."

UNDERCOVER VIRUS

You might be thinking that if you contracted hepatitis C that long ago, you would know by now. Not necessarily. Although some cases of hepatitis C clear on their own, the majority of them stay in the body for life. Most of the time, there are no initial indicators that a person has the virus.

"Hepatitis C can go undetected for years and years," Dr. Scott-Winful says. "Most people who have it don't know they're infected until they start developing complications."

Problems include cirrhosis (damage) of the liver and liver cancer. Hepatitis C, ultimately,

is the No. 1 reason for liver transplants today. With diligence, though, things don't have to progress to that point. A simple screening can detect the infection well before serious issues arise.

"Baby boomers need only be screened once using a very simple blood test," Dr. Scott-Winful says.

FAVORABLE TREATMENT

If the test reveals that you have hepatitis C, treatment can be administered to clear the infection. Options, fortunately, have come a long way.

"As recently as about six years ago, the treatment for hepatitis C consisted of daily injections that were fairly effective but came with undesirable side effects—flulike symptoms, headache, depression," Dr. Scott-Winful says. "It's much easier to treat now. Today, people can take a pill once or twice a day, with minimal side effects. And the cure rates are 95 to 99 percent."

Dr. Scott-Winful encourages everyone born between 1945 and 1965 to talk to a primary care provider about getting screened for hepatitis C.

ALL YOUR SPECIALISTS IN ONE SPOT

At the Baylor Liver and Pancreas Disease Center at Baylor University Medical Center, specialists provide a full spectrum of treatment options—all in one location. Visit BSWHealth.com/DallasLiver to learn more.



Feet in Focus

Learn to recognize—and address—these common conditions

➔ WE RELY ON OUR FEET to take us everywhere. Yet aside from the occasional pedicure, you might say we take them for granted. And it shows.

Three-quarters of Americans experience foot problems at some point in their lives, the American Podiatric Medical Association says.

“Foot and ankle problems are common,” says Justin Kane, MD, an orthopedic surgeon on the medical staff at Baylor Scott & White Medical Center – McKinney. “They account for about 1 in 10 emergency department visits.”

Here are four foot ailments that may have you out of step.

1 BUNIONS

These painful bumps at the base joint of the big toe are caused by wearing shoes with narrow toe boxes, heredity and certain inflammatory conditions, such as rheumatoid arthritis. “Bunions do not need to be treated solely for appearance’s sake,” Dr. Kane says. “If a bunion is painful, switch to flats and wedges over high-heeled shoes, and shoes with wider toe boxes.” In severe cases, bunions can be treated with surgery.

2 HALLUX RIGIDUS

The most common arthritic condition of the foot, hallux rigidus affects women more than men and is typically diagnosed when there is pain, stiffness and swelling in the big toe, particularly during physical activity. Over-the-counter pain relievers and anti-inflammatory medications are the first line of defense, along



with choosing footwear with ample cushioning, rocker bottoms and inserts that limit motion in the big toe joint. Surgical options are available if conservative treatments fail.

3 FLATFEET

Just as it sounds, this condition occurs when the entire bottom of the foot touches the ground instead of having an arch. Some people are born with flatfeet, but others can develop them over time. Flatfeet typically don’t pose problems, but if they cause foot pain, your doctor might recommend arch supports, stretching or physical therapy.

4 PLANTAR FASCIITIS

This overuse injury is characterized by pain in the heel after getting out of bed in the morning or sitting for long

periods. “It will feel like you’re stepping on a pebble or stone,” Dr. Kane says. Plantar fasciitis is more likely in women, people who stand on hard surfaces for work, runners and those with tight calf muscles. Treatment includes rest, stretching, footwear modification, anti-inflammatories, injections and, in rare cases, surgery.

MORE

Get Back to What You Care About

If you have joint issues, orthopedic specialists on the medical staff at Baylor University Medical Center can help. Visit [BSWHealth.com/DallasOrtho](https://www.bswhealth.com/DallasOrtho) for details.

Judi Malcom and her husband, Mark, share a love of motorcycles.



Heading Toward Relief

With the right medical approach, Judi Malcom's doctors stopped a vicious cycle of migraines

➔ PEOPLE WHO EXPERIENCE migraine headaches know they can be intensely painful. They just don't know when the next one will strike. This unpredictability was especially challenging for Judi Malcom. She and her husband, Mark, tend to dogs, cats and miniature horses on their 6-acre property in Ennis. She also rides a motorcycle for fun—not exactly an ideal situation for a migraine.

“Just the possibility of getting a migraine curtails your activities,” she says.

Malcom had migraines for more than 15 years and accepted them as a fact of life. “I thought I was coping well enough on my own, because the headaches didn't keep me from going to work,” she says. “But I was taking over-the-counter migraine medicine constantly.”

“The Headache Center taught me to manage my migraines the right way. I feel I’ve got my life back.” —Judi Malcom



In recent years, the headaches worsened, requiring visits to the doctor for pain injections and trips to the emergency department. Over nine months last year, they became unbearable. After one of her worst headaches sent her to the emergency department again, Malcom went to the Headache Center at Baylor University Medical Center at Dallas.

DOING SOMETHING ABOUT IT

Malcom’s story isn’t unusual, says George Nissan, DO, an internal medicine physician on the medical staff at the Headache Center.

“Some folks can tolerate a lot of pain before they seek help,” he says. “But they may be doing themselves a disservice. There is a lot we can do to prevent migraines and a number of non-narcotic ways to treat the pain when it happens.”

Migraines are just one type of headache that can affect quality of life. Other forms include cluster headaches and simple chronic daily headaches. Finding the right treatment can be as much art as science, because it can be difficult to identify the cause.

The Headache Center takes a multidisciplinary approach. In addition to conventional drug

therapies for prevention and symptom management, physicians on the medical staff can use a full range of alternative therapies, including biofeedback, Botox injections, meditation and group therapy. As part of the Baylor Neuroscience Center, the Headache Center is fully equipped to diagnose more serious underlying conditions, of which headaches themselves might be a symptom.

PINPOINTING THE PROBLEM

The biggest factors in migraines are heredity, lifestyle and hormones, Dr. Nissan says. That’s why the first order of business for new patients is to explore their medical and health histories, lifestyles and experiences with headaches. MRIs, bloodwork and, rarely, lumbar punctures also may be part of the diagnostic process.

At the Headache Center, Malcom learned that she had been experiencing a common side effect of prolonged self-treatment of migraines: rebound headaches from over-the-counter medicine.

On her doctor’s advice, she stopped taking her pain medication and underwent a weeklong regimen of infusion therapy to break the cycle. She admits it was tough at first, but it worked. Now she takes preventive medication, and the migraines are few and far between. When the headaches do develop, she says, her rescue medication knocks them out.

As she describes the relief she felt on the fourth day of therapy, when the migraine finally broke, her voice is tinged with emotion. “It was like somebody turned the lights on for me,” she says. “I didn’t realize how much peripheral vision I’d lost. The world became much bigger again, in more ways than one.”

IS IT ALZHEIMER’S? URGE YOUR LOVED ONE TO FIND OUT

Could someone you care about be showing signs of Alzheimer’s? Claudia Padilla, MD, a behavioral neurologist on the medical staff at Baylor University Medical Center at Dallas, has tips for persuading a loved one to get checked out.

Have a plan. “Approach your loved one in a calm, comfortable and supportive environment, be positive and choose your words carefully,” Dr. Padilla says.

Share your concerns. “It can be helpful to keep a journal of concerning events that happen over time, and then share it with your loved one to explain your concern,” she says.

Show them the signs. If your loved one is dismissing symptoms as just part of getting older, share the early signs and symptoms with them (BSWHealth.com/AlzheimersSigns).

Offer to go to the appointment. “Many times, the support of a loved one is enough to give someone the courage to get tested,” she says. “Make it less daunting by adding an enjoyable outing after the appointment, like lunch at a favorite restaurant.”

Explain the benefits of treatment. “Early detection allows individuals to begin treatment sooner, establish a care team and enroll in clinical trials,” Dr. Padilla says. “Getting tested earlier leads to a more accurate diagnosis and treatment.”

MORE

Early Diagnosis and Treatment Are Best

The Baylor AT&T Memory Center at Baylor University Medical Center at Dallas has the resources and support for people experiencing Alzheimer’s. Visit BSWHealth.com/MemoryCenter for information and to schedule an appointment.



7 Lies Never to Tell Your Doctor

A primary care physician explains why honesty is the best policy



THE TRUTH IS, BEHIND THE CLOSED DOORS OF EXAM ROOMS, LOTS OF GOOD PEOPLE MISLEAD THEIR PHYSICIANS. WHY?

“One of the major reasons patients lie is out of embarrassment or fear of talking about certain issues,” says Cristiana Angelelli, MD, a primary care physician at Scott & White Clinic – Pflugerville. One study found that about a quarter of Americans have been untruthful with a doctor or omitted details about their health during an exam.

Being open and honest with your provider is good for your relationship with him or her—and, ultimately, that's good for your health. Here are seven lies you shouldn't tell your doctor.

1 "I quit smoking."

Smoking is the No. 1 risk factor for heart disease, stroke, cancer and other ailments, so if you're lighting up, your doctor needs to know.

"A significant amount of people lie about smoking, because they don't want to be reprimanded or they're afraid we'll tell their insurance companies, which isn't the case," Dr. Angelelli says. "It's important to tell us if you smoke, because we can recommend strategies for quitting. We'll also recommend certain screenings at specific ages. Plus, chances are we already know."

2 "I only drink occasionally."

As with smoking, you'll want to be honest with your doctor about your alcohol consumption, particularly if you have more than one drink per day as a woman or two drinks per day as a man.

"Most patients downplay how much they drink," Dr. Angelelli says. "But it's important to know, so we can offer counseling and order the right labs to check liver function."

3 "I eat healthfully and exercise regularly."

This one isn't so much a lie as a misunderstanding, Dr. Angelelli says. "Most patients say they try to eat healthy and exercise," she says. When she digs deeper, however, she discovers that the foods people think are healthy actually aren't, their portions are too big or they're giving themselves more credit than they should for calories burned through exercise.

If your doctor is concerned about your weight, he or she probably will ask you to describe what you eat in a typical day and how you exercise. Don't leave out the handfuls of candy you munch on at work or the midnight snacks. And be real about how often you are active. Your provider can make recommendations or refer you to a nutritionist or a trainer for help with important lifestyle changes.

4 "Everything's fine."

No one likes to admit they're having problems in the bedroom or they're feeling worthless, but if there's something on your mind, mention it. Your doctor can ease your concerns by letting you know when there's really nothing to worry about, or recommend appropriate treatment when something should be looked into.

5 "Yes, I take my medication as prescribed."

Although you may have a decent track record with your medication regimen, let your provider know if you sometimes skip or forget doses—or if you don't get your prescription filled at all. Not taking medication as directed accounts for 30 to 50 percent of chronic disease treatment failures, the Centers for Disease Control and Prevention says.

"Some patients won't pick up a prescription because they can't afford it," Dr. Angelelli says. "They may be embarrassed to say that, but if they tell their doctor, he or she can look for something cheaper or help them find discounts."

6 "I will follow your instructions."

Even with doctor's orders, not everyone chooses to go for diagnostic tests, follow through with physical therapy or change eating habits. To do these things or not, it's your choice. Just be upfront with your doctor about your intentions.

"If you're not going to go through with, say, a certain test, just say so," Dr. Angelelli says. "Being honest with your doctor ensures you're both working toward the same goals for your health."

7 "I understand."

If you don't grasp what your doctor has told you during an appointment or what you need to do next, speak up.

"Instructions can be confusing, and we don't always know when patients aren't understanding," Dr. Angelelli says. "We want you to feel confident in your treatment plan, because you'll be more likely to stick with it and you'll have better results." To help with details from a visit, bring someone along to take notes, and follow up with the provider to get clarification.

3 NOT-SO-HEALTHY HABITS TO STOP TODAY

Maybe your healthy habits aren't as healthy as you think they are. Here, Julie Smith, RDN, LD, a dietitian at Baylor University Medical Center at Dallas, shares three to watch for.

1. Taking vitamins instead of eating well. "While taking certain vitamins may be a good way to ensure you're getting enough, they're no substitute for a healthy, balanced diet," Smith says. "In addition, taking vitamin supplements may not offer the same preventive health benefits as eating the foods that contain them."

2. Drinking diet soda instead of water. "Switching to diet soda from regular soda may save you calories, but water is ultimately your best bet for healthy hydration," Smith says. "It offers many health benefits without any of the potential risks associated with artificial sweeteners, like increased risk of metabolic syndrome and increased sugar cravings."

3. Buying smoothies instead of making your own. Although commercial smoothies contain fruit, they also typically have fruit *juice*, which makes them high in sugar and calories, Smith says. "For a healthier option," she says, "make smoothies at home using fresh or frozen fruit, a handful of leafy greens, water and Greek yogurt for a protein boost."

MORE

Want to Improve Your Health?

Your primary care doctor can evaluate your lifestyle and recommend changes to make. To find a provider on the medical staff at Baylor University Medical Center, visit [BSWHealth.com/FindDrRight](https://www.bswhealth.com/FindDrRight) today.

More Than Skin Deep

Psoriasis could contribute to plaque buildup in the arteries. Educating people about the connection might help them handle heart disease

➔ It's called a "silent killer" for a reason. Atherosclerosis—the buildup of plaque inside the arteries—often occurs so slowly that many people are unaware they even have the condition until they experience a life-threatening heart attack or stroke.

That's why doctors often warn people who have conditions associated with atherosclerosis, such as diabetes, about the effect their condition could have on their heart. "This can help them make healthier lifestyle decisions, like eating right, exercising, taking their medications and getting screened for the presence of heart disease," explains Jeffrey M. Schussler, MD, director of the intensive care unit at Baylor Jack and Jane Hamilton Heart and Vascular Hospital.

HEART DISEASE'S NEW RISK FACTOR

In recent years, a new condition has been linked to the development of atherosclerosis: psoriasis, an autoimmune disease

characterized by raised, red, scaly and often painful patches on the skin.

"We now know that psoriasis is more than just a skin disease. It's an inflammatory disease," Dr. Schussler says. "Inflammation can cause a variety of problems in the body, including the development of plaque in the arteries."

Because this information is relatively new, there is not a lot of hard evidence linking the two conditions, Dr. Schussler says. "Currently," he says, "people who have psoriasis aren't regularly educated about or screened for heart disease."

But that could change in the near future, thanks in part to research by Baylor Scott & White Health.

CONFIRMING THE CONNECTION

To help establish psoriasis as a risk factor for atherosclerosis, Dr. Schussler and his team compared the coronary calcium scores of 387 men, all around 50 years old—one-third with psoriasis, one-third with type 2 diabetes and one-third with neither health condition.

"Coronary calcium scores help measure the amount of plaque that's formed in the arteries," Dr. Schussler explains. "As we suspected, the individuals with psoriasis had scores comparable to those with diabetes."

The researchers' findings were published in *JAMA Dermatology* in November, and Dr. Schussler says he hopes it will encourage physicians and health organizations to educate individuals with psoriasis about their increased risk of heart disease, along with ways to reduce it. "We need to educate both patients and physicians regarding the important link between these two diseases," he says. "Awareness of risk is half the battle."



ABOUT THE STUDY

Comparison of Coronary Artery Calcium Scores Between Patients with Psoriasis and Type 2 Diabetes

Researchers investigate whether the skin condition psoriasis could be linked to plaque buildup in the arteries and contribute to heart disease, similar to type 2 diabetes.

Key Contributor
Baylor Jack and Jane Hamilton Heart and Vascular Hospital

MORE

What We're Researching Now

Go to [BSWHealth.com/Research](https://www.bswhealth.com/research) to see more ways Baylor Scott & White Health's medical innovations are helping people lead healthier lives.

WHAT'S ONLINE

→ BSWHealth.com



RECIPE

CHICKEN SALAD WITH APPLE, RADISH AND CUCUMBER

Apples add crispness—not to mention dietary fiber—to this refreshing, satisfying green salad. Try it today!



→ Go to BSWHealth.com/Recipe for the ingredients and instructions.

QUIZ

CYCLING: GET IN GEAR



It's a great way to exercise—on your own or with friends and family. But how much do you really know about cycling?

→ Answer eight quick questions at BSWHealth.com/CyclingQuiz to test your knowledge.



ONLINE

Help Is One Click Away

Baylor University Medical Center's online visitors guide has many resources for patients and visitors alike to help make your next visit as convenient as possible.

→ Go to BSWHealth.com/DallasVisitors for the guide.

TIPS

STAYING HEALTHY AFTER MENOPAUSE

Women experiencing menopause in their late 40s or early 50s can stay youthful and active and minimize symptoms like hot flashes, joint aches and mood swings.

→ Visit BSWHealth.com/HealthyMenopause for tips on nutrition, exercise and more.



TOOL

DO YOU HAVE ACID REFLUX?

Gastroesophageal reflux disease (GERD), a chronic illness that occurs when acid backs out of the stomach, is a painful reality for 10 to 20 percent of U.S. adults. Could you be one of them?

→ Spend a minute at BSWHealth.com/GERDRisk and find out.



READERS OF *D* MAGAZINE VOTED US

2017 Best Place to Have a Baby

It's a title we claim for all the right reasons. The experience and skill of our staff. The added assurance of our Level III Neonatal Intensive Care Unit. The thoughtful touches in each room, like a sleep area for dad, flat screen TV and wireless internet. We think babies appreciate it as much as mom and dad. They just can't say it yet.



Part of  Baylor Scott & White HEALTH

To find an OB/GYN on our medical staff, call **1.800.4BAYLOR** or visit **BSWHealth.com/DallasChildbirth**.

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