

Baylor Scott & White Health

BSWHealth.com/[Grapevine](#)

May 2017

“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
PAGE 6



NO FIBBING!
7 lies to never tell your doctor
PAGE 8



Don't Fall for these Skin Cancer Myths

Skin cancer is the most common cancer in the United States, with 3.5 million cases diagnosed each year. Armed with accurate information, you can take steps to lower your risk.

Myth. I need some sun exposure to get enough vitamin D.

Fact. You can get plenty of vitamin D through a healthy diet, and if you need more you can take supplements.

Myth. Tanning beds are safe.

Fact. You should steer clear of tanning beds—they have high levels of UVA, which causes both skin cancer and premature aging.

Myth. Skin cancers are all easily curable.

Fact. There are three types of skin cancer. Basal cell and squamous cell carcinomas are the most common, and if they're caught early they're easily treated. Melanoma is the least common but the most deadly. If it's caught early it's very treatable, but if it's caught late there's an increased chance that it has spread to another site in the body.

NEED A SKIN SCREEN?

The dermatologists on the medical staff at Baylor Scott & White Medical Center – Grapevine can check your skin for suspicious signs. For a referral, call **1.800.4BAYLOR** or visit **BSWHealth.com/Grapevine** today.

Spray Away Your Seasonal Allergies

For people with allergies, springtime can be a season of suffering. But you don't have to put up with months of sniffles and sneezes. Instead, try starting an over-the-counter nasal steroid spray such as Flonase® or Nasacort® before the blossoms burst, and use it regularly until the allergy season is over.

Unlike oral antihistamines and decongestants, nasal sprays don't cause drowsiness. And you can reduce your risk of their most common side effect—nosebleeds—by aiming the spray away from the middle of your nose and toward the outside corner.

Nasal steroid sprays take some time to reach peak effectiveness so it's a good idea to try them for a month before moving on to other medications.



MORE

Save on Tissues

If you need help ending your allergies, make an appointment with an ear, nose and throat specialist on the medical staff at Baylor Scott & White Medical Center – Grapevine. For a referral, call **1.800.4BAYLOR** or visit **BSWHealth.com/Grapevine** today.

Baylor Scott & White Medical Center – Grapevine, 1650 W. College, Grapevine, TX 76051.

West Region Marketing Director: Ashleigh Killian; Manager of Marketing/PR: LaKisha Howard; Community Outreach Manager: Rachel Nobles; Physician Liaison: Marie Hilliard. Main Number: 817.481.1588; Physician Referral: 1.800.4BAYLOR (1.800.422.9567); Educational Programs: 817.329.2878; Baylor Grapevine Diagnostic Imaging Center: 817.305.5010; Baylor Diagnostic Imaging Center at Keller: 817.482.2000; Baylor Grapevine Women's Center: 817.424.4500; 24-Hour Emergency: 817.329.2523; Baylor Therapy Center: 817.329.2524; Clinical Nutrition Programs: 817.329.2569; Volunteer Services/Auxiliary: 817.329.2665.

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

Visit BSWHealth.com or call 1.800.4BAYLOR for information about Baylor Scott & White – Grapevine services, upcoming events, physician referrals, career opportunities and more.

The material in *Baylor Scott & White Health* is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers. Baylor Health Care System, Scott & White Healthcare or Baylor Scott & White Health. Some physicians are employees of Health Texas Provider Network. Baylor Medical Plaza at Keller is not a legal entity but a location for the provision of health care services. Photographs may include models or actors and may not represent actual patients. *Baylor Scott & White Health* is published six times a year by MANIFEST LLC. © 2017 Baylor Scott & White Health. If you are receiving multiple copies, need to change your mailing address or do not wish to receive this publication, please send your mailing label(s) and the updated information to Robin Vogel, Baylor Scott & White Health, 2001 Bryan St., Suite 750, Marketing Department, Dallas, TX 75201, or email the information to Robin.Vogel@BSWHealth.org.



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**



Advances in Robotic Surgery

New equipment brings new options to **Baylor Scott & White – Grapevine**



BAYLOR SCOTT & WHITE MEDICAL CENTER –

GRAPEVINE is giving patients more options for minimally invasive surgical procedures with less pain and faster recovery, thanks to new Xi robotic technology.

The earlier version of the equipment, called Si robotic technology, has been available at Baylor Scott & White – Grapevine for nearly 10 years and works well for procedures that are limited to a small surgical area. Clifford Simmang, MD, vice president of medical affairs and a colorectal surgeon on the medical staff at Baylor Scott & White Medical Center – Grapevine, says Si is a good choice for a lot of gynecological and urological procedures.

But many procedures need to access a broader area. “With this new technology, the arms are more slender and the instruments are longer,” Dr. Simmang says. Slender arms can move around each other more easily, and longer arms reach further into the body.

The new technology also allows the operating table to move in conjunction with the robot. In procedures like colon surgery, patients often must be moved so surgeons can access all of the parts of the colon they need to treat, Dr. Simmang says. Moving the table and the robot together simplifies and speeds up the procedure.

In the future, enhancements will allow some surgical procedures to be performed with just one incision. “Instead of the arms going into four different places they will go into one location and fan out,” Dr. Simmang says.

Some patients who need treatment for colon cancer, lung cancer and hernia repairs will likely be good candidates for surgery with Xi robotic technology.

SURGERY CLOSE TO HOME

When you or a loved one needs an operation, it's nice to get care in your community, close to family and friends. To learn more about the range of treatments available at Baylor Scott & White – Grapevine, visit [BSWHealth.com/Grapevine](https://www.BSWHealth.com/Grapevine) or call **1.800.4BAYLOR**.

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

A Strong Foundation

The orthopedic surgeons on the medical staff at Baylor Scott & White Medical Center – Grapevine can help with foot or ankle problems. Visit BSWHealth.com/Grapevine or call **1.800.4BAYLOR**.

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.”

WHAT DOES A NEUROLOGIST DO, ANYWAY?

Put very simply, neurologists are brain experts. But there’s more to the specialty than that.

A neurologist treats diseases and conditions that affect the brain, spinal cord and nerves. People with migraines, peripheral nerve disorders, movement disorders, multiple sclerosis, epilepsy, memory disorders, or balance or vision problems might visit a neurologist’s office for diagnosis and treatment, says Asher S. Imam, DO, medical director of neurosciences at Baylor Scott & White Medical Center – Grapevine.

Some neurological problems that appear suddenly, such as stroke, bleeding in or around the brain, altered mental state, seizures, or neurological emergencies, are treated by neurologists in hospitals.

Neurosurgeons—experts in a related field—treat a similar range of problems with surgery.



MORE

Need a Neurologist?

If you need a referral to a neurologist, Baylor Scott & White – Grapevine can help. Call **1.800.4BAYLOR** or visit **[BSWHealth.com/Grapevine](https://www.BSWHealth.com/Grapevine)** today.



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.

THREE HABITS THAT AREN'T AS HEALTHY AS YOU THINK

You're taking good care of your health, right? Maybe not. Loren S. Lasater, MD, a family medicine physician on the medical staff at Baylor Scott & White Medical Center – Grapevine, shares three health habits that can cause more harm than good.

Bad: Overexercising, which can lead to strains, sprains, tendinitis and other injuries that may curtail your workouts for weeks.

Better: Increasing your workouts gradually. For example, add five more minutes to your walk, or just a minute or two more of jogging, progressively.

Bad: Extreme diets. They can't be maintained long term, so you gain the weight back.

Better: Make gradual changes to achieve a well-balanced diet that you can stick to permanently. The so-called Mediterranean diet, which centers on primarily plant-based foods and healthy fats, is a good option.

Bad: Relying on supplements for your nutritional needs.

Better: Add a diverse selection of veggies and fruits to your diet to make sure you're getting a wide range of micronutrients.



MORE

Learn to Make Smart Choices

A family medicine physician can help steer you on the path to healthier habits. Call **1.800.4BAYLOR** or visit **[BSWHealth.com/Grapevine](https://www.bswhealth.com/Grapevine)** for a referral 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](https://www.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](https://www.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](https://www.bswhealth.com/CyclingQuiz) to test your knowledge.



ONLINE

Stay a Step Ahead of Allergies

Springtime allergies can trap you indoors and make you feel miserable. To learn ways to fight back and feel better, visit [BSWHealth.com/Allergy](https://www.bswhealth.com/Allergy) today.

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](https://www.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](https://www.bswhealth.com/GERDRisk) and find out.



BAYLOR SCOTT & WHITE MEDICAL CENTER – GRAPEVINE

Receives Magnet® Recognition... Again

What does Magnet® mean to you?

Achieving Magnet® Recognition is one of the highest honors any hospital can earn. This means when you come to Baylor Scott & White Medical Center – Grapevine, your care is being provided by a nursing staff that ranks in the top 7% in the country.

This commitment to patient care and satisfaction has been recognized with the coveted Magnet® designation *again* by the American Nurses Credentialing Center (ANCC), the foremost authority on nursing practices in the country.



To learn about our advanced services, call **1.800.4BAYLOR** or visit us online at **BSWHealth.com/Grapevine**.



1650 W. College St.
Grapevine, TX 76051

FOLLOW US ON:       
Username: BSWHealth