

Baylor Scott & White Health

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“I went to the doctor in a wheelchair. Now I’m swimming three days a week.”

Nancy Wiedeman

knows how to manage her symptoms of Parkinson’s disease, with help from Baylor Scott & White Health
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THE TRUTH HEALS

Why you shouldn’t lie to your doctor
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Is It Asthma or Allergies?

Each year, the Asthma and Allergy Foundation of America works to raise awareness about asthma and allergies during the month of May. Take a few minutes to learn about these two common conditions:

Asthma is a chronic condition characterized by airway inflammation, which can make it difficult to breathe. Asthma symptoms are often triggered by illness or exposure to allergens, extreme weather or exercise. Proper treatment and medical care can help keep things under control.

Allergies affect more than 50 million Americans. Allergic reactions occur when the immune system overreacts to something it perceives as harmful.

Allergies can be reduced by avoiding or limiting exposure to allergens, taking medications or undergoing immunotherapy.

ALLERGY QUESTIONS, ANSWERED

Learn more about what causes allergies, how to minimize your exposure and when to seek treatment. Visit BSWHealth.com/Allergy for an overview.

Here Comes the Sun—and the Risk for Skin Cancer

With summer on the horizon, you need to be especially careful to avoid the brunt of the sun's ultraviolet rays—the most common cause of skin cancer. These tips can help reduce your risk:

- ▶ Apply broad-spectrum sunscreen with SPF 30 or higher every two hours and after swimming, sweating or toweling off.
- ▶ Seek shade or stay inside between 10 a.m. and 4 p.m.
- ▶ Wear protective gear, such as wide-brimmed hats, sunglasses and long-sleeved or UV-protective clothing.

Also, watch out for moles that grow unevenly, have an irregular edge, are dark in color, are larger than a pencil eraser, or are changing in size, shape or color, and report them to your doctor. These are indicators of a possible skin cancer.



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Get Checked

If you have a suspicious spot on your skin, particularly if it's not healing or it's dark in color, get it checked by your primary care provider. Visit BSWHealth.com/Physicians to find one near you.

Scott & White Medical Center – Temple, 2401 S. 31st St., Temple, TX 76708. President: Shahin Motakef; Chief Medical Officer: Stephen Sibbitt, MD; Temple Region Marketing Manager: Stefanie Hall. Visit sw.org or call 1.800.792.3710 for information about Baylor Scott & White Health's services, providers, career opportunities and more. Find a provider at providers.sw.org or a location at clinics.sw.org.

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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.



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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.

IF YOU'RE CONCERNED ABOUT HEPATITIS C

A health care provider can use a simple blood test to diagnose hepatitis C. To find a primary care physician on the medical staff at a Baylor Scott & White facility near you, go to BSWHealth.com/Physicians today.



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.

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Treat Your Feet

If your feet or ankles are bothering you, take a step in the right direction! Visit BSWHealth.com/FootCare to find a physician specializing in foot care.

Nancy Wiedeman
with her husband, Don

Forward Progress

With the right medical approach, Nancy Wiedeman's doctors managed her movement disorder



NANCY WIEDEMAN HAD ALREADY been told once in her life that she would never walk again—at age 5, after she contracted polio. She defied the odds then and went on to enjoy an active life.

Whether it's water volleyball, scuba diving, pingpong doubles or snow skiing, Wiedeman has always been up for adventure. She and her husband of 23 years, Don, lived on a sailboat in the Caribbean for 13 years and traveled as far as South America. Eventually, the two settled into a retirement community near Guadalajara, Mexico.

Eight years ago, however, Wiedeman began to experience a loss of strength and coordination. She noticed her stride shortening, and she grew tired easily. "It was taking more and more effort to walk to the community pool, and it was only

“I’d been in a wheelchair for two and a half years when I rolled into the doctor’s office. The next day, I was walking.”

—Nancy Wiedeman

a third of a block, downhill,” she says. During a subsequent visit to the States, she met with her longtime doctor in Houston, who diagnosed post-polio syndrome, a debilitating condition that can strike polio survivors.

At that point, the couple returned to the U.S. in search of a home with better wheelchair access, Wiedeman says. They fell in love with Sun City Texas, a retirement community in Georgetown. There, she met with a general practitioner at Scott & White Clinic – Georgetown, who encouraged her to see a neurologist at Scott & White Clinic – Round Rock.

Struggling to walk, she was determined to defy the odds again.

A DIFFERENT DIAGNOSIS

Wiedeman detailed her symptoms to her neurologist at Scott & White Clinic – Round Rock: smaller handwriting than usual, difficulty maintaining good posture and increasingly shorter steps—all symptoms of Parkinson’s disease rather than post-polio syndrome.

She was prescribed a combination medication to activate receptors in the brain that are essential for voluntary movement. The medication usually takes about three weeks to work, but Wiedeman’s response was immediate.

“I’d been in a wheelchair for two and a half years when I rolled into the doctor’s office,” Wiedeman says. “The next day, I was walking. That’s how fast my brain responded to this new treatment.” She takes the medication four times a day and will be dependent on it—or another Parkinson’s medication—for the rest of her life.

“I was overjoyed!” Wiedeman says, describing a reaction that might have been surprising to some. “I knew that Parkinson’s was treatable.”

DRAMATIC IMPROVEMENT

Wiedeman’s turnaround is a dramatic illustration of how different neurological conditions may have similar symptoms—Parkinson’s and post-polio syndrome share weakness, fatigue and difficulty walking, for example—but call for completely different treatments.

“The challenge of Parkinson’s disease is that it’s not something you can see on an MRI scan or diagnose with a blood test,” says Jeffrey Tramonte, MD, a neurologist at Scott & White Clinic – Round Rock. “It takes astute clinicians with deep knowledge of physical symptoms of the disease.”

Because the nervous system affects practically every bodily function, the field of neurology focuses on a wide range of disorders and conditions—Lou Gehrig’s disease (also called ALS), dementia/memory disorders, epilepsy, headaches and migraines, movement disorders, neuromuscular disorders and strokes—and it benefits a person to visit a facility where providers practice in all of these subspecialties.

Wiedeman is glad she started with her general practitioner, and that he recommended Baylor Scott & White Health.

Today, Wiedeman takes pleasure in regaining strength and mobility. “I don’t ski anymore, but I exercise in the pool three days a week. Being able to make the bed, fix a meal and stand up to fold the laundry—that’s all a real joy,” she says. “Before I came to Baylor Scott & White, I’d turned just about everything over to my husband. Being on the right medication gave me back a lot of independence.”

SIGNS THAT IT’S TIME TO SEE A NEUROLOGIST

Although symptoms like headaches or dizziness often resolve on their own, sometimes more specialized care is required. Rasheda El-Nazer, MD, a neurology resident at Scott & White Medical Center – Temple, outlines the top 10 reasons people should seek neurological assessment:

1. Headaches, especially if sudden and severe or accompanied by symptoms such as light sensitivity, vomiting or additional neurological symptoms listed below
2. Vertigo, or the sensation that objects around you are spinning
3. Back pain accompanied by weakness, numbness or loss of bladder/bowel function
4. Sudden muscle weakness
5. Numbness or tingling
6. Movement problems such as difficulty walking, clumsiness or tremors
7. Sudden loss of vision
8. Seizures
9. Problems with memory
10. Sudden language or speech difficulties

With any of these symptoms, the words *sudden* and *severe* are key. “Sudden and severe are serious, and the treatment window can be short,” Dr. El-Nazer says. “You should always get evaluated in case of a neurologic emergency.”

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Your Trusted Partner in Health

Learn more about the neurological disorders treated at Baylor Scott & White facilities in Temple and Killeen. Visit [BSWHealth.com/Neuro](https://www.bswhealth.com/Neuro) 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.

A WHOLE TEAM FOCUSED ON YOUR HEALTH CARE

In addition to your doctor, you might sometimes have an appointment with a nurse practitioner or a physician assistant on your doctor's team. Known as advanced practice providers, or APPs, these professionals are certified to treat many of the health needs that your doctor can, and they work in partnership with your doctor as important members of your care team.

"They are well-trained and offer many procedures, such as sutures and trigger-point injections [for muscle pain]. They can order labs and X-rays, help with disease management and prescribe medication," says Charles Rismyhr, MD, a family physician and clinical director at Baylor Scott & White Clinic – Gatesville.

Advanced practice providers see their own patients yet work under a physician's supervision. "They often bring years of their own expertise and specialty backgrounds into patient care," Dr. Rismyhr says.

This model of care is called a patient-centered medical home. With an entire team of providers working together, you become the center of your care that's experienced, coordinated and easy to access.



MORE

Find a Primary Care Provider

To learn more about primary care at Baylor Scott & White Health and find a primary care location near you, visit [BSWHealth.com/PrimaryCare](https://www.bswhealth.com/PrimaryCare) 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

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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

Be a Better Baby Sitter

Youths ages 11–17 can learn the essentials for responsible, safe baby-sitting during a one-day Safe Sitter® course.

→ Check out safesitter.sw.org for details and to find a class near you.

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.



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