

Baylor Scott & White Health

sw.org | Greater Austin

May 2017

“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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New Austin Area Clinics Now Open

Austin's exploding population has led to an increased demand for innovative and convenient health care services in the area. Baylor Scott & White is helping to provide that with the recent addition of three new primary care clinics in Austin.

Baylor Scott & White Clinic – Austin North Burnet (2608 Brockton Drive, Suite 150) and Baylor Scott & White Clinic – Austin Downtown (200 E. Cesar Chavez St., Suite G-140) offer primary care services, including family medicine, orthopedics and some additional specialty services, plus integrative medicine therapies like acupuncture and massage.

Both clinics serve patients from 8 a.m. to 5 p.m. The Austin North Burnet

clinic is open seven days a week, while the Austin Downtown clinic is open Monday through Friday.

Baylor Scott & White Clinic – Westlake (1001 Westbank Drive, West Lake Hills, TX) is open from 8 a.m. to 5 p.m. Monday through Friday, with primary care and physical therapy.

QUALITY HEALTH CARE NEAR YOU

To learn more about Baylor Scott & White's Austin area clinic locations and services, please visit us online at **ATX.BSWHealth.com** today.

May 26 Is Don't Fry Day

The National Council on Skin Cancer Prevention has declared the Friday before Memorial Day National Don't Fry Day to raise awareness about sun safety and protecting your skin. Review the council's skin-safety tips:

Don't burn. Avoid overexposure.

Don't tan. Tanning and tanning beds increase your risk of wrinkles and skin cancer.

Cover up. Wear protective clothing, like sunglasses and long-sleeved shirts.

Seek the shade. Buy a big umbrella or sit under a tree, especially between 10 a.m. and 4 p.m.

Wear sunscreen. Apply SPF 30 or higher sunscreen liberally and reapply every two hours and after swimming.

Use extra care around water, snow and sand. Surfaces like these reflect the sun's rays.

Check the UV index. Visit epa.gov/sunsafety to check it in your area.

Get vitamin D safely. You don't need to chase rays to get your daily dose; choose supplements and food sources instead.

MORE

Schedule a Skin Check

Did you know that many insurance companies cover an annual skin screening to check for skin cancer? To find a dermatologist on the medical staff at a Baylor Scott & White clinic near you, call **1.844.BSWDOCS** or visit BSWHealth.com/FindDrRight today.

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.

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

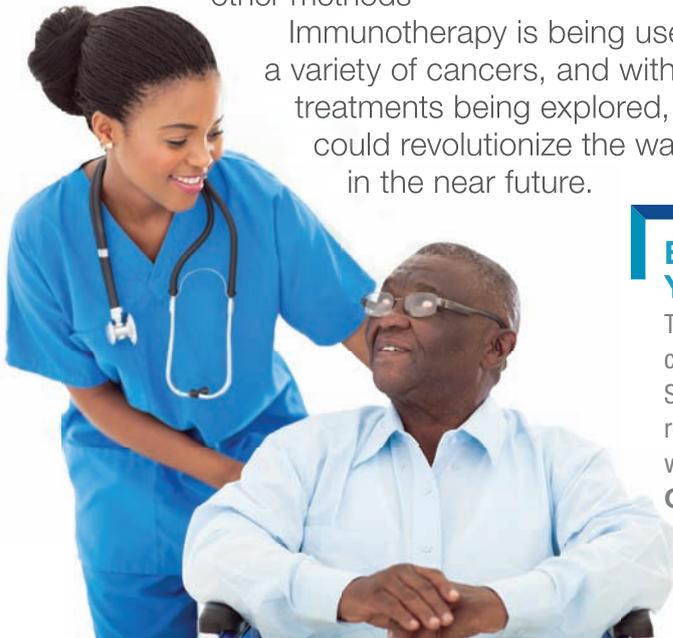
In the past decade, some of the most remarkable advances in cancer treatment have been in immunotherapy. This relatively new approach harnesses the power of the body's own immune system to help it fight disease.

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.

UNDERSTAND THE RISK

To find out whether you're at increased risk for hepatitis C, talk to your doctor.

To find a primary care physician on the medical staff at a Baylor Scott & White clinic near you, visit BSWHealth.com/FindDrRight or call **1.844.BSWDOCS**.



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

Caring for Your Feet

Our podiatrists treat a variety of conditions affecting the foot, ankle and lower leg. To learn more about foot care services at Baylor Scott & White, visit [BSWHealth.com/FootCare](https://www.bswhealth.com/FootCare) today.

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.”

THE BENEFITS OF KEEPING A PAIN JOURNAL

If you suffer from chronic pain or migraines, consider keeping a pain journal. It’s simply a record of how bad your pain is throughout the day, and what factors make it better or worse.

“A pain journal allows us to track the evolution of your pain over time,” explains Jonathan Chin, MD, a pain management specialist on the medical staff at Baylor Scott & White Medical Center – Taylor. “It should include a sliding pain rating and note anything that exacerbates or alleviates your pain throughout the day, like physical activity, medications and treatments, mood or stress level.”

Keeping a pain journal benefits you and your health care provider. It helps you:

- ▶ Maintain an accurate record of how your pain has improved or worsened over time.

- ▶ Become more aware of how your stress, mood and lifestyle choices influence your pain.

It can help your doctor:

- ▶ Identify potential triggers that could be modified to help reduce your pain.

- ▶ Evaluate the effectiveness of treatments.

- ▶ Identify patterns that could provide clues to new treatments and behavioral modifications.

“Ultimately, a pain journal is about providing us with real, concrete information,” Dr. Chin adds. “And that helps us better diagnose and treat your pain.”

MORE

Alzheimer’s Concerns?

If you or a loved one is experiencing the signs and symptoms of Alzheimer’s disease, talk to your doctor. For a referral to a neurologist on the medical staff at Baylor Scott & White Medical Center – Round Rock, call **1.844.BSWDOCS** or visit **BSWHealth.com/FindDrRight** 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.

THE 4 TYPES OF PRIMARY CARE PROVIDERS

Primary care providers play an important role in keeping us well—from performing annual wellness exams and providing screenings to administering vaccines and helping us manage chronic conditions.

There are several kinds of primary care providers to choose from, and each has a slightly different focus. Here, Skye Clarke, DO, a family medicine physician at Baylor Scott & White Clinic – Austin Downtown, explains their unique roles.

Family medicine physicians are trained to care for families, from newborns and children to teens and adults. "Family physicians offer a convenient option for families who would like to see one provider for all their health care needs," Dr. Clarke says.

Internal medicine physicians specialize in providing care for adults and treating the diseases that may affect them. "This type of physician is ideal for helping individuals monitor and manage chronic illnesses and conditions," Dr. Clarke says.

Obstetrician/gynecologists specialize in providing care for women, including preventive and prenatal care. "Using your Ob/Gyn as your primary care provider is a convenient option for women," Dr. Clarke says.

Pediatricians provide expert care for children throughout their young lives, from birth through adolescence, Dr. Clarke says. "Many parents appreciate the child-friendly environment and child-focused care that pediatricians provide."

MORE

Plan for a Healthy Future

Together, you and your primary care provider can work together to help you stay healthy, now and in the years to come. To find a primary care physician at a Baylor Scott & White clinic near you, call **1.844.BSWDOCS** or 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.

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

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."

MORE

What We're Researching Now

Go to BSWHealth.com/Research to see more ways Baylor Scott & White Health's medical innovations are helping people lead healthier lives.





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.



ONLINE

Breastfeeding Support

Baylor Scott & White Medical Center - Round Rock has been recognized by the Texas Department of State Health Services as a "Texas Ten Step" facility. The designation honors hospitals that effectively support breastfeeding mothers. Visit TexasTenStep.org to learn more.

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.



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.



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.



Your care is **right around the corner.**

You'll find Baylor Scott & White Health primary care clinics everywhere you look. Each of our clinics is part of a large network of physicians, specialists and advanced technology. This gives you the care you need, when you need it.

Your care is close to home at one of our primary care clinics.

Find a location near you.

BSWDocs.com | 512.509.0200

