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Baylor Health

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REAL PATIENTS. REAL STORIES.

Second Chance

After a stroke six years ago, DANE TAYLOR is living each day to its fullest with help from her therapy dog, BEBE

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 **BAYLOR**
Regional Medical Center
at Grapevine



SUMMER SAFETY

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A FAMILY AFFAIR

A father and his two sons battle heart disease together in cardiac rehab page 3



Fun in the Sun

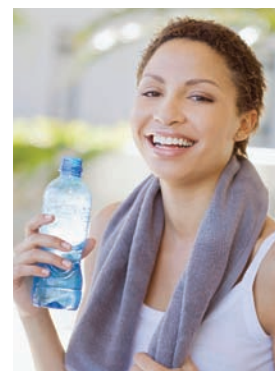
7 tips to keep you safe this summer

Picnics in the park. Barbecuing after 7 p.m. Playing in the pool. When you think of summer, fun comes to mind. But what about the hazards that warm weather brings? Follow these seven tips to ensure safe fun all summer long.

1 Slather up. “The best way to avoid skin cancer is to stay out of the sun between 10 a.m. and 4 p.m.,” says Eric Futscher, M.D., a family medicine physician on the medical staff at Baylor Regional Medical Center at Grapevine. But when you do go out, apply sunscreen 30 minutes beforehand. “Choose one with an SPF of 15 or greater and reapply every two hours,” he says.



2 Stay hydrated. Heat and being active can dehydrate you quickly. Sip water throughout the day, whether you’re thirsty or not, and always carry a bottle of water with you, Dr. Futscher says.



3 Look before you mow. Check the lawn for holes, glass, rocks and other objects before mowing. “And never allow children on a riding mower,” Dr. Futscher says.

4 Never swim solo. Use the buddy system when going to the pool or the lake. And enroll in a CPR class—just in case an emergency happens.

5 Assign an adult. It goes without saying to watch kids around water, but accidents can happen even when multiple adults are around. Assign one adult to stay near the pool—not watching out the window—to keep an eye on the kids at all times. Rotate duties so everyone gets a chance to relax.

6 Wash it off. If you come in contact with poison ivy, poison oak or sumac, immediately wash the affected area and your clothing to prevent the rash from spreading.



7 Pack a first-aid kit. Whether heading out for a long drive, hike or camping trip, always have a first-aid kit handy. • *By Shelley Flannery*

BE PREPARED FOR AN EMERGENCY Better Safe Than Sorry

If you experience any type of emergency this summer—big or small—head to Baylor Grapevine’s emergency department. Call **1-800-4BAYLOR** or visit **BaylorHealth.com/GrapevineEmergency** to learn more.

Baylor Regional Medical Center at Grapevine

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Visit BaylorHealth.com or call 1-800-4BAYLOR for information about Baylor Regional Medical Center at Grapevine services, upcoming events, physician referrals, career opportunities and more.

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Family Ties

A father and his sons battle heart disease together

Dub O'Neal, 71, began his battle with cardiovascular disease in 1984 when he had a blockage cleared from his carotid artery. Since then, he has had a slew of operations, including a triple bypass, pacemaker and defibrillator placement, an artificial artery and a renal stent. So it's no surprise that his two sons, Rick and Mark, face their own battles with cardiovascular disease.

Rick O'Neal, 52, was moving furniture last September when he says he felt out of shape. The feeling never passed, and a few days later he went to the ER with tightness in his chest. Testing in the ER didn't reveal any problems, but with his family history, doctors sent him to the catheterization lab to be sure. He found out he needed stents to help clear two arteries that were 90 percent blocked.



Dub O'Neal (center) and his sons, Rick and Mark, are getting heart-healthy together.

The three men recovered at **Baylor Regional Medical Center at Grapevine's cardiac rehab program**. Dub had been through the program once before, and decided to attend again with his sons. "I felt like I was ready to dig in and make a difference in my life," he says. "It's been wonderful. I haven't missed a session and I'm doing much better."

Younger brother Mark O'Neal, 44, appeared healthy at his most recent annual physical. But his physician recommended a stress test because of his family history. "After a bunch of testing, my cardiologist told me my only option was a quadruple coronary bypass. I was 43 years old. I wasn't expecting that," he says. He had the surgery last November and also had a stent placed in his right leg to clear a blockage there.

The three men recovered at Baylor Regional Medical Center at Grapevine's cardiac rehab program. Dub had been through the program once before, and decided to attend again with his sons. "I felt like I was ready to dig in and make a difference in my life," he says. "It's been wonderful. I haven't missed a session and I'm doing much better."

In addition to cardiac rehab, the men have made lifestyle changes to help heal

their hearts. Mark quit smoking, and eliminated his moderate drinking. He has changed his diet from high-fat to high-fiber and has lost more than 30 pounds. He also has scaled back from his 70-hour workweeks. His lifestyle changes are helping to push his blood pressure and cholesterol numbers in the right direction.

"Our family cardiac history is a genetic thing, but I got in and got checked out and know the baseline," Rick says. "I'm in good shape now." ● *By Stephanie Thurrott*

GET READY FOR REHAB
  **Take the First Step to Recovery**

If you'd like to learn more about the cardiac rehab program at Baylor Grapevine, call **1-800-4BAYLOR** or visit **BaylorHealth.com/GrapevineHeart**.



Spotting Skin Cancer

Three steps to stay alert for signs

Even if you haven't applied sunscreen in the past, it's not too late. You can still watch for early signs of skin cancer. And, if you do spot worrisome signs, you can take steps to stop it in its tracks, when it's most treatable. Isaac Perez, M.D., a dermatologist on the medical staff at Baylor Regional Medical Center at Grapevine, offers these tips:

1 KEEP AN EYE OUT. Watch for a sore or growth that doesn't heal after a month or a growth that bleeds. Parts of the body that get sun exposure, such as the face, neck, arms, upper chest or ears, are especially vulnerable.

2 MONITOR YOUR MOLES. A mole that has changed in size, shape or color, or a brand-new mole, shouldn't be ignored. Dr. Perez recommends a self-check once a month. If you are married or have a roommate, your partner can help watch the hard-to-see spots.

It's important to check your skin thoroughly, since melanoma—the



most dangerous type of skin cancer—can occur anywhere. You need to check your scalp, genital area, palms, soles and under nails. (The other types of skin cancer—basal and squamous cell—most commonly occur in sun-exposed areas.)

3 TALK TO YOUR DOCTOR. Even if you don't notice any suspicious changes in your skin, you may want to have a dermatologist watch for trouble. People with any of the following should have a doctor take a close look at their skin each year.

- More than 20 moles
- A personal history of skin cancer
- A family history of melanoma
- A lot of sun exposure over the years

According to the American Cancer Society, skin cancer is the most common form of cancer in the United States, responsible for more than half of all cancer cases. It's also highly likely to be cured, especially when it's caught early. In many cases, treatment for skin cancer involves removing the cancerous tissue, which can be done in your doctor's office with a local anesthetic. More advanced cancers will require more intensive treatment. ● *By Stephanie Thurrott*

GET A SKIN CANCER SCREENING
Take Care of the Skin You're In

For a referral to a dermatologist on the Baylor Grapevine medical staff, call **1-800-4BAYLOR** or visit **FindDrRight.com**.

Diabetes Patients Make Gains on Weight Loss

Baylor studies drug's potential for overweight people with type 2 diabetes

People who have type 2 diabetes often find themselves caught in a vicious circle of weight gain. Being overweight or obese can contribute to the development of type 2 diabetes, and some medications used to treat the condition can cause more weight gain. In addition, it's often harder for people with type 2 diabetes to lose weight.

Losing weight, and keeping it off, can help people with type 2 diabetes better manage their condition. It can also reduce their risk of other health issues such as high blood pressure and heart disease.

That's why Baylor is participating in a multicenter study to see if a diabetes medication that's already on the market might help people lose weight while controlling their diabetes. The drug has been shown to help people with diabetes manage their blood glucose levels, and other studies have examined how it can help people without diabetes lose weight.

"This new study is going to look at patients with type 2 diabetes and focus on using slightly higher doses than we usually do, to see if we can have a real effect on their weight as well as their blood glucose," says Priscilla Hollander, M.D., Ph.D., an endocrinologist on the medical

BE PART OF THE STUDY

Want to Be Active?

Participants will be enrolled in the study as late as the end of July. For information, call **214-818-7155**.

staff at Baylor University Medical Center at Dallas and the Baylor Endocrine Center.

The drug being tested mimics a peptide hormone that stimulates release of insulin after a meal, which is important in controlling glucose. It also can help control appetite by sending the brain a message that one has just eaten and should not have to eat again. It can also slow the emptying of the stomach and make people feel fuller longer. Patients with type 2 diabetes make less of this hormone than individuals who do not have diabetes.

During the 56-week study, participant groups will be given varying doses of the drug and one group will receive a placebo.

"We're hoping this medication might have a unique advantage in helping people with diabetes lose weight," Dr. Hollander says. "And, hopefully, losing the weight will have a favorable effect on their diabetes and their overall health." • *By Amy Lynn Smith*



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Stroke Knows No Age

A 'brain attack' can strike anyone.
Here's how to strike back

Six years ago Dane Taylor of Dallas was working as a makeup artist on a photo shoot in Cancun, Mexico, when a debilitating headache struck. "I had a history of migraines, and this headache went into a second day. By noon I couldn't keep working—I had to go back to my room," she says.

She woke, and noticed trouble moving her right arm and leg, but thought she had slept on them wrong and went back to sleep. The next morning, she tried to return to work but was exhausted. She spoke to her co-workers, but they couldn't understand her jumbled words. They took her to a local hospital and the next day she traveled to Baylor University Medical Center at Dallas, where MRIs determined the then-50-year-old had experienced a stroke. While she didn't have a family history or other known risk factors,



WATCH THE VIDEO

In Dane's Words

To watch Dane's video and get more healthy ideas and stroke-prevention tips, download our digital magazine at BaylorHealth.com/Exclusive.

Recovering from her stroke was made a bit easier for Dane Taylor with help from her therapy dog, Bebe.

the MRI uncovered an unusual vein configuration in her brain.

Stroke affects everyone differently. For Taylor, the trouble with her right limbs passed quickly. “I could walk, and my mobility was fine, but I couldn’t speak,” she says. During rehabilitation sessions three or four times a week, she regained her speech, although she still notices some aftereffects of the stroke, particularly when she is tired. “My memory isn’t what it used to be, and I’m not great at math,” she says. But thanks to her hard work in rehab, she has returned to work and to the activities she enjoys.

Different Causes, Same Symptoms

“Stroke can occur at any age,” points out Dion Graybeal, M.D., medical director of the stroke program at Baylor Dallas. However, the causes of stroke in younger people are often different from those in seniors.

Asher Imam, D.O., medical director of the stroke program at Baylor Regional Medical Center at Grapevine, says, “In people over 55, most of the time the primary cause is disease of the artery.” Younger people are more likely to have a cardiac abnormality or coagulation disorder, in which the blood does not clot properly, that triggers a stroke. Other causes include drug use, aneurysm rupture or a traumatic arterial injury.

But younger people with risk factors such as obesity, high blood pressure and abnormal cholesterol levels, are at risk of stroke triggered by arterial disease, just like their older counterparts.

Jai Kumar, M.D., a neurologist on the medical staff at Baylor Medical Center at Garland, recommends a low-fat, low-salt, low-sugar diet heavy in fruits and vegetables to help reduce stroke risk. “I tell my patients they need to

WHAT’S YOUR RISK?



Quiz yourself on stroke risk factors, get stroke prevention tips and hear a mind-strengthening podcast, all at BaylorHealth.com/HealthCast.

eat all the colors of the rainbow every day,” he says. And he warns to watch for salt in fast food and processed food, where it’s used as a preservative and doesn’t necessarily taste salty.

In people of any age, symptoms are the same. (See “FAST Action.”) If you notice these symptoms in yourself or someone else, get help right away. With the most common type of stroke, clot-busting drugs can help prevent brain damage and long-term effects, but they need to be administered within three hours of the onset of symptoms.

“These drugs can dissolve the blood clot and get you back to a more normal function,” Dr. Graybeal says. “But of the 795,000 strokes in the United States per year, less than 5 percent get help in time.” Knowing the warning signs can improve this percentage—and improve outcomes. ●

FAST Action

The acronym FAST can help you recognize stroke symptoms in yourself or someone else:

- Face:** Look for drooping on one side of the face, particularly when smiling.
- Arms:** When raising both arms, does one drop downward?
- Speech:** Do words sound slurred or unusual?
- Time:** Call 911 if you spot any of these signs. And note the time you first noticed symptoms so medical staff can track how much time has elapsed.

(Source: National Stroke Association)

Life After Stroke

Kimberly Rieper went to Oklahoma for Thanksgiving in 2007. That night, she took some medication for a headache and went to bed.

“I woke up with a really bad migraine,” she says. “And it got worse and worse.”

Her family took her to the nearest emergency room, where it became clear that this was not a migraine. “I was completely blind, and I was falling onto the floor,” she recalls. “I couldn’t write anything down on the forms.”

Rieper, then just 33, was having a stroke.

But it took several tests and too much time to diagnose it. By the time she received treatment, the damage had been done. She was released from the hospital five days later and began relearning how to live.

Language difficulties are one of the most troublesome aftereffects for her. “I know what I want to say, but I can’t say it,” Rieper explains. Sometimes, random words she doesn’t mean come out of her mouth, she says, but she’s making progress.

She returned to Texas three months after her stroke and sought care from a neurologist on the medical staff at Baylor Regional Medical Center at Grapevine.

For now, her mental deficits make working too difficult, so she volunteers with a couple of nonprofit groups. “My life has changed completely,” she says.

That’s why she hopes to work with local and national stroke organizations in the future to help people understand more about stroke.

“Nobody thinks someone my age could have a stroke,” she says. *By Stephanie Thurrott*



Kimberly Rieper

EVERY SECOND COUNTS Stroke Smarts

For more information about stroke, visit BaylorHealth.com/GrapevineStroke. For a referral to a neurologist on the medical staff at Baylor Grapevine, please call **1-800-4BAYLOR** or visit **FindDrRight.com**.

Welcome back. (And neck.)

Our new Spine Center is now open.

With a more comprehensive, dedicated facility, our new Spine Center is the place to be treated for your back and neck pain. We've added a neurosurgeon as well as an orthopaedic spine surgeon to the staff of physicians. And with a team approach in place, you can count on a complete level of care.

To learn more about our new Spine Center, please call **1.800.4BAYLOR** or visit us online at **BaylorHealth.com/GrapevineSpine**. And get *back* to life.



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