

July 2014

Baylor Health

GRAPEVINE EDITION

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REAL PATIENTS. REAL STORIES.

A New Lease on Life

PATRICIA LANGLEY is proof that living well with congestive heart failure is possible **PAGE 6**

 **BAYLOR**
Regional Medical Center
at Grapevine



PROTECT YOUR FAMILY
A quick guide to the immunizations you need **PAGE 4**



FIGHT CANCER WITH FOOD
What to stock up on—and what to skip **PAGE 8**



Tips to Avoid Summertime Overheating

Summer's triple-digit temperatures can lead to overheating and dehydration. Keep yourself and your family safe on those heat-index days with these tips:

- Drink plenty of water and fluids, but limit alcohol.
- Take a cool bath or shower.
- Spend at least two hours a day in air conditioning. If you don't have air conditioning at home, try visiting a friend, library or community center.
- Close windows, shades and curtains that are in direct sunlight.
- Dress in light-colored fabrics made from natural fibers.

Need a Doctor?

For a referral to a physician on the Baylor Grapevine medical staff, call **1.800.4BAYLOR** or visit **BaylorHealth.com/Grapevine** today.

FOLLOW *My* HEALTH™
PATIENT PORTAL

GET CONNECTED

Online patient portal comes to Baylor Grapevine

With the new FollowMyHealth™ patient portal, an Allscripts™ solution, you can now view and manage your personal health record from any device with Internet access.

FollowMyHealth lets you connect with participating health care providers in a secure, online environment where you can import (or request that your provider export) into your account important parts of your medical record, including:

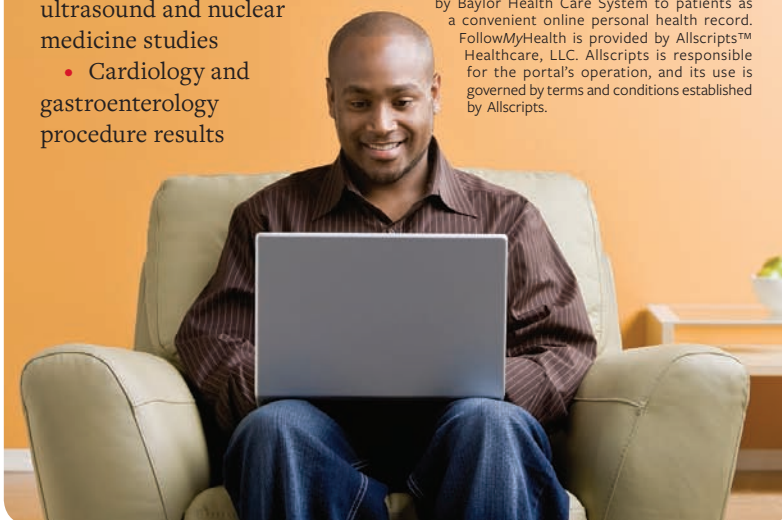
- Most lab studies
- Radiology tests, such as X-rays, MRIs, CT scans, ultrasound and nuclear medicine studies
- Cardiology and gastroenterology procedure results

• Other clinical information, such as allergies, immunizations and ExitCare instructions

If you're discharged from Baylor Regional Medical Center at Grapevine, you'll receive an email invitation to create an account with this convenient, secure service. You can also visit **BaylorHealth.com/FollowMyHealth** to request access.

Patients who want to use the FollowMyHealth portal enter into an online agreement directly with Allscripts.

FollowMyHealth™ is a patient portal made available by Baylor Health Care System to patients as a convenient online personal health record. FollowMyHealth is provided by Allscripts™ Healthcare, LLC. Allscripts is responsible for the portal's operation, and its use is governed by terms and conditions established by Allscripts.



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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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Kids and Concussions

As the concussion discussion continues, parents shouldn't sit on the sidelines. In fact, summertime—when high school students are practicing for fall sports—is a great time to talk to your kids' coaches about procedures for identifying a concussion.

One recent study suggests that a simple one-minute, rapid number-reading screening, called the King-Devick Test, identified 100 percent of concussions among participating University of Florida athletes.

And don't forget to do your part by watching for the following warning signs. If you notice these symptoms in your child, seek treatment immediately.

- Behavior changes
- Blank or dazed look
- Balance, coordination or reaction time changes
- Delayed or slowed spoken or physical responses
- Disorientation
- Unconsciousness
- Loss of memory
- Slurred or unclear speech
- Trouble controlling emotions
- Vomiting

Is It a Concussion?

Visit BaylorHealth.com/SportsCare for a referral to an ImPACT-certified physician on the Baylor medical staff. ImPACT (immediate post-concussion assessment and cognitive testing) is the most-widely used computerized concussion evaluation system.



DID YOU KNOW?

100

That's the number of heart transplants Baylor University Medical Center at Dallas has performed since adding a new surgical heart transplantation team to its medical staff in 2013.

This makes it the **largest heart transplant program in Texas** by volume. And it also means that the highest-priority patients wait a median of 14 days, compared with 24 days before the team was added.

SAFE SWIMMING

Kids and pools are inseparable come summer, requiring constant vigilance on the part of adults. Play it safe with these steps:

- ≈ Supervise children. Never let them be in or around a pool alone.
- ≈ Learn CPR.

≈ Install four-sided fencing around pools.

≈ Enroll children as young as 1 in swimming lessons.

≈ Outfit young children or inexperienced swimmers in life jackets (not water wings or inner tubes).



Keep 'Em Healthy

For a free referral to a physician on the Baylor medical staff who can help keep your kids in swimming shape, visit FindDrRight.com today.



Get Your Guard Up

Immunizations aren't just for kids. Make sure your whole family is protected



POP QUIZ: When was your child's last tetanus shot? Chances are, you have that written down in a baby book somewhere.

Now, when was *yours*?

As adults, we tend to forget to keep up on vaccinations because they're fewer and farther between than in childhood. But they're important throughout life.

"Disease rates are at an all-time low because modern immunizations

prevent them," says Kelly Phillips, DO, a family medicine physician on the medical staff at Baylor Medical Center at McKinney. "When we protect ourselves individually, we also protect our community—including family, friends and co-workers—from the spread of illness."

Follow this chart to stay up to date on immunizations at every age.

Are You Up to Date?

The best way to stay current on your immunizations is to have an established relationship with a family doctor. To find a physician in your area, visit **FindDrRight.com** or call **1.800.4BAYLOR**.

Recommended Immunization Schedule

	Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	19-23 mos	2-4 yrs	4-6 yrs	7-10 yrs	11-12 yrs	13-18 yrs	19-26 yrs	27-59 yrs	60-64 yrs	65+ yrs
Hepatitis B (HepB)	1	1			1													
Rotavirus (RV)			1	1	1													
Diphtheria, tetanus and pertussis (DTaP)		1	1	1		1				1								
Tetanus, diphtheria and pertussis (Tdap)												1	Booster every 10 years					
Haemophilus influenzae type b (HiB)			1	1	1	1												
Pneumococcal (PCV)			1	1	1	1												
Polio (IPV)			1	1	1					1								
Influenza (flu)					Yearly													
Measles, mumps and rubella (MMR)						1				1					1 or 2 doses			
Varicella (chickenpox)						1				1					2 doses			
Hepatitis A (HepA)						1												
Human papillomavirus (HPV)												3 doses						
Meningococcal conjugate (MCV4)												1	1 at 16 yrs					
Zoster (shingles)																	1	
Pneumococcal (PPSV)																		1

Disclaimer: This recommended schedule includes general guidelines for most patients. Talk to your doctor about catch-up schedules and immunizations available for people with certain health conditions.



Could You Have Crohn's?

For a referral to a gastroenterologist on the medical staff at Baylor Grapevine, visit **BaylorHealth.com/GrapevineDigestive** today.

Researchers are unsure what causes the disease. "There's something in the patient's intestine that is causing the inflammation," says Jeff Hurley, MD, a colorectal surgeon on the medical staff at Baylor Medical Center at Irving. "We're zeroing in on the factors through research, but we still don't know exactly what causes the inflammation to occur."

And while there is no cure for Crohn's, the symptoms can be managed through lifestyle, medical and surgical options.

HOW TO HANDLE IT

If you've been given a diagnosis of Crohn's disease, take control with these steps.

Watch what you eat. Crohn's isn't caused by food, but certain things can exacerbate symptoms. Keep a food diary and avoid items that cause flare-ups.

Chill out. Again, stress doesn't cause Crohn's, but it can aggravate it. Adopt healthy coping techniques, such as exercise, to lower stress levels and don't smoke.

Get a prescription.

Today's medications for Crohn's are much more effective than previous anti-inflammatories. "Newer, biologic medications can actually reduce certain molecular inflammatory

pathways," Dr. Hurley says. "They've really reduced the number of people who have to have surgery."

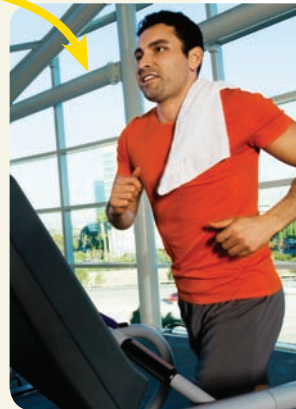
Consider surgery. There's good news for people who require surgery as well. "In the old days, we had to make a big incision," Dr. Hurley says. "In the majority of cases today, we can do minimally invasive surgery, which usually means less pain, less time in the hospital and a quicker return to work and activity."

CONQUERING CROHN'S DISEASE

This condition affects nearly 700,000 Americans. Are you one of them?

Nobody likes to talk about digestive problems. But the fact is, chronic issues affect all aspects of your life—from dealing with painful cramps at work to trying to avoid embarrassing social situations.

For as many as 700,000 Americans, these issues are caused by Crohn's disease, an inflammatory bowel disease characterized by frequent diarrhea, abdominal cramps, rectal bleeding and an urgent need to use the bathroom.



Failure Is Not an Option

Sticking to *doctor's orders* can help congestive heart failure patients live well

When Irving resident Patricia Langley went to the emergency department in 2007, she was basically drowning in her own body. Her heart couldn't pump hard enough to rid her body of fluids. "My organs were starting to shut down, which only made my heart work harder," she says. "I almost didn't make it. I let it go too far."

Her symptoms, which included weight gain, fatigue, shortness of breath and bloating, pointed to congestive heart failure (CHF), which occurs when the heart can't keep up with the body's workload. Since the diagnosis, Langley holds her symptoms at bay by keeping a food diary, eating a healthy diet and walking 30 minutes a day on her treadmill.

"It's not easy at first. You've got to learn ways to reconfigure your life because the old way of life is gone," says 63-year-old Langley, who has lived with CHF for seven years. "But if you just keep going, sooner or later you'll find the pace that's right for you."

Seven years after a trip to the emergency department for congestive heart failure, Patricia Langley is loving life.

Langley is proof that living well with CHF is possible. Here, Michael Rothkopf, MD, medical director of cardiovascular services at Baylor Medical Center at Irving, offers five smart steps for people with CHF.



How Healthy Is Your Heart?

To learn more about what you can do to help your heart, visit [BaylorHealth.com/HeartHealthTest](https://www.baylorhealth.com/HeartHealthTest) today.

STEP #1

TAKE YOUR MEDS

From diuretics to anticoagulants to beta blockers, most CHF patients are prescribed medications to help with fluid retention and heart function. But they can't work if you don't take them.

"It's important to take your medicines as directed. It's also important to talk with your doctor about different strategies for taking them to find the right balance," Dr. Rothkopf says.

For example, when the heart isn't pumping enough blood to the kidneys, you start to retain fluids. Determining your "dry weight"—your weight when you're feeling good and your heart failure is being managed—can help you identify sudden weight spikes that excess fluids might be causing. This can help guide diuretic dosage.

STEP #2

PASS (ON) THE SALTSHAKER

Your body wants to retain sodium when you have heart failure. "The kidneys get the signal, 'We're not getting pumped the way we need to, so we need to hold on to salt and water,'" Dr. Rothkopf says. Simply put the saltshaker away. "If you add salt to food, you will retain fluid and a diuretic will be much less effective."

Drinking only when thirsty can also help regulate fluids.

STEP #3

KEEP MOVING

Light to moderate exercise is good for people with CHF. "It will not necessarily make their heart stronger, but their bodies and muscles will use oxygen more efficiently," Dr. Rothkopf says. He recommends walking, stationary cycling, light resistance training or yoga.

STEP #4

WATCH YOUR BP

If you have high blood pressure, it's important to lower it, and that might mean taking medication. "High blood pressure aggravates heart failure because the heart is pumping against the resistance of blood vessels.

If you have a weak heart and high blood pressure, it's a bad one-two combination," he says.

STEP #5

BEWARE OF DEPRESSION

With any chronic diagnosis, it's only natural to feel down. But when you feel down *and* out, it's time to talk to your doctor. "If you have no interest in life, if you don't want to go out, if you experience no joy from relationships or activities, that definitely should be discussed with your physician," Dr. Rothkopf says.

Langley admits her diagnosis was tough at first. "It's OK to mourn your old life. But it's important to realize you can still have a wonderful new life," she says. "There are happy times. You just learn to cherish them more."

A Step Ahead of Heart Failure

Ready to reduce your risk of heart failure? Neeraj Arora, MD, a cardiologist on the medical staff at Baylor Regional Medical Center at Grapevine, offers these suggestions:

Have your blood pressure checked, and if it's elevated take steps to reduce it. "It's very common for high blood pressure to be undiagnosed and undertreated," Dr. Arora says. One in three American adults has high blood pressure, according to the Centers for Disease Control and Prevention.

If you have sleep apnea, have it treated. Otherwise, it can contribute to heart failure.

Reduce your risk of heart disease by quitting smoking, restricting salt intake, ensuring that your lipid levels are under control and losing weight if you need to. Heart disease is linked with heart failure.



6 Cancer-Fighting Superfoods

Adding these items to your grocery cart may lower your risk

Can you really eat your way to a cancer-free future? “It has never been proven that diet can change or alter cancer outcomes, but that doesn’t mean it can’t help,” says Carolyn Matthews, MD, medical director of integrative medicine at Baylor University Medical Center at Dallas. We asked her to tell us which foods are smart to stock up on—and which to skip.

Know Your Risk

Visit BaylorHealth.com/CancerRisk to learn more about your odds for developing cancer.

STOCK UP ON:

Green Tea

It’s chock-full of the plant-derived antioxidants known as catechins, which have proved to be more effective than vitamins C and E in halting oxidative damage to cells. Plus, studies have found a link between drinking green tea and a reduced risk for several cancers, such as breast, lung and colon cancers.

→ **TRY THIS:** Make an iced version, add an orange wedge and sip throughout the day.



STOCK UP ON:

Cruciferous Vegetables

Yes, you really do need to eat your veggies—specifically broccoli, cauliflower and kale, which are packed with antioxidants and phytochemicals, like sulforaphane. Sulforaphane may stimulate enzymes that help detoxify potential carcinogens. In short, it might increase the death of cancer cells.

→ **TRY THIS:** Sauté kale with garlic, onion and a dash of low-sodium chicken broth for a flavorful side dish.

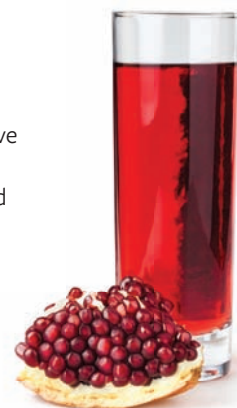


STOCK UP ON:

Pomegranate Juice

Guys, this one’s for you: Studies in rodents have shown that consuming pomegranate juice can decrease the rate of development, growth and spread of prostate cancer.

→ **TRY THIS:** Not a juice guy? Whip up a smoothie starring pomegranate juice, strawberries, blueberries and low-fat yogurt.



STOCK UP ON:

Tomatoes

Everyone's favorite "fregetable" (read: fruit that tastes like a vegetable) is packed with the phytochemical lycopene, which can prevent cellular damage and abnormal cell replication and growth. And raw tomato-haters, don't worry: Lycopene is best absorbed in cooked tomatoes. If you prefer your fruit on the fruitier side, turn to red grapefruit and watermelon, which also contain lycopene.

→ **TRY THIS:** Roast a batch of cherry tomatoes for a fresh, summery side dish.



3 Strategies for Cutting Cancer Risk

Along with eating healthier to beat cancer, take these steps to reduce your risk. Heidi A. Jordan, MD, a medical oncologist/hematologist on the medical staff at Baylor Regional Medical Center at Grapevine, recommends that you:

1. Try to quit smoking. Many people think smoking is only linked with lung cancer, but Dr. Jordan notes that it may be linked with 15 types of cancer and 30 percent of all cancer deaths.

2. Maintain a healthy weight. Obesity is linked with a range of cancers, including those that strike the breast, colon, uterus, esophagus and kidney.

3. Exercise. Dr. Jordan says to aim for 30 minutes of exercise five times a week. Even better, try for 45 to 60 minutes.

SKIP IT:

Anything Processed

When it comes to a cancer-fighting diet, you want to make more room on your plate for nutrient-dense foods, not filler foods that don't have much to offer. "I always encourage a diet that includes foods with loads of vitamins per calorie and fewer processed foods," Dr. Matthews says.

Plus, passing on things like chips and cookies will help you maintain a healthier weight, which, in turn, can help you avoid a cancer diagnosis down the road. "Several cancers are related to obesity, and being overweight can affect both the risk level and the prognosis," she adds.

The most important thing, though, is to be consistent: "No one food is the end-all, be-all cancer fighter. A healthy overall dietary pattern is the most essential element."



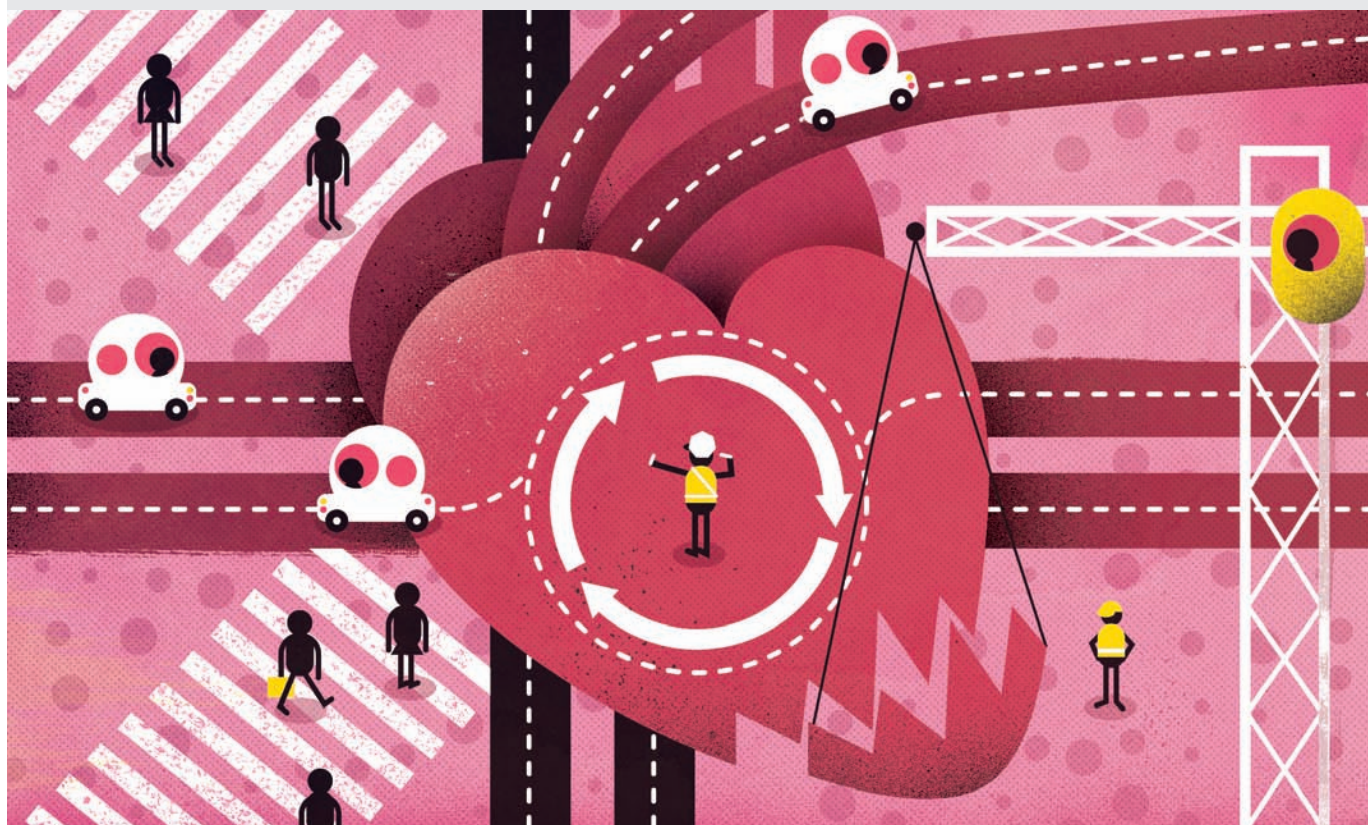
STOCK UP ON:

Garlic & Onions

Your breath may not be minty fresh, but the benefits of garlic and onion far outweigh the aromatic downside. These two flavorful veggies contain the phytochemical allicin, which acts as an antiviral, antifungal and antibacterial agent, and may zap toxins related to cancer development.

→ **TRY THIS:** Toss both garlic and onion into everything from omelets to soups to pasta dishes.





THE ANSWER INSIDE

A new investigational treatment for advanced heart disease may lie within us

WHEN HEART DISEASE is diagnosed early, individuals have many treatment options—from lifestyle changes to medications to surgery. But for people with advanced heart disease, options are limited.

“Patients with advanced heart disease have damaged heart muscle and decreased heart function,” says Cara East, MD, medical director of the Soltero Cardiovascular Research Center at Baylor Research Institute (BRI). “In these cases, transplant or an artificial heart may be the only choices.”

But an exciting new investigational treatment could offer another option.

THE BODY’S TRAFFIC COPS

To understand this new investigational treatment, you first need to know how adult stem cells work. Found throughout the body, but especially in bone marrow, stem cells are activated during a trauma, like breaking a bone. “Then, they act like traffic cops—directing some cells to clear

out dead cells and others to repair and rebuild,” Dr. East says.

The cells live for up to 90 days and then die, turning off the cycle of repair. In most cases, it’s just the right amount of time to complete the job without overgrowing bone or tissue. But after a heart attack, “blood flow may be poor due to blockages, so that process is often slowed, impaired or incomplete,” Dr. East explains.

A SECOND CHANCE AT HEALING

By taking stem cells from another part of the body, that process can begin again—and that’s exactly what vascular stem cell treatment attempts to do.

“We take stem cells from a patient’s hip and use a special treatment to activate them,” Dr. East explains. “The cells are then injected into the heart to stimulate a new cycle of repair.”

Over the past eight years, BRI has been involved in six Food and Drug Administration-approved clinical trials on vascular stem cell treatment, which have included more than 100 patients.

“In some cases, new tissue grew, damage was repaired and inflammation was reduced,” she says. “And the safety data has been very good so far.”

ON THE HORIZON

Dr. East says her research is far from complete—trials are ongoing and FDA approval of the treatment may be five or more years away.

“We’re still trying to figure out which stem cells work best, the best way to harvest and activate them, and how to get the best repair,” she says. “There are a lot of great minds working to answer these questions.”

Though it may be far off, Dr. East says she’s excited about the future of vascular stem cell treatments. “This shows great promise as an effective and low-risk treatment option for individuals with advanced disease.”

Help Wanted

Visit **BaylorHealth.com/AdvancingMedicine** to find out how you can participate in future research trials.

Get the Exclusive

Visit [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/Exclusive) for more health and wellness content!

📌 DID YOU KNOW?

Get Him to the Doctor

If you can't remember the last time the man in your life had a checkup, it's time for a firm nudge. Go to [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/Exclusive) and click "Get the Facts" to find five stat-driven reasons he needs to make his health a priority today.



➔ Safeguard your skin this summer!

Stay Safe in the Sun

📌 **HEALTHY TIPS** To learn more about skin cancer and how to protect your skin from the dangers of the sun, visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com/Grapevine) and search for "skin cancer."

RECIPES 📌

Keep It Light

When it's hot out, the last thing you want is a heavy meal. Visit [BaylorHealth.com/Recipe](https://www.baylorhealth.com/Recipe) to browse a wealth of nutritious recipes that won't weigh you down—from salads to smoothies to salmon.



📺 VIDEO

LEAVING TOWN?

Watch our "Safe Travels" video at [BaylorHealth.com/DigitalShort](https://www.baylorhealth.com/DigitalShort) before you head out on vacation. After all, you don't want to spend your downtime down and out.



📌 QUICK TIPS

Extreme Makeover: Sleep Edition

Tired? It could be your bedroom's fault. Visit [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/Exclusive) and click "Live Better" to discover the small changes you can make to sleep well tonight.



REAL PATIENTS. REAL STORIES.

“When our *two boys* joined the family, so did Baylor.”



Christian Reynolds and her husband Jacob were expecting twins. What they weren't expecting was to add a dozen Baylor staff members to their family circle. But when their twins arrived three months early at less than three pounds each, the newborns received specialized treatment at the Baylor Regional Medical Center at Grapevine Level III Neonatal Intensive Care Unit (NICU). Over the next 11 weeks, the Reynolds developed a lasting friendship with the infants' caregivers. "The NICU was like our home away from home," says Christian. "They're our heroes and part of our family."

For a physician referral or for more information about women's services, call **1.800.4BAYLOR** or visit us online at **BaylorHealth.com/GrapevineWomen**.

1650 West College, Grapevine, TX 76051

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