

Baylor Scott & White

# Health

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sw.org | Temple Region

July 2015



“The surgery changed everything. I got ‘me’ back.”

**Carol Daude**

is pain-free and enjoying life after doctors straightened her spine PAGE 6



## SUMMER SAFETY

Follow our guide to avoiding heat illness PAGE 4

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**Baylor Scott & White**  
HEALTH



# Meet Your Extended Health Care Team

When you need health care, you probably think of your physician first. But did you know there's an entire team of providers working with your physician who can offer a healing touch?

Among this group of care providers are advanced practice professionals:

- ▶ Nurse practitioners (NPs)
- ▶ Physician assistants (PAs)
- ▶ Certified registered nurse anesthetists (CRNAs)

"We are trained in medicine to evaluate, treat and prescribe as medical providers," says Laurie Benton, PhD, PA-C, MPAS, DFAAPA, system director of advanced practice professionals for Baylor Scott & White Health, Central Division. In fact, advanced practice professionals work closely with physicians to direct care. "It's a tightknit model," Benton says.

You can schedule appointments directly with an advanced practice professional, especially for interim care between regular visits with your physician.

"We offer another set of eyes and ears to address a patient's health care goals," Benton says.

## WE HAVE CENTRAL TEXAS COVERED

Find a Baylor Scott & White Health advanced practice professional near you. Visit [doctors.sw.org](http://doctors.sw.org) or request to see an advanced practice professional on your physician's team when making your next appointment.

## SPECIALIZED TESTING FOR CHILDREN

At McLane Children's Scott & White, every test and technology is designed to deliver accurate results while helping children feel comfortable. Here are three advanced tools available at McLane Children's:

▶ **Pulmonary function test.** One type is called plethysmography, which measures pulmonary (lung) volume in children with obstructive disease. The pressurized, glass chamber—resembling a telephone booth—is sensitive to the small lung volumes and air flow rates of children.

▶ **Exercise ECG.** Sometimes called a stress test, this electrocardiogram (ECG) shows how well your child's heart adjusts to different levels of work. Young patients exercise by walking on a treadmill or pedaling a stationary bicycle while electrodes (small plastic patches that stick to the skin) record changes in electrical activity, heart rate, blood pressure and heart function.

▶ **Hydrogen breath test.** This is used to check for lactose intolerance. Patients drink a lactose-containing beverage and then breathe into a balloonlike bag every 15 minutes for two hours. At McLane Children's, young patients can pass the time watching movies, reading books and playing video games.

**MORE**

## Focused on Getting Your Child Well

Learn more about the specialized pediatric care at McLane Children's. Visit [swchildrens.org/services](http://swchildrens.org/services) today!

Scott & White Healthcare, 2401 S. 31st St., Temple, TX 76508. President: Shahin Motakef; Chief Medical Officer: Stephen Sibbitt, MD; President and Chief Medical Officer, McLane Children's: John Boyd III, MD; Hospital Marketing Manager: Stefanie Hall. Visit [sw.org](http://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](http://doctors.sw.org) or a location at [clinics.sw.org](http://clinics.sw.org).

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# 3 Steps to a Safer Crib

Your new bundle of joy will be spending a lot of time in the crib (infants can sleep 18 hours a day!), so you'd better make sure it's the safest spot in the house.

## 1 It's all about location.

Position the crib away from windows—you don't want blinds or drapes posing hazards. The same goes for large furniture that could be pulled over or used to climb on.

**2 Only baby goes in the bed.** Soft bedding (covers, pillows, bumper pads) and toys increase

the risk for suffocation. Also, the mattress should fit snugly in the crib frame—no gaps where the infant could get caught.

## 3 Check the bars.

Planning to use a hand-me-down crib? Make sure the bars are no more than  $2\frac{3}{8}$  inches apart. Any bigger and there's a risk that your little one could get stuck.



**MORE**

## Your Baby Questions Answered

Which crib? Which shots, and when? Your doctor can help you every step of the way. To find a physician in your area, visit [FindDrRight.com](http://FindDrRight.com) today.

# 52%

Of all the people with high blood pressure, **only about half** have it under control. That's a scary statistic because hypertension increases the risk for heart disease and stroke. **Get your blood pressure checked every year, and, if it's high, work with your doctor on a game plan.** That could mean lifestyle changes or medication, or both.

## PACK A BETTER PICNIC

Nothing ruins a picnic faster than spoiled food. Follow these dos and don'ts for a safer spread.

### DO rethink the picnic basket.

Cold foods should be stored in a cooler at 40 degrees to keep bacteria at bay. Save the basket for paper products, crackers, chips and the like.

### DON'T thaw out your meat.

Pack your grillables while they're still frozen to keep them cooler longer. That includes chicken, fish and steak. And make sure they're

wrapped up tightly so there's no chance of cross-contamination.

**DO take two coolers**—one for food and one for drinks. This protects your perishable items from losing coldness as folks open and reopen the cooler to grab beverages.

**DON'T forget to rinse.** Give fruits and veggies a good wash before packing them up.

## NOSH ON THIS

From appetizers to main dishes, we have nutritious options for your next picnic. Visit [BaylorHealth.com/Recipe](http://BaylorHealth.com/Recipe) to find something healthy for any course.



# Hot, Hot, Hot!

## Understanding the dangers of heat exposure

Too much exposure to hot weather isn't good for anyone. But certain age groups are prone to particular heat hazards. Learn how to keep your family, friends, neighbors and pets safe this summer.

### **KIDS AND PETS:** **Get Out of the Car**

It doesn't take much heat to be life-threatening—especially when you're talking about children in vehicles.

The temperature inside a vehicle parked in direct sunlight can rise 20 degrees in just 10 minutes. When it's 100 outside, the interior can be 172. And yet 14 percent of parents admit to leaving a young child alone in a parked vehicle despite knowing about the dangers of heatstroke (when body temperature is 104 degrees or higher), according to a 2014 study by Safe Kids Worldwide.

"That's why it's so important to never leave your kids in the car and to prevent them from getting in the car when you don't want them to," says Susan Burchfield, trauma injury prevention outreach coordinator at Baylor Scott & White Health. "Keep the vehicle locked when it's parked at home and store keys out of reach of children."

And don't forget Fido: Never leave your pet alone in the car, either.

### **TEENS: Play It Safe**

For teens playing in the summer heat, hydration is key.

"They need to be drinking water often throughout the day," Burchfield says. "Coaches and athletic trainers need to build that into the schedule."

It's also critical to know the signs of heatstroke, such as confusion, dizziness or fainting, dilated pupils, headache, nausea and weakness. Seek immediate medical care if your child experiences any of these symptoms.

### **ADULTS: Work Smart Outdoors**

People working outside, such as roofers and road construction workers, should take a water break at least every 15 to 20 minutes. Burchfield also recommends they use misters and fans and seek shade as frequently as possible to prevent sunburn.

"Everybody needs to be watching out for each other, so that if you are developing heatstroke symptoms, someone is aware and can get emergency help for you," she says.

### **SENIORS: Avoid Prescription Problems**

Older adults are at greater risk for heat-related illnesses because their bodies

can't adjust to sudden temperature changes like when they were younger and because they are more likely to take certain prescription medicines.

"There are medications that can change the way that the heart beats, for example, so people need to be asking their health care providers if their medication will affect how they handle hot weather," Burchfield says.

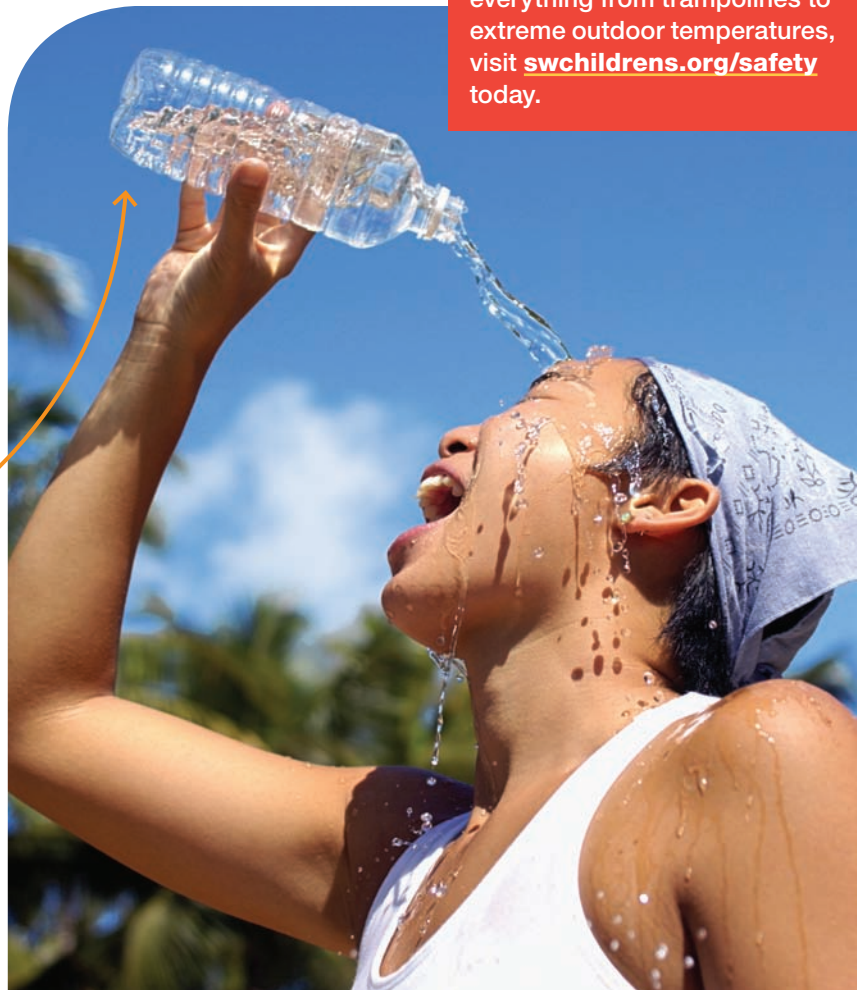
You can help keep the seniors in your family and around your neighborhood safe by ensuring they stay hydrated and have a place to cool off.



**MORE**

### **Keep Your Family Safe**

For summertime safety tips on everything from trampolines to extreme outdoor temperatures, visit [swchildrens.org/safety](http://swchildrens.org/safety) today.



# 9

## Ways to Head Off a Headache



➔ For many people, the familiar twinge of an impending headache can spoil the best of days. Maybe it doesn't have to be that way. The two most common headache types—tension and migraine—can be relieved and possibly prevented by addressing three major contributors: stress, sleep and diet. Chaouki Khoury, MD, medical director of the Comprehensive Headache Center in Dallas, offers these tips for tempering the pain in your temples.

### HEADACHE TYPES AND TREATMENT

If you suffer from headaches, there is hope! Visit [headache.sw.org](http://headache.sw.org) to learn how headaches are diagnosed and to find a headache specialist near you.

**1. Manage your stress.** Bypass a full-blown headache with stress management techniques like yoga, meditation, Pilates, acupuncture and massage therapy.



**2. Get your ZZZs.** Regular sleep can decrease the frequency of migraines. “Try to keep your sleep schedule on the weekends as close as possible to your sleep schedule during the week,” Dr. Khoury says.



**3. Stay hydrated.** Dr. Khoury recommends drinking plenty of water, and not just when you're thirsty. Set a goal of at least eight 8-ounce glasses daily.



**4. Keep clear of tobacco smoke.** Firsthand and secondhand smoke can trigger or exacerbate headaches.



**5. Limit your screen time.** All those hours fixed to TVs, computers, tablets and smartphones can cause headaches and disrupt sleep-wake cycles. Dr. Khoury recommends switching off screens an hour or two before bedtime.



**6. Sidestep food triggers.** “Not everybody has a food trigger, but if you see a connection between something you're eating or drinking and your migraines, you want to avoid it,” he says. The most common culprits are alcohol, artificial sweeteners and nitrates in cured meats.



**7. Avoid medication overuse.** “Though many people need over-the-counter medications, if they are taken 15 days or more a month they can worsen your headache,” Dr. Khoury says. If you rely on over-the-counter medication most days and also have headaches, talk to your doctor.



**8. Cut out caffeine.** “Drinking daily caffeine has a similar effect on headaches as medication overuse,” he says. Caffeine also disrupts sleep and causes dehydration, which contribute to headaches, too.



**9. See your doctor** or a headache specialist if these techniques don't work or if headaches increase in frequency or intensity.







# Back on Track

**Doctors pinpoint the cause of back pain and offer a wide range of options for relief**

➔ Back pain wasn't anything new to Carol Daude. The wife and mother of three had lived with it for years, figuring it was a normal byproduct of an active, busy life.

But the situation was getting progressively worse. Daude had a burning sensation in her hip. It was so bad that she'd ask her husband, Michael, if her hip was red because it felt as though it were "on fire," she says. Then shooting pain would travel down her leg, making it numb, and eventually her entire back and neck hurt because she was always trying to compensate.

"Chronic pain steals your sleep, your energy and your joy," Daude says.

About seven years ago, the Killeen resident was diagnosed with scoliosis, an abnormal curving or deformity of the spine. Her doctor told her she was a candidate for surgery that would realign her spine and stop the pain.

Like most people, Daude tried other options first, working with pain management experts at Scott & White Healthcare. Massage therapy, medications and spinal injections worked for a while but never resolved the issue.

“I have quality of life again.”

—Carol Daude



### MOVED TO TAKE ACTION

It got to the point where Daude’s family planned everything around managing her back problems. “I’d have to lie on the floor at least twice a day to try to relieve the pain,” Daude says. “My kids [sons Willie and Joshua and daughter Whitney] just got used to talking to me that way.”

Finally, Daude decided it was time for surgery. A team at Scott & White performed the 11-hour procedure in 2009.

Because her spine was twisted like a candy cane, Daude says, the surgeons removed five sets of vertebrae and built a titanium cage with rods that aligned her spine. Although it would be months before Daude could return to routine activity, she was walking within days of her operation, which was the only physical therapy she needed.

“It was really a best-case scenario, because now the pain is gone,” says the 52-year-old Daude. “The surgery changed everything. I have quality of life again.”

### WHAT PAIN CAN TELL YOU

Not everyone with lower-back pain has scoliosis or needs major surgery, says Mark D. Rahm, MD, chair of the Department of Orthopedic Surgery and an orthopedic spine surgeon on the medical staff at Scott & White Memorial Hospital – Temple. But the location of the discomfort can help doctors get to the right diagnosis and treatment.

Lower-back pain is common. Scoliosis is one culprit, which usually

begins in adolescence but can develop in adulthood, too. Pain can also be caused by injuries like muscle strains and sprains, or by wear and tear on the spinal disks due to the normal course of aging and activity.

Pain in the lower back will often go away on its own, maybe with the help of ice, heat, over-the-counter anti-inflammatory medicine or therapeutic exercises. But if it doesn’t get better after about three months—or if there is numbness in the legs or trouble moving arms or legs—then a closer look is warranted. Using MRI and lower-radiation 3-D imaging, specialists can identify the source of the problem.

### EXPLORING TREATMENTS

Although many kinds of surgery can help, Dr. Rahm recommends nonsurgical approaches first. “There is a long list of things we can try, including losing weight, chiropractic treatment, physical therapy, prescription medications and spinal injections,” he says.

If surgery is needed, there are many options depending on the underlying cause of the back pain, including spinal fusion or decompression surgery. Many of these procedures are minimally invasive and can be done on an outpatient basis. Others, like Daude’s surgery, are more complex.

“Surgery to fix spinal deformities is probably one of the biggest procedures we do to help with back pain,” Dr. Rahm says. “It shouldn’t be the first thing you try, but once folks get through the surgery and recovery, they are happy.”

## RAPID RECOVERY FROM JOINT REPLACEMENT

As with back surgery, people considering total joint replacement want to know how quickly they’ll be on their feet again.

How does three days sound?

The rapid recovery joint program is an innovative and aggressive education program at Scott & White Memorial Hospital – Temple. Therapists help carefully selected patients who are in otherwise good health achieve balance, strength and mobility.

The four key elements are:

- ▶ Attendance at pre-op class
- ▶ Sessions with a physical therapist
- ▶ Sessions with an occupational therapist
- ▶ Consultation with a case manager

It all starts before the surgery (pre-op). Patients receive activity goals for the time they will be at the hospital and information on the kinds of exercises they will be expected to do at home. “It greatly relieves patient anxiety to be given information before the day of surgery,” says Laura Stenman, a physical therapist and supervisor of rehabilitation services at Scott & White Memorial Hospital – Temple. “Before surgery, I give patients ‘homework’—exercises they can go home and practice before coming back in. We also provide ample one-on-one time for questions after class.”

**MORE**

### Advanced Orthopedic Care

The Scott & White Roney Bone and Joint Institute is a single resource for people with musculoskeletal disease, joint pain, trauma, sports-related injuries and other orthopedic conditions. Visit [boneandjoint.sw.org](http://boneandjoint.sw.org) to learn more or to schedule an appointment.



# Protect the Home Team

5 plays for keeping your whole family healthy and safe

➔ Everyone in the family has a role. As a parent, you're the coach of the decisions that most affect your team's health: diet, exercise and doctor appointments.

Although each family member may have specific health needs, there are certain plays you can make that will keep everyone in the game.

## KEY PLAY 1: EAT HEALTHY (MOSTLY)

Unless your family has special dietary needs, healthy eating can be simple. You don't need to have a master's degree in nutrition. Just aim to eat meals made with natural foods—whole fruits, vegetables, grains and proteins—most of the time.

"We often think about and are concerned with the side effects of medication," says John Joseph, MD, a family medicine physician at Scott & White Clinic – Killeen. "But very seldom do we take a look at the side effects of the food and drink we put in our body two, three, four times a day."

## KEY PLAY 2: BE ACTIVE TOGETHER

Physical activity is essential at every age. But rather than trying to squeeze a trip to the gym into an already hectic day, why not simply be more active as a family?

"When your kids go out to play, go with them," Dr. Joseph suggests. "It not only sets a good example, but you'll also bond as a family."

The next time your kids complain that there's nothing to do, break out the bikes, head to a park or start a game of capture the flag in the backyard. You'll cure boredom and set a positive example of fitness at the same time.





## 3 STEPS TO PICKING YOUR PEDIATRICIAN

When a baby will be joining your family, you face many decisions in the months leading up to the arrival, including finding a pediatrician. At McLane Children's Scott & White, this process is as easy as 1-2-3.

**1** Visit [swchildrens.org/clinics](http://swchildrens.org/clinics) and select a clinic near your home, work or day care. Staff profiles will help you discover which physician is right for you and your growing family.

**2** Stop by the clinic. Call 254.724.KIDS (5437) and schedule a consultation to make sure the pediatrician you select is the

right fit. You can also learn more about in-hospital visits, circumcision, breastfeeding and caring for your baby. Come prepared with questions to ask about the big day.

**3** At the hospital, tell your labor and delivery team which pediatrician you have selected. Let your health insurance provider know, too.

**MORE**

### Come See Us Before Baby Is Born

For more information about pre-delivery consultations at McLane Children's, go to [swchildrens.org/predelivery](http://swchildrens.org/predelivery) or call 254.724.KIDS (5437).

### KEY PLAY 3: SEE THAT EVERYONE GOES TO THE DOCTOR

That means you, too, parents. It's easy to put off doctor visits when you're an adult and you feel well, but they're too important to skip. You don't fall behind on your child's checkups—why would yours be any less significant?

"Annual visits are all about prevention," Dr. Joseph says. "It's much better to prevent disease than to treat disease."

Mark your calendar for yearly exams for everyone in the family. You might even make a day of it, when the whole family goes to the doctor in the morning and then does something fun together in the afternoon as a reward.

### KEY PLAY 4: GET IMMUNIZED

If you follow the previous play, this one should be a gimme because your doctor will recommend an immunization schedule. Of course, it's up to you to follow it. And don't let the immunization debate of recent years deter you.

"Immunizations are incredibly important, and the recent outbreak of measles stresses just how important," Dr. Joseph says. "Not only do immunizations protect your child and yourself, but they also help protect those who are medically

unable to be immunized." Staying on top of immunizations includes annual flu shots for everyone 6 months and older.

"The flu vaccine is one of my favorite ones," Dr. Joseph says. "I strongly encourage it. Why allow your child to suffer with an illness you can easily prevent?"

### KEY PLAY 5: KEEP SAFETY IN MIND

You learned after watching your toddler continually talk on his pretend cellphone that kids model what their parents do. So set a safe example whenever you can.

Wear helmets when you ride bikes. Always buckle up, no matter how short a distance you're traveling. And take the proper time to heal after you get hurt. Be on the lookout for injuries in your children, too, particularly concussions.

"Concussions are more detrimental than what we originally believed," Dr. Joseph says. "Don't ever try to hide a concussion. Get treated and wait the required period of time before returning to sports. It could save your child's life."



# The Spice of Life

**A component of turmeric could help improve the effectiveness of chemotherapy for people with colon cancer**



If you've ever had the pleasure of enjoying Indian cuisine, you've probably tasted turmeric. This fragrant, golden spice is made from the roots of the turmeric plant and is commonly found in Indian dishes. But its benefits extend far beyond the kitchen.

Turmeric has been used in medicine for thousands of years, and it is purported to have both antioxidant and anti-inflammatory properties.

In the past few decades, researchers have taken a special interest in the spice, specifically a substance found in it called curcumin.

"Studies have been done on curcumin for almost every disease you can think of, and the vast majority have found it to be beneficial," says Ajay Goel, PhD, director of the center for gastrointestinal cancer research and the center for epigenetics, cancer prevention and cancer genomics at Baylor Research Institute.

## ABOUT THE STUDY

### Exploring Curcumin as an Adjunctive Treatment for Colon Cancer

When combined with chemotherapy, curcumin (found in the spice turmeric) may help stop colon cancer from spreading, enhancing the effectiveness of treatment.

**Key Researcher:**  
Baylor Research Institute

## AIDING EXISTING TREATMENTS

But if you ask Dr. Goel, the most exciting use for curcumin is its potential to help treat cancer. Last fall, he and his colleagues completed a one-year study that looked at curcumin as a treatment for colon cancer in combination with a traditional chemotherapy program.

"Part of what makes advanced colon cancer so difficult to treat is a process that allows cancer cells to migrate through the bloodstream and spread to other parts of the body," Dr. Goel explains.

In this two-part study, the Baylor Research Institute team administered curcumin to colon cancer cells along with chemotherapy, first in live cultures and later in animal studies. "What we found," he says, "is that when curcumin was administered, the cancer cell migration was inhibited, making chemotherapy much more effective in these experimental models."

## GREAT PROMISE

The results of the study were published in the February online edition of the journal *Carcinogenesis*, and Dr. Goel says he's hopeful these findings will be used to help develop more effective colon cancer treatments in the near future.

"We've known for a long time that curcumin is beneficial, but with this study we've finally shown one of the most important mechanisms behind how it works," he says. "I believe the next generation of cancer treatments will target and influence the way genes express themselves, and curcumin has shown great promise for possible use in these kinds of treatments."

## MORE

### Pushing Medical Boundaries

Want to see more of the research discoveries happening at Baylor Scott & White? Visit [BaylorHealth.com/AdvancingMedicine](http://BaylorHealth.com/AdvancingMedicine) and [researchers.sw.org](http://researchers.sw.org) today.



# WHAT'S ONLINE

→ [sw.org](http://sw.org)



## BLOG

### GET AN A+ IN PREPAREDNESS

It's never too early to prepare for the upcoming school year. Get your child off to a great start with this checklist.

→ Visit [schoolchecklist.sw.org](http://schoolchecklist.sw.org) to see the tips.



## JOIN

### CELEBRATING OUR HEROES

We invite your child to become a McLane Children's Champion by sharing your story of hope and helping to inspire others in the community who are going through a difficult situation.

→ Visit [swchildrens.org/champions](http://swchildrens.org/champions) to learn more.



## EVENT

### Buy Local, Eat Fresh



Find locally grown, farm-fresh produce and related products at the weekly Baylor Scott & White Health farmers market in Temple.

→ For dates, times and locations, visit [farmersmarket.sw.org](http://farmersmarket.sw.org) today.

## PARTICIPATE

### WE VALUE YOUR INPUT

The Scott & White Healthcare Idea Exchange is an online forum where you and other community members can share ideas for improving health care and health promotion programs in Central Texas.



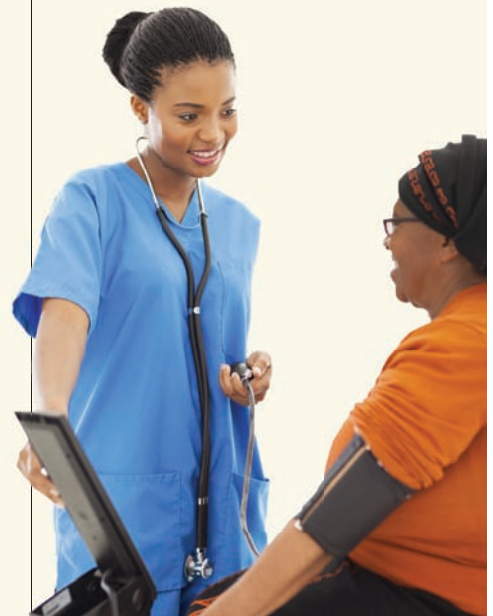
→ Go to [ideaexchange.sw.org](http://ideaexchange.sw.org) to submit your idea and rate the ideas of others.

## ADVANCE

### BE A MODEL PATIENT

Would you or your little ones like to help train medical students? The Scott & White Standardized Patient Program is currently recruiting individuals ages 3 months and older to act as simulated patients for health care training activities.

→ Check out [spprogram.sw.org](http://spprogram.sw.org) to learn more and to find a list of informational meetings in Temple.





Roll  
up your  
sleeves  
for

# SUMMER!

Make giving the coolest part of summer.  
Be a hero and donate blood.

**GIVE BLOOD TODAY.**

**Monday–Thursday:** 8 a.m.–6 p.m.

**Friday:** 8 a.m.–4 p.m.

*Photo ID is required.*

The Scott & White Blood Center is located at  
Scott & White Memorial Hospital - Temple  
in room 115, near the McLane Dining Room.

877-724-HERO (4376)



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[bloodcenter.sw.org](http://bloodcenter.sw.org)