

# Health



“Knowing that cancer runs in our family gives us power to act on it.”

**Diedre Lewis**

and her sister both had mastectomies when genetic testing revealed they were at high risk of breast cancer

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**ACHING JOINTS?**

Robot-assisted surgery offers increased options PAGE 4



# Baylor Scott & White – Plano Launches Brain Tumor Program

People who need care for brain tumors can turn to the newly opened Brain and Spine Center at Baylor Scott & White Medical Center – Plano for help.

“We offer the full gamut of care for patients with brain tumors, whether the tumors are benign or malignant,” says Jeremy Denning, MD, medical director of neurological surgery at Baylor Scott & White – Plano.

The program brings high-level neurosurgery expertise to the hospital, as well as new equipment that can assist surgeons when they are operating in and near the brain’s sensitive tissues.

For example, new microscopes help surgeons visualize normal and abnormal tissue during surgery. Adding angiography technology to the microscopes allows doctors to see

blood vessels more precisely. And new navigation equipment—comparable to GPS technology—helps target the brain tissues that need to be removed more accurately, with less damage to healthy tissue.

Dr. Denning says the program aims to make Baylor Scott & White – Plano a center of excellence for neurosurgery.

## NEED NEURO CARE?

To learn more about treatments offered for neurological conditions such as migraines and Alzheimer’s disease at Baylor Scott & White – Plano, visit [BSWHealth.com/PlanoNeuro](http://BSWHealth.com/PlanoNeuro) today.

## KEEP WRINKLES UNDER CONTROL

Some facial wrinkles are inevitable. Crow’s feet and forehead lines can stem from muscle movement such as smiling or concentrating, and wrinkles around the nose and mouth can develop with aging or weight loss.

Mark Thieberg, MD, a dermatologist on the medical staff at Baylor Scott & White Medical Center – Plano, offers these tips to prevent and minimize wrinkles:

1. Use sunscreen and avoid tanning beds.
2. Get adequate sleep. “A lack of sleep can put unneeded stress on the body that manifests in wrinkles,” he says.
3. Drink plenty of water.



There are also a range of treatments that can reduce the appearance of wrinkles: glycolic acid in moisturizers, Retin-A, Botox injections, fillers such as Restylane® and Juvederm®, chemical peels, laser resurfacing and face-lifts might all help. Different treatments work on different types of wrinkles, so talk to your doctor about what’s best for you and your skin.

**MORE**

## Find a Skin Specialist

A dermatologist on the Baylor Scott & White – Plano medical staff can help you keep your skin looking its best. For a referral, visit [BSWHealth.com/FindDrRight](http://BSWHealth.com/FindDrRight) or call **1.800.4BAYLOR**.

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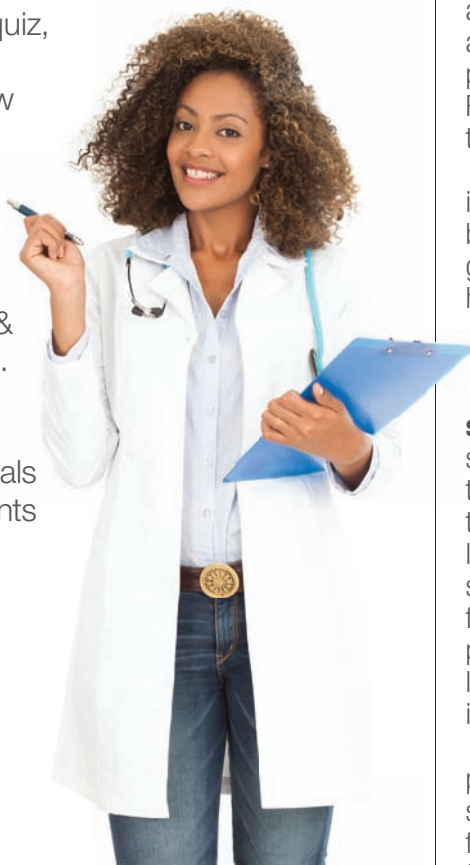
# Are You at Risk for Stroke?

If you don't know the answer to that important question, Baylor Scott & White Health's new and improved site **StrokeQuiz.com** can give you an idea in just a few minutes. Answer eight simple questions to find out whether you're at low, medium or high risk for stroke.

Once you've completed the short quiz, you can:

- ▶ Print your results so you can show them to your health care provider.
- ▶ Get tips for reducing your risk.
- ▶ Find a physician who can help you get your health on track.
- ▶ Chat with an adviser who can help connect you with a Baylor Scott & White Health provider or other services.

**StrokeQuiz.com** also features important information on recognizing the signs of stroke, as well as testimonials from former Baylor Scott & White patients who survived a stroke.



## How to Prevent Sports Injuries

Whether it's a bike ride with neighbors, a softball game with co-workers or a game of tag with your children, the opportunities for physical activity are endless—and so is the potential for injury. Reduce your risk with these tips:

**Warm up.** Engaging in exercises and stretches beforehand that target the muscle groups you're going to be using has been shown to improve athletic performance and decrease the risk of injury.

**Wear supportive athletic shoes.** Flaunting flip-flops might seem breezy, but it leaves your toes exposed (literally!) to injury and provides little stability or arch support. This kind of footwear can lead to painful bone breaks and ligament sprains and inflammation.

**Use protective gear.** If you plan to bike, in-line skate or skateboard, invest in a proper-fitting helmet as well as guards for elbows, wrists and knees. Protective equipment can help you stay safe.



## TAKE THE QUIZ

To find out your personal stroke risk and what you can do to reduce it, go to **StrokeQuiz.com** today.



Tension headaches are caused by neck problems or stress and affect more than

# 70 PERCENT

of people worldwide. Some episodes can last for several days or longer. **If headaches are interfering with your life, talk to a doctor.** Baylor Scott & White has specialized headache centers in Dallas, Temple and Round Rock.

**MORE**

## If You're Hurt, We Can Help

Baylor Scott & White offers a full spectrum of orthopedic services at hospitals and clinics across North and Central Texas. Visit [BSWHealth.com/Ortho](http://BSWHealth.com/Ortho) to learn more.

# Joint Effort

## Robot-assisted surgery opens options in joint replacement for younger people

➔ IT USED TO BE THAT PEOPLE IN THEIR 50s AND 60s EXPERIENCING PAIN from osteoarthritis were advised to put off joint replacement surgery for as long as possible. Waiting, they were told, lowered their chances of needing a second joint replacement later on.

Robot-assisted joint replacement is changing all of that. Now, people have more options than ever for treatment.

“The use of robotic technology in joint replacement is really helping us improve the longevity, function and stability of replacement joints, particularly in younger patients,” says Marc Roux, MD, an orthopedic surgeon on the medical staff at Baylor Scott & White Medical Center – Waxahachie.

### THE ROBOT’S VITAL ROLE

Robot-assisted joint replacement is fundamentally the same as traditional joint replacement, whereby an orthopedic surgeon removes damaged areas of bone and replaces them with artificial parts. The difference with robot-assisted surgery is the tool the surgeon uses.

“The robot has a sterile arm that the surgeon actually holds and guides,” Dr. Roux says. “It’s not a robot performing the surgery. It’s a surgeon performing the procedure with the assistance of the robot.” This assistance offers a superhuman level of precision.

“The robot allows us to make very, very precise cuts,” Dr. Roux says. “It blocks us from going outside the boundaries we’ve established ahead of time. It won’t let us exceed a

four-tenths of a millimeter virtual wall [about the size of a single grain of salt] beyond the plan.”

### LASTING BENEFITS

Surgical robots are currently being used in partial knee replacements, total knee replacements and total hip replacements.

Robotic-assisted partial knee replacement might be an option for younger people who previously were told the procedure wasn’t right for them. “Partial knee replacements weren’t used as frequently because they require a higher level of precision than total knee replacements,” Dr. Roux says. “But the robot can help the surgeon place the implant in a more precise location, making it a long-lasting solution for certain people.”


Robot-assisted total hip replacement results in better range of motion, which is particularly important to people who want to remain active.

“It’s an exciting time in orthopedic surgery,” Dr. Roux says. “The robotic technology instills confidence in patients and opens the door for younger people to have joint replacements that last.”

**MORE**

### Helping You Heal

If robotic surgery is an option for you, a surgeon can help you weigh your choices. For a referral to a surgeon on the medical staff at Baylor Scott & White Medical Center – Plano, call **1.800.4BAYLOR** or visit [BSWHealth.com/FindDrRight](https://www.BSWHealth.com/FindDrRight) today.



Three conditions that  
increase your risk  
for cardiovascular  
disease

# Heart Connections

**➔ YOUR HEART AFFECTS** everything happening in your body. So it stands to reason that everything happening in your body also affects your heart—for better or worse.

“The heart is a pump that helps blood circulate to all of our body parts and organs,” says Jeffrey Michel, MD, interim chief of the Division of Cardiology at Scott & White Medical Center – Temple. “In turn, the heart is exposed to circulating toxins and infections that can originate from other parts of the body and can travel to the heart by ‘hitching a ride’ in the bloodstream.”

That means conditions affecting other areas of your body can take a toll on your heart. Here are a few to watch out for.

**1 DIABETES**  
People who have diabetes are about twice as likely to die from heart disease or stroke compared with people who don’t have diabetes, according to the National Institute of Diabetes and Digestive and Kidney Diseases. Why? Long-term elevated blood sugar (glucose) from diabetes damages blood vessels and leads to atherosclerosis, or narrowing of

arteries. It can also damage the heart muscle itself.

“The exact way diabetes causes this damage is not well understood,” Dr. Michel says. “The good news is that the better people do at managing their diabetes, the lower their chances are of developing heart disease.”

Dr. Michel recommends following a heart-healthy diet, getting at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity each week, and taking diabetes medication as prescribed.

**2 KIDNEY DISEASE**  
The kidneys filter toxins and excess salt from the blood. When the function of these organs is compromised, the heart must work harder and therefore blood pressure increases. So begins a dangerous cycle, as high blood pressure further damages the kidneys.

“If people with high blood pressure or diabetes have evidence of kidney disease, it wouldn’t be surprising to discover they also have some degree of heart disease,” Dr. Michel says.

The key to stopping the damage is controlling high blood pressure and diabetes. Take all medications as prescribed. Keep blood pressure below 140/90 mmHg, and keep blood glucose levels within a healthy range.

**3 ANXIETY AND DEPRESSION**  
These disorders are often associated with the brain, but both affect the heart as well.

“Anxiety and depression can lead to increased levels of stress hormones in the blood that can have damaging effects on the heart muscle itself and may increase the risk of atherosclerosis,” Dr. Michel says. Furthermore, people with anxiety or depression may be more likely to engage in lifestyle behaviors that increase heart disease risk, such as smoking, and less likely to exercise and eat a heart-healthy diet.

Dr. Michel recommends people with anxiety and depression seek help from a physician or a licensed therapist and learn effective coping techniques.

## CHECK YOUR HEART

Are you concerned about your risk factors for heart disease? For a referral to a cardiologist on the medical staff at Baylor Scott & White Medical Center – Plano, visit [BSWHealth.com/FindDrRight](https://www.bswhealth.com/FindDrRight) or call **1.800.4BAYLOR**.



Diedre Lewis, left, with her sister, Kimberly

# Family Ties

**Genetic testing empowers two sisters to control their destiny in the face of cancer**

➔ **DIEDRE LEWIS AND HER SISTER, KIMBERLY,** were heading down an uncertain path in 2015. Diedre, then 44, already was undergoing treatment for cancer in both breasts when she started looking into how the disease ran through her family tree. She knew, of course, that her mother had breast cancer. Turns out, so did her cousin and an aunt. Then there was her grandmother. Her great-grandfather had pancreatic cancer.

“I’m relieved that I’m aware of this gene mutation, so I know what I have to do.” —Diedre Lewis

Diedre’s breast surgeon suggested a genetic test for the two sisters, which they decided to have done. With the test results in hand, they began to understand that their family’s disease was hereditary.

Both women tested positive for a genetic mutation in the gene ATM, making them more susceptible to breast and pancreatic cancers.

### DISCOVERING ‘WHY’

Diedre and Kimberly’s journey is increasingly common, as genetic testing becomes a more routine part of cancer diagnosis and treatment plans. Now, early on, oncologists might send their patients to genetic counselors to do a deep dive into family trees and determine what genetic mutations could be causing the disease among relatives. A simple blood draw and a laboratory test can tell people which mutations they have and what diseases they might be at risk for. It can give people who have cancer the “why” behind their diagnosis.

Chelsey Burden, a genetic counselor at Baylor Scott & White Health, says she sees some people who are sent by a doctor after getting a cancer diagnosis. She also sees those people’s relatives who have a family history but are cancer-free.

“We’re able to identify cancer early and prevent it sometimes,” Burden says. “Once we know the results of the genetic test, we’re able to tailor the screening and surveillance for each person, knowing his or her genetic information.”

### ACTING ON THE INFORMATION

People who test positive for genetic mutations have many options. They can choose to increase how often they have cancer screenings. They can more aggressively treat a cancer they already

have. Or they can do what Diedre and Kimberly did.

The sisters had bilateral mastectomies, or surgical removal of both breasts, in October 2015—Diedre on the 1st and Kimberly on the 30th. Together, they adjusted to life with reconstructed breasts and did everything within their power to further reduce their risk. They ate healthier, exercised more and tried to manage their stress.

For Diedre, it was an easy decision to have the double mastectomy. She’d already gone through treatment once. She knew the anxiety of twice-a-year mammograms and follow-up scans.

Kimberly, however, hadn’t traveled that path. Her sister thought she might be too afraid to have the procedure proactively, when she’d never had so much as a scare. She was surprised, then, when Kimberly told her she would get the mastectomy. “When you haven’t been diagnosed,” Diedre says, “it’s a whole other level of being brave.”

### SHARING THE KNOWLEDGE

Diedre and Kimberly are also thinking about the next generation of women in their family, including Diedre’s 27-year-old daughter, Daundria, who plans to have the genetic testing. She has already told her mother that if she’s positive for ATM, she’ll follow her mom and aunt’s lead and get a preventive mastectomy.

Rather than being burdened by the information the genetic testing revealed—that she and others in her family are more likely to get certain cancers—Diedre says it’s a comfort. “I’m relieved that I’m aware of this gene mutation, so I know what I have to do,” she says, referring to the healthy, cancer-fighting habits she is adopting.

“I see it as a battle,” she says. “And I’m not going to lose.”

## HELPING CHILDREN COPE

When a serious illness or injury strikes a family, some parents struggle with what information to share with their children. Tia Kem, a certified child life specialist at Baylor Scott & White Medical Center – Plano, offers these tips:

**1. Be open and honest.** Inform them about any diagnosis as early as possible. “Shielding a child from the realities of cancer can lead to confusion and fear,” Kem says. “It’s always better to answer their questions honestly and share information in a loving, age-appropriate way.”

**2. Don’t be afraid to use words such as “cancer.”** Explain that the disease is not something they can catch, and it is something that people can—and do—survive. Using the correct name for the illness can help avoid confusion or shock later on.

**3. Watch their behavior for signs of stress.** Children often have changes in their eating and sleeping habits, and regressive behaviors such as bed wetting can occur when children are stressed.

**4. Explain any changes in routine.** For example, if someone else picks them up from school, they might worry that something bad has happened. Clarify why changes are happening as to not cause further stress.

**MORE**

### Get Support for Kids

If you or a family member are a cancer patient at Baylor Scott & White – Plano, child life services can work with your family to help your child cope. For more information, call **469.814.4811** or visit [BSWHealth.com/PalliativeCare](https://www.bswhealth.com/PalliativeCare) today.



# For Women Only (or Mostly)

**Five conditions every female should look out for**



**MANY WOMEN KNOW ABOUT** breast and gynecologic cancers, and it's no surprise why. More than 99 percent of breast cancer patients are women, and, obviously, 100 percent of gynecologic cancer patients are. But these aren't the only health issues to keep on the radar.

"Women tend to be very aware of their breast and gynecologic health, which is great," says Marian Steininger, MD, an Ob/Gyn on the medical staff at Baylor Scott & White Medical Center – McKinney. "But they also should be familiar with other conditions that commonly affect women so they can protect themselves."

Take a look at five conditions that affect more women than men, and see what you can do about them.



## ALZHEIMER'S DISEASE

Of the 5 million people in the U.S. who have Alzheimer's disease, nearly two-thirds are women, according to the Alzheimer's Association. Researchers are unsure why.

One thing they do know is that women who keep their ovaries have a decreased risk of developing Alzheimer's and dementia. If you're facing a hysterectomy and deciding whether to have your ovaries removed in addition to your uterus, discuss this Alzheimer's connection with your doctor.

Other strategies for preventing Alzheimer's are staying socially and intellectually active (it keeps the brain stimulated) and following a heart-healthy lifestyle (it lowers the risk of other diseases that relate to cognitive decline).

## MULTIPLE SCLEROSIS

Women are up to three times more likely than men to have multiple sclerosis, an autoimmune disease that affects the central nervous system, the National Multiple Sclerosis Society says. Furthermore, the incidence of MS is increasing in women while it's staying the same in men, widening the gender gap even more. Experts believe that genetics are mainly to blame for the disease.

Although MS can't be prevented, and there is no cure, it can be managed with medication, physical therapy and alternative medicine, such as massage, yoga and acupuncture.

## OSTEOPOROSIS

About 80 percent of the 10 million Americans who have osteoporosis are women, according to the National Osteoporosis Foundation, and 1 in 2 women older than 50 will break a bone because of the disease. Women are more susceptible to osteoporosis especially later in life because many have small, thin bones, and they produce much less estrogen, a bone-strengthening hormone, after menopause.

Women can prevent osteoporosis by getting plenty of calcium in their diets—at least 1,000 milligrams per day for women up to age 50 and 1,200 milligrams a day for women older than 50—in combination with 1,000 IU (international units) of vitamin D; getting regular physical activity, including weight-bearing and muscle-strengthening exercises; limiting the number of alcoholic beverages they drink; and not smoking.

## KNEE INJURIES

In certain sports, women are up to 10 times more likely than men to experience a knee ligament injury, according to the American Academy of Orthopaedic Surgeons. Researchers think that may be because women's knees tend to bend inward when landing after a jump. Estrogen might also play a role.

If you are active in athletics, you can reduce your risk of knee injuries—including ACL (anterior cruciate ligament) tears—with training. Work with a qualified coach or physical therapist to learn proper techniques for jumping and pivoting, and always wear the appropriate protective equipment for the sport you're playing.

## PELVIC FLOOR DISORDERS

Incontinence, frequent urinary tract infections, pelvic organ prolapse, pelvic pain and other pelvic floor disorders affect more than a third of American women, according to the National Institutes of Health. Risk factors include age, childbirth, excess weight, chronic coughing and prior pelvic surgery.

Women have a tendency to dismiss these issues as things that are supposed to happen. But help is available.

"Natural and normal don't necessarily mean good," Dr. Steinger says. "Just because these conditions are common doesn't mean you have to live with them."

Don't hesitate to talk to your doctor about symptoms that are bothering you.

## WHAT ABOUT MEN?

When it comes to overall health, there are some conditions that primarily—or only—affect men. Sean Townsend, MD, an internal medicine specialist on the medical staff at Baylor Scott & White Medical Center – Plano, says that it's important for men to see their doctors for regular wellness exams.

"For younger men, into their 30s, it's easy not to see a doctor because they typically don't have many problems," he says. But it's important for younger men to be screened for heart disease and diabetes risk factors. It's also important for them to consistently work on choosing a healthy lifestyle—a balanced diet and regular exercise—to maintain a healthy weight.

Starting at age 50, or sooner for men at higher risk, men also need colon cancer and prostate cancer screenings.

Men are also prone to sleep apnea, which can cause fatigue and trouble sleeping. Fatigue could also be a sign of low testosterone levels, so talk to your doctor about your symptoms.



**MORE**

### Find a Doctor

Don't delay in scheduling a wellness visit—your future self will thank you. For a referral to a primary care physician on the Baylor Scott & White – Plano medical staff, visit [BSWHealth.com/FindDrRight](https://www.bswhealth.com/) or call **1.800.4BAYLOR**.



# Shine a Light

Research digs deeper into sleep/wake hormone's possible tie to bile duct diseases

➔ We often take for granted that our bodies work the way they're supposed to. You probably don't lie awake at night, for instance, to ponder the proper functioning of your liver and bile ducts.

That's where researchers at the Digestive Disease Research Center (DDRC)—a collaboration of Baylor Scott & White Health, Texas A&M College of Medicine and Central Texas Veterans Health Care System—come in. Their work with a hormone that regulates the body's internal clock has led to a patented approach that shows promise in the detection and treatment of certain bile duct diseases.

## ABOUT THE STUDY

### Melatonin-Based Treatment and Diagnosis of Bile Duct Disease

By regulating melatonin, the body's circadian rhythm hormone, researchers are seeking new ways to detect and treat biliary (gallbladder and bile duct) disease.

### Key Contributors

Baylor Scott & White Research Institute

Central Texas Veterans Health Care System

Texas A&M College of Medicine

the small intestine, where the fluid helps digest fats and other nutrients in our food.

When there's an excessive growth of liver cells that line the bile ducts (cholangiocytes), it can lead to liver fibrosis and ultimately liver cancer, such as bile duct cancer (cholangiocarcinoma).

In the U.S., about 3,000 people are diagnosed with gallbladder and bile duct (biliary) cancers each year. Current treatment options are limited, and early detection is a challenge because biliary diseases often don't have any outward signs.

## HOW HORMONES FIT IN

Gianfranco Alpini, PhD, director of the DDRC, along with center members Shannon Glaser, PhD, and Sharon DeMorrow, PhD, are studying the hormone melatonin—which regulates the body's circadian rhythm, or sleep/wake cycle—as it relates to biliary diseases.

Melatonin's primary purpose is to help a person maintain a regular day/night rhythm. When the rhythm is working well, it seems to have an effect on the liver's ability to clear toxins from the body. When the rhythm is not working well, however, there is risk

of abnormal growth of cholangiocytes, liver fibrosis and bile duct diseases.

"If researchers can identify the key gene regulated by melatonin in the liver," Dr. Alpini says, "they may be able to help improve the health of the liver and bile ducts."

## APPLYING THE RESEARCH

Laboratory tests of animal models to increase the synthesis of melatonin have been shown to prevent abnormal cell growth in bile ducts. And the use of melatonin and targeting of melatonin-related pathways for treatment of bile duct diseases has been patented.

Future research will include investigating these approaches in human clinical trials. Ultimately, the researchers say, the findings could lead to decreased rates of liver disease and liver cancers.

**MORE**

## Medical Innovation

Baylor Scott & White's research focuses on you—more accurate diagnoses, faster recoveries and more effective treatments. Visit [BSWHealth.com/Research](https://www.bswhealth.com/research) for details.



## RECIPE

### QUINOA STUFFED PEPPERS



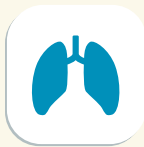
Flavorful peppers are packed with protein from quinoa and nuts. Bring them to share at your next barbecue—or keep them to enjoy at home!

→ Head to [BSWHealth.com/Recipe](https://www.BSWHealth.com/Recipe) for all of the details.

## CALCULATOR

### HELP YOUR CHILD MANAGE ASTHMA

If your child has asthma, you'll want to know his or her peak flow—an important measurement in determining how well the lungs are working.



→ Go to [BSWHealth.com/AsthmaZoneCalc](https://www.BSWHealth.com/AsthmaZoneCalc) to find out your child's peak flow and then work with a pediatrician on an asthma action plan.



## ONLINE

### Lose the Weight

If dieting isn't working and your weight is affecting your health, weight loss surgery could be a permanent solution.

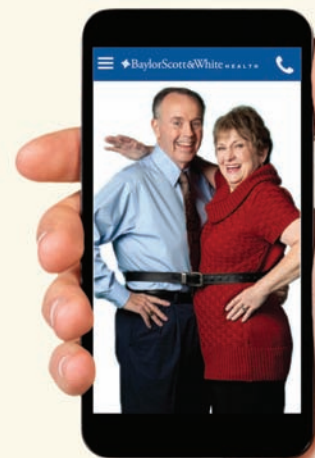
→ To learn more about the options offered at Baylor Scott & White Medical Center - Plano, visit [BSWHealth.com/Plano](https://www.BSWHealth.com/Plano) or call **1.800.4BAYLOR**.

## VIDEO

### "WE'VE LOST THE WEIGHT AND GAINED A WHOLE NEW LIFE TOGETHER."

After struggling with obesity and related health issues, Gary and Janis Newman both decided to have gastric bypass surgery. Down a combined 240 pounds, they're on fewer medications and able to travel more freely.

→ Visit [BSWHealth.com/MyStory](https://www.BSWHealth.com/MyStory) for the transformation in their own words.



## QUIZ

### HOW MUCH DO YOU KNOW ABOUT POISON IVY?

This unpleasant plant has ruined many an enjoyable family outing. Would you be able to recognize poison ivy and steer clear of it?

→ Take our quiz at [BSWHealth.com/PoisonIvyQuiz](https://www.BSWHealth.com/PoisonIvyQuiz) to discover where it grows and what to do if you're exposed.

# Community Calendar

## July & August 2017

Registration required for all events unless otherwise indicated.

→ Call **1.800.4BAYLOR** to register.

### MAMMOGRAPHY

#### Saturday Mammography Services

8 a.m. to noon. Register for a screening at [BSWHealth.com/PlanoMammo](http://BSWHealth.com/PlanoMammo) or call **469.814.5500**. Most insurance plans are accepted. **July 22 and August 19:** Women's Imaging Center at Baylor Scott & White – Plano. **July 15 and August 12:** Baylor Scott & White – Plano Elizabeth Jekot, MD Breast Imaging Center.

### SEMINARS AND SUPPORT GROUPS

#### Weight Loss Surgery Support Group

Second Wednesday of each month, 6:30 to 8:30 p.m., Education Center 1 & 2, Garden Level of Baylor Scott & White – Plano. To register, call **469.814.5677**.

#### Diabetes Support Group

August 10, 7 to 8 p.m., Conference Room A & B, Garden Level of Baylor Scott & White – Plano.



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For a physician referral or for more information about women's services, call **1.800.4BAYLOR** or visit us online at [BSWHealth.com/Frisco](http://BSWHealth.com/Frisco).



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