

September 2014

# Baylor Health

GRAPEVINE EDITION

Visit [BaylorHealth.com/Grapevine](http://BaylorHealth.com/Grapevine) for informative videos, interactive quizzes, online event registration, and much more.



**REAL PATIENTS. REAL STORIES.**

## A Brighter Future

Genetic testing helps PAOLA GERBER take a proactive approach to her health

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Paola Gerber with her husband, Ian, and their children, Nyah and Liam



**LESS IS MORE**  
Minimally invasive options are making it easier to heal **PAGE 4**



**GET BACK IN THE GAME**  
Stay safe out there, no matter your sport **PAGE 8**

# PLAN OF (ASTHMA) ATTACK

Your asthma action plan can help you manage your symptoms. Keep your plan in writing and place it where you and your family can easily refer to it. Most experts recommend a color-coded format:



## Crack the Code

A pulmonologist can help you build your asthma action plan. For a referral, visit [BaylorHealth.com/Grapevine](http://BaylorHealth.com/Grapevine) or call **1.800.4BAYLOR**.

### GREEN ZONE

80 percent or more of your best peak flow

#### INCLUDE:

Your long-term daily medications and your pre-exercise medications, including the times you take them and the dosages.

### YELLOW ZONE

50 to 79 percent of your best peak flow

#### INCLUDE:

Symptoms to watch for—such as coughing, wheezing, chest tightness or shortness of breath or night waking—and your quick relief medications and when and how you should take them.

### RED ZONE

50 percent or less of your best peak flow

#### INCLUDE:

A list of symptoms and danger signs such as trouble walking and talking or blue lips or fingernails.



Treatment may include a nebulizer or oral steroids. If your treatments don't work within 15 minutes or if you're experiencing any danger signs, call 911.

## Grapevine Nurses Among Area's Great 100

Seven nurses from Baylor Regional Medical Center at Grapevine were named to the 2014 Dallas-Fort Worth Great 100 Nurses list:

- Jennifer Eisenbarth
- Emily Eugenio
- Carol Nantz
- Pam McNatt
- Nancy Schell
- Anna Schlatter
- Angela Trujillo

The annual list recognizes outstanding nurses for being role models in leadership, service to the community, and compassion, as well as for their significant contributions to the art and science of nursing.

More than 40,000 nurses are practicing at facilities across North Texas, and the award selection committee received over 800 nominations for this year's award from nurses' peers, patients, families, physicians and administrators.

These seven nurses from Baylor Grapevine join 13 of their colleagues from other Baylor Health Care System hospitals on the list.

Baylor Regional Medical Center at Grapevine, 1650 W. College, Grapevine, TX 76051

West Region Director of Marketing: Dee Dee Ogrin; Manager of Marketing/PR: LaKisha Howard; Physician Liaison: Chris Orona; Community Outreach Consultant: Rachel Nobles

Baylor Grapevine Main Number: 817.481.1588; Baylor Grapevine Physician Referral: 1.800.4BAYLOR (1.800.422.9567); Educational Programs: 817.329.2878; Baylor Grapevine Diagnostic Imaging Center: 817.305.5010; Baylor Diagnostic Imaging Center at Keller: 817.482.2000; Baylor Grapevine Women's Center: 817.424.4500; 24-Hour Emergency: 817.329.2523; Baylor Therapy Center: 817.329.2524; Clinical Nutrition Programs: 817.329.2569; Baylor Grapevine Volunteer Services/Auxiliary: 817.329.2665

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Visit [BaylorHealth.com](http://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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## 'Best Hospitals' Recognition Is a Baylor Tradition

For the 22nd consecutive year, *U.S. News & World Report* has listed Baylor University Medical Center at Dallas in its "America's Best Hospitals" issue.

Baylor Dallas is ranked the No. 1 hospital in Dallas and among the nation's top 50 hospitals in diabetes and endocrinology; gastroenterology and gastrointestinal surgery; nephrology; neurology and neurosurgery; orthopedics; and pulmonology. Baylor Dallas rated high-performing in six other specialties: cancer; cardiology and heart surgery; ear, nose and throat; geriatrics; gynecology; and urology.

Also receiving regional rankings for the Dallas-Fort Worth area are Baylor Institute for Rehabilitation, Baylor All Saints Medical Center at Fort Worth, Baylor Regional Medical Center at Grapevine, Baylor Medical Center at Irving and Baylor Regional Medical Center at Plano. Scott & White Memorial Hospital - Temple was named the No. 10 hospital in the state.

"The number of hospitals on the list shows the strength and breadth of the Baylor Scott & White Health system," says Joel Allison, CEO, Baylor Scott & White Health. "It is proof of our commitment to provide advanced, quality care to all the communities and patients we serve."

### See Where We Rank

Visit [BaylorHealth.com/BestHospitals](http://BaylorHealth.com/BestHospitals) to see a full list of our *U.S. News & World Report's* "Best Hospitals" rankings.



#### FACT

Mosquitoes that spread West Nile virus are more likely to bite between dusk and dawn.

# Fight Bug Bites

Mosquitoes. They're one of the perils of living in a hot and humid climate, and we've got plenty of them. But what makes them more than just annoying is the fact that they may carry West Nile virus. While most people will never feel the effects of the virus, it can cause serious, even fatal, symptoms in some. Here's how to protect your family from mosquito bites:

- Wear long sleeves, pants and socks when outdoors.
- Apply insect repellent containing DEET, picaridin or IR3535 to exposed skin before going outside. If clothing is thin, apply repellent to clothing as well, but not underneath.
- Drain standing water around your home,

including from swimming pool covers, birdbaths, flowerpots, pet dishes and gutters.

- Repair torn screens to keep mosquitoes out.
- Report dead birds to the Texas Department of State Health Services (**1.888.963.7111**), as dead birds can signal West Nile virus in the area.

### Having a Serious Reaction?

If a bug bite is accompanied by difficulty breathing, a swollen face or throat, or red, itchy hives, see your doctor immediately. For a free physician referral, visit [FindDrRight.com](http://FindDrRight.com) or call **1.800.4BAYLOR**.

## SHINING A LIGHT ON BLOOD CANCERS

Leukemia, lymphoma and myeloma: These are the three main types of hematologic (blood) cancers. And while they are less common than breast and prostate cancers and don't get a lot of media attention, they are very real and affect lives just the same. In fact, 1.13 million people in the United States are living with or in remission from a blood cancer.

 **4 MIN**

Someone in the United States is diagnosed with a blood cancer about every four minutes.

# A Gentler Option

Baylor Grapevine offers minimally invasive lung cancer surgery

LUNG CANCER SURGERY USED TO require a large, open chest incision and a three- to four-month recovery. Now, many people can have minimally invasive surgery, where doctors operate with specialized equipment through three half-inch incisions, one for a video camera and two for instruments controlled by the surgeon's hands. In most cases people are back to their normal activities in about a week.

Himalaya E. Lele, MD, a general and thoracic surgeon on the medical staff at Baylor Regional Medical Center at Grapevine, says, "More than 90 percent of people with lung cancer can be operated on with

minimally invasive techniques."

Some people who are too frail for the demands of traditional surgery are healthy enough to withstand minimally invasive surgery. They may live three to four years longer as a result.

Dr. Lele says patients and family members also appreciate the ability to see photos from their surgery. "It gives people a better sense of what they went through. It's very informative. They are able to get their heads around what is really happening," he says.

## Breathe Easy

For a referral to a lung care specialist on the medical staff at Baylor Grapevine, visit [BaylorHealth.com/Grapevine](http://BaylorHealth.com/Grapevine) or call **1.800.4BAYLOR**.



Recover at home



Coughing less painful



Shorter hospital stay

## MINIMALLY INVASIVE SURGERY BRINGS A RANGE OF BENEFITS:

- ▶ **LESS TRAUMA.** Traditional surgery requires a 7- to 10-inch incision, and there's often damage to the muscles and ribs. Minimally invasive surgery's small incisions can heal quickly.
- ▶ **SHORTER HOSPITAL STAYS.** People are usually out of the hospital one to two days faster with minimally invasive surgery.
- ▶ **LESS PAIN.** People use half as much narcotics after minimally invasive surgery compared with those who have traditional surgery.
- ▶ **LESS PNEUMONIA.** With less pain, people are more likely to cough and clear their lungs after surgery.
- ▶ **LESS SCARRING.** The scars from minimally invasive surgery are small, and may be hidden under the armpit.
- ▶ **AT-HOME RECOVERY.** Many older people need to move in with family members or to an assisted living facility when they recover from traditional surgery but can return home after minimally invasive surgery.

Use less pain medication



# GET SOME REST

What's keeping you up at night? Revamp your routine to nod off easier tonight

SLEEP IS A PRECIOUS COMMODITY—just ask any new parent. But if a newborn isn't the reason you're losing shut-eye, what is? Learn what to say yes—and no—to before bedtime so you can finally catch those ZZZs.

✔ SAY YES TO:

## A Bedtime Routine

“The biggest sleep problem people have is that they're simply not getting enough of it,” says David Luterman, MD, medical director of the Sleep Center at Baylor University Medical Center at Dallas. “The majority of people need seven to nine hours a night.” Going to bed and waking up at the same time every day can improve the quality of your sleep—and ensure you're sticking to the number of hours you really need.

✘ SAY NO TO:

## Electronics in the Bedroom

TVs, smartphones, tablets, laptops—don't even bring them into the room with you. “If you're cutting into sleep time to work, read or play video games, turn them off. They can make you too distracted to sleep,” Dr. Luterman says.

✔ SAY YES TO:

## Everyday Exercise

What *can't* exercise do? Getting in a good sweat session on a regular basis (ideally 30 minutes a day, five times a week) can help you sleep more soundly.

✘ SAY NO TO:

## Working Out Right Before Bedtime

A workout boosts energy and may make it hard to go to sleep right away. Plus, your body temperature increases during exercise, and the body needs time to cool. Schedule your workouts more than two hours before bedtime.

✔ SAY YES TO:

## Quality Bedding

A good mattress and quality sheets may be a bit of an investment, but it's money well spent. If you're not comfortable in bed, you're less likely to sleep well.

✘ SAY NO TO:

## Late-Night Snacking

Avoid eating two hours before bedtime. A blood sugar spike may affect sleep.

✔ SAY YES TO:

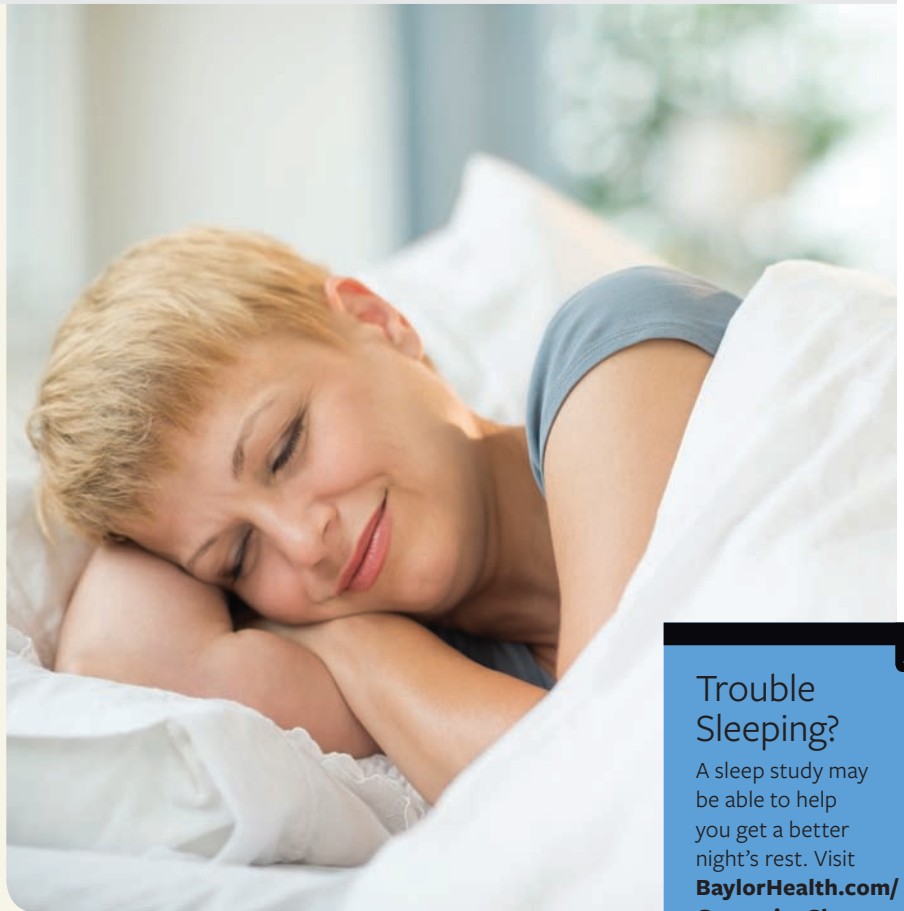
## Ambient Noise

If noises outside your room are keeping you counting sheep, try a white-noise machine or a fan. “Some people need absolute quiet, while others do better with a little background noise,” Dr. Luterman says.

✘ SAY NO TO:

## Ignoring the Problem

If you still are having trouble falling asleep or are waking up exhausted, it may be time to talk to your doctor about treatment options.



### Trouble Sleeping?

A sleep study may be able to help you get a better night's rest. Visit [BaylorHealth.com/GrapevineSleep](https://www.baylorhealth.com/GrapevineSleep) to learn more.

# Taking Control

Know *your options* when it comes to these three women's cancers

When 36-year-old Paola Gerber, a model, wife and mother of two, found a lump in her breast in September 2012, she was terrified. "I have three women in my family who were diagnosed with breast cancer before the age of 40," she recalls. "I thought, 'I'm next.'"

Though the tumor turned out to be benign, Gerber was gripped with fear about her future.

At her doctor's urging, she underwent genetic testing at Baylor Regional Medical Center at Plano. "I was diagnosed with the BRCA1 genetic mutation, which gave me an 87 percent chance of developing breast cancer and a 50 percent chance of developing ovarian cancer," she recalls.

Gerber opted to undergo preventive surgery—a hysterectomy at Baylor Regional Medical Center at Grapevine in November 2012 and a double mastectomy at Baylor Plano in January 2013. She returned to Baylor Plano for breast reconstruction five months later.

"All of my surgeons did a beautiful job, but the most beautiful thing is that the

surgeries dropped my risk of both cancers dramatically," she says. "I have peace knowing I will be here to see my children grow."

Preventive surgery isn't for everyone, but we can all take a cue from Gerber's proactive approach. Here, Lynn Canavan, MD, a surgical oncologist on the medical staff at Baylor Plano and Baylor Medical Center at McKinney, discusses three women's cancers and what to watch for.

Paola Gerber with her husband, Ian, daughter, Nyah, and son, Liam.




## BREAST CANCER

 **Women diagnosed in their lifetime:**  
About 1 in 8


 **Stage-one five-year survival rate:** 98%

“Women who have been identified as having the BRCA1 and BRCA2 gene mutations are at a much greater risk of developing breast and ovarian cancers,” Dr. Canavan says. “For these women, preventive surgeries can drastically reduce the risk of developing these cancers.”

 **Watch for:**  
Lumps, swelling, pain, skin irritation or dimpling, nipple retraction or discharge, or appearance changes in the nipple or skin. “But many women don’t experience symptoms in the earlier stages,” Dr. Canavan says.


 **Get screened:**  
Experts recommend that women 40 and older undergo a mammogram once a year. “I still recommend monthly breast self-exams, despite conflicting recommendations,” Dr. Canavan says.


## CERVICAL CANCER

 **Women diagnosed in their lifetime:**  
About 1 in 143


 **Stage-one five-year survival rate:** 91%

The majority of cervical cancer cases are caused by human papillomavirus (HPV), a sexually transmitted disease. “You can reduce your risk of HPV by getting a vaccine in adolescence and boosters in young adulthood,” Dr. Canavan says.

 **Watch for:**  
Bleeding between periods, after intercourse or after menopause; pain in the lower abdomen; pain during intercourse and unusual discharge.


 **Get screened:**  
Experts recommend that women 21 through 29 get a Pap test once every three years (if the results are normal) and that women 30 through 64 get a Pap and HPV test once every three to five years. “This recommendation may vary based on your personal risk,” Dr. Canavan explains.


## OVARIAN CANCER

 **Women diagnosed in their lifetime:**  
About 1 in 71

 **Stage-one five-year survival rate:** 92%

“Unfortunately this disease quickly becomes deadly,” Dr. Canavan says. “The survival rates drop dramatically once the disease has spread.”

 **Watch for:**  
Bloating, abdominal pain, difficulty eating or feeling full quickly, or increased urgency or frequency of urination.

 **Get screened:**  
No screening is recommended for women at average risk, other than an annual pelvic exam. For women at increased risk due to family or personal health history, a transvaginal ultrasound and/or testing for the CA-125 protein (found in many ovarian cancers) may be recommended.

“We’re limited in our ability to detect ovarian cancer early,” Dr. Canavan says. “For this reason, high-risk women who are done having children should consider preventive surgery to remove the ovaries and fallopian tubes.”

## Get the Cancer Care You Need

The road to recovery can be trying—it helps to have a strong team on your side. Visit [BaylorHealth.com/GrapevineCancer](http://BaylorHealth.com/GrapevineCancer) to learn more about the services offered at Baylor Grapevine.

## Coping with Cancer

With a diagnosis of cancer, everyone reacts differently. “Some people broadcast the news to everyone, and others keep it a secret even from their immediate family,” says Janice Tomberlin, MD, a radiation oncologist on the medical staff at Baylor Regional Medical Center at Grapevine.

While there’s no one “right” way to react, Dr. Tomberlin offers some advice for dealing with the diagnosis:

- **Ask for help.** If you would appreciate having friends bring you meals, let them know.
- **Stay off the Internet.** Cancer is complex, and each case is different for every individual.
- **Focus on the positive.** People have a tendency to share negative cancer stories. Feel free to interrupt them and say, “If you don’t have an affirming story I would prefer not to hear it.”
- **Seek support.** Baylor Grapevine offers general and cancer-specific support groups, and you can also turn to the American Cancer Society.

# Playing It Safe

Whether you're an early morning jogger or the parent of a high school football player, this rundown reveals **the injuries** you need **to watch for**



The family that plays together stays together. After all, sports are a great way to bond and for parents to set a positive example of physical activity for their children. But the last thing you want is for that bond—or legs or arms—to be broken by not taking the proper safety precautions.

“It’s great to promote a healthy and active lifestyle as a family,” says Lance Winter, DO, an orthopedic surgery and sports medicine physician on the medical staff at Baylor Medical Center at McKinney. “Just be sure not to exceed anyone’s abilities and properly train for events.”

Read on to discover how to protect you and your family from the most common injuries of these popular activities.

## SOCCKER

**Body part most affected:** Lower leg

► **Avoid injury:** Soccer is a close-contact sport with lots of bumping and pushing. The most common cause of lower-leg injury is inadequate shin guards, according to the American Academy of Orthopaedic Surgeons. Always ensure players have proper gear and opt for shoes with molded cleats rather than the kind that screw in, unless playing on a wet or slippery field.

## BASKETBALL

**Body part most affected:** Knee

► **Avoid injury:** Basketball is a high-agility sport with a lot of stop-and-go action and twisting. “Knee injuries are common in these types of sports,” Dr. Winter says. “Female high school and college athletes are most prone to ACL injuries.” The ACL, or anterior cruciate ligament, is one of the knee’s main tissues.

Avoiding knee damage is largely a matter of education for both sexes, he adds. “We can do jump-stop analyses to assess how athletes are landing, and then recommend techniques and stabilization exercises.”

## BASEBALL

**Body parts most affected:** Elbow and shoulder

► **Avoid injury:** Pitchers are most at risk for these injuries, which can be difficult to rehabilitate once they occur. Ensure your child adheres to the maximum pitch counts as set by Little League Baseball, and insist upon appropriate rest days in between pitching. Rotating positions can also help prevent overuse of any one body part.





## 5 Tips for Keeping Your Child Active

When kids get old enough to use tablets and video games, some of them will find it tough to resist their allure. Elizabeth Henderson, MD, a pediatrician on the medical staff at Baylor Regional Medical Center at Grapevine, offers these tips for keeping kids moving.

**1. Set limits on screen time.** Don't allow electronics to be available every minute from the time they get home from school until they go to bed.

**2. Make it a family thing.** After dinner, go for a walk, visit a playground or shoot hoops.

**3. Encourage your child's interests.** If your daughter plays softball, play catch with her. If your son plays soccer, go kick the ball around.

### 4. Don't rely on PE.

Physical education classes might be held only once or twice a week, and even then the kids aren't always active.

### 5. Set a good example.

When your kids see that you make exercise an important part of the day it should rub off on them.



## Get a Physical Before You Get Physical

Make sure you—and the kids—get checked by a doc before taking on new activities. Visit [FindDrRight.com](http://FindDrRight.com) for a referral to a physician on the medical staff at Baylor Grapevine.

## FOOTBALL

**Body parts most affected:** Knee, shoulder, ankle, head

► **Avoid injury:** Proper gear should be worn at all times and proper tackling techniques should be learned. To prevent long-term damage, it's imperative that football players do not return to play until an injury has fully healed, especially concussions.

## TRACK/RUNNING

**Body parts most affected:** Ankle, shin, knee

► **Avoid injury:** First and foremost, get properly fitting running shoes, and replace them every 300 to 500 miles, depending on wear. Also, run on flat ground whenever possible; running tracks are much easier on the joints than pavement.

## CHEERLEADING

**Body parts most affected:** Wrist, shoulder, ankle, head, neck

► **Avoid injury:** Cheerleading doesn't have a high number of injuries compared with other



sports, but it does tend to have the most catastrophic ones. Stunts should never be performed outside of sport regulations, and mats should be used in practice as well as competition. Cheerleaders should never attempt stunts when they are ill, fatigued, injured or otherwise unsure of their abilities.

## WEEKEND WARRIORS

**Body part most affected:** Depends on the activity

► **Avoid injury:** Adults are more likely than kids to be weekend warriors—sitting at desks all week and then hitting the course, court or field on their days off.

"They go too hard, too fast," Dr. Winter says, "and end up rupturing their Achilles tendon, spraining an ankle or getting tendinitis."

Protect yourself by not waiting for the weekend to exercise. "Maintain a consistent program of exercise rather than being sedentary Monday through Friday and then doing strenuous activity on the weekends," he says. "You don't need to train like an Olympic athlete, but do work on building strength and flexibility."



Want to Know More?

Visit [BaylorHealth.com/AdvancingMedicine](http://BaylorHealth.com/AdvancingMedicine) to learn more about our innovative research.



# PLANT POWER

A plant-derived compound could enhance current treatments for patients with type 1 diabetes and chronic pancreatitis

FOR THOUSANDS OF YEARS, people in Asia and the Middle East have relied on the Ashwagandha plant for its anti-inflammatory and antioxidant properties to promote better sleep, balance the nervous system and restore strength and vitality. Today, researchers at Baylor Research Institute (BRI) are finding even more uses for this powerful plant, and one of them was recently awarded a U.S. patent.

But to understand how they're using it and the importance of their findings, you first have to understand a little about islet transplantation.

## ALL ABOUT ISLETS

Islets are clusters of cells within the pancreas that aid in the production of the hormones insulin and glucagon, which are important in maintaining healthy glucose levels. Islet transplantation is an experimental treatment used in people with type 1 diabetes, and an accepted therapy in those with chronic pancreatitis.

"Many people develop type I diabetes as a result of autoimmune destruction of islet cells," says Bashoo Naziruddin, PhD, director of research at Baylor University Medical Center at Dallas' Islet Cell Lab. "A promising treatment is to replace them with islet cells from deceased donors."

Another group of patients that benefits from islet transplantation are those diagnosed with chronic pancreatitis. "We remove the pancreas and extract the islet cells, then transplant them into the liver," Dr. Naziruddin explains.

## THE POWER TO PROTECT

Unfortunately, this treatment is often compromised by inflammation, which damages the islet cells during or after transplantation and can render them ineffective. In an effort to protect islets from the damage caused by inflammation, Baylor researchers applied an anti-inflammatory compound called withaferin A (WA), which is derived from the Ashwagandha plant, to the islet engraftment process.

"Over the last five years, we have experimented with this particular compound," says Marlon Levy, MD, principal investigator for the islet team at BRI. "We found that when we added the compound to the islets in the lab, it protected them from cell damage caused by inflammation and improved the success of transplantation as well as transplanted islet survival."

## HOPE AHEAD

The team's exciting findings were published in the British medical journal *Diabetologia* in January 2013, and BRI was granted a U.S. patent for the compound in January 2014.

"It's our hope that this can be used with existing techniques to increase the chances of successful islet transplantation in patients with diabetes and chronic pancreatitis," Dr. Levy says.

# Get the Exclusive

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



## TIPS FOR A SAFER SCHOOL YEAR

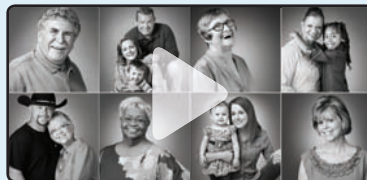
### Lighten Their Load

With back-to-school season in full swing, be sure to keep tabs on the weight of your kid's backpack. Visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com/grapevine) and search "backpack safety" to learn more.

## HEALTHY INFO

### 10-Second Tips

Learn the benefits of quinoa, the keys to a better night's sleep, and more when you visit [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/exclusive) and click "Live Better."



## VIDEO

### Patient Stories

Who better to give insight than someone who's been through it? To watch real Baylor patients tell their stories, visit *BaylorHealth Exclusive* and click "My Story Videos."

## QUIZ

### What Do You Know About Preventing Cancer?

Take our quiz to see whether you know the steps you can take to reduce your risk. Go to [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/exclusive) and click "Quizzes."



## RECIPE

### SAVOR SEASONAL FLAVORS

Autumn vegetables like squash and pumpkin deliver a delicious dose of antioxidants and fiber. Visit *BaylorHealth Exclusive* online and click "Recipes" for ideas, like Pumpkin Cranberry Muffins.



# THANKFUL

to be part of the most awarded not-for-profit health care system in Texas

# GRATEFUL

to all our people whose compassionate care made this possible

# & HONORED

to serve so many wonderful communities



*U.S. News & World Report* examines hospitals for their annual “Best Hospitals” report. We’re proud to announce that for 2014-15 Baylor Regional Medical Center at Grapevine has been **recognized for excellence state-wide in three specialties**—Gastroenterology & GI Surgery, Geriatrics and Pulmonology. And we realize, we have to re-earn this reputation every day, with every patient.

For a physician referral or for more information, call **1.800.4BAYLOR**  
or visit us online at **BaylorHealth.com/Grapevine**.

1650 West College Street, Grapevine, TX 76051

See [USNews.com/BestHospitals](http://USNews.com/BestHospitals) for complete listings.

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