

Baylor Scott & White

Health

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BaylorHealth.com/McKinney

September 2015

“The little things in life are sometimes the most important.”

Pamela Lynch

focuses on living well with heart failure

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GO WITH YOUR GUT

Intestinal issues? Know when to see your doctor PAGE 4



A NEW APPROACH

Each year, more than 250,000 Americans suffer an especially deadly type of heart attack known as STEMI, an acronym for ST – segment myocardial infarction. The American Heart Association recommends treating STEMI using percutaneous coronary intervention (PCI) or thrombolytic therapy.

Baylor Medical Center at McKinney offers PCI through a blood vessel in the wrist, also known as a radial approach. The procedure offers several advantages over the standard cardiac catheterization procedure, which is usually performed through the femoral artery in the groin.

“The radial approach typically causes less bleeding and offers a quicker recovery,” says Nicci Hooper, manager of invasive cardiology at Baylor McKinney. “It also allows patients to begin walking almost immediately after the procedure as opposed to lying flat on their back for up to six hours, and most patients are able to resume normal activities within 48 hours.”

MORE

Your Heart Is in Good Hands

Trust your heart with us. Visit BaylorHealth.com/McKinneyHeart to find out more about cardiology services at Baylor McKinney.



It's Good to Be Green



A HEALTHIER TOMORROW

Visit BaylorHealth.com/McKinney to learn more about other ways Baylor McKinney is positively affecting our community.

Our commitment to caring extends to the environment, too. Earlier this year, Baylor Medical Center at McKinney received confirmation that the hospital was awarded LEED® (Leadership in Energy and Environmental Design) certification for New Construction from the U.S. Green Building Council.

This achievement was based on a number of green design and construction features that positively affected the project itself and the broader community.

These features include:

▶ **Water efficiency.** Through innovative technology like water-saving plumbing devices, the hospital uses 40 percent less water than comparable hospitals.

▶ **Energy efficiency.** By using energy-efficient lighting, heating, ventilation and cooling systems, Baylor McKinney uses an average of 15 percent less energy than comparable buildings.

▶ **Recycled and locally sourced building materials.** More than 30 percent of the building materials used to construct Baylor McKinney are made from recycled materials, and 27 percent were manufactured within 500 miles of the building site.

▶ **A healthier indoor environment.** By using all low-VOC (volatile organic compounds) paint, carpet, flooring and furniture, the hospital provides better indoor air quality for patients and staff.

Baylor Medical Center at McKinney, 5252 W. University Drive, McKinney, TX 75071. President: Scott Peek; Marketing/Public Relations Manager: Jennifer Estes. Baylor McKinney Main Number: 469.764.1000; Parent Education Classes: 1.800.4BAYLOR (1.800.422.9567); Baylor McKinney Breast Center: 469.764.7000; Baylor McKinney Physician Referral: 1.800.4BAYLOR. Visit BaylorHealth.com/McKinney or call 1.800.4BAYLOR for information about Baylor McKinney's services, upcoming events, career opportunities and more.

Baylor Health Care System Mission: Founded as a Christian ministry of healing, Baylor Health Care System exists to serve all people through exemplary health care, education, research and community service.

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Spotlight On:

Celiac Disease

We answer five common questions about this condition

► **What exactly is celiac disease?**

When a person with this autoimmune disease eats gluten (a protein in wheat, rye and barley), the body attacks the lining of the small intestine, preventing it from taking in needed nutrients.

► **How do I know if I have it?**

Warning signs can crop up all over the body. Digestive symptoms, such as diarrhea and constipation, are more common in kids and teenagers. Adults are more likely to notice fatigue, irritability and joint pain. Other signs to watch for include skin rashes and mouth sores.

► **Is it something you're born with?**

Yes, but it can remain dormant before it's triggered by an event, such as extreme stress, injury, infection or childbirth. And it can strike anyone at any age—from babies to adults. Experts estimate that 2 million Americans have it, but most don't know it.

► **Am I at risk?**

If you have a family member with the disease, your likelihood of getting it goes up. You're also at increased risk if you have another autoimmune disorder, such as type 1 diabetes or rheumatoid arthritis.

► **What should I do?** If you notice any symptoms, discuss them with your doctor, who will start with a blood test. Treatment involves following a gluten-free diet.

'BEST HOSPITALS' RECOGNITION IS A BAYLOR SCOTT & WHITE TRADITION

With 11 facilities named for outstanding care by *U.S. News & World Report*, Baylor Scott & White Health has more hospitals receiving recognition than any other health care system in Texas.

For the 23rd consecutive year, *U.S. News* has Baylor University Medical Center at Dallas nationally ranked in its "America's Best Hospitals" issue.

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

Also receiving recognition for the Dallas-Fort Worth area are Baylor Institute for Rehabilitation, Baylor Scott & White Medical Center – Irving, Baylor Regional Medical Center at Grapevine and Baylor Regional Medical Center at Plano.

And recognized as high performing in treating patients 65 and older are Baylor Jack and Jane Hamilton Heart and Vascular Hospital, The Heart Hospital Baylor Plano, Baylor Medical Center at Garland, Baylor All Saints Medical Center at Fort Worth, Scott & White Memorial Hospital – Temple and Scott & White Hospital – Round Rock.

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

TEST YOUR KNOWLEDGE

Take this quiz to see how much you know about celiac disease. Visit BaylorHealth.com/CeliacQuiz to get started.

No. 4

Stroke is the fourth-leading cause of death among Texans. Risk factors include age (chances go up after 55), race (African-Americans are at greater risk) and gender (women have more strokes than men). **If you're concerned**

about your risk for stroke, talk to your doctor about minimizing the factors you can control.



MORE

See Where We Rank

Visit BaylorHealth.com/BestHospitals for more information about our *U.S. News & World Report's* "Best Hospitals" rankings.

Could It Be IBD?

How to tell if your intestinal issues are an inflammatory bowel disease like Crohn's or ulcerative colitis

➔ Abdominal pain is one of the most common ailments, and yet it's one of the hardest to self-diagnose. Did you eat something bad? Is it the stomach flu? Do you have celiac disease?

Or could it be inflammatory bowel disease?

You may have heard of inflammatory bowel disease, or IBD, from a co-worker or on a TV commercial. The disease is actually a class of conditions that affect the gastrointestinal (GI) tract. Specifically, in people with IBD, the body mistakes healthy GI bacteria for harmful invaders and attacks them. According to the Crohn's & Colitis Foundation of America, 1.6 million Americans have IBD, the two most common types being Crohn's disease and ulcerative colitis (UC).

"Crohn's and UC are diseases of inflammation," says Themistocles Dassopoulos, MD, a gastroenterologist and medical director of the Baylor Center for Inflammatory Bowel Diseases at Baylor University Medical Center at Dallas. "It's not an infection. It's not food allergies or celiac disease."

UNDERSTANDING THE SYMPTOMS

Although Crohn's disease and ulcerative colitis have similar symptoms, they impact different parts of the gut.

"Crohn's can affect any part of the GI tract [frequently the small intestine], whereas UC affects the colon only," Dr. Dassopoulos says. "Both are diarrheal diseases."

That means both conditions commonly cause abdominal pain and diarrhea. Other signs include fever, fatigue, bloody stools, decreased appetite and unintended weight loss.

"With both diseases, you can also get symptoms that are not GI-related, such as joint pain, skin rashes, eye inflammation or redness, mouth sores and liver inflammation," Dr. Dassopoulos says.

Left untreated, inflammation of the colon can lead to colorectal cancer.

WHAT YOU CAN DO

If IBD sounds unpleasant, it is. Fortunately, effective treatments are available.

"In over 80 percent of patients, current therapies are extremely effective and patients go on to lead normal lives," Dr. Dassopoulos explains. "New studies and promising drugs come out every year."

So how do you know it's time to see your doctor about IBD?

"If you are sick for three days and symptoms came on suddenly and go away, it's probably just an infection," Dr. Dassopoulos says.

"But if you have abdominal pain and diarrhea that persists for months or years, you need to be examined. If you're not sure, go see your doctor."

Healthy eating habits are good for everyone, especially for people with IBD.



MORE

Tummy Trouble?

Is your gut giving you grief?

Visit [BaylorHealth.com/McKinneyDigestive](https://www.baylorhealth.com/McKinneyDigestive)

for more information on digestive health services at Baylor McKinney.

HELP FOR HURTING JOINTS

To learn more about joint replacement services at Baylor McKinney, call **1.800.4BAYLOR** for a referral to one of our specialists or visit **BaylorHealth.com/McKinneyOrtho** today.

Joint Venture

Here are the top dos and don'ts to help achieve a healthy return on your joint replacement

DON'T wait.

If joint replacement has crossed your mind, ask your doctor if it's right for you. "In the past, it used to be that the patient had to be crippled before we'd replace the joint," says Jay Mabrey, MD, chief of orthopedics and an orthopedic surgeon on the medical staff at Baylor University Medical Center at Dallas. "But if you wait that long, you won't recover as quickly as you would if you were in better condition."

DON'T stop exercising.

People considering a replacement might think they should avoid activities that involve the troublesome joint. But light-to-moderate-intensity exercise—walking, bicycling, swimming, gardening—is actually helpful in maintaining range of motion long term.

DO lose some weight.

Every pound of extra weight puts 3 pounds of pressure on your hip. The lighter you are, the less stress on your weight-bearing joints, whether it's before or after the replacement.

That said, don't delay surgery thinking you need to lose a lot.



"If you're overweight, reducing your weight will make the surgery go better," Dr. Mabrey says. "Any weight loss will help."

DO educate yourself.

Talk to others who have had joint replacement, ask your doctor questions and research online. Baylor Scott & White Health has pre-op classes in North and Central Texas for individuals scheduled for joint replacement.

"We offer patients a course one or two weeks before surgery where we go over everything that's going to happen so they can be prepared," Dr. Mabrey says.

DO get yourself physically ready.

You're familiar with rehabilitation. But what about "prehabilitation"? Such programs teach you ahead of time about stretches and exercises you'll need to perform after surgery. By mastering the techniques now, you'll be set up for greater success during recovery.

DON'T smoke.

Besides what you already know about its negative effects on your overall health, smoking constricts blood vessels, which slows the flow of nutrients to a surgical site. "Anything with nicotine in it will interfere with your healing," Dr. Mabrey says.



Inner Strength

Heart failure is a reality for Pamela Lynch and millions of others. See how she's getting healthier—and how you can, too

➔ A couple of years ago, Pamela Lynch was living an active life in Florida—riding her bike more than 50 miles a week and taking Pilates classes.

Then she began experiencing unexplained weight loss, pain and bouts of dizziness. After

a trip to the emergency department, she learned she had multiple myeloma, a type of cancer that attacks plasma cells in the blood.

Suddenly, Lynch was fighting more than cancer. The compromised plasma cells were resulting in a

buildup of an abnormal protein, called amyloid, in her heart, leading to heart failure.

Lynch, 64, returned home to Dallas, where she has the support of family and access to innovative care at Baylor Scott & White Health.

“Having my family by my side has meant the world to me.”

—Pamela Lynch, with her sister Donna Butzberger

CARDIAC REHAB IN HER CORNER

Lynch was told that one possible treatment option for her cancer, a bone marrow transplant, could not be considered because her heart wasn't strong enough to undergo the surgery.

“In general, people with heart failure have been living with it for so long that they've become deconditioned and weak,” says Parag Kale, MD, FACC, a cardiologist on the medical staff at Baylor University Medical Center at Dallas.

Confined to a wheelchair, Lynch started a twice-weekly cardiac rehabilitation program at Baylor Jack and Jane Hamilton Heart and Vascular Hospital. She did a variety of exercises, but her favorite was one that's somewhat unconventional in cardiac rehab: boxing.

“The first day, I realized I had to use my brain and my body,” she says. “Boxing stimulates me. I fell in love with it.”

Over time, she graduated from a wheelchair to a walker, and now she walks on her own.

As a result of her progress, Lynch is being re-evaluated for a bone marrow transplant. And until then, she's on maintenance medications for her cancer—living a higher quality of life than she'd imagined.

“Before, I couldn't even walk to the restroom. This morning, I washed my car myself,” she says. “The little things in life are sometimes the most important.”

ARE YOU HARD ON YOUR HEART?

Heart failure occurs when the heart is damaged or otherwise can't keep up with the body's demands for blood and oxygen, resulting in too much stress on the heart muscle. Lynch's case was attributable to cancer. For

others, heart failure can result from a congenital heart defect or an abnormal heart valve.

For many people without these contributing factors, however, a heart attack or coronary artery disease can lead to heart failure. And that means for most of us, living a heart-healthy lifestyle can help prevent heart failure, Dr. Kale says.

Here are a few of the most common—and controllable—threats to the heart.

High blood pressure. Sustained high blood pressure causes damage to the arteries, which makes the heart work harder than it should. The condition becomes more prevalent as we age, and it can run in families. Do your part to avoid trouble by limiting salt consumption, being physically active, cutting back on alcohol and getting to (and staying at) a healthy weight. If high blood pressure runs in your family, talk to your doctor.

Sitting still. Exercise is essential to overall heart health, Dr. Kale says, noting that the American Heart Association recommends 150 minutes of moderate-intensity activity (such as walking and biking) per week. “Maintaining a good level of physical activity is one way that people can keep their blood pressure in check, help manage their weight and increase levels of good cholesterol,” he says.

Cigarettes. Tobacco smoke has a negative effect on cholesterol levels and blood pressure. It also may cause excessive blood clots, which increases the risk of heart attack and stroke. Quitting smoking may be one of the best things you can do for your heart.

Poor diet choices. Dr. Kale notes that obesity is linked to poor heart health and diabetes. That's why he advises watching your caloric intake and limiting processed foods and sugar. Focus on lean meats and fish, vegetables, fruits and whole grains.

HOW SUGAR HURTS YOUR HEART

Your sweet tooth could be contributing to your risk for heart disease. According to a recent study published in *JAMA Internal Medicine*, individuals who consumed 21 percent or more of their daily calories from added sugar were more than twice as likely to die from heart disease as those who consumed 8 percent or less, regardless of their body mass index and activity level.

Major sources of added sugar include:

- ▶ Sugar-sweetened beverages
- ▶ Grain-based desserts (brownies, cakes, cookies, etc.)
- ▶ Fruit drinks
- ▶ Dairy desserts (chocolate milk, ice cream, etc.)
- ▶ Other grains (sweetened cereals, waffles, muffins, etc.)

“Added sugar also contributes to obesity, which raises your risk of heart disease as well,” says Martin Weiss, DO, a cardiologist on the medical staff at Baylor Medical Center at McKinney.

The American Heart Association recommends that women consume less than 25 grams of added sugar per day, men less than 36 grams. To keep your intake in check, Dr. Weiss offers this advice: “Build your diet around healthy, unprocessed whole foods like fruits, vegetables, grains, beans and legumes. You can't go wrong with that.”

MORE

How's Your Ticker?


Is your heart trying to tell you something? For a referral to a cardiologist on the medical staff at Baylor Medical Center at McKinney, visit [BaylorHealth.com/FindDrRight](https://www.baylorhealth.com/FindDrRight) or call **1.800.4BAYLOR**.

Ladies, follow these 26 tips to increase energy and live longer

A-to-Z

Guide to Women's Health



 INCORPORATE A FEW OF THESE RECOMMENDATIONS from Chris Birkholz, MD, an Ob-Gyn at Scott & White Clinic – Temple, and you'll be on your way to better health.

Annual checkups. Schedule yours today. Yearly visits are a good time to screen for conditions that can directly affect your health, including high blood pressure, diabetes, and breast and cervical cancers, as well as to review your health history and vaccinations.

Birth control. Not happy with the pill? There are many alternatives, including some that are long-acting yet reversible. And most are available at no cost to you.

Check your cycle. See your doctor anytime menstrual cycles are irregular, prolonged or abnormal. For post-menopausal women, any uterine bleeding should be evaluated.

Don't forget vitamin D (and calcium). These are two of the most important supplements you

can take. Women younger than 50 should get 1,000 mg of calcium and 600 IU of vitamin D daily. Post-menopausal women and adolescents need a slightly higher dose.

Exercise. For substantial health benefits, each week adults need at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous aerobic exercise.

Family history. Tell your health care provider about any health conditions that run in your family. This information may change the screening frequency for heart disease, breast and colon cancers, and more.

Gastrointestinal attention. Colon cancer is a largely preventable disease. Most adults should have a screening colonoscopy by age 50.

Hormones. Menopausal symptoms can improve with hormone therapy. Discuss the benefits with your gynecologist.

Impact exercise. Low-impact exercises (walking, swimming, cycling) are key to better health. Up your aerobic activity for a healthier heart and add resistance training for stronger muscles and bones.

Join a gym or health club. Most offer classes to fit your schedule and level of experience. Use a personal trainer or a mentor at first to get you on the right track.

Keep records. Providing your doctor with blood pressure readings or a menstrual calendar, rather than relying on memory, can help you both see the bigger picture.

Lipids. These are fats in your blood (like cholesterol and triglycerides). A simple blood test can be used to evaluate your heart health.

Menopause. You may not be a candidate for hormone therapy, but alternative therapies are also effective in treating menopausal symptoms.



Nutrition. Poor diet is related to high blood pressure, diabetes and heart disease. Can't find time to make healthy meals? A dietitian can give you simple ideas for eating well on the go.

Osteoporosis. Weak bones are a major cause of death as we age. Take care of your bones by exercising and taking calcium and vitamin D. And stop smoking.

Pap tests. Cervical cancer can be prevented with regular Pap tests. Get screened every three to five years or as recommended by your provider.

Quit smoking. Pick a stop date and commit. Ask your doctor about resources and treatment options.

Risk calculators. Knowing your risk of osteoporosis and breast cancer can help determine your screening needs. Search online for the FRAX tool and the Gail model to assess your risk.

Sunscreen. Use SPF 30 or greater. Apply 15 minutes prior to sun exposure and reapply every two hours.

Take your vitamins. Women in childbearing years—regardless of whether they plan to get pregnant—should take a prenatal vitamin daily.

Unplug at night. Turn off your computer, smartphone, tablet and TV before entering the bedroom for a better night's sleep.

Vaccines. They are effective and safe. Ask your provider if you are on schedule. The HPV vaccine is indicated for boys and girls younger than 26 to help prevent cervical cancer.

Weight. Ask your doctor to calculate your body mass index. If your BMI is high, talk to your provider about weight management.

X-ray. A DEXA scan (X-ray) is usually recommended for women at age 65 to check bone health. You may need a scan earlier if you meet certain criteria.

Yearly mammograms. In general, mammograms are recommended every year beginning at age 40. Some women with risk factors may need to begin screening earlier.

ZZZs. Most people need at least eight hours of sleep. If you or your partner snores loudly, it could be a sign of sleep apnea and may be indicative of other health problems.

CHECKUPS MATTER

Your annual well-woman exam plays a major role in keeping you healthy. Here, Tenesha Chappell, MD, an internal medicine physician on the medical staff at Baylor Medical Center at McKinney, explains what your doctor will do during your visit:

► **Listen to you.** "This is an opportunity to ask questions and discuss any concerns or symptoms you may have," Dr. Chappell says.

► **Perform important screenings and provide vaccinations.** "We provide these based on your age, family history and risk factors," she says. Screenings may include a Pap test, pelvic exam and clinical breast exam, as well as screening for high blood pressure, obesity, thyroid disorders, diabetes and high cholesterol.

► **Recommend other screenings.** Your doctor may refer you for a mammogram, a bone density test or a colonoscopy.

► **Make healthy lifestyle recommendations.** "We can offer suggestions to help improve your health and prevent disease," Dr. Chappell says.

While making time for your annual visit can be a bit of a hassle, Dr. Chappell says to remember you're worth it. "Well-woman exams are designed to find health issues early on," she says. "When we do that, your chances for successful treatment—and a long and healthy life—improve."

MORE

Find Dr. Right

If you don't have a primary care physician or an Ob-Gyn, we can help. For a physician referral, visit [BaylorHealth.com/FindDrRight](https://www.baylorhealth.com/FindDrRight) or call 1.800.4BAYLOR.

Heads Up

Discovering how concussions affect the brain could help tackle related dementia in the future

➔ THE MEDICAL COMMUNITY has squared off against concussions over the last few years, and for good reason. These traumatic brain injuries can occur during car and bike accidents, fights and falls, and contact sports like football, soccer, boxing and hockey. In fact, the Centers for Disease Control and Prevention estimates as many as 3.8 million Americans experience concussions during recreation activities.

Although the effects of a concussion usually subside within a few hours to a few weeks, an estimated 10 to 20 percent of people with concussions never fully recover—they have chronic headaches, difficulty concentrating, anxiety and depression. Also, there appears to be a connection between concussions and long-term neurological conditions, like dementia.

ABOUT THE STUDY

Imaging Chronic Traumatic Brain Injury as a Risk Factor for Neurodegeneration

MRI and memory testing may show whether concussions have an ill effect on brain tissue, similar to dementia.

Key Contributors

Scott & White Memorial Hospital – Temple
University of Illinois Medical Center
U.S. Department of Defense

MARKING THE OPPONENT

“Concussion is a risk factor for dementia the same way high blood pressure is for stroke,” explains Deborah Little, PhD, director of the Division of Veterans Biomedical Research in the Neuroscience Institute at Baylor Scott & White, Central Division. “Unfortunately, we don’t yet understand why certain people recover with no long-term effects and others have problems decades later.”



One possible contributor to neurological complications is a history of multiple concussions, as is sometimes seen in former professional football players and combat veterans. To study this connection further, Little designed and championed a U.S. Department of Defense study.

Using powerful MRI scans as well as memory and cognitive testing, researchers compared the brain tissue and test results of 43 people with a history of concussions against 37 people who were healthy. “All participants were age 50 or younger and at least one year post-injury,” Little explains. “We wanted to see if these individuals had reductions in brain tissue like we see in dementia, and whether this atrophy affected memory and thinking.”

ULTIMATE GOAL

The findings were compelling. “We found individuals with even one concussion

displayed small changes in brain tissue,” Little says. “And patients with multiple concussions showed even more changes.” And these differences weren’t seen only on MRI scans. People who had concussions experienced greater difficulty performing executive functions like multitasking and problem-solving.

The findings were published in the June 2014 issue of *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association*. “It’s my hope that we will see increased MRI monitoring of concussed individuals in the future,” Little says. “I believe this will help better identify those at risk for dementia, and hopefully open the door to effective interventions.”

MORE

Research Highlight Reel

Baylor Scott & White is facing today’s toughest medical challenges head-on. Visit BaylorHealth.com/AdvancingMedicine and researchers.sw.org to learn more.

WHAT'S ONLINE

→ [BaylorHealth.com](https://www.BaylorHealth.com)



RECIPE

Panko Horseradish Crusted Salmon

Packed with omega-3 fatty acids, this flavorful fish helps fight cardiovascular disease. Plus, the dish is simple to prepare and suitable for your next dinner party.

→ Visit [BaylorHealth.com/Recipe](https://www.BaylorHealth.com/Recipe) for the ingredients and directions.

RESOURCE

DEALING WITH A DIAGNOSIS

If you've received the news of cancer or heart disease, take these five steps to prepare for the journey ahead.

→ Go to [BaylorHealth.com/ExclusiveArticles](https://www.BaylorHealth.com/ExclusiveArticles) to read more.



ONLINE

Something for Everyone

Did you know Baylor Medical Center at McKinney offers screenings, classes, support groups and workshops?

→ Get the latest by visiting [BaylorHealth.com/McKinney](https://www.BaylorHealth.com/McKinney) and clicking "Classes and Events."

VIDEO

"I'M ALWAYS GOING TO BE A SURVIVOR."

Debbie Stallings never expected to have breast cancer. She says early detection and support from her two sons played big parts in her recovery.

→ Visit [BaylorHealth.com/MyStory](https://www.BaylorHealth.com/MyStory) to watch Debbie's story.



TIP

KIDS NEED 60 MINUTES OF PLAY EACH DAY

Set an example of fitness! September is National Childhood Obesity Month—it's a great time to encourage your little ones to be active for an hour every day.

→ Check out [BaylorHealth.com/LiveBetter](https://www.BaylorHealth.com/LiveBetter) for this and other 10-second help tips.



Community Calendar

September & October 2015

Registration required for all events unless otherwise indicated.

→ Call **1.800.4BAYLOR** to register.

CHILDBIRTH AND FAMILY EDUCATION

Prepared Childbirth encompasses three weekly sessions beginning Sept. 1 and Oct. 6, 6:45 to 9:30 p.m. No charge.

Power Prepared Childbirth is a two-day version of Prepared Childbirth. Sept. 19 and 20, or Oct. 17 and 18, 8 a.m. to 1 p.m. \$15

Basics of Baby Care teaches infant care and development. Sept. 3, Sept. 17, Oct. 1 or Oct. 15, 6:45 to 9:30 p.m. No charge.

Breastfeeding Class is designed to discuss the many benefits of breastfeeding your baby. Sept. 10, Sept. 24, Oct. 8 or Oct. 22, 6:45 to 9:30 p.m. No charge.

Infant Safety and CPR teaches basic skills but is not a certification course. Sept. 12 or Oct. 10, 9 a.m. to noon. \$35

REAL PATIENTS. REAL STORIES.

“When *cancer* gave me its worst, Baylor gave me its best.”



Jennifer Pickens was looking forward to another year of teaching, but she didn't even make it to the first day of school. “I was diagnosed with soft-tissue sarcoma,” she says, “and needed chemotherapy right away, then months of radiation, then surgery.” Instead of being in the classroom, she was in and out of the hospital. “My immune system was knocked out. I was terribly sick,” Jennifer explains. “No one wants to be hospitalized, but I knew the nurses at Baylor Medical Center at McKinney would help me through it.” Now one year cancer-free, Jennifer divides her time between teaching and volunteer work for a Baylor cancer support group. “I love using my experience to help others.”

For a physician referral or for more information about cancer care services, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/McKinney.



5252 W. University Dr., McKinney, TX 75071

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