

Baylor Scott & White Health

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part of Baylor Scott & White Health

sw.org | Temple Region

September 2015



Kelly Murray
saw a doctor for a bump
on son Wiley's nose, and
she's glad she did
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“You will never
regret getting
something
checked.”



GO WITH YOUR GUT
Intestinal issues? Know when
to see your doctor PAGE 4

Scott & White Healthcare is now part of
 **Baylor Scott & White**
HEALTH



Fertility in Focus

When the dream of becoming a parent runs into the reality of infertility, the reproductive endocrinology specialists at Baylor Scott & White Health can offer couples personalized, advanced care.

When should I get help for infertility? Evaluation is recommended if pregnancy has not been achieved after a year of unprotected intercourse for women age 34 and younger, and after six months for women age 35 and older.

What can I expect? Our reproductive endocrinology specialists will conduct a thorough exam, complete with family history and personal history, followed by an ultrasound and imaging tests to examine the female reproductive

tract anatomy. Male partners may also undergo semen analysis to check sperm counts.

What's next? Couples who have explored all other options may decide to pursue assisted reproductive technologies, including in vitro fertilization. Occasionally, surgical options are needed.

STRUGGLING TO GET PREGNANT?

To schedule an appointment with a fertility specialist, visit fertility.sw.org or call 254.724.2314.

GEARING UP FOR BACK-TO-FLU SEASON

Back-to-school time means germs have their homecoming, too. Help your family avoid influenza this season by stressing these prevention tips:

- ▶ Wash your hands and don't touch your eyes.
- ▶ Sneeze or cough into the bend of your arm or into a tissue, rather than into your hands.
- ▶ Get your flu vaccine. The Centers for Disease Control and Prevention recommends everyone age 6 months and older get vaccinated as soon as it's available each year.
- ▶ Avoid close contact with people who are sick.



MORE

Get Your Flu Vaccine

Flu vaccines are usually available beginning late September. Schedule an appointment at any of our clinics or attend a designated walk-in immunization event. Check flu.sw.org for times and locations.

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 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 or a location at clinics.sw.org.

Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people by providing personalized health and wellness through exemplary care, education and research as a Christian ministry of healing.

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Baylor Scott & White Has the Most 'Best Hospitals' in Texas

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.

This year, nine Baylor Scott & White Health hospitals are rated high-performing for common care. More than 4,500 hospitals nationwide were rated on common inpatient procedures and conditions.

Baylor Scott & White Health hospitals receiving recognition are: Scott & White Memorial Hospital – Temple, Scott & White Hospital – Round Rock, 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, Baylor Scott & White Medical Center – Irving, Baylor Regional Medical Center at Grapevine and Baylor University Medical Center at Dallas.

Additionally, *U.S. News & World Report's* "America's Best Hospitals" issue ranks hospitals that excel in treating the most challenging patients.

Baylor University Medical Center at Dallas is nationally ranked for the 23rd consecutive year and is 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.

Also among the "Best Hospitals" in 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.

"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."

MORE

See Where We Rank

Visit [BaylorScottandWhite.com/BestHospitals](https://www.baylor-scottandwhite.com/best-hospitals) for more information about our *U.S. News & World Report's* "Best Hospitals" rankings.

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.



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.

TEST YOUR KNOWLEDGE

Take this quiz to see how much you know about celiac disease. Visit [BaylorHealth.com/CeliacQuiz](https://www.baylorhealth.com/ceciacquiz) to get started.

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

Do Something About Your Digestive Distress

To discover more about inflammatory bowel disease, search for a support group in your area, or schedule an appointment with a specialist at Scott & White Clinic – Temple, visit ibd.sw.org today.

GET YOUR GROOVE BACK

The orthopedic experts at Scott & White Roney Bone and Joint Institute can develop a care plan to treat whatever compromises your mobility. Visit boneandjoint.sw.org to learn more or to schedule an appointment.

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.



If your child's health seems out of sorts, it's worth looking into

Parental Intuition


➔ It's natural for first-time parents to worry about their little ones. So when San Saba residents Kelly and Lee Murray noticed a bump at the top of their 3-month-old son's nose, they told Wiley's doctor about it at his next well-child visit.

The Murrays were asked to keep an eye on it until Wiley was 18 months old. By then, the bump had gotten more pronounced, and sometimes it looked bruised.

The doctor sent them to McLane Children's Scott & White, and over the

next few weeks, the team there used an MRI to take a closer look inside Wiley's mysterious bump. They discovered he had a dermoid (tissue left over from embryonic development) that extended from his nose into his brain. Wiley hadn't had any trouble yet, but left untreated the condition could lead to growth of the mass and infection of the brain.

"We sat with the doctor for a couple of hours," Kelly says, "and he answered every single one of our questions."



“He can do all the things little boys do.”

—Kelly Murray about her son, Wiley

After a successful surgery and a short recovery period, Wiley healed beautifully. Follow-up testing confirmed the Murrays would never have to worry about the condition again.

“He can live an absolutely normal life—you can’t even really see the scar on his nose unless you’re looking for it,” Kelly says of Wiley, who turns 3 in September and is now a big brother to baby Clara. “He can play football and do all the things little boys do.”

‘SO GRATEFUL’

Kelly is glad that she and her husband trusted their instincts. “I didn’t even know something like this existed, and I’m so grateful we figured out what we needed to do before he got sick,” she says. “You will never regret getting something checked.”

Marcin Czerwinski, MD, a plastic surgeon specializing in craniofacial surgery, agrees. “If you as a parent notice something out of the ordinary,” he says, “you should see a doctor who is an expert and can answer all of your questions.”

The surgeon knows from experience how essential this is. As the father of two children, he urges parents to find a doctor who earns their trust.

“I believe in fully educating the parents about the condition, the proposed treatment plan and its expected outcome in a way that is clear and concise. And that’s always what I look for in a doctor,” Dr. Czerwinski says. “It’s important to make sure you’re completely comfortable with the plan of treatment that’s outlined for your child, and the only way to do that is to be fully informed.”

0.5 cm

Actual size of Wiley’s dermoid (mass)

BACK TO BEING A BOY

Surgeons removed the part of the cyst that was on Wiley’s nose through the inside of the nostrils and the part that had extended inside the skull through a cut behind the hairline—both procedures designed to minimize scarring.

CONCUSSION DISCUSSION

When it comes to concussions, follow the Murrays’ lead and trust your instincts. A brain injury isn’t something you want to ignore.

Immediate symptoms of a concussion can include:

- ▶ Headache
- ▶ Confusion
- ▶ Amnesia
- ▶ Unsteady gait

Within a few hours and up to 24 hours, symptoms can include:

- ▶ A dazed look or “glassy” eyes
- ▶ Blurry vision
- ▶ Dizziness
- ▶ Drastic mood change or big emotional swings

- ▶ Differences in sleep patterns

If you notice these symptoms, promptly make an appointment to see your child’s primary care provider or a concussion specialist and closely observe your child. A trip to the emergency room is warranted only in rare cases, such as drastically worsening symptoms or trouble waking your child.

And remember, a concussion can be the result of a blow to the head—or even to the body—says Joshua Kilpatrick, MD, a family physician at Scott & White Clinic – Harker Heights. “A wide receiver can get hit in the torso and still develop a concussion if the head jolts forward.”

MORE

Need to See a Doctor?


When health needs arise, you want to be connected to a primary care physician. Visit primarycare.sw.org to find a provider and schedule an appointment.

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.

GET YOUR MAMMOGRAM, MA'AM

Conflicting reports have come out in recent years about which age to start getting a mammogram and how often to have one—but the fact remains that the breast cancer screening is effective in identifying the disease early enough for it to be treated.

“Mammography is a proven lifesaver,” says Debra Monticciolo, MD, chief of the section of breast imaging at Scott & White Memorial Hospital – Temple. And she would know. Dr. Monticciolo has pored over mammography research extensively.

“If you look at the data, the most lives are saved by doing annual mammography starting at age 40,” she says. “In fact, if you introduce mammography to any population, the mortality risk goes down 30 to 40 percent.”

If your mammogram does lead to a cancer diagnosis, Scott & White Vasicek Cancer Treatment Center in Temple and Scott & White Cancer Center – Killeen offer comprehensive cancer care in the region.

MORE

Need a Mammogram? Schedule Your Appointment Today

Talk to your primary care provider about scheduling a mammogram. Visit mammogram.sw.org to learn about our locations that offer this screening.

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.



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.”

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.”

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.



DONATE

GIVING BLOOD FEELS GOOD

Your donation to Scott & White Blood Center stays right here in the community to help your friends and neighbors in need.

→ Check out [bloodcenter.sw.org](https://www.bloodcenter.sw.org) for more information and to determine your eligibility to donate.

TOOL

MyChart: 24/7 Connection to Your Health Info

View test results, schedule appointments, email your doctor's office and request prescription refills online through MyChart, a secure online portal.

→ Visit [sw.org/mychart](https://www.sw.org/mychart) to set up your account and get started.



TIP

Build a Better Lunch

It can be a challenge to put together a nutritious meal that your child will actually eat.

→ Head to [lunchtips.sw.org](https://www.lunchtips.sw.org) for ways to pack a healthy lunch your kids will love—and that you can feel good about.

GIVE

THANK YOU, GRANDPARENTS

Grandparents Day is Sept. 13. This year, honor a grandparent in your life with a donation, memorial or membership to the McLane Children's Grandparents' Club.

→ Go to [swchildrens.org/grandparents-club](https://www.swchildrens.org/grandparents-club) to make a donation and learn more about gift options.



SAFETY

BE PREPARED FOR A POISON EMERGENCY

Knowing what to do if a loved one ingests poison could save that person's life. The Central Texas Poison Center (CTPC) is a 24-hour emergency treatment help line. Keep this number handy at all times: **800.222.1222**.

→ For poison safety tips and resources, go to [poisoncenter.sw.org](https://www.poisoncenter.sw.org) today.





Don't get sidelined by injuries

Walking, running, jumping, stretching, leaning, bending, pulling, pushing... any repetitive motion can cause wear and damage to your musculoskeletal system. The sport you love could be taking its toll on your body.

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Baylor Scott & White Health Primary Care Clinics. Your needs are covered.

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17 convenient locations.
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