

Baylor Scott & White Health

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September 2015



Kelly Murray
saw a doctor for a bump
on son Wiley's nose, and
she's glad she did
PAGE 6

“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

Make Your Home a No-Flu Zone



Every year, the flu virus makes its rounds, causing fever, chills, body aches and misery—not to mention missed days of work and school. Will your family be in its path?

It doesn't have to be, if you follow these tips:

Encourage frequent hand-washing. One of the best ways to protect your family is to promote good hand-washing practices at home, especially after school and before

mealtimes. That means using soap and hot water for at least 20 seconds.

Stock up on sanitizer. Have everyone in the family keep an alcohol-based hand sanitizer in a purse or a backpack or on a key chain to use when water is unavailable.

Avoid contact with germs. Avoid high-traffic public places, where you're likely to come into contact with flu virus germs. When you do go out, remember to take advantage of complimentary sanitizing wipes for carts and hand sanitizer whenever available.

Get a flu vaccine. Just one vaccination can safeguard you and everyone in your family against multiple seasonal flu viruses. This important step is recommended by the U.S. Centers for Disease Control and Prevention for everyone older than 6 months, including pregnant women, with rare exceptions.

A FLU-FREE FALL

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.

A SPECIAL DELIVERY

Now that the new Baylor Scott & White Medical Center – Marble Falls is open, you have another option when it comes to where to deliver your baby. Here are just a few of the highlights of the labor and delivery department at our new hospital:

A growing educational program.

We currently offer breastfeeding classes for expectant parents, and new classes will be added soon.

Comfortable private rooms. Our spacious labor suites are beautifully furnished and equipped with some of the latest technology. They also include sofa beds for family members who wish to stay overnight.

Experienced, caring staff. In addition to the quality physicians on our medical staff and our experienced nurses, we have a certified lactation consultant on staff to help get you and your baby off to a great breastfeeding start.

A newborn nursery. For infants who require extra care or observation after birth, the unit features a family-friendly nursery.

If you're still deciding where to deliver, consider Baylor Scott & White – Marble Falls. Our caring staff looks forward to helping you welcome your baby into the world.

MORE

Get Ready for Baby!

Prepare for your baby's arrival with breastfeeding classes at Baylor Scott & White Medical Center – Marble Falls. Visit babyclasses.sw.org for the latest class schedule or call **830.201.8000** to register for classes or schedule a tour of our labor and delivery department.

Scott & White Healthcare – Hill Country, 800 West Hwy 71, Marble Falls, TX 78654. President: Eric Looper; Chief Medical Officer: Paul Cook, MD; Hospital Marketing Manager: Karen Matthews. 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
 HEALTH

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.



Gut Trouble?

Is your stomach trying to tell you something? It might be time to listen. To find a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Marble Falls, visit providers.sw.org today.

MORE

HELP FOR HURTING JOINTS

Are you considering joint replacement? Learn more about undergoing joint replacement surgery at jointreplacement.sw.org 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.



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.

3 WAYS TO EXPEDITE YOUR ER VISIT

The next time you’re considering a trip to the ER with a sick child, consider these tips from Brian Gregory, RN, regional director of critical care, which includes the emergency department services at Baylor Scott & White Medical Center – Marble Falls.

1 Call ahead. If you’re a Scott & White Health Plan member, the VitalCare 24-hour nurse advice line (877.505.7947) can help you decide whether your child should be seen in the ER. “This is a good resource for fielding questions and determining the best course of action for your child’s symptoms,” Gregory says.

2 Write down your child’s symptom history. “To make an accurate diagnosis, we need for you to provide us with the child’s medical history, current medications and immunization status as well as a detailed history of current symptoms,” he says. “Make sure the person bringing your child knows this information, especially if your child isn’t old enough to provide it.”


3 Get identification and proof of insurance coverage ready. “Although this isn’t a prerequisite to be seen by a health care practitioner, it will help expedite the administrative side of things and facilitate a smooth discharge from our facility,” Gregory says.

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.

YOUR WELL-WOMAN EXAM MATTERS

If you're like most women, you'll move mountains to make sure your family members get the checkups and screenings they need. But when it comes to your own, things tend to fall by the wayside.

Here, Peter Davenport, MD, a primary care physician on the medical staff at Scott & White Clinic – Marble Falls, shares three benefits of making your annual well-woman exam a priority.

Prevention. "These visits are designed to help keep you healthy," Dr. Davenport says. "We're able to look at your personal and family health history, and offer suggestions that can help reduce your risk for disease in the future, like losing weight, changing your diet or quitting smoking."

Early detection. In addition to Pap tests and clinical breast exams, your doctor may perform other screenings based on your age and risk factors, such as blood pressure monitoring and routine blood work. "We may also recommend scheduling screenings like mammogram or colonoscopy," Dr. Davenport says.

Improved quality of life. "This is a great time to ask questions and mention any health concerns you may have," he says. "This can lead to appropriate treatment, and ultimately an enhanced quality of life."

MORE

Find Dr. Right®

Building a relationship with a great Ob-Gyn is an investment in your long-term health. If you haven't found "the one" yet, visit [doctors.sw.org](https://www.doctors.sw.org) or call 830.201.7100 to search for an Ob-Gyn on the medical staff at a Baylor Scott & White facility in your area.

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.

WHAT'S ONLINE

→ sw.org



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 for ways to pack a healthy lunch your kids will love—and you can feel good about.

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 to set up your account and get started.



WELLNESS

Ready When You Are

Need an appointment today? Just call before noon, and we'll schedule you with a Baylor Scott & White provider in your area.

→ Check out sameday.sw.org to learn more about same-day appointments.

COMMUNITY

EXPERT ADVICE COMES TO YOU

Baylor Scott & White health care professionals are available to speak on a variety of health topics and provide screenings at community events for no charge.

→ Submit your request at speakers.sw.org today.

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. Blood drives will be in Marble Falls on Sept. 22 and Oct. 20 and in Llano on Oct. 29.

→ Go to bloodcenter.sw.org for more information and to determine your eligibility to donate.





ROOTED IN HISTORY.

Committed to your future.

YOUR NEW HOSPITAL IS NOW OPEN!

Welcome to Baylor Scott & White Medical Center - Marble Falls where you'll find innovation and technology to enhance your entire patient experience. Area residents now have access to advanced diagnostic and treatment services including:

- 24/7 emergency department
- Intensive Care
- Surgical Services
- CT, MRI, Nuclear Medicine, Digital Mammography and Ultrasound
- Women's Health (including Labor and Delivery)
- Cancer Care
- Heart and Vascular Services
- Orthopedic Services

Plus, you'll have the knowledge and resources of the entire Baylor Scott & White Health network of physicians and facilities, the largest non-profit health care system in Texas, at your side. You can depend on Baylor Scott & White - Marble Falls to care for the health of your communities. In Marble Falls and the Hill Country: Our roots are deep. Our commitment strong.



810 W. Hwy 71, Marble Falls, TX 78654

For a virtual tour or for more information, go to marblefallshospital.sw.org or call **830.201.8000**.

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