

# Health

“When I had cancer, my family and friends helped so much.”

**Bonnie Latham**

marvels at her strong support network as much as her quality medical care  
PAGE 6



**CARE PACKAGE**

These simple items can help a loved one with Alzheimer's PAGE 4



# Scheduling Your Mammogram Just Got Easier

The American Cancer Society now recommends that women of average risk begin undergoing an annual screening mammogram at age 45. Getting an annual mammogram is one of the best ways to detect breast cancer in its earliest stages, when it's most treatable.

If you're due for yours (and you're an existing Baylor Scott & White MyChart user), scheduling your appointment just got easier, thanks to Baylor Scott & White's easy and convenient online scheduling tool.

Simply visit [appointments.sw.org](http://appointments.sw.org) and log in to your MyChart account

to schedule your next screening mammogram at Baylor Scott & White Medical Center – Round Rock. You'll be asked a series of questions, and then you can select the Round Rock location to view available time slots. We hope to see you soon.

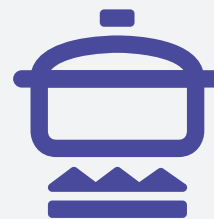
## QUESTIONS, ANSWERED

To learn more about mammograms and get prescreening tips, visit [mammogram.sw.org](http://mammogram.sw.org) today.

## Introducing Eat Well Culinary Classes

Join us Thursday, Oct. 13, at 5:30 p.m. for the next in our quarterly series on cooking nutritious, delicious meals.

Healthy Holiday Eating will provide tips and techniques to make the most traditional of holiday observances as healthy as possible. Learn about recipe substitutions, new ways to prepare and cook foods, and creative ways to use leftovers.



Classes are taught by trained chefs and registered dietitians. Participants will sample prepared recipes during class.

It's educational fun for the entire family! Registration is \$5 per person. Classes are held in the cafeteria at Baylor Scott & White Medical Center – Round Rock.

To register, call **1.844.BSW.DOCS (1.844.279.3627)**. Please advise the operator of any food allergies.

**MORE**

## Just a Click Away

For information on a variety of diseases and health conditions, including an online symptom checker, visit [healthsource.sw.org](http://healthsource.sw.org) today.

Baylor Scott & White Health – Austin/Round Rock, 300 University Blvd., Round Rock, TX 78665. President: Jay Fox; Chief Medical Officer: Rob Watson, MD; Hospital Marketing Manager: Karen Matthews. Visit [sw.org](http://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](http://doctors.sw.org) or a location at [clinics.sw.org](http://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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# Happy (Healthy) Harvest



Did you know that locally grown, seasonal produce is fresher, tastier and more nutritious? It's also better for the environment because it may not require as many pesticides and doesn't have to be transported.

This fall, start incorporating more seasonal fruits and vegetables in your meals. **Here are five entertaining ways to find fresh produce near you:**

- 1 Stop by a local farmers market or farm stand for freshly picked squash, peppers, sweet potatoes, onions, carrots, eggplant and more.
- 2 Tour a corn maze for "you pick" corn and family fun.
- 3 Attend a local corn or pumpkin festival to enjoy a variety of autumn-inspired foods.
- 4 Visit a pumpkin patch to pick your own pumpkins—and enjoy a hayride, too.
- 5 Head to an orchard and hand-pick your own fresh apples.

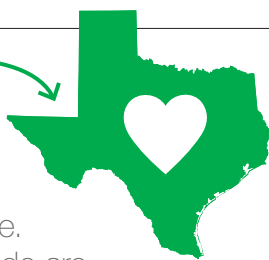


## GET COOKIN'

Find healthy, delicious recipes ideal for all that seasonal bounty. Go to [recipe.sw.org](http://recipe.sw.org) or [BaylorHealth.com/Recipe](http://BaylorHealth.com/Recipe) today.

# 13,300

That's the number of men, women and children currently waiting for a lifesaving organ transplant in Texas alone. (More than 123,000 individuals nationwide are on the transplant waiting list.) **A single organ donor can save the lives of up to eight people**, and a tissue donor can save many more. To register as an eye, organ and tissue donor, visit [DonateLifeTexas.org](http://DonateLifeTexas.org)/Register today.



## BAYLOR SCOTT & WHITE EARNS 'BEST HOSPITALS' RECOGNITION—AGAIN!

With 15 facilities named for outstanding care by *U.S. News & World Report* in its "America's Best Hospitals" issue, Baylor Scott & White Health has more hospitals receiving recognition than any other health care system in Texas.

Rated as high performing nationally for complex, specialty care are Scott & White Memorial Hospital – Temple (cancer, gastroenterology and gastrointestinal surgery, geriatrics, nephrology, and pulmonology); Baylor University Medical Center at Dallas (cancer, geriatrics, gynecology, nephrology, orthopedics, pulmonology, and urology); and Baylor Institute for Rehabilitation (rehabilitation). Scott & White Memorial Hospital was ranked No. 10 in Texas.

Receiving recognition for common care in North and Central Texas are Baylor Institute for Rehabilitation, Baylor Jack and Jane Hamilton Heart and Vascular Hospital\*, Baylor Medical Center at Uptown (Dallas), Baylor Scott & White Medical Center – Carrollton, Baylor Scott & White All Saints Medical Center – Fort Worth, Baylor Scott & White Medical Center – Garland, Baylor Scott & White Medical Center – Grapevine, Baylor Scott & White Medical Center – Hillcrest, Baylor Scott & White Medical Center – Irving, Baylor Scott & White Medical Center – Plano, Baylor Scott & White Medical Center – Round Rock, Baylor University Medical Center, Doctors Hospital at White Rock Lake (Dallas), Scott & White Memorial Hospital – Temple and The Heart Hospital Baylor Plano\*.

For the 24th consecutive year, *U.S. News* has Baylor University Medical Center nationally ranked. It is among the nation's top 50 hospitals in neurology and neurosurgery; diabetes and endocrinology; ear, nose and throat; and gastroenterology and gastrointestinal surgery.

The Heart Hospital Baylor Plano\* is nationally ranked for cardiology and heart surgery.

"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."

*\*Joint ownership with physicians*

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## See Where We Rank

Visit [BaylorScottandWhite.com/Recognition](http://BaylorScottandWhite.com/Recognition) for more information about our *U.S. News & World Report's* "Best Hospitals" rankings.





# Creating an Alzheimer's Kit

These items can help your loved one stay healthy and engaged

➔ When a loved one is diagnosed with Alzheimer's disease, family members sometimes feel as if there is nothing they can do. Though the progressive neurological condition is irreversible, family members can help jog memories and spur cognition by creating a kit from a few simple items, says Benjamin Perry, MD, a geriatrician on the medical staff at Baylor Scott & White Medical Center – Hillcrest.

**Memory album.** Paste photographs of close family members into an album, and write down names and relationships beside the pictures. "It helps provide some concrete memory cues: These are my family members, these are my friends, this is who I am," Dr. Perry says. "It can help address feelings of anxiety."

**Games and puzzles.** One of Dr. Perry's patients carries around a magnetic chessboard. "He enjoys it, and it keeps his brain stimulated," Dr. Perry says. The physician also recommends that people immerse in puzzles, such as crosswords and sudoku. What's important isn't the particular game, he says, but that

people find hobbies that keep them busy and mentally engaged.

**Flash cards or a good book.**

Research suggests that taking up new activities—such as studying simple words in a foreign language—can benefit people experiencing dementia. Learning a foreign language is just one approach. Lifelong TV watchers might do well to take up reading, Dr. Perry says. "Trying something new might provide more of a cognitive boost than doing the same old thing," he says.

**Pedometer (and a water bottle).**

Remaining physically active is associated with better health for virtually everyone, including people with Alzheimer's, Dr. Perry notes. "We encourage them to still go out and walk regularly and to try to remain involved in activities they were doing previously," he says. He cautions that they should be watched for symptoms of fatigue and dehydration and have appropriate supervision to avoid getting lost or falling.

**Notebook and pen.** Writing things down gives people with Alzheimer's a visual cue when they forget where they're

going or what they're doing. A notebook can also double as a journal. Studies have shown that storytelling might reduce depression and anxiety, and this could extend to those with Alzheimer's, Dr. Perry says. If writing is difficult, using a dictation recorder or sharing stories with family members will do. "In dementia, inhibitions are often decreased," Dr. Perry says. "Maybe Dad has always been resistant to opening up, and this is an opportunity to say, 'Tell me about these important experiences you've had in your life.'"

**MORE**

**Dementia Concerns?**

If you or a loved one is experiencing the symptoms of Alzheimer's or another form of dementia, talk to your primary care provider. To find a provider on the medical staff at Baylor Scott & White – Round Rock, visit [doctors.sw.org](http://doctors.sw.org) today.

# Critical Information

## Four truths about emergency departments from someone who works there

**→ PEOPLE ARRIVE AT** emergency departments needing medical attention and possibly asking themselves some questions: What's wrong with me? When will I see a doctor? Will she be able to help? What's taking so long?

With all these unknowns, an ED visit can be unsettling and frustrating. Robert Risch, MD, medical director and chairman of the Department of Emergency Medicine at Baylor Scott & White Medical Center – Grapevine, takes you behind the scenes.

### **Things are busy even when they don't seem to be.**

Even if the waiting room up front appears mostly empty, doctors and other staff in the back may be working furiously. “You see everybody coming in the front door, but you don't see all the people coming in the ambulance doors,” Dr. Risch says. Usually, patients arriving by medical transport

require the most urgent care, and even a handful of critically ill patients—whose hearts or breathing have stopped, for example—might need most of the emergency department's resources.

### **Everyone's wait time is determined using the same, unbiased system.**

Experienced nurses use systems like the five-point Emergency Severity Index to prioritize patients. A “1” might mean that a person is experiencing cardiac arrest or massive bleeding, while a “5” is reserved for less urgent conditions such as rashes.

“It's not a random assessment about how sick you are,” Dr. Risch says. “They have an objective system, and it's based on your medical need and your vital signs.”

### **ED doctors are trained to confirm serious illnesses—and also exclude them.**

Most emergency departments are staffed by board-certified,

residency-trained emergency physicians. “All I do is emergency medicine,” Dr. Risch explains.

Because of this expertise—and because of quick access to advanced diagnostic equipment—ED doctors usually can determine whether a person has a life-threatening illness within hours. Often, Dr. Risch says, the doctor can rule out serious conditions within minutes.

### **You might not get a diagnosis right away.**

Although emergency medicine physicians can quickly rule out life-threatening illnesses, they can't always tell people exactly what's causing their problems by the time they leave, especially in the case of chronic conditions. Dr. Risch stresses that people should have realistic expectations.

“If you've had a problem for two months,” he says, “it's probably going to take some time to figure it out.”

## **IN CASE OF EMERGENCY**

To learn more about emergency and trauma care services at Baylor Scott & White – Round Rock, including testimonials from patients, visit [sw.org/round-rock-emergency-department](http://sw.org/round-rock-emergency-department) today.





Bonnie and Justin Latham and their son, Banks



# Lean on Me

**Support from family and friends can make a big difference for people with cancer**

➔ WHEN BONNIE LATHAM WAS DIAGNOSED WITH BREAST CANCER IN 2015, she and her husband, Justin, were understandably shocked. After all, Latham was only 30 years old and had always taken great care of her health.

With input from her care team, Latham decided to have a double mastectomy, followed by chemotherapy. She wanted to do everything possible to limit the chance of a reoccurrence.

She also admits she didn't really know how to ask for assistance during her treatment—with responsibilities like making dinner, doing laundry and tending to her 2-year-old son, Banks.

“I think as women and moms we often try to take on too much,” she says. “My parents and Justin’s parents stepped in and helped out in a huge way, and I couldn’t be more grateful. And when I really needed Justin’s help, I expressed that.”

As difficult as it was, the Lathams chose to limit the time Banks would spend with his mother, especially when she wasn’t feeling well.

“You can’t really explain cancer to a child that age,” Justin says, “so we just told him, ‘Mama has a boo-boo.’ And we tried to keep our routine as normal as possible for him.”

“The best advice I can give people who want to help cancer patients is ‘Just do it.’”

—Bonnie Latham

### ‘JUST DO SOMETHING TO HELP’

Latham, a special education intervention teacher in their hometown of Gatesville, says the most beneficial thing her friends and family did was to pitch in without being asked.

“You’re under so much pressure during treatment that it’s hard to formulate what you really need,” says Latham, whose cancer is in remission after her treatment at Baylor Scott & White Health. “My advice to people who want to

help a cancer patient is not to wait for them to ask. Just do something to help, like coordinating friends to bring in dinner.”

Hitesh Singh, MD, medical director at Baylor Scott & White McClinton Cancer Center in Waco, underscores the importance of letting people be of service.

“In our society, we value independence, so it can become a challenge to find that spot where you’re not compromising your independence but you are seeking help,” he says. “Having a support system of family and friends makes a huge difference in outcomes and reminding people of the reasons they’re going through treatment, which can be a challenging journey.”

### PERSONAL AND PROFESSIONAL SUPPORT

Dr. Singh suggests that cancer patients select two or three people who will be primary caregivers, which lessens the burden on any one person but ensures a consistent level of aid. During cancer treatment, patients need a hand not only with daily activities but also with visits to the doctor, where family and friends can be an extra pair of ears to take in all the information shared during appointments.

The cancer treatment team is another terrific resource.

“You may not have been through this before, but the doctors, nurses, counselors and navigators have,” Dr. Singh says. “They’ve seen this a thousand times, so they can tell you what to expect and what kind of support you may need during treatment.”

### STRIVE FOR NORMALCY

To help people more seamlessly integrate treatment into their lives, Dr. Singh sets the expectation that they can move appointments to accommodate their schedules as much as possible.

“Continuing to live your life is very empowering,” he says.

While maintaining a sense of normalcy, be sure not to overlook emotional and spiritual needs, Dr. Singh adds. If you attend church, for example, continue going when you feel up to it, and don’t forget about support groups.

“It’s important both for patients and caregivers,” Dr. Singh says. “To know there are others going through the same thing you are is extremely helpful.”

## SUPPORT WHEN CANCER STRIKES

We know that getting a cancer diagnosis and the treatment that follows are some of the most challenging things you and your family will ever face. That’s why Baylor Scott & White Medical Center – Round Rock offers both cancer support groups and the invaluable assistance of cancer navigators.

“A cancer navigator is a registered nurse who is trained to help you and your family navigate through your cancer journey,” says Freemon Walker, assistant director of clinic operations for hematology/oncology at Baylor Scott & White – Round Rock. “He or she can collaborate with your providers, coordinate your appointments, help you understand medical information, answer questions, discuss treatment options and connect you with resources.”

In addition, support groups provide a safe place for patients and their families to talk, share their experiences and encourage one another. The hospital currently offers the following groups:

- ▶ Breast Cancer Wellness
- ▶ Look Good Feel Better®

Coping with a cancer diagnosis can be tough—but you are not alone. Baylor Scott & White – Round Rock is here to support you and your family every step of the way.

**MORE**

### Find a Group Near You

For more information on cancer support groups in the Austin/Round Rock area, please visit [sw.org/event-search](http://sw.org/event-search) today.





Let each child pick a family activity.

# Children's Choice

Seven ways to help your little ones come to healthy conclusions



“DO YOU WANT TO DRESS YOURSELF OR DO YOU WANT MOMMY TO DRESS YOU?”

Every parent who's survived toddlerhood knows the key to keeping the (relative) peace is giving children choices while still doing what's best for them. The same principles can be used as they get older to encourage them to make good choices on their own—and instill healthy habits that last a lifetime.

Here are seven ways to get started.



## 1 Set a good example.

First and foremost, you have to be a healthy role model. “You can’t expect children to be healthy if you’re not being healthy,” says Bradley Berg, MD, PhD, division director of McLane Children’s Pediatrics – Austin/Round Rock. “If you’re making healthy choices, like exercising and not eating fast food, then your children are going to be far more likely to do those things as well.”

## 2 Don’t prepare special meals.

Given a choice, children will pass up salmon and vegetables (what the rest of the family is eating) in favor of chicken nuggets and fries (your consolation) anytime. So don’t give them the option. They can choose whether to eat the meal you’ve prepared.

“Just offer whatever you’re eating for dinner,” Dr. Berg says. “It takes children about half a day to a day to learn those are the rules.”

And don’t get too concerned when a child chooses not to eat.

“There may be days when they don’t eat, and that’s OK,” Dr. Berg says. “Children don’t eat as consistently as adults do. What’s important is to look at what they’re eating over the course of a week or two weeks, not every single day.”

## 3 Take them grocery shopping.

Yes, it may take longer to get through the store, but involving children in food preparation is important. Tell them to pick whatever they want from the produce section and then incorporate it—together!—into a meal that week.

“They’re going to be more inclined to eat something they picked out themselves,” Dr. Berg says. “So start bringing them into that process.”

## 4 Give them easy access to healthy snacks and drinks.

Children are more apt to eat what’s A) available and B) simple.

“There’s no place for soda or juice in the house,” Dr. Berg says. “If it’s available, they’ll drink it. Same with chips and doughnuts.”

He recommends replacing junk food and sugary drinks with healthier options that are easy to grab and go.

“Get a plastic bin and put it on a low shelf in the fridge,” he says. “Fill it with cheese sticks, low-fat yogurt, apples, oranges and carrots. When children are hungry and want a snack, they can choose whatever they want from that bin.”

## 5 Let them decide on an extracurricular activity.

Instead of automatically enrolling your little ones in soccer *again* next season, ask them what they want. (It might still be soccer.)

“Sign them up in community youth leagues that only last a couple of months,” Dr. Berg suggests. That way, it’s easier to switch to a new sport if they don’t like the current one.

## 6 Make fitness a family affair.

Rather than watching TV after dinner, go for a walk or a bike ride, or play Frisbee or charades. Have a different family member choose the activity each night. Everyone participates.

“If a child picks going for a bike ride,” Dr. Berg says, “then the whole family goes for a bike ride.”

## 7 Aim for a healthy average.

Don’t be overly restrictive or worry that your child is always making good choices while they’re away.

“It’s what children do most of the time that matters,” Dr. Berg says. “If they’re eating healthy whenever they’re at home, but they pig out on chips when they go to a friend’s house, it’s not going to matter as much to their overall well-being.”

## SPEND YOUR SATURDAY TAKING A WALK WITH A DOC

At Baylor Scott & White Health, physicians are doing more than just urging people to get moving. They are walking their talk—literally. Walk with a Doc makes it easy and fun to focus on your health. The walking program begins at 9 a.m. on the second Saturday of every month in San Gabriel Park, Georgetown. At each walk, a featured local physician will briefly discuss a health topic and then set out on a 2-mile walk with participants.

The program reinforces walking as a healthy habit. In fact, the American Heart Association says that more people stick with walking than any other exercise. And it’s no surprise why—walking a half-hour a day can help you stay energetic, manage stress and sleep better.

So what are you waiting for? It’s time to get a move on. It’s time to Walk with a Doc.

MORE

### Join Us

Join your physicians and friends at 9 a.m. on the second Saturday of every month at San Gabriel Park, 445 E. Morrow St. in Georgetown. No registration required—just show up ready to go! Visit [walkwithadoc.sw.org](http://walkwithadoc.sw.org) to learn more.

#### UPCOMING DATES:

- Sept. 10
- Oct. 8
- Nov. 12
- Dec. 10

# Stamp It Out

Researchers work to extinguish the stigma of mental health conditions among firefighters

➔ In recent years, experts have been trying to better understand the extent to which firefighters are affected by behavioral health problems, including alcoholism, drug abuse, depression and post-traumatic stress disorder. But one thing researchers already recognize is the subject of stigma—that emergency responders seem to have a harder time seeking help than the rest of us.

The Warriors Research Institute at Baylor Scott & White Health – Central Texas focuses on issues surrounding first responders, and with a \$1.4 million

grant from the Federal Emergency Management Agency, the team, led by Suzy Gulliver, PhD, is working on a two-year project to see whether they can decrease the stigma of mental health conditions among firefighters.

## A SPARK OF HOPE

Through the International Association of Fire Fighters (IAFF), Dr. Gulliver’s team put out a request



looking for firefighters who had suffered from a psychological condition, sought treatment and now consider themselves in recovery.

After phone interviews with 150 candidates, the group chose 12 to share their experiences on film. Those videos will be embedded in a 90-minute live-streamed educational production to be aired to firefighters in January.

“It takes a lot of courage to tell your mental health story on film,” Dr. Gulliver says. “There’s a strong message of hope in these testimonials. These are firefighters who’ve gone back to work and enjoyed a happy career after the diagnosis of a mental health condition.”

She adds, “Whether that courage motivates how other firefighters think is the question we’re trying to answer.”

Viewers of the educational video will receive questionnaires before and after the program, and the data will be analyzed to determine the campaign’s effectiveness.

## LONG-RANGE IMPACT

If the educational product does prove to reduce stigma, the video will then be made available to fire departments through the Warriors Research Institute and IAFF websites.

“My hope,” Dr. Gulliver says, “is that people who are suffering from occupation-related mental health conditions and who may be trying to keep that a secret will step forward and get help before those problems require that they make a job change or retire early.”

## ABOUT THE STUDY

### Stamp Out Stigma

The Warriors Research Institute is trying to reduce perceived behavioral health problems in fire service through an anti-stigma campaign.

### Key Contributors

Baylor Scott & White Health – Central Texas  
Federal Emergency Management Agency

MORE

## Life-Changing Research

Go to [BaylorHealth.com/AdvancingMedicine](http://BaylorHealth.com/AdvancingMedicine) and [research.sw.org](http://research.sw.org) for other ways Baylor Scott & White researchers are working to improve people’s well-being.





## CALCULATOR

### QUIT SMOKING, SAVE MONEY

You've heard a lot about the health benefits of giving up smoking. We want you to know that quitting your tobacco habit can help your finances, too.



→ Check out [smoking.sw.org](http://smoking.sw.org) to see how much you're spending on cigarettes, and then make a commitment to quit.

## QUIZ

### IT'S CONCUSSION SEASON

With the start of fall sports comes an increased risk of head injuries. Do you know the causes? Would you recognize the symptoms?



→ Take our quiz at [concussionquiz.sw.org](http://concussionquiz.sw.org) to find out.



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

## PODCAST

### GUYS GUIDE TO DOCTOR VISITS

It's no secret that men tend to avoid going to the doctor. If this describes someone you love—or if this describes *you*—listen to these tips for reducing anxiety and making the most of a health care visit.

→ Visit [podcast.sw.org](http://podcast.sw.org) to hear more.



## RECIPE

### MULTIGRAIN TORTILLA PINWHEELS

Part sandwich, part appetizer, these colorful snacks are perfect for hungry children after school. Whole grains, good fats, protein and vitamin A will keep everyone satisfied until supper.

→ Go to [recipe.sw.org](http://recipe.sw.org) to see how to make them.



## HealthSpeak Education Series

Ask questions and get answers from medical professionals at our **FREE** Baylor Scott & White Health public education series.

### PLEASE JOIN US FOR THESE FREE PRESENTATIONS

#### HPV UPDATE

*Thursday, September 15 | 6–7 p.m.*

Parents with questions about the Human papillomavirus (HPV) are encouraged to attend this informational discussion with OB/GYN Patricia Montemayor, MD. Some types of this virus can lead to certain cancers and diseases later in life for both male and females. Hear about the reasoning behind and efficacy of giving the vaccination to younger patients. Refreshments will be served.

#### ADVANCES IN BREAST IMAGING

*Thursday, October 13 | Noon – 1 p.m.*

Join us for Breast Cancer Awareness Month and learn about the latest recommendations on breast health screenings and the new technology available to help diagnose conditions of the breast from family health physician Krista Steffy, MD. A brief tour of the mammography suite at the clinic will also be included. Light lunch will be served.

#### DIABETES FACT & MYTH

*Thursday, November 3 | Noon – 1 p.m.*

In observance of Diabetes Awareness Month, join certified diabetes educator Julie Paff, RD, LD, CDE, for a discussion on undiagnosed diabetes, health risks, and what your future health can be with controlled diabetes. A light diabetes-friendly lunch will be served.

RSVP requested for all programs.

Please call **844.BSW.DOCS** to register.

Learn more about upcoming programs in your area at [healthspeak.sw.org](http://healthspeak.sw.org).

THESE PROGRAMS HELD AT



910 E. Whitestone Boulevard, Cedar Park, TX 78613