

# Health



“Taking care of myself is as important as taking care of my family.”

**Sabrina West**

works with her primary care provider to find a healthy balance of motherhood, marriage and more PAGE 6



**READY FOR SURGERY?**

Learn how to best prepare for your orthopedic procedure PAGE 4



# Back to School, Back to Bedtime

Kids' sleep schedules often get thrown out of whack in the summer. Vacations can mean early mornings or late nights, long summer evenings lead to missed bedtimes, and sports and jobs squeeze out sleep. But with the start of a new school year, kids need to get back into their bedtime routine. The National Sleep Foundation offers these tips:

**Build backwards.** A child who has been up until 11 p.m. won't be able to fall asleep at 9 p.m. on the first school night. Move bedtime 15 to 20 minutes earlier each night until you reach your target. Keep in mind that even teens need 8.5 to 9.25 hours of sleep each night.

**Stay consistent.** Kids (and adults) should stick to the same sleep schedule all the time—even on weekends.

**Keep electronics away.** As bedtime approaches, switch to books or quiet games instead of TV, video games, computers and phones. Store electronics outside the bedroom at night.

## SLEEP SUPPORT

If your child struggles to get the sleep he or she needs, your pediatrician can help. For a referral to a pediatrician on the Baylor Scott & White Medical Center – Grapevine medical staff, visit [BSWHealth.com/Grapevine](http://BSWHealth.com/Grapevine) or call **1.800.4BAYLOR**.

## Harvest Treasures

September and October bring heaps of seasonal fruits and vegetables to Texas farm stands and markets. While fall crops are starting to ripen, summer produce is still near its peak. Here are a few ways you can make the most of this season's sweet spot:

- ▶ Try blending spicier and milder flavors in a salad. For example, try arugula and radishes mixed with cucumbers and watermelon.
- ▶ Take a chance on something you might not typically eat—persimmons and pumpkins are in season.
- ▶ Stir-fry a mix of seasonal favorites such as summer squash, peppers, onions and tomatoes.
- ▶ Grill diced root vegetables such as winter squash and sweet and red potatoes, then top them with some chopped fresh herbs.



**MORE**

## Get Your Nutrients

A registered dietitian can help you plan the best blend of fruits, veggies and other foods to meet your nutritional needs. For a referral to a dietitian at Baylor Scott & White Medical Center – Grapevine, call **1.800.4BAYLOR** or visit [BSWHealth.com/Grapevine](http://BSWHealth.com/Grapevine) today.

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# Baylor Scott & White: Recognized Nationally for Quality

Baylor Scott & White Health has the most nationally ranked medical centers of any health care system in Texas in this year's *U.S. News & World Report "Best Hospitals"* list.

Four facilities are nationally ranked: Baylor University Medical Center at Dallas (ear, nose & throat, and gastroenterology & gastrointestinal surgery); Scott & White Medical Center – Temple (ear, nose & throat); Baylor Scott & White All Saints Medical Center – Fort Worth (ear, nose & throat); and The Heart Hospital Baylor Plano\* (cardiology and heart surgery). In Texas, Baylor University Medical Center ranked third and Scott & White Medical Center – Temple ranked seventh.

Rated as high performing nationally for complex, specialty care are Baylor University Medical Center (cancer, diabetes & endocrinology, geriatrics, nephrology, neurology & neurosurgery, orthopedics, and pulmonology); Scott & White Medical Center – Temple (gastroenterology & gastrointestinal surgery, and pulmonology); and Baylor Scott & White Medical Center – Plano (orthopedics).

Receiving regional hospital recognition for common care in North and Central Texas are Baylor University Medical Center at Dallas, Scott & White Medical Center – Temple, Baylor Jack and Jane Hamilton Heart and Vascular Hospital,\* Baylor Medical Center at Uptown (Dallas), Baylor Scott & White Medical Center – Frisco, Baylor Scott & White Medical Center – Grapevine, Baylor Scott & White Medical Center – Irving, Baylor Scott & White Medical Center – Plano, Baylor Scott & White Medical Center – Round Rock, North Central Surgical Center in Dallas, Texas Spine & Joint Hospital – Tyler and The Heart Hospital Baylor Plano.\*



## OUR BRAGGING RIGHTS ARE YOUR BRAGGING RIGHTS

Visit [BSWHealth.com/BestHospitals](https://www.bswhealth.com/BestHospitals) for more information about our *U.S. News & World Report "Best Hospitals"* rankings.

\*Joint ownership with physicians

## Reducing C-Section Rates

About 1 in 3 women in the U.S. will give birth by cesarean section today. Experts say that number is too high. The ideal C-section rate, according to the World Health Organization, is between 1 in 10 and 1 in 15 births.

Although cesarean birth can be lifesaving in certain cases, the surgery—like any surgery—has its risks, including serious complications for mother and baby, and should be used only when medically necessary.

For that reason, hospitals and health care systems are working to reduce C-section rates by:

- ▶ Allowing more time for labor to progress naturally
- ▶ Improving and standardizing how fetal heart rates are monitored
- ▶ Increasing access to nonmedical interventions, like continuous labor and delivery support
- ▶ Allowing some women to attempt a vaginal birth after C-section (VBAC)
- ▶ Attempting to turn breech babies into optimal position before delivery
- ▶ Discouraging C-sections that are not for medical reasons

To learn more about the risks and benefits of having a C-section, talk to your Ob/Gyn.



## 2030

In the next 12 years, pancreatic cancer will become the second leading cause of cancer death in the U.S. (behind lung cancer). **Baylor Scott & White offers**

**genetic counseling to help people determine their own risk and the risk of family members.** If you're concerned about pancreatic cancer, ask your doctor whether genetic testing is right for you.

**MORE**

### Baby on the Way?

Getting proper prenatal care can help achieve a healthy pregnancy and safe delivery. To find an Ob/Gyn on the medical staff at a Baylor Scott & White facility near you, visit [FindDrRight.com](https://www.finddrright.com) and choose your region.

# Invest in Success

Expecting quality results from orthopedic surgery?  
You have work to do, too

➔ **CHOOSING THE RIGHT** surgeon for your orthopedic procedure is crucial. You'll want to make sure that the doctor is skilled and experienced in treating your condition.

But there's another person who's just as important to your surgical outcome: you. What you do before and after surgery can greatly affect your results.

The first order of business is getting your mind in the right place. "Patients need to have a determined attitude," says Torrance Walker, MD, medical director of orthopedic surgery at Baylor Scott & White All Saints Medical Center – Fort Worth. "Next, you need to discuss with your surgeon the expected outcome."

Dr. Walker suggests having a frank discussion with your surgeon about the types of activities that are realistic after the procedure.

When you've prepared your mind for surgery, you'll also need to prepare your body.

## **BEFORE SURGERY**

The best way to speed up recovery is to get a jump on it long before you ever check in for your procedure.

Prehabilitation, a form of exercise performed prior to surgery, helps you strengthen the muscles surrounding the area of operation, taking stress off the joint. The training also increases blood circulation to the surgical site, which promotes healing. "Prehab" also has the benefit of familiarizing you with the rehabilitation exercises you'll need to perform after the procedure.

Prehabilitation can be performed under supervision of a therapist at the hospital or by yourself at home. Ask your surgeon what's available.

## **AFTER SURGERY**

Depending on the type of procedure you're having, rehabilitation can begin the same day, with the goal of getting you home sooner.

After most hip and knee replacements, for example, "patients work with a certified therapist within three hours," Dr. Walker says.

For optimal results, you'll want to see

the rehabilitation program through, including homework exercises. Just be careful at home—if you overdo it on your own, you'll risk developing scar tissue and long-term stiffness.

"I would recommend working through the home exercise program to a point where progress is certainly made in range of motion and strength," Dr. Walker says, "but not to the extent where swelling and pain start."

## **DO YOUR JOINTS NEED HELP?**

An orthopedic surgeon can help you decide on the best treatment plan for your aching joints. For a referral to a surgeon on the Baylor Scott & White Medical Center – Grapevine medical staff, call **1.800.4BAYLOR** or visit **BSWHealth.com/Grapevine** to get started.

When you've prepared your mind for surgery, you'll also need to prepare your body.



# Take Heart

## A cardiologist answers four common questions of heart attack survivors



### YOU HAD A HEART

**ATTACK**—and thanks to the quick and skillful health care you received, you survived. But that’s far from the end of the story. Now you have questions. Probably lots of them.

“After a heart attack, people want to know everything they can to minimize their risk for another one,” says Andrew Kontak, MD, a cardiologist on the medical staff at Baylor Scott & White Medical Center – Round Rock. “They often ask why they had a heart attack and what they need to do differently.”

If you’ve had a heart attack, you may be wondering:

### WHY DID THIS HAPPEN?

Understanding why you had a heart attack is key to knowing how to prevent a second one. Heart disease can result from your genetics or your health habits, or some combination.

If you weren’t already under the care of a cardiologist, you’ll need to establish a relationship with one now. He or she will look at your family and personal health histories as well as lifestyle factors that might have played a role in your heart attack. You’ll work together to establish a plan for the future.

### DO I HAVE TO STOP BEING ACTIVE?

Your body has been through a lot and needs time to heal after a heart attack, but there is no set time frame for taking it easy. Rely on recommendations from your doctor and cues from your body to tell you when to get back to your regular activities.

As soon as possible, begin cardiac rehabilitation, a program consisting of heart-health education, counseling and supervised exercise. “Cardiac rehabilitation lowers your risk of rehospitalization and reduces your chances of having a second heart attack,” Dr. Kontak says.

### ARE UNHEALTHY FOODS OFF THE TABLE?

In short, no. But foods high in salt and bad fats should be the exception rather than the rule.

“It’s really about moderation. We recommend limiting sodium and saturated fats while prioritizing fruits and vegetables. Avoid anything fried, processed or high in sugar,” Dr. Kontak says. “People think they can never eat red meat again. That’s not necessarily true. Just limit your intake.”

### HOW WILL I KNOW IF THERE’S TROUBLE AGAIN?

“The warning signs of a second heart attack may be the same as your initial attack. The classic symptoms include chest pressure, shortness of breath, nausea, vomiting, sweating and neck pain,” Dr. Kontak says. “But symptoms can be different in different people. Sometimes, indigestion, prolonged fatigue, and arm pain or numbness may be signs of heart trouble. If people are concerned, they should go to the emergency department.”

But, he adds, if people work with a cardiologist, eat well, exercise smartly and take medication as directed—“in general, they do very well after these sorts of events.”

**MORE**

### Improve Your Heart Health

Be it heart attack prevention or recovery, take the right steps to keep your heart healthy. Evaluate your risk for heart disease at [HeartDiseaseQuiz.com](http://HeartDiseaseQuiz.com) or call **1.800.4BAYLOR** today.

Sabrina West with her husband, Joe, and their son, Colby



# Balancing Act

**For Sabrina West, managing motherhood, work and health involves making plans—and breaking them**



**SABRINA WEST NEVER WAKES UP WONDERING** how to occupy her time. Four days a week, she works 10-hour nursing shifts, driving an hour each way to Weatherford from her home in Gordon. On Tuesdays and Thursdays, she leaves home by 4:30 a.m. to meet her personal trainer first.

Saturdays start with another workout, followed by family time with West's husband, Joe, and 13-month-old son, Colby. Sundays mean church and the next week's worth of meal prep.

But the schedule isn't as easy to follow as it is for West to recite. Even with her self-described "super Type A" personality, West was surprised how much she struggled to balance motherhood, marriage, work and health when Colby was born.

“If I’m happier, it’s going to reflect on my time with my son. I really want him to have parents who are genuinely happy.”

—Sabrina West

“I thought, when we have a child, this is how it’s going to be,” says West, 31. “That goes out the window when you actually have a child.”

Plenty of moms can relate. Although women make up almost half of the nation’s labor force, studies show they spend nearly twice the time caring for children as men do. And three-quarters of women serve as the “family health captain,” overseeing their children’s health care.

### HELP YOURSELF, THEN OTHERS

Amid those pressures, it’s common for women to neglect their own health and happiness, says Maurice Gagnon, MD, an Ob/Gyn on the medical staff at Baylor Scott & White Medical Center – Grapevine. He reminds patients of the airplane safety instructions about securing your oxygen mask before helping others.

“It’s the same thing with your family,” he says. “If you’re not happy and in balance, your family’s going to suffer.”

For women seeking less stress and better health, West and Dr. Gagnon share their advice.

### EXERCISE AS MEDICINE

West’s motivation for leading a healthy lifestyle changed when she became a mom.

“Now I think about it as, I want to be healthy for my family, not I want to be cute in a bikini at the lake,” she says.

West and her husband, an Army veteran training to be a Texas state trooper, follow a strict schedule to maintain their health. West orders groceries online and plans meals efficiently so that leftovers from tonight’s steak dinner become toppings in tomorrow’s salad. When she drops off Colby at her mom’s house, Grandma often watches the slow cooker, too.

The Wests alternate mornings at the gym, with Sabrina working out with two friends—the added accountability helps her resist the temptation to sleep in instead.

Exercise is one of the first activities women cut when they get busy, but it should be one of the last, Dr. Gagnon says. Lack of exercise and poor diet are risk factors for almost every health condition, from diabetes to heart disease to cancer. Plus, he says, exercise is a proven mood booster.

“Exercise is as important as any medicine I prescribe,” Dr. Gagnon says. “Find three days a week where you can let it all out. It’ll make you feel good about yourself and it will help you defuse some of that stress.”

### TAKING BREAKS FROM PARENTHOOD

The first time West and her husband went on a weekend getaway, she felt guilty for leaving Colby behind. But she also recognizes that taking breaks from being a mom makes her a better one.

“If I’m happier, it’s going to reflect on my time with him,” West says. “I really want him to have parents who are genuinely happy.”

That’s the advice Dr. Gagnon gives in urging moms to take a day—or even a half-day—each week to focus on themselves. When women aren’t able to recharge, daily stress can build up into sleep troubles, depression and physical symptoms of stress.

“No matter how strong you are, everyone has a point where that’s it,” he says. “You have to be able to listen to your body.”

West enlists more help from her husband and relatives when she’s feeling overwhelmed. Although the past year has required making plans, it’s also taught her to abandon them.

## 3 WAYS TO MAKE TIME FOR EXERCISE

You might have good intentions to exercise regularly, but it can be hard to make time for your workouts. Sarah Chang, MD, an internal medicine physician on the medical staff at Baylor Scott & White Medical Center – Grapevine, offers these tips on how to find time for fitness:

1. If you’re not exercising at all, start by working more activity into your life. Park at the back of the lot, take the stairs instead of the elevator, or run around in the park with your kids. Add in a little more movement every day.

2. Once you get in the habit of moving, try different exercises to see what you enjoy. “Everybody is different, and if you don’t enjoy something you’re not going to keep it up,” Dr. Chang says. Anything that keeps your heart rate elevated for at least 30 minutes a few times a week will work—walking, jogging, biking, dancing and sports are all great options.

3. Put your exercise time on your calendar, and treat it like any other appointment. You wouldn’t cancel a dentist appointment at the last minute or show up at a different time, right? Handle your workout the same way.

**MORE**

### Need Motivation?

Your doctor can offer exercise tips to improve your health. Call **1.800.4BAYLOR** or visit **[BSWHealth.com/Grapevine](http://BSWHealth.com/Grapevine)** for a referral to an internal medicine physician on the medical staff at Baylor Scott & White – Grapevine.



If you encountered a medical emergency, could you act quickly and confidently?

# Action Ready

**You can't predict an emergency, but you can prepare for one**

 A MEDICAL EMERGENCY ISN'T THE TIME for thinking, debating or internet searching. Planning for an emergency is always better than reacting to one, unpleasant as the task may be.

“There are a lot of simple things you can do that will make a difference,” says Robert D. Greenberg, MD, chief medical officer of emergency services at Baylor Scott & White Health – Central Texas.

In case of an emergency, would you be ready? Answer these questions to find out.



### Do you know when to call 911?

If a life is in jeopardy, don't hesitate to dial. Emergency medical technicians can perform treatment in an ambulance that could mean the difference between life and death.

"You see people who come to the emergency department in a private car because they didn't want to use an ambulance," Dr. Greenberg says. "But that's what the ambulance is for."



### If you have a medical condition, do people around you know how to help?

From friends to co-workers to next-door neighbors, the people in your life should know about your medical conditions, like diabetes, severe allergies, asthma or seizure disorders. Without that knowledge, an acquaintance might not recognize a low blood sugar episode if you have diabetes or throat swelling if you have allergies.

"You don't necessarily have to know how to treat it," Dr. Greenberg says, "but know how to get treatment."



### Do you know how to stop bleeding?

Severe bleeding can't wait for emergency responders to arrive: Someone can die of blood loss in as little as five minutes.

Using both hands, apply firm pressure directly on the wound. If bleeding from an arm or a leg can't be controlled, Dr. Greenberg says, it's time for a tourniquet. Wrap a compression bandage, a belt or a specialized device 2 or 3 inches above the bleeding site, as tightly as possible, to stem bleeding while awaiting help.



### Do you know the signs of a heart attack and stroke?

Too many times, Dr. Greenberg has heard people say, "I didn't think it was a heart attack because the chest pain wasn't severe" or "I didn't think it was a stroke because it didn't hurt." A medical emergency doesn't always look as dramatic as it does on TV.

Watch for the less-obvious signs of a heart attack, like chest pressure, shortness of breath, lightheadedness, or pain in one or both arms, the jaw, neck or stomach.

And when it comes to signs of stroke, think FAST:

- ▶ Face: Is the face drooping on one side?
- ▶ Arms: Does one arm drift down when both are raised?
- ▶ Speech: Is speech slurred?
- ▶ Time: It's time to call 911 if you notice any of these symptoms.



### Is your cellphone prepared for an emergency?

Cellphones have made emergencies easier to manage in many ways—and more difficult in others. If your smartphone is protected by pass code, medical staff can't access contact information of your family members to notify them of an emergency.

Both iPhones and Android phones allow storing of emergency information that first responders can access from the lock screen. Include your name, date of birth, emergency contacts, medical conditions and blood type.

And if you call 911 from your cellphone, always explain your location: The system was designed for landlines, not for mobile phones on the move (although systems are constantly improving).



### Does your family know your end-of-life wishes?

No one wants to discuss preferences on feeding tubes and ventilators. But it's better to think about end-of-life scenarios now than create uncertainty for your family later. Dr. Greenberg recommends talking to your doctor to see whether completing a MOST (medical orders for scope of treatment) form, which covers treatment desires for catastrophic emergencies, is right for you.

Dr. Greenberg says, "You need to make sure your loved ones know what your wishes are when you can't make those decisions anymore."

## HOW TO HANDLE MEDICAL EMERGENCIES

Each medical emergency is different—as are the ways to handle them. Kenneth LeCroy, MD, a family medicine physician on the medical staff at Baylor Scott & White Medical Center – Grapevine, gives advice on what to do in these types of emergencies:

**Stroke.** If you notice facial drooping, arm weakness, or slurred or garbled speech, get to the emergency room as soon as possible.

**Heart attack.** If someone collapses and is not breathing, call 911 and start chest compressions at 120 times per minute. If you are in a church, school, stadium or other public location, send someone to look for an automated external defibrillator (AED).

**Drowning.** In cases of drowning, Dr. LeCroy recommends CPR with both chest compressions and breathing. "Keep pumping and breathing until help arrives," he says.

**Choking.** Only reach into someone's mouth if you can see food—otherwise you might push the food further into the airway. Perform the Heimlich maneuver by squeezing hard below the rib cage. If an infant or small child is choking, you can hold them upside down and alternate back blows and chest compressions. If you're alone and choking, you can use the force of a chair to hit your abdomen just above your bellybutton. This movement will push the air out of your lungs, which can force the food out of your airway.

**MORE**

### Call 911

In serious emergencies, don't hesitate to call 911. EMTs can begin treatment and start communicating with the hospital as soon as they arrive, so you or your loved ones can get help immediately.

# Head Start

Providing a care manager after discharge could improve results for people with traumatic brain injury

➔ For individuals who have been hospitalized because of a traumatic brain injury, or TBI, the future can be uncertain. What their new life looks like is contingent on, at least in part, the care they receive after they go home.

“The first year after injury is when people can make the most progress in their recovery,” explains Simon Driver, PhD, director of rehabilitation research and Ginger Murchison chair for traumatic brain injury research at Baylor Institute for Rehabilitation. “Optimal outcomes occur when hospitalization and intensive inpatient

rehabilitation are immediately followed by outpatient services to support continued recovery.”

With this goal in mind, TBI patients are discharged with instructions for complex medical care and rehabilitation, which they and their families are responsible for coordinating: attending follow-up therapy or physician visits, taking medications, accessing specialized equipment and getting help returning to work.

## ABOUT THE STUDY

### Improving Transition from Acute to Post-Acute Care After Traumatic Brain Injury

Researchers are exploring whether providing a care manager after discharge can aid recovery for people with moderate to severe TBI.

#### Key Contributors

Baylor Institute for Rehabilitation  
Patient-Centered Outcomes Research Institute



“It can be overwhelming,” Dr. Driver says, “but the patient’s long-term recovery depends on these services being delivered with sufficient intensity and duration.”

## THE NEED FOR CONTINUED CARE

Nearly half of those hospitalized with TBI will experience long-term disability in the form of psychological, social, physical or work-related problems. “These may be caused by the challenges patients and families face in juggling burdensome health care needs after leaving the hospital,” Dr. Driver says.

To address this issue, a new study conducted through Baylor Scott & White Research Institute aims to find out whether assigning a care manager after discharge could make the transition home more successful—and ultimately improve recovery.

## MONITORING ITS EFFECTIVENESS

Baylor Institute for Rehabilitation is one of six facilities participating in the \$12.7 million study, which over the next five years will enroll 900 people with moderate to severe TBI and randomly assign them to one of two groups.

“Both groups will receive the standard advice and referral sources, but the optimized group will also be assigned a care manager to assist in coordinating their rehabilitation needs and provide phone consultations for six months,” Dr. Driver says. Researchers will then follow up with participants to compare how they are doing at three, six, nine and 12 months.

Although the study won’t be completed until 2022, Dr. Driver believes that providing optimized discharge care will greatly benefit patients. “By increasing support after discharge,” he says, “we hope to significantly improve the lives of TBI patients.”

MORE

## Seeking Breakthroughs

Baylor Scott & White is continually looking for ways to help people through medical innovations. Visit [BSWHealth.com/Research](https://www.bswhealth.com/research) for research initiatives in North and Central Texas.

# WHAT'S ONLINE

→ [BSWHealth.com](http://BSWHealth.com)



## RECIPE

### GINGERED FRUIT AND NUT MIX

Not only does ginger add flavor to this hearty snack, but it also has health benefits, helping to relieve muscle soreness, soothe digestive distress and fight some cancers.



→ See our recipe page at [BSWHealth.com/Recipe](http://BSWHealth.com/Recipe) and get mixing!

## QUIZ

### HEAR! HEAR!

You can lose your hearing for many reasons. Take our quiz to learn about what causes hearing loss and how you can prevent it.



→ Head to [BSWHealth.com/HearingQuiz](http://BSWHealth.com/HearingQuiz) to get started.



## ONLINE

### Personalized Care

When you need a doctor, you can turn to Baylor Scott & White Medical Center – Grapevine.

→ Visit [FindDrRight.com](http://FindDrRight.com) to search for a doctor who specializes in a certain condition or disease, has an office close to your home or work, speaks your language and accepts your insurance.

## VIDEO

### “I CAN DO EVERYTHING THAT I DID BEFORE. I’M 100 PERCENT SYMPTOM-FREE.”

After the birth of her second child, Holly Salas experienced lingering pain from a prolapsed uterus. Surgery gave her the ability to be active with her family.

→ Visit [BSWHealth.com/MyStory](http://BSWHealth.com/MyStory) to see her talk about the journey.



## COMMUNITY

### SPORTS THERAPY AND RESEARCH FACILITY: FIRST OF ITS KIND

Baylor Scott & White Health has collaborated with the Dallas Cowboys to create a sports medicine, research and performance facility at The Star in Frisco. The 300,000-square-foot campus, set to open in early 2018, will focus on injury prevention, research and wellness for athletes of all ages and abilities and also offer treatment to nonathletes with sportslike injuries.

→ Go to [BSWHealth.com/Star](http://BSWHealth.com/Star) for details about this initiative.





# Consistent Care. Consistently Recognized.

*U.S. News & World Report 2017-2018*

Once again, *U.S. News & World Report* ranked Baylor Scott & White Medical Center – Grapevine among the top 10 hospitals in the Dallas-Fort Worth area. We were recognized in the latest “*Best Hospitals*” ratings as high-performing in three common procedures or conditions— **heart bypass surgery, colon cancer surgery and COPD (chronic obstructive pulmonary disease)**. For you, these recognitions confirm our commitment to providing quality health care each day.

To find out more about our award-winning care,  
visit [BSWHealth.com/BestHospitals](http://BSWHealth.com/BestHospitals).



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