

Baylor Scott & White Health

BSWHealth.com/**FortWorth**

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“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



SET YOUR HEART AT EASE
Heart attack survivors:
We answer your questions
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 **BaylorScott&White**
ALL SAINTS MEDICAL CENTER
FORT WORTH



AFib Facts

Atrial fibrillation, also known as AFib, is the most common type of irregular heartbeat. It occurs when the heart's electrical impulses malfunction, causing the heart to beat rapidly or irregularly. At least 2.7 million Americans are living with AFib, and some are unaware they have it, according to the Centers for Disease Control and Prevention.

Here's what you need to know:

AFib increases the risk of stroke.

Individuals with AFib are four to five times more likely to have a stroke, and strokes caused by AFib tend to be more severe.

Certain people are at greater risk.

High blood pressure plays a role in 14 to 22 percent of all cases of AFib. Other risk factors include advancing age, obesity, heavy alcohol use, diabetes, kidney disease and heart disease.

AFib doesn't always show signs.

Up to a quarter of Americans with AFib don't experience any symptoms, while others have heart palpitations, irregular heartbeat, lightheadedness, tiredness or chest pain.

If you're concerned about AFib, talk to your doctor.

GO TO THE SOURCE

At Baylor Scott & White's HealthSource® Library, you can discover lots more about atrial fibrillation, including causes and treatment options. Visit BSWHealth.com/AFib to explore.

What to Know About Prostate Cancer



Cancer of the prostate, a walnut-sized gland of the male reproductive system, poses a significant threat to a man's health. And chances are good, unfortunately, that a man you care about will be diagnosed with the disease. Take a few minutes to learn more.

It's prevalent. Prostate cancer is the most common cancer in American men after skin cancer. It's estimated that about 1 in 7 men will develop it. An estimated 161,360 new cases will be diagnosed in 2017 alone.

It mostly affects older men. About 6 in 10 cases of prostate cancer are diagnosed in men older than 65. It's rarely diagnosed in men younger than 40.

It's survivable. Most men who are diagnosed with the disease will not die from it. In fact, more than 2.9 million men who have been diagnosed are still alive today.

MORE

Schedule That Appointment

If it's been too long since you've had an annual checkup, don't delay—schedule one today! Need a physician? Call **1.800.4BAYLOR** or visit FindDrRight.com to find one on the medical staff at Baylor Scott & White – Fort Worth.

Baylor Scott & White All Saints Medical Center – Fort Worth, 1400 Eighth Ave., Fort Worth, TX 76104, 817.926.2544. Visit BSWHealth.com/FortWorth or call 1.800.4BAYLOR for information about Baylor Scott & White – Fort Worth services, upcoming events, physician referrals, career opportunities and more. Marketing/Public Relations Director: Ashleigh Killian.

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.

All Saints Health Foundation: 817.922.7707. Behavioral Health Services: 817.922.1162. Carter Rehabilitation & Fitness Center: 817.922.1139. Diabetes Center: 817.922.1794. Lymphedema Center: 817.922.2530. Neuroscience Program: 817.922.2385. Pain Management Program: 817.922.PAIN. Transplantation Services: 817.922.4650. Volunteer Services: 817.922.2376. Wound Management Program: 817.922.2430.

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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."

QUALITY ORTHOPEDIC CARE

Don't let a bone or joint injury keep you from doing the activities you enjoy. For a referral to an orthopedic surgeon on the medical staff at Baylor Scott & White – Fort Worth, visit FindDrRight.com or call **1.800.4BAYLOR**.



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

Committed to Healing Hearts

We've pioneered breakthrough techniques to revolutionize cardiac care. Go to [BSWHealth.com/Heart](https://www.bswhealth.com/Heart) to see an overview of services at Baylor Scott & White – Fort Worth.

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.

5 TIPS TO BEAT BURNOUT

Feeling frazzled? Brian Dixon, MD, medical director of behavioral health services at Baylor Scott & White All Saints Medical Center – Fort Worth, offers advice for finding balance.

1. Get up and get out. “More time online and at computers means less time outside,” Dr. Dixon says. “Walk outside at least 30 minutes a day and allow the sun to boost your vitamin D production, which can help with mood regulation.”

2. Think about it. Meditation and mindfulness are proven approaches to clearing your mind of the day’s stressors, Dr. Dixon says.

3. Mix and mingle. “It’s easy to fall into the allure of online social groups,” he says, “but nothing replaces the benefits of being in the same room with another person, chatting over coffee or snacks and sharing experiences.”

4. Delegate or delete. “You can’t be all things to all people,” he says. “You have support all around you, so delegate when possible or give up the tasks that don’t feed your focus and spirit.”

5. Talk about it. If you’re at your wits’ end, Dr. Dixon recommends consulting a professional: “Having an unrelated, nonbiased third party can help you build insight into your thoughts, feelings and actions.”

MORE

Manage Stress with a Healthy Lifestyle

Keep your stress in check with more tips from Baylor Scott & White Health, and also discover six ways to put more fun in your life. Visit [BSWHealth.com/ManageStress](https://www.bswhealth.com/ManageStress) today.



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."

CALL 911 FOR THESE SYMPTOMS

Some health conditions warrant immediate, emergency medical attention. Toral Bhakta, DO, medical director of emergency services at Baylor Scott & White All Saints Medical Center – Fort Worth, describes four of them.

Chest pain or pressure. "Chest pain, pressure or fullness, and pain or discomfort in the arm, neck, back or jaw could indicate a heart attack, especially when accompanied by shortness of breath, cold sweat, nausea or lightheadedness," Dr. Bhakta says.

Sudden symptoms. "Drooping on one side of the face, one arm that drifts down when you raise your arms, and slurred or strange speech are all signs of stroke," she says.

Altered mental state. "Fainting, confusion, seizures and sudden, severe headache are all considered medical emergencies," Dr. Bhakta says. "While there can be a variety of causes for these, most warrant medical attention."

Infection complications. "If you have an infection and develop a fever, racing heartbeat and lightheadedness, seek medical attention immediately," she says. "Sepsis can become fatal very quickly."

MORE

Your Trusted Partner in Heart Health

Regular checkups can help you identify potential health issues before they become emergencies. Get a referral to a primary care physician on the medical staff at Baylor Scott & White – Fort Worth. Visit FindDrRight.com or call **1.800.4BAYLOR.**

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



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 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 to get started.



ONLINE

Have a Question? Get an Answer Now

Whether you need help finding a new physician, registering for a class or connecting with a support group, Baylor Scott & White - Fort Worth's friendly online advisers are standing by.

→ Visit BSWHealth.com/FortWorth and click "Chat with an Adviser" to connect right away.

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 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 for details about this initiative.



From screenings to surgery



and everything in between.

At Baylor Scott & White All Saints Medical Center – Fort Worth, you'll find local care that's backed by expertise of the largest not-for-profit health care system in Texas. A network of more than 800 hospitals, clinics and patient care locations across our great state, all focused on improving health care for you. So no matter what you need, from screenings to surgery, Baylor Scott & White – Fort Worth is Changing Health Care. For Life.®



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For a physician referral or for more information, call
1.800.4BAYLOR or visit us online at BSWHealth.com/FortWorth