

Baylor Scott & White Health

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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



ACHING JOINTS?

Learn how to prep your body for orthopedic surgery PAGE 4



Joint ownership with physicians



Understanding Parkinson's Disease

Parkinson's disease is a movement disorder that can cause tremors, stiffness, slow movements and problems with balance and coordination. Symptoms start gradually. "Typically when someone is diagnosed, they have had symptoms for a year or two. It's initially very subtle," says Michael Desaloms, MD, a neurosurgeon on the medical staff at Baylor Scott & White Medical Center – Plano.

Parkinson's disease is not curable, but treatment can reduce the symptoms' severity. Many people live with the disease for a long time. "Most of the time, treatment starts with medication, which initially can be very helpful," Dr. Desaloms says. "But with time, the disease usually gets worse."

A surgical procedure called deep brain stimulation is also an option. Doctors have been using it to treat

Parkinson's disease for nearly 20 years. "We're finding that it's a long-lasting treatment," Dr. Desaloms says. Because it's so effective, doctors are turning to it earlier in the treatment plan, though it might not be right for everyone. "If a patient is very sick and in a wheelchair, it can be too late for deep brain stimulation," he says.

MEET WITH A SPECIALIST

If you notice symptoms of Parkinson's disease, see a doctor for a diagnosis. For a referral to a neurosurgeon on the medical staff at Baylor Scott & White – Plano, visit BSWHealth.com/PlanoNeuro or call **469.814.2270**.

What's That Lump?

It's common to notice a lump in your neck, as colds and respiratory tract infections can trigger swollen lymph nodes. But if a lump doesn't go away in a couple of weeks, you should see your doctor because it could be a sign of cancer.



"Your doctor may recommend antibiotics, and if the lump persists, a biopsy is most likely the next course of action," says William McNamara, MD, an oncologic surgeon on the medical staff at Baylor Scott & White Medical Center – Plano.

Many head and neck cancers can be treated with surgery alone, often with minimally invasive techniques that have fewer side effects than traditional open procedures. Other more advanced cancers might require radiation and chemotherapy.

MORE

Get Expert Help

If you have cancer, you'll want to consider all your treatment options. For a referral to an oncologic surgeon on the Baylor Scott & White – Plano medical staff, visit FindDrRight.com to get started today.

Baylor Scott & White Medical Center – Plano, 4700 Alliance Blvd., Plano, TX 75093. 469.814.2000. Giving Opportunities/Baylor Health Care System Foundation: 214.820.3136. Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people through exemplary health care, education and research as a Christian ministry of healing. President and CEO, Baylor Scott & White Health System: Joel Allison.

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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?

Register for a free joint pain seminar. For more details, call **1.800.4BAYLOR** or visit **BSWHealth.com/PlanoEvents** to get started today.

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

Strong Heart Health

Take the right steps to protect yourself from a heart attack. For a referral to a cardiologist on the Baylor Scott & White Medical Center – Plano medical staff, visit BSWHealth.com/Plano or call **1.800.4BAYLOR**.

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.

HOMETOWN SUPPORT

Women in and around Plano can join local cancer support groups where they can connect with others and find information and educational resources.

Betsy Booth, manager of oncology navigation services at Baylor Scott & White Medical Center – Plano, shares the following support groups, which are specifically designed for women with cancer:

► **From Cancer to Health (C2H)** is a group intervention run by a team of expert psychologists and is designed to teach key strategies that help women effectively cope with a cancer diagnosis and subsequent treatment. Women who participate are found to have lower stress, improved immune functioning and a reduced likelihood of cancer recurrence.

► **Look Good Feel Better®** is an American Cancer Society program designed to support women undergoing cancer treatment. A licensed cosmetologist assists women in feeling more comfortable with changes in their appearance through education on makeup application and head coverings.

► **Support for People with Oral, Head and Neck Cancer** is a local chapter of a national SPOHNC organization and is in support of those facing oral, head or neck cancer.

MORE

Join the Community

Your doctor can help link you to local support groups. For a referral to an internal medicine physician on the Baylor Scott & White Medical Center – Plano medical staff, head to [FindDrRight.com](https://www.finddrright.com) 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."



4 SIGNS IT'S AN EMERGENCY

All kinds of medical conditions can send you seeking medical care. Alan Weier, MD, medical director of the emergency department at Baylor Scott & White Medical Center – Plano, says that for certain symptoms, getting treatment right away is critical. Here are the four warning signs you should never ignore:

- 1 Chest pain, which could be a sign of a heart attack, a less-common heart emergency or another condition.
- 2 A sudden headache, slurred speech, weakness or facial drooping or asymmetry, which could point to a stroke.
- 3 New abdominal pain, especially if it's accompanied by fever, vomiting or diarrhea, which could indicate a digestive condition that might require surgery.
- 4 A change in mental status, which could be due to infection or stroke.

Dr. Weier says that in instances of heart attack or stroke, you should call 911 immediately. In other cases, consider alternative transportation if you think you can get to the emergency department quickly. If you're in severe pain or experiencing altered mental status, don't drive yourself.

MORE

Care Close to Home

Do you know where to turn in an emergency? Visit BSWHealth.com/Emergency to find your nearest emergency room location today.

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

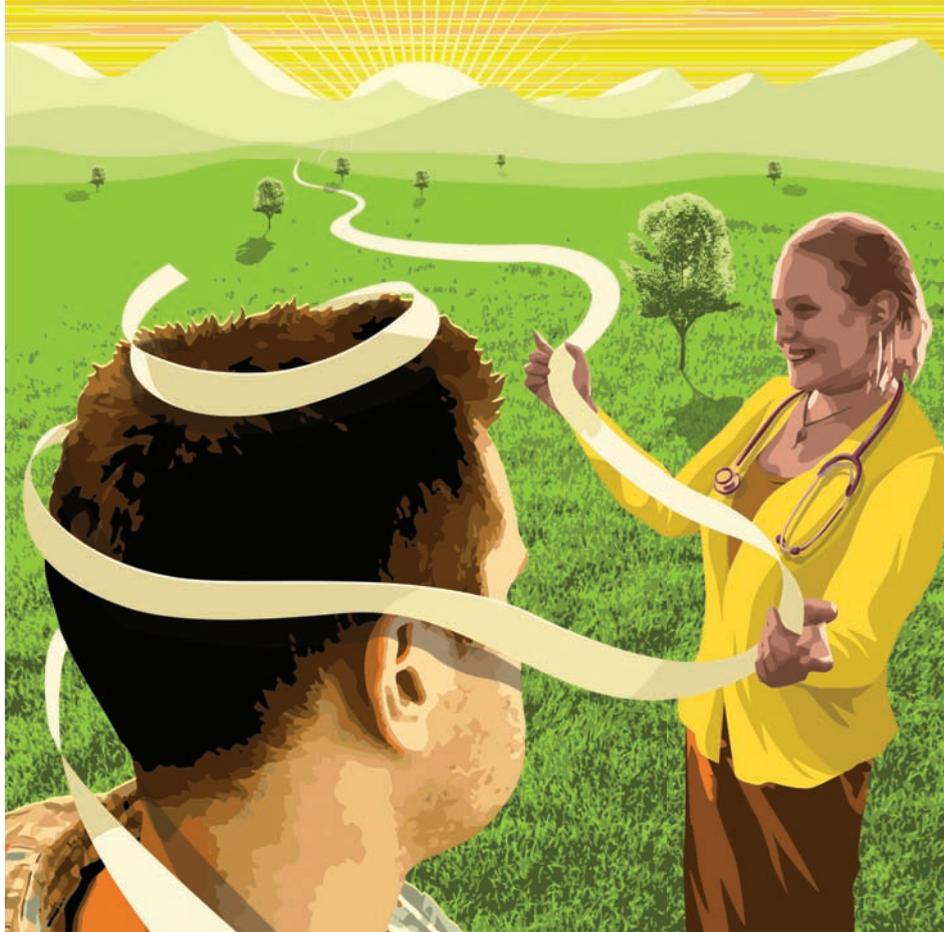
Improving Transition from Acute to Post-Acute Care After Traumatic Brain Injury

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.



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.



ONLINE

Take Control of Joint Pain

If joint pain is limiting your daily activities, learn about your options at the free monthly joint pain seminars offered at Baylor Scott & White – Plano.

→ Register at BSWHealth.com/PlanoEvents or call **1.800.4BAYLOR**.

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.



Community Calendar

September & October 2017

Registration required for all events unless otherwise indicated.

→ Call **1.800.4BAYLOR** to register.

MAMMOGRAPHY

Saturday Mammography Services

8 a.m. to noon. Register for a screening at BSWHealth.com/PlanoMammo or call **469.814.5500**. Most insurance plans are accepted. **Sept. 16 and 23 and Oct. 7, 14, 21 and 28**, Women's Imaging Center at Baylor Scott & White – Plano. **Sept. 16 and 23 and Oct. 7, 14, 21 and 28**, Baylor Scott & White – Plano Elizabeth Jekot, MD Breast Imaging Center.

SEMINARS AND SUPPORT GROUPS

Weight Loss Surgery Support Group

Second Wednesday of each month, 6 to 7 p.m., Education Center 1 & 2, Garden Level of Baylor Scott & White – Plano.

Diabetes Support Group

Sept. 14 and Oct. 12, 7 to 8 p.m., Conference Room A & B, Garden Level of Baylor Scott & White – Plano.



Every delivery is special.

Our Women's Center offers sensitivity and quality medical care during the remarkable experience of childbirth.

Kangaroo care, lactation consultants, free childbirth classes, and a celebration dinner are all here for you. Should your newborn require extra care, our neonatal intensive care unit (NICU) provides advanced life-support services and technologies to promote optimal development. With a caring, specialized staff and beautiful, well-appointed suites, your baby's birth is sure to be unique.

For a physician referral or for more information about women's services, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/Frisco.



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