

Health



“Prioritizing my own health allows me to be there for others.”

Jill Grimes

works with her primary care provider to find a balance of family, career and more PAGE 6



SET YOUR HEART AT EASE
Heart attack survivors:
We answer your questions
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Come to Us for Flu Protection

It's time to start thinking about flu season again. The Centers for Disease Control and Prevention recommends the flu vaccine as the most important step you can take to protect yourself and your family.

The optimal time for vaccination is October to December.

If you've ever wondered how the vaccine is developed from year to year, part of that process happens right here at clinics in Temple and Belton. Since 2011, Baylor Scott & White Health – Central Texas has been one of five U.S. sites working with the CDC to study the effectiveness of the flu vaccine.

To support this ongoing effort, Baylor Scott & White clinics collect

information about patients who may have the flu and identify whether they were vaccinated, which strain they contracted and how severe their illness becomes. The data are used by the CDC and the World Health Organization.

GET YOUR FLU VACCINE

The flu vaccine will be available at all of Baylor Scott & White Health's primary care clinics. Visit BSWHealth.com/Flu to learn more about flu clinics and the drive-thru flu event.

How We're Expanding Organ Transplantation

As home to the only organ transplant center between Austin and Dallas, Scott & White Medical Center – Temple is continually looking for ways to offer lifesaving transplants close to home. Key developments include:

- ▶ Criteria for eligible organs have broadened, which makes more organs available to people who need them.
- ▶ A program called Training 4 Transplant™ helps would-be organ recipients qualify for transplantation by helping them improve their health.
- ▶ A growing, experienced staff includes nephrologists, an immunologist and surgeons who are internationally known in the field of transplantation.

“We have successfully transplanted 31 patients from the Training 4 Transplant program,” says Jacqueline A. Lappin, MD, FACS, FRCSI, surgical director of the abdominal transplant program at Scott & White Medical Center – Temple. “These are people who otherwise might not have received a transplant.”

And in the first six months of 2017, surgeons transplanted 78 organs, about three times the total from all of 2014, when the transplantation program began.

MORE

Need a New Organ?

For details about transplantation services in Central Texas, including heart, kidney/pancreas and living donor kidney transplants, visit BSWHealth.com/Transplant or call **254.724.8912**.

Scott & White Medical Center – Temple, 2401 S. 31st St., Temple, TX 76508. President: Shahin Motakef; Chief Medical Officer: Stephen Sibbitt, MD; Temple Region Marketing Manager: Stefanie Hall. Visit BSWHealth.com or call 1.800.792.3710 for information about Baylor Scott & White Health's services, providers, career opportunities and more. Find a provider at BSWHealth.com/Physicians or a location at BSWHealth.com/Locations.

Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people by providing personalized health and wellness through exemplary care, education and research as a Christian ministry of healing.

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Baylor Scott & White: 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.

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.

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.



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."

ORTHOPEDIC CARE CLOSE TO HOME

To learn about the comprehensive orthopedic services provided by Baylor Scott & White Health, visit [BSWHealth.com/Ortho](https://www.bswhealth.com/Ortho)—and to search for a facility near you, click "Find an Orthopedic Care Location."

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

Advanced Heart and Vascular Care

Baylor Scott & White has pioneered breakthrough techniques to transform cardiac care. Go to [BSWHealth.com/Heart](https://www.bswhealth.com/Heart) to see an overview of services and find a specialist on the medical staff at a Baylor Scott & White Health facility near you.



Jill Grimes with her daughter Nicole and her husband, Drew

Balancing Act

Managing work, family and health takes effort, even for a doctor like Jill Grimes

➔ ON HER BLOG, JILL GRIMES DOCUMENTS her attempts at new healthy habits, from lifting weights to drinking more water to resisting the drive-thru on family road trips.

Following a healthy lifestyle isn't always easy—even for a doctor.

Over more than 20 years as a family physician in private practice, Grimes sometimes struggled with the same challenges her patients faced: balancing work, marriage, and care for her children and elderly parents while making time for her own health, too.

“Women tend to put themselves as the last priority. They tend to backburner their health. But if their child was having any issues, they'd be seen right away,” says Grimes, who now works part time

“It’s so drilled into women’s heads that you need to take care of everything. When you have extra stresses and people offer to help, say yes.” —Jill Grimes

at a college health clinic in Austin. “I’ve been guilty of this myself, absolutely.”

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

Too often, women compromise their own health and happiness, says Kristyn Fagerberg, MD, a physician at West Hills Family Health Center in Bee Cave, part of Baylor Scott & White Health. Dr. Fagerberg reminds patients of the airplane safety instructions about securing your oxygen mask before helping others.

“If women don’t take care of themselves,” she says, “they’re not going to take care of anyone else.”

For women seeking less stress and better health, Grimes and Dr. Fagerberg share their advice.

EXERCISE AS MEDICINE

Grimes starts every day by walking her dogs, a habit so routine she compares it with brushing her teeth. She ignores TV (college football aside), limits social media time and has banned smartphone games to ensure she exercises daily.

“It’s not like I leap out of bed with music on my lips proclaiming my happiness,” Grimes says, jokingly. “I just know I need the physical activity, and it’s health maintenance for both my brain and my body.”

Exercise is one of the first things women cut when they get busy, but it should be one of the last, Dr. Fagerberg says. Lack of exercise and poor diet are risk factors for almost every health condition, including the No. 1 killer of women: heart disease.

Seeing patients hesitate about gyms, Dr. Fagerberg reminds them that they can instead swim, dance or simply walk—like logging laps around the soccer field while watching their children practice. The biggest key to success, she says, is exploring exercise you enjoy.

“You can always find time to do things you want to do,” Dr. Fagerberg says.

EMPOWERING THE FAMILY

In asking college students about their medical histories, Grimes often hears this response at the clinic: “Let me text my mom.”

Women shouldn’t have to be solely responsible for the family’s health, says Grimes, who encourages teenagers to take more ownership of their medical conditions, prescriptions and records. Before they left for college, her daughters prepared at least one family meal per month so they could learn about nutrition and cooking.

Women should also lean on their partners to be more proactive in their health, Dr. Fagerberg says. “If your husband isn’t involved in his health care, is it because you always do everything for him?” she asks.

LESS IS MORE

Dr. Fagerberg reminds patients it’s OK to say no to added responsibilities and yes to help from others. She frequently sees a drive for perfection build into depression, anxiety and physical symptoms of stress. She encourages women to simplify their lives, whether that means dividing more parenting duties or forgoing the children’s seventh activity.

“You have to get off the merry-go-round or you get caught in this cycle of keeping up with everyone around you,” she says. “As soon as you jump off, you realize that’s all crazy.”

3 TIPS TO BEAT BURNOUT

Marlow Griggs, MD, a mother of three children ages 6 and younger and a family medicine physician at Baylor Scott & White Clinic – Temple Westfield, knows a thing or two about a working mom’s need to avoid burnout. She shares her top tips for finding balance:

1 Tap your support system.

“Everyone says it takes a village to raise a child,” she says. “Don’t be afraid to ask your friends and family for help. Most will be delighted you’re asking.”

2 Make “me time.” Whether it’s getting a pedicure once a month or going for a walk on your lunch break, take time to tend to you. “If you end up burned out and with depression or sickness,” Dr. Griggs says, “then you can’t take care of your children.”

3 Decide when to take a stand. “That war with your kid over carrots? Maybe it’s not worth the fight,” she says. “Don’t sweat the small stuff. Be picky with the battles you fight.”

MORE

Care for the Caregiver

Do the demands of the day have you feeling overwhelmed? Your doctor can help you find ways to cope. Go to [BSWHealth.com/PrimaryCare](https://www.bswhealth.com/PrimaryCare) for a referral to a primary care physician on the medical staff at a Baylor Scott & White Health facility near you.



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."

LOOK FOR CONVENIENT CARE BY NAME

If you need convenient, affordable care for a nonemergency injury or health condition, you don't have to look far.

Baylor Scott & White Convenient Care Clinic – Belton and Baylor Scott & White Convenient Care Clinic – Killeen offer advanced care without an appointment and at a fraction of the cost of going to an emergency department.

"People should go to Baylor Scott & White Convenient Care clinics when they want cost-effective care for nonemergency health concerns," says Linu Samuel, MD, a family physician at the Belton and Killeen locations.

Baylor Scott & White Convenient Care clinics are equipped to treat:

- ▶ Allergies
- ▶ Back pain
- ▶ Broken bones
- ▶ Earaches
- ▶ Eye irritation or redness
- ▶ Fever and symptoms of cold, flu and sore throat
- ▶ Headaches and migraines
- ▶ Infections: respiratory, sinus and skin
- ▶ Nausea, vomiting and diarrhea
- ▶ Rashes
- ▶ Sexually transmitted diseases
- ▶ Simple lacerations
- ▶ Urinary tract infections

After your visit to convenient care, Dr. Samuel says, "chronic condition follow-up and medication adjustments should be performed by your primary care physician."

MORE

Need Care Right Now?

Baylor Scott & White Convenient Care clinic locations in Belton and Killeen are open 8 a.m. to 7:30 p.m. every day. Visit [BSWHealth.com/WhereToGo](https://www.bswhealth.com/wheretogo) to learn more.

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

Be Prepared for a Poison Emergency

Knowing what to do if a loved one ingests poison could be lifesaving. The Central Texas Poison Center is a 24-hour emergency treatment help line. Program this number in your phone so it is always handy: **1.800.222.1222**.

→ Go to BSWHealth.com/PoisonCenter for poison safety tips and resources.

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.





Drive-Thru to Fight the Flu!

Get your entire family vaccinated against the flu without leaving your car

One day. Three locations. Help keep our local communities healthy this flu season by immunizing your family. **Join the friendly competition to see which city can do the most flu immunizations.**

Scott & White Clinic – Killeen

3801 Scott and White Drive | Killeen, TX 76543

Baylor Scott & White McLane Children's Specialty Clinic – Temple

1901 SW H.K. Dodgen Loop | Temple, TX 76502

Baylor Scott & White Clinic – Waco

7700 Fish Pond Road | Waco, TX 76710



Saturday, Oct. 14
10 a.m. to 2 p.m.

Compassionate care for adults and children from specially trained staff available at all three locations.

All forms of payment will be accepted—cash, credit card and insurance. Normal copays apply.

Rain or shine. New patients welcome.

Save time by completing the flu vaccine questionnaire in advance. Download the questionnaire and learn more BSWHealth.com/Flu.