

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
PAGE 5



3 Reasons to Get Your Mammogram

To beat breast cancer, the best offense is early detection through screenings such as mammography. In fact, mammography is estimated to have reduced breast cancer mortality in the U.S. by nearly 40 percent since 1990. That's because regular mammograms can identify cancer at its earliest, most treatable stage.

Why not schedule your mammogram today at Baylor Scott & White Medical Center – Hillcrest?

1. **It's easy to schedule.** Just call 254.202.4220. No referral needed.
2. **It's easy to access.** There is free parking at the Breast Center, on the ground floor of Office Building I on the Hillcrest campus.
3. **It's easy to complete.** The test takes 30 minutes, start to finish.

Advanced digital mammography is just one element of the comprehensive approach to breast health at Baylor Scott & White – Hillcrest. Services also include genetics testing, offered to women at high risk, and cancer navigation, where a nurse helps guide patients through every step of treatment and recovery.

ARE YOU DUE FOR YOUR SCREENING?

Scheduling your appointment is simple. Just call the Breast Center at Baylor Scott & White – Hillcrest at 254.202.4220.

Give Your Team a Healthy Advantage

Competitors want a winning advantage. In the Waco area, athletes and coaches have one—with Baylor Scott & White SportsCare.

SportsCare offers a number of programs to help teams and athletes stay healthy, including:

- ▶ Education on how to prevent injuries, such as ACL tears and concussions
- ▶ Sports physicals, health screenings and performance testing
- ▶ On-site medical coverage for schools, sports teams or organizations
- ▶ Continuing education for trainers, coaches and athletic staff, including CPR, first aid and automated external defibrillator (AED) training
- ▶ In the event of an injury, expedited access to specialized sports medicine physicians and surgeons on the medical staff at Baylor Scott & White Health facilities, and rehabilitation therapists



MORE

Keep Your Child in the Game

Baylor Scott & White Health can help! Learn about sports injury prevention and treatment services by calling your local Baylor Scott & White SportsCare representative at 254.202.TEAM (8326).

Baylor Scott & White Medical Center – Hillcrest, 100 Hillcrest Medical Blvd., Waco, TX 76712. President: Glenn A. Robinson, FACHE. Senior Vice President and Chief Medical Officer: Jim Morrison, MD, MPH, MBA. Marketing Manager: Alan Luker, MBA. Baylor Scott & White – Hillcrest Main Number: 254.202.2000. Baylor Scott & White Cancer Center, 150 Hillcrest Medical Blvd., Waco, TX 76712. Baylor Scott & White Cancer Center Main Number: 254.202.4000.

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

The material in *Baylor Scott & White Health* is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers, Baylor Health Care System, Scott & White Healthcare or Baylor Scott & White Health. Photographs may include models or actors and may not represent actual patients. *Baylor Scott & White Health* is published by MANIFEST LLC six times a year for friends and supporters of Baylor Scott & White Medical Center – Hillcrest. © 2017 Baylor Scott & White Health. If you are receiving multiple copies, need to change your mailing address or do not wish to receive this publication, please send your mailing label(s) and the updated information to Robin Vogel, Baylor Scott & White Health, 2001 Bryan St., Suite 750, Dallas, TX 75201, or email the information to Robin.Vogel@BSWHealth.org.



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.

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.

*Joint ownership with physicians



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.

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

From physical therapy to surgical reconstruction, orthopedic specialists on the medical staff at Baylor Scott & White – Hillcrest can advise you about your options for treatment. Call **1.844.BSW.DOCS (279.3627)** for an appointment.

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

If you’re given a diagnosis of heart or vascular disease, turn to Baylor Scott & White – Hillcrest. Your heart will be in good hands. To learn more or to request a free brochure, call **1.844.BSW.DOCS (279.3627)**.



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.”

TEACH YOUR CHILDREN TO TAKE CHARGE OF THEIR HEALTH

From the time they are born, children are hurtling toward independence. So why not capitalize on what they naturally want to do by teaching them to take charge of their own health?

“The younger you start, the easier it will be,” says Britni Eklund, DO, a pediatrician at Baylor Scott & White Hillcrest MacArthur Pediatric Clinic in Waco. Here are her three tips for empowering your little ones:

1 Set a good example. “Your children imitate everything you do,” she says. “Make healthy choices so that it’s easier for them to.”

2 Support their healthy choices. If they like apples, keep them handy. If they like dance, tennis or karate, enroll them in classes and be their cheerleader. “It’s easier for children—for any of us—to make healthy choices when we have support,” she says.

3 Involve them. Teach your children to read nutrition labels. If they see an interesting new vegetable, buy it and let them find a recipe to make together. “Make it fun for them,” Dr. Eklund says.

MORE

Trust Your Family’s Well-Being to Us

To find a doctor on the medical staff at a Baylor Scott & White facility near you, visit FindDrRight.com or call **1.844.BSW.DOCS.**

A woman with blonde hair, wearing a dark blue t-shirt and a red cape, is flying through the air. She has a determined expression and her right fist is clenched and raised high. The background is a bright blue sky with stylized white clouds. A red circular callout bubble is in the top left corner, containing text, with a red arrow pointing from it towards the woman.

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."



BE PREPARED TO SAVE A LIFE

If an emergency arises and someone nearby needs CPR, two steps can help you save his or her life.

1. When you see someone suddenly collapse, call 911.
2. Perform 100 to 120 chest compressions per minute in the center of the chest, hard and fast. A good way to think of it is to perform compressions to the beat of the Bee Gees hit "Stayin' Alive," says Tammy Stanley, a registered diagnostic cardiac sonographer at Baylor Scott & White Medical Center – Hillcrest.

That's it. No complicated maneuvers required.

"This simplified hands-only CPR is really a game-changer," she says. "It can double or triple a person's chances of survival."

According to the American Heart Association, more than 350,000 cardiac arrests happen outside the hospital every year in the U.S., and 70 percent of those happen in homes. "It can be your loved one," Stanley says. "And you can be prepared to help them."

MORE

Watch Hands-Only CPR Performed

Be prepared for an emergency by knowing how to perform CPR. Visit BSWHealth.com/HeartEducation and look for "Hands Only CPR" to watch a short video demonstrating the technique.

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

Are You at Risk for Breast Cancer?

Understanding the factors that raise your risk of breast cancer can help you determine the screenings that are best for you.

→ Visit BSWHealth.com/BreastCancerRisk to answer some questions and then discuss the results with your health care provider.

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.





Facing Surgery?

TURN TO BAYLOR SCOTT & WHITE
MEDICAL CENTER – HILLCREST

Whether in the surgical suites of Baylor Scott & White – Hillcrest or in the Ambulatory Surgery Center on our main campus, your individual treatment and care is our primary focus. Specially trained surgeons on the medical staff perform a wide array of surgical services. Plus, for extremely complex or unique cases, we have access to the sub-specialists and resources of Baylor Scott & White Health, Texas' largest not-for-profit health care system. That's why Baylor Scott & White – Hillcrest is the surgical destination of choice for thousands of Waco-area residents each year.

Surgical Services

- **General** (appendectomy, hernia repair, laparoscopic cholecystectomy and more)
- **Orthopedic** (fracture repairs, total joint replacements and more)
- **Women's health** (gynecological, urogynecological, pelvic, breast, obstetrics and more)
- **Heart, vascular and thoracic**
- **Neurosurgery**
- **Urologic** (including male reproductive surgery)
- **Colorectal**
- **Ear, nose, throat, and head and neck**
- **Cosmetic/plastic**
- **Ophthalmic** (eye)
- **Trauma**
- **Sports medicine**



To learn more about surgical services at Baylor Scott & White – Hillcrest, or to find a surgeon that's right for you, call **1.844.BSW.DOCS.**