

# 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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# Nurses are CNOR Strong

At Baylor Scott & White Medical Center – Marble Falls, our nurses are dedicated to excellence—and it shows. In fact, our facility recently earned CNOR® Strong designation, a national recognition from the Competency & Credentialing Institute (CCI), thanks to the dedication of several surgical nurses on our staff.

CNOR is a professional development certification that encompasses every aspect of perioperative nursing—that is, before, during and after surgery. The program is designed to help nurses improve and validate their knowledge and skill set in order to provide quality care to patients.

CNOR Strong designation is awarded to facilities with at least 50 percent CNOR-certified nurses. (Nearly 80 percent of Baylor Scott & White – Marble Falls operating room nurses are currently CNOR-certified.)

“This designation affirms our surgical nurses’ dedication to providing quality care for our patients,” says Betsy Patterson, chief nursing officer, Baylor Scott & White Health – Hill Country Region. “Patient safety and positive outcomes are of the utmost importance to us, and we’re proud of our nurses’ ongoing commitment to their profession and these core values.”

## COMMITMENT TO EXCELLENCE

To learn more about Baylor Scott & White Health’s awards and accreditations, visit us at [BSWHealth.com/Awards](http://BSWHealth.com/Awards) today.

## Join Us for a Breast Cancer Awareness Seminar



Celebrate Breast Cancer Awareness Month this year by joining Baylor Scott & White Medical Center – Marble Falls for an informational seminar designed to educate participants about breast cancer prevention, screening and treatment options.

This year’s event will be held on Thursday, Sept. 28, 2017, from 3 to 4 p.m. at Baylor Scott & White Medical Center – Marble Falls in the Colorado/Pedernales Room, which is located on the lower level next to the cafeteria.

The event will feature a panel of medical experts from the Baylor Scott & White – Marble Falls medical staff—including plastic and reconstructive surgeon Staci Hix-Hernandez, MD, and Ob/Gyn Jacqueline Guy, MD, among others—who will answer questions about breast health, screening, cancer prevention and more.

Ask a woman you care about to join you in honor of Breast Cancer Awareness Month. We hope to see you there!

**MORE**

## Save Your Spot

Join us for this year’s breast cancer awareness seminar at Baylor Scott & White – Marble Falls. The event is free, but registration is required and spots are limited. To register, please call **1.844.BSW.DOCS (279.3627)** by Friday, Sept. 22.

Baylor Scott & White Health – Hill Country, 800 West Hwy 71, Marble Falls, TX 78654. President: Tim Ols; Chief Medical Officer: Paul Cook, MD; Hospital Marketing Manager: Karen Matthews. Visit [BSWHealth.com](http://BSWHealth.com) or call 1.800.792.3710 for information about Baylor Scott & White’s services, providers, career opportunities and more. Find a physician at [BSWHealth.com/Physicians](http://BSWHealth.com/Physicians) or a location at [BSWHealth.com/Locations](http://BSWHealth.com/Locations).

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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.



**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.



# 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."

## **GET YOUR LIFE BACK**

If an orthopedic condition or injury has kept you from the activities you enjoy, it's time to get it checked out. To find an orthopedic specialist on the medical staff at Baylor Scott & White – Marble Falls, visit [FindDrRight.com](http://FindDrRight.com) 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**

### **Matters of Your Heart**

From heart disease prevention to advanced diagnosis and treatment, Baylor Scott & White – Marble Falls can help keep your heart healthy for a lifetime. Visit [BSWHealth.com/Heart](https://www.bswhealth.com/Heart) to learn more.



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.”

## HELPING KIDS MAKE HEALTHY CHOICES

As parents, raising healthy kids is one of our biggest priorities—and challenges.

“Kids are eager to exert their independence, but they still need consistent guidance to make healthy choices,” says Kim Fehlis, MD, a pediatrician on the medical staff at Baylor Scott & White Medical Center – Marble Falls.

Here are her tips for guiding children in the right direction:

#### Create a healthy environment.

“We all crave sweet and fatty foods, so it’s unrealistic to expect kids to overcome that on their own,” Dr. Fehlis says. “Help them make better choices by devoting a refrigerator shelf to healthy snacks—like pre-cut fruits and veggies, yogurt and boiled eggs—that they can have without asking.”

#### Cultivate a love for healthy eating.

“Take your kids to the store to shop for healthy foods and teach them how to select the freshest produce,” she says. “Or look through cookbooks together to find new recipes and then let them help prepare it.”

**Get moving as a family.** “Brainstorm fun and exciting things to do that will get everyone moving,” Dr. Fehlis says. “It could be swimming at a local pool or lake, family bike rides or exploring a new hiking trail.”

**MORE**

### Your Pediatrician Can Help

When it comes to raising healthy kids, you’re not alone—your pediatrician can offer support and advice. To find a pediatrician on the medical staff at Baylor Scott & White – Marble Falls, visit [FindDrRight.com](http://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."

## WHEN TO SEEK EMERGENCY CARE

When you or a loved one are seriously ill or injured, where do you go for medical care?

"A trip to the ER can be expensive, but in a true emergency it's absolutely worth it," says Robert White, RN, CEN, an emergency nurse at Baylor Scott & White Medical Center – Marble Falls. "If you're unsure, always err on the side of getting help."

Always consider the following an emergency:

**Neurological symptoms.** Fainting; seizures; confusion; difficulty seeing, speaking, walking or moving; a severe or sudden headache; sudden dizziness or weakness.

**Trouble breathing.** New or increased difficulty breathing for any reason.

**Pain that's concerning.** Pain in the arm or jaw (which could indicate a heart attack) or severe pain anywhere in the body.

**Severe injuries.** Serious burns, deep wounds, heavy bleeding or possible broken bones.

**High fever.** High fever, especially when accompanied by a headache, stiff neck or infection.

**Digestive symptoms.** Vomiting up blood, blood in the stool, or vomiting or diarrhea that won't stop.

And remember, if time is of the essence, call 911, White says. "They can transport you safely, start treatment right away and get you to the facility that has the capabilities to treat you."

**MORE**

### Be Prepared

For more information about how you and your family can be ready for emergencies and to learn more about emergency services at Baylor Scott & White – Marble Falls, visit us at [BSWHealth.com/Emergency](http://BSWHealth.com/Emergency) 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](http://BSWHealth.com)



## RECIPE

### GINGERED FRUIT AND NUT MIX

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



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

## QUIZ

### HEAR! HEAR!

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



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



## ONLINE

### Did You Get Great Care?

We honor great nurses and non-nursing staff with the DAISY and Sunshine awards. To nominate someone who has gone above and beyond, visit [BSWHealth.com/MarbleFallsDaisy](http://BSWHealth.com/MarbleFallsDaisy) and fill out a simple form.

## VIDEO

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

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

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



## COMMUNITY

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

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

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





## FREE BREASTFEEDING CLASSES

# HIGH EXPECTATIONS?

Register for perinatal education at Baylor Scott & White Medical Center – Marble Falls. Learn the basics of breastfeeding, including discussions on position, latch techniques, feeding schedules, benefits and challenges. Support persons are encouraged to attend with expectant mothers.

**Marble Falls classes are at 5:30 p.m. on the  
first Thursday of each month.**

**A Spanish-speaking class follows at 6:30 p.m.**



**Baylor Scott & White**

**MEDICAL CENTER**  
MARBLE FALLS

810 W. Hwy. 71, Marble Falls, TX 78654  
[BSWHealth.com](http://BSWHealth.com)

**RSVP is required.**

**For more information or to  
RSVP, please call the Birth  
Center at 830.201.8200.**