

November 2013

Baylor Health

GARLAND EDITION

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REAL PATIENTS. REAL STORIES.

Putting *the* Pain *in the* Past

Thanks to treatment at Baylor, VICKI GIALLANZA's headaches no longer control her life

PAGE 6



DO YOU KNOW DIABETES?
Get the facts about this dangerous disease **PAGE 2**



Q&A: FIBROID TUMORS
Our expert answers common questions **PAGE 4**

What You Don't Know Can Hurt You

Diabetes is more common, dangerous and underdiagnosed than most people realize. Here are some little-known facts about diabetes to bring you up to speed:



Let the Healing Begin

Wounds that won't heal are more than just unsightly. Chronic wounds have the potential to result in serious consequences if they go untreated, from blood infections to loss of a limb.

If you have a wound that has persisted for longer than six to eight weeks, it's time to see a specialist at Baylor Medical Center at Garland's Comprehensive Wound Center. Here's how you can get on the path to healing:

- 1. Ask for a referral** to the Comprehensive Wound Center or call **972.696.1234** to make an appointment directly.
- 2. Let our team of wound care experts evaluate** your wound and medical history to develop a personalized treatment program.
- 3. Care for your wound at home** using the directions and treatments prescribed, while meeting weekly with your wound care physician.

Heal Better Soon

If you've been dealing with a wound that just won't heal, the experts at Baylor Medical Center at Garland's Comprehensive Wound Center can help. Call **972.696.1234** to learn more.

25.8M+ More than **25 MILLION AMERICANS** currently have diabetes, according to the American Diabetes Association.

1/3

of Americans with diabetes do not know they have the disease.

Family history, age, ethnicity, being overweight and a sedentary lifestyle are all **RISK FACTORS.**



Diabetes Defense

For more information on diabetes prevention and management, visit us online at **BaylorHealth.com/GarlandDiabetes** or contact Baylor Garland Diabetes Education at **972.487.5483**.

Diabetes is diagnosed when **BLOOD SUGAR LEVELS** are elevated. Blood sugar readings greater than **126** mg/dl fasting are indicative of diabetes.

The health of your heart and vascular system, eyes, kidneys and feet can be jeopardized by diabetes.



If you have diabetes or prediabetes, ask your doctor, dietitian or diabetes educator to refer you for a diabetes self-management class, like the one offered at Baylor Medical Center at Garland, which can help you take control of your diabetes.

Baylor Medical Center at Garland, 2300 Marie Curie Blvd., Garland, TX 75042 President: Tom Trenary; Marketing/Public Relations Manager: Eva Hummel; Editor: Eva Hummel; Baylor Garland Main Number: 972.487.5000; Parent Education Classes: 1.800.4BAYLOR (1.800.422.9567); Baylor Senior Health Center-Garland: 972.487.5444; Baylor Garland Diabetes Program: 972.487.5483; Baylor Breast Center: 972.487.5293; Baylor Garland Physician Referral: 1.800.4BAYLOR (1.800.422.9567); Baylor Garland Volunteer Services/Auxiliary: 972.487.5520

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WALK OFF YOUR DIABETES RISK

Do you want to reduce your chances of developing diabetes? Put down your fork and hit the pavement. In a recent study of older adults at risk for diabetes, those who took a 15-minute stroll after meals showed improved blood sugar levels. And the postdinner walk was even more effective at halting a spike in blood sugar than walking after breakfast or lunch.

So before tackling those dishes, slip on your sneakers and take a turn around the block.



The Ultimate Gift? Stress-Free Holidays!

The holidays are supposed to be a time to celebrate and enjoy being with family and friends. But trying to make it “the best year ever” can lead to stress, disappointment and hefty credit card bills. It doesn’t have to be this way. Follow these three tips to cut the stress out of your holiday plans.

1 Watch your wallet. When it comes to gift-giving, set a budget and stick with it. And draw names if you’re exchanging with your extended family.

2 Watch your workload. Don’t wait until the last minute to shop or clean before company comes. Stay organized by making to-do lists and delegating tasks to others.

3 Watch your plate. Eating high-fat foods leads to extra pounds—and that means added stress. So when you indulge, choose only your favorite holiday foods and keep the portions small. And stick with your exercise routine to keep your weight on track and relieve stress.

7 (Other) Weight Loss Benefits

Losing weight can bring a range of health benefits—not just smaller pants. Slimming down can reduce or eliminate a variety of health problems, such as:

1. Asthma
2. Sleep apnea
3. Acid reflux
4. Stress incontinence
5. Blood pressure
6. Diabetes
7. Joint pain

Talk to your doctor about creating a weight loss plan for you.



Do You Have Diabetes?

To find a physician who can screen you for diabetes, visit **FindDrRight.com** today.



Fibroid Tumors Demystified

Our expert answers your questions about this common women's health issue

YOU'VE HEARD OF THEM—or maybe your sister has them. You may even have them. But how much do you really know about fibroid tumors—and more important, the new treatments available for them?

Here, Tiffany Jackson, MD, general gynecologist and medical director of minimally invasive procedures on the medical staff at Baylor Medical Center at Garland, answers common questions about fibroid tumors and explores the latest treatment options.

WHAT ARE THEY?

Fibroid tumors are noncancerous growths of the uterine wall that can vary in size, shape and location within the uterus. “They can be as small as a pea or as big as a grapefruit,” Dr. Jackson says.

WHAT ARE THE SYMPTOMS?

“Though many women don't experience symptoms, the most common include abnormal uterine bleeding and pelvic pressure or pain as well as painful periods,” Dr. Jackson says.

Other symptoms may include painful intercourse, difficult or frequent urination, constipation or difficulty with bowel movements, and infertility or difficulty getting pregnant.

WHAT CAUSES THEM?

“We're not sure, though there do seem to be common risk factors among women who develop them,” Dr. Jackson explains.

And there are a lot of us. In fact, up to 70 percent of Caucasian women and 80 percent of African American women will develop uterine fibroids by age 50. Other risk factors include no previous pregnancies and a high blood pressure level, Dr. Jackson adds.

WHAT TREATMENTS ARE AVAILABLE?

While a low-dose birth control pill or an IUD can help minimize bleeding, fibroids generally do not go away, Dr. Jackson says, with one exception. “Some fibroids decrease in size during menopause.”

Surgical options to remove fibroids include:

- **Myomectomy** surgically removes fibroids while preserving the uterus. “Unfortunately, many women experience a recurrence,” Dr. Jackson says.

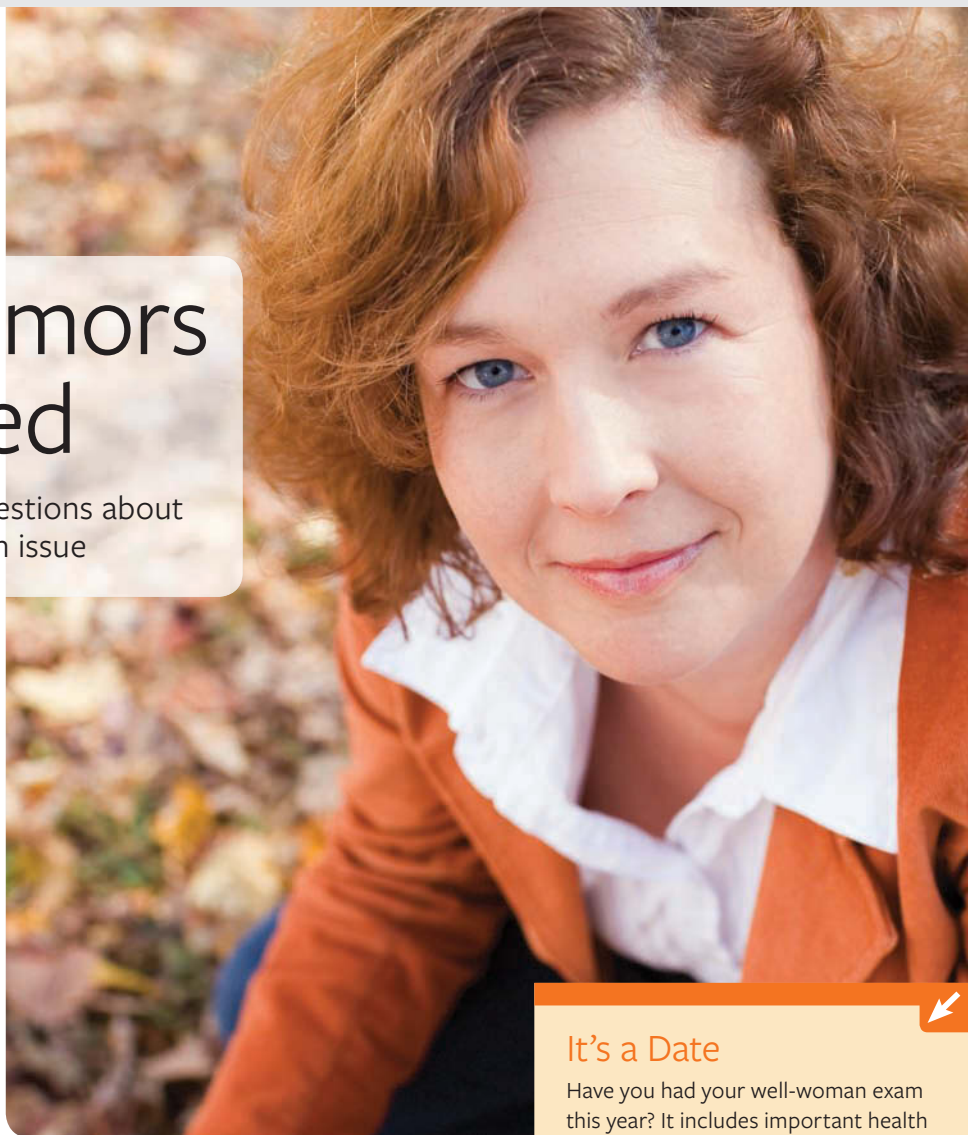
It's a Date

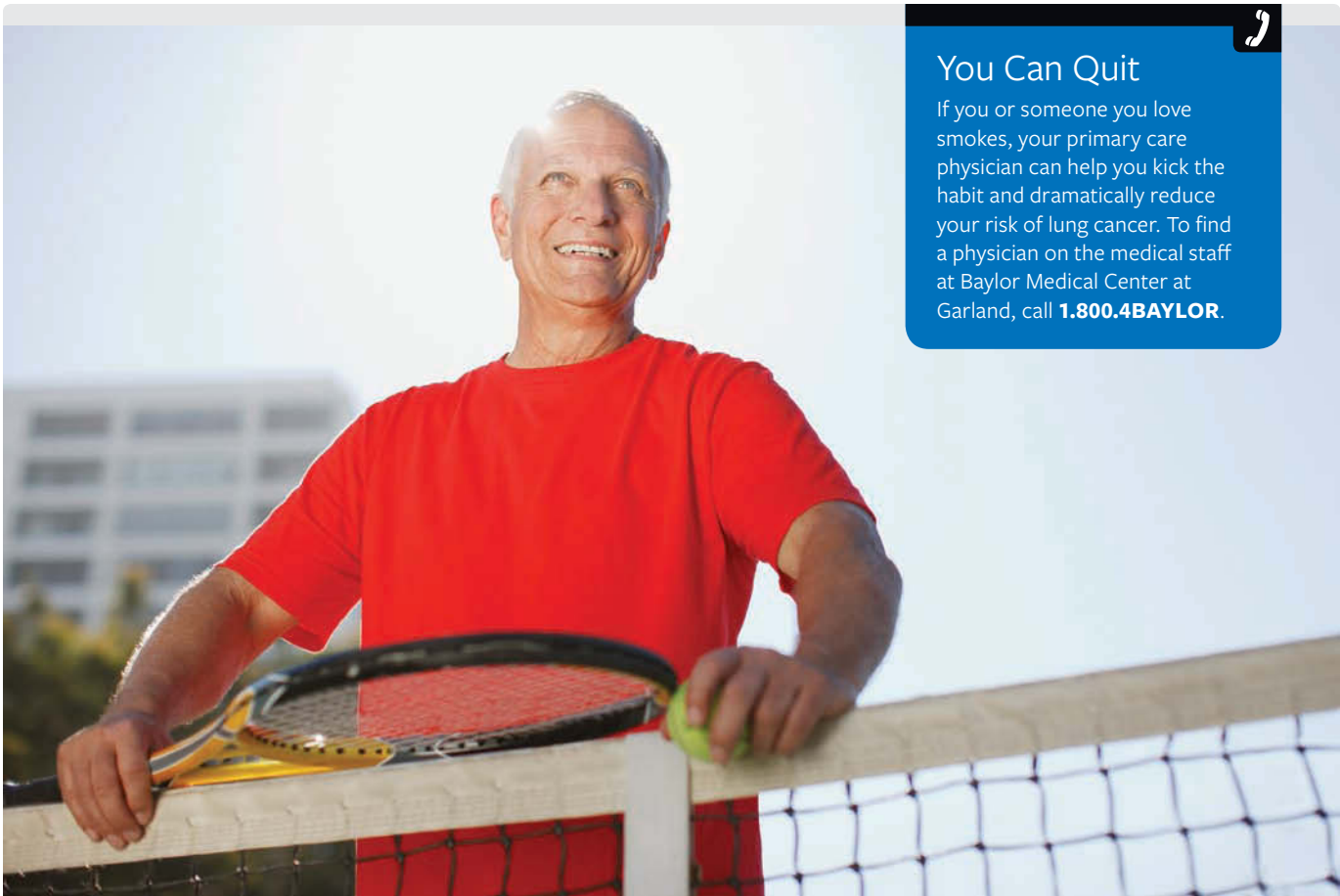
Have you had your well-woman exam this year? It includes important health screenings you can't afford to miss. For a referral to a gynecologist on the medical staff at Baylor Medical Center at Garland, call **1.800.4BAYLOR**.

- **Hysteroscopy** is a minimally invasive procedure for women who have fibroids only within the cavity of the uterus. “We place a camera inside the uterus and are able to remove any fibroids without making a single incision,” Dr. Jackson says.

- **Hysterectomy** is the only way to ensure that fibroids will not return. “Many women choose to remove the uterus and keep their ovaries, which allows them to not enter hormonal menopause,” she adds.

- **Uterine artery embolization** cuts off the blood supply to the fibroid using small pellets, which are delivered to the uterine artery through a catheter.





You Can Quit

If you or someone you love smokes, your primary care physician can help you kick the habit and dramatically reduce your risk of lung cancer. To find a physician on the medical staff at Baylor Medical Center at Garland, call **1.800.4BAYLOR**.

Q&A: LUNG CANCER

Here's what you need to know about the No. 1 cancer killer

THERE'S NO EASY WAY to say it: Lung cancer is the leading cancer killer among men and women in the United States.

“More people die from lung cancer than from prostate, breast, colon and pancreas cancers combined,” says Jose F. Escobar, MD, medical director of thoracic surgery at Baylor Regional Medical Center at Grapevine and a surgeon on the medical staff at Baylor Medical Center at Irving. Dr. Escobar recently sat down with *BaylorHealth* magazine to answer common questions about the disease and offer new hope for those at highest risk.

Q DO I HAVE TO WORRY ABOUT LUNG CANCER IF I DON'T SMOKE?

Dr. Escobar: Yes, unfortunately a significant percentage of individuals with lung cancer have never smoked. Women seem to fall into this category more than men. In fact, 20 percent of women who develop lung cancer have never smoked.

Q IS LUNG CANCER TREATABLE?

Dr. Escobar: If you find lung cancer at an early stage, it's very treatable with surgery. We also have less invasive treatment options, including localized radiation or ablation, which uses very hot or very cold temperatures to kill or shrink the tumor.

The problem is, symptoms—such as persistent cough or pain in the chest with deep breaths—don't show up until the cancer has grown significantly.

Q ARE THERE TESTS THAT CAN FIND LUNG CANCER EARLY?

Dr. Escobar: There is a low-dose CT lung cancer screening for high-risk patients.

Q WHO IS CONSIDERED “HIGH RISK” AND ELIGIBLE FOR THE CT SCAN SCREENING?

Dr. Escobar: Generally, people older than 50 who have a “30-year pack history” can be screened. This basically means they have smoked the equivalent of one pack a day for 30 years or two packs a day for 15 years. Other risk factors may come into play too, so talk to your doctor.

Does Your Head HURT?

How to *prevent and treat* the most common types of *headaches*

For Vicki Giallanza, severe headaches were a part of life. For years, she treated her migraines with over-the-counter pain medication but rarely found relief.

“I had such bad migraines that I was staying in bed and not being very functional,” she says. Finally, Giallanza decided it was time for real help—that’s when she turned to the Headache Center at Baylor University Medical Center at Dallas.

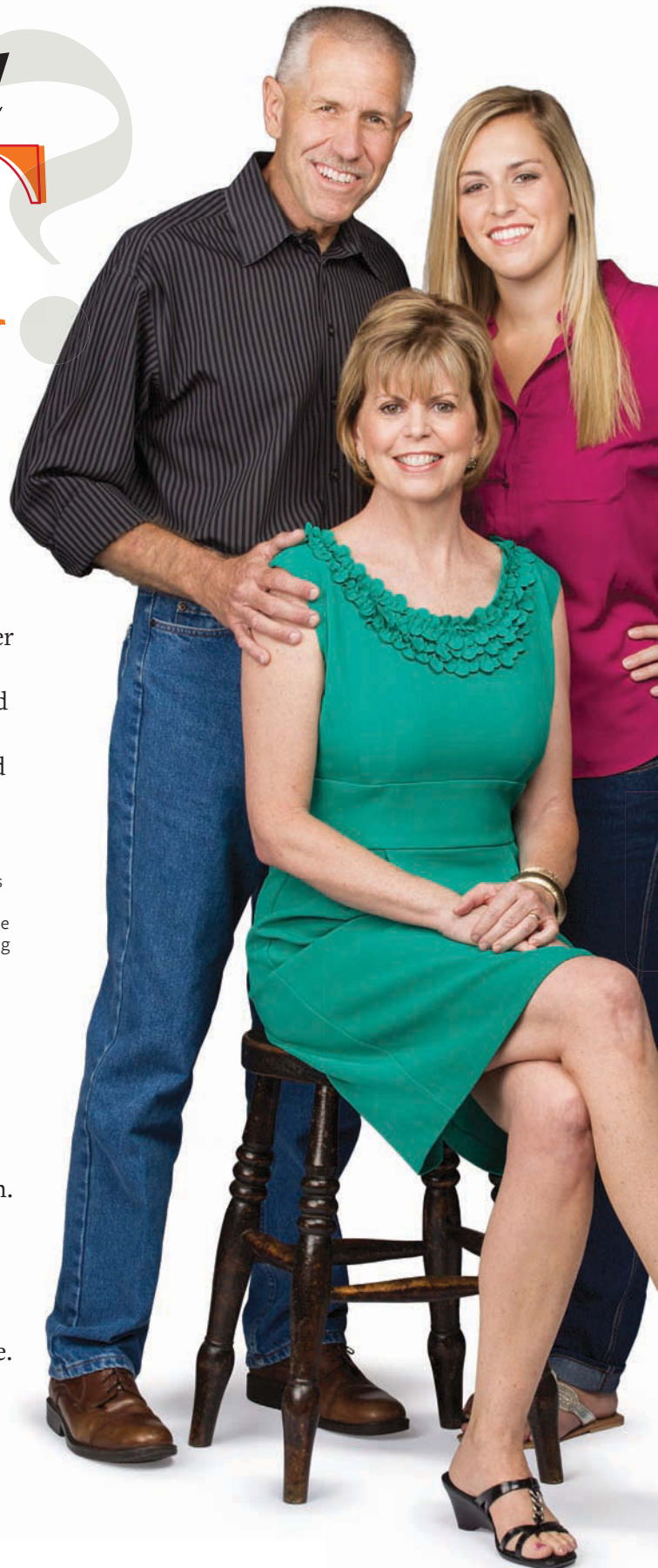
“When I first started seeing my neurologist, a whole door was opened to me about headaches in general. I found out that there are different kinds of headaches and different kinds of medicine,” she says.

Giallanza’s doctor prescribed medications to prevent headaches and to stop them if they start, and educated her about potential triggers, such as caffeine, stress and strong odors. She kept a headache journal, which helped her doctor identify her triggers and work to combat them.

“Every day was not about my life. It wasn’t about working or playing with my kids; it was about my headaches,” she says. “When I found my headache care specialist at Baylor, he took care of controlling my headaches, and I didn’t have to think about that anymore. He helped me come back and find my normal life.”

Are headaches keeping you from doing the things you love? Read on to learn more about the types of headaches and how you can put the pain in the past.

With her headaches under control, Vicki Giallanza enjoys time with family, including her daughter, Kali, and husband, Tom.



The Tension Headache

WHAT IT IS The most common kind of headache, a tension headache is the dull pressure you might feel after a long day hunched over your computer or if you skip a meal.

“Usually, these aren’t as severe as a migraine,” says Chaouki Khoury, MD, medical director of the Headache

Center at Baylor Dallas. “Typically caused by things like stress, hunger or dehydration, they are easily treated with an over-the-counter medication like ibuprofen.”

WHAT YOU CAN DO ABOUT IT To avoid this nagging pain, Dr. Khoury recommends adopting techniques to deal with stress, such as yoga and deep breathing; eating regular meals; and staying hydrated. “Don’t let yourself get starving or thirsty,” he says.

Watch Vicki’s Story

Hear more from Vicki about her experience. Visit BaylorHealth.com/Exclusive today.

The Migraine

WHAT IT IS More than 37 million Americans suffer from migraine headaches, which can be severe and debilitating. Besides the moderate to severe throbbing or pulsing in your head, other symptoms can include sensitivity to light, noise, smell, movement and temperature, as well as gastrointestinal issues, such as vomiting, diarrhea and constipation.

“Typically, when someone is having a migraine attack, the first response is to want to lie down in a cool, dark room, away from all stimulus,” Dr. Khoury says.

The exact cause of migraines is unknown, although genetics do play a role. “If your parents suffered from migraines, you have a significantly higher likelihood of developing migraines as compared to someone whose parents do not have migraines. The exact genetics of migraines are just now being elucidated, and there is still a whole lot we do not know about migraine genetics,” Dr. Khoury says.

WHAT YOU CAN DO ABOUT IT A variety of medications are aimed at stopping headaches before they even start. “Preventive medications are not a pain pill. They won’t treat an attack that has already started, but when taken correctly, they can help ward one off.”

But for most people, medication alone isn’t enough. “Prevention is a twofold combination of lifestyle and medication,” Dr. Khoury says. “It is important for patients to be able to identify their triggers and avoid them, if possible.”

Common triggers include stress, dehydration, caffeine, hunger, lack of sleep and weather changes.



The Cluster Headache

WHAT IT IS This form of headache gets its name from the way it appears: in clusters. “These headaches won’t happen for months, but when they do come on, they come in bunches,” Dr. Khoury says.

While the cluster is a rare form of headache, it is one of the most severe. “It involves unilateral pain around one eye, often described as a stabbing pain,” Dr. Khoury explains. “Your eye may tear up, and you may have swelling of your face on the same side as the headache.”

WHAT YOU CAN DO ABOUT IT These are typically a seasonal headache, so it’s important to be on regular medication to prevent them. Alcohol is also a major trigger, so be careful with your consumption, Dr. Khoury advises.

Get Ahead of the Pain

If you experience any of these headache “red flags,” see your doctor. For a referral to a neurologist on the medical staff at Baylor Medical Center at Garland, call **1.800.4BAYLOR**.

When It’s More Than a Headache

Headaches are never fun—especially when you’re away from the medicine cabinet. But most are treated easily with over-the-counter pain medicine, a big glass of water and time.

“You usually don’t need to see a doctor for primary headaches, like those from migraines and muscle contractions,” says Jai Kumar, MD, a neurologist on the medical staff at Baylor Medical Center at Garland. But sometimes, a visit to the doctor—or a neurologist—is warranted, he says.

See a health care professional if you experience headaches that:

- Are sudden and severe
- Are recurrent, frequent and persistent
- Are accompanied by a fever
- Are accompanied by neurological symptoms, like numbness, weakness, dizziness, loss of vision or difficulty speaking
- Occur after trauma or loss of consciousness
- Are accompanied by a spike in blood pressure, snoring or sleep disturbance

“These headache red flags may be symptoms of stroke, meningitis, sleep apnea or other serious conditions,” Dr. Kumar says.



For a life-threatening emergency, always call **911**.

What to Expect in an Emergency

BE PREPARED WITH OUR STEP-BY-STEP GUIDE

When an emergency strikes, every minute—and action—matters. But the stress of the situation can send even the most calm and collected among us into a panic that can cause missteps and delays in receiving potentially lifesaving medical care. But knowing what to expect can help.

Here, Todd Aspegren, MD, medical director of the emergency department (ED) at Baylor Medical Center at Waxahachie, walks you through a typical ED experience.



1. By Car or by Ambulance?

How you arrive at the ED is largely determined by the severity of your condition or injuries. If you called 911, it's a good bet you'll arrive by ambulance, which guarantees that you'll get urgent medical care sooner.

"EMTs can provide lifesaving treatments en route and call the hospital to make sure medications are ready for you so they can be administered more quickly," Dr. Aspegren says.

Taking an ambulance also prevents accidents. "People experiencing life-threatening situations like stroke or heart attack aren't in any condition to drive, and neither is the person caring for them," Dr. Aspegren says.

ER TIP "Be smart and call 911," Dr. Aspegren says.

2. Checking In



If you arrived on your own, the first thing you'll do is check in at the front desk and tell the nurse what's going on—and don't mince words. "Particularly in cases where you think you may be experiencing a stroke, heart attack or other life-threatening situation, it's important that we know that right away," Dr. Aspegren says.

In cases like these, or if you arrived by ambulance, you can expect to go straight to the exam room.

➔ **ER TIP** If your condition worsens as you're waiting, don't be afraid to speak up. Let the nurse know what's happening immediately.

3. Assessing the Situation



Within 15 minutes of check-in, you'll be taken into a private room to meet with a triage nurse, who will ask you questions about your symptoms and evaluate your vital signs like blood pressure and heart rate. "It's kind of the fork in the road where we decide who needs to be treated immediately and who can wait a bit longer while we treat more urgent needs first," Dr. Aspegren says.

Though the goal is to get you into the exam room as soon as possible, patients with less urgent needs like minor cuts or illnesses should expect a longer wait than someone who has experienced serious trauma or who might be having a stroke.

"We take care of everyone, but the ED is designed for people who require truly emergent care that can't wait, and we always serve those patients first," Dr. Aspegren says.

➔ **ER TIP** Keep a list of the medications you're taking handy at all times. This ensures you can give care providers the right information in an emergency.

4. The Exam Room



Here, a nurse and a physician will complete a full evaluation. This involves taking your medical history, performing a physical exam and ordering imaging and blood tests if necessary.

If you're experiencing a possible stroke or heart attack or other life-threatening situation, the whole process takes a fast track. "For those patients, we're in the room instantaneously and do a rapid physical exam," Dr. Aspegren says. "Our goal is to get stroke patients a CT scan

➔ **ER TIP** Give a full account of your symptoms and any other information that might be helpful. For example, maybe you have a history of ovarian cysts or you've been out of the country recently. Every detail can help with diagnosis and treatment.



within 45 minutes and heart attack patients an EKG and clot-busting medication within 30 minutes of arrival."

5. Where to Next?

If your situation was a minor one, you'll be heading home. But if you require further care, expect to be admitted to the hospital. Either way, your team will give you advice on how to stay healthy moving forward.

➔ **ER TIP** Don't leave the hospital if any aspect of the recommended treatment plan is unclear to you. Now's your chance to get your questions answered.

WHY ER ACCOLADES MATTER

When you find yourself or your loved one in an emergency medical situation, you're not thinking about whether the hospital is accredited or not—but that label means more than you might think.

"Accreditations are awarded to hospitals for meeting important criteria and national standards that

have been shown to improve patient outcomes," says Jared Wolf, MD, medical director of the emergency department at Baylor Medical Center at Garland.

Baylor Garland, for example, is accredited for stroke, chest pain and heart failure treatment, "so you can feel confident that you're getting quality treatment when you come here," Dr. Wolf adds.

Before you find yourself in an emergency situation, research which

In Case of Emergency

Don't get caught off guard in an emergency. Keep an emergency information form handy at all times. Visit [BaylorHealth.com/EmergencyForm](https://www.baylorhealth.com/emergencyform) to download yours today.

hospitals in your area are accredited so you can choose the right one in the event of a medical emergency.

The Flu Shot of the Future

Improved flu vaccines could be on the horizon thanks to new Baylor research

GETTING AN ANNUAL FLU VACCINE is an important step to staying healthy. That's because it can protect 60 to 90 percent of healthy adults from getting the illness.

The vaccine does, however, have its drawbacks, such as being defenseless against different strains of flu. Plus, the very young and the elderly don't seem to get the full vaccination benefit.

Though the flu vaccine has existed since the 1940s, scientists still don't fully understand how it works to create an effective immune response—and that information could go a long way toward improving the vaccine in the most vulnerable people.

DISCOVERING HOW FLU VACCINES WORK

Hideki Ueno, MD, PhD, investigator at Baylor Research Institute, and Octavio Ramilo, MD, principal investigator and chief of infectious diseases at the Nationwide Children's Hospital in Columbus, Ohio, have been working toward this end. In their research, they gave healthy children and adults the flu vaccine, and then tracked cell types over time.

This research is part of a multiproject grant from the National Institute of Allergy and Infectious Diseases (one of the National Institutes of Health)

that was awarded to Karolina Palucka, MD, PhD, an investigator at Baylor Research Institute and the director of the Ralph M. Steinman Center for Cancer Vaccines.

"We discovered a particular type of immune cells within those patients, called CD4 T cells, that are activated upon vaccination," Dr. Ueno says. "These cells boost production of existing antibodies that fight flu, but don't promote production of new antibodies."

In other words, the flu vaccine helps people with some immunity fight flu more effectively, but for those without that base immune response—like infants who have not yet been exposed to flu—it's much less effective.

For some reason, the elderly also don't experience a protective antibody response from flu vaccination and scientists aren't entirely sure why.

"It might be associated with an inability to generate this special type of CD4 T cells that help with production of antibodies," Dr. Ueno says.

A FUTURE WITHOUT THE FLU?

Understanding the importance of

these cells for effective flu vaccination means that Baylor researchers now have another piece of the puzzle for the development of a more effective vaccine for new strains of flu and for people who have compromised immune systems.

"Future studies will help us understand the mechanisms by which this particular type of CD4 T cell develops," Dr. Ueno says. "And that information could lead to the development of more effective vaccines in the future."

Get Involved

Visit BaylorHealth.com/AdvancingMedicine to learn about research trials at Baylor seeking participants.



Get the Exclusive

Visit [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/exclusive) for more health and wellness content!

CONNECT

CHAT US UP!

Are you looking for a physician or a support group? Would you like to register for a class or an event? Our online advisers can help. Chat with one today by visiting [BaylorHealth.com](https://www.baylorhealth.com) and clicking "Let's Chat" at the bottom.



TIPSHEET

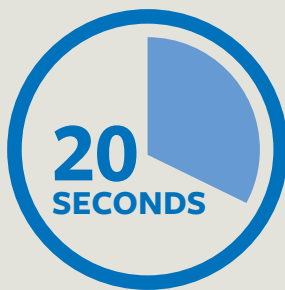
Stay on the Active Roster

Weekend warriors needn't be afraid of getting sidelined by injuries. Download our tipsheet at [BaylorHealth.com/Tipsheet](https://www.baylorhealth.com/tipsheet) for advice on how to stay in the game.

PODCAST

FIGHTING OFF THE FLU

Want to increase your chances of staying flu-free this season? Wash your hands frequently and for 20 seconds each time. For more surefire strategies, listen to our podcast at [BaylorHealth.com/Podcast](https://www.baylorhealth.com/podcast) today.



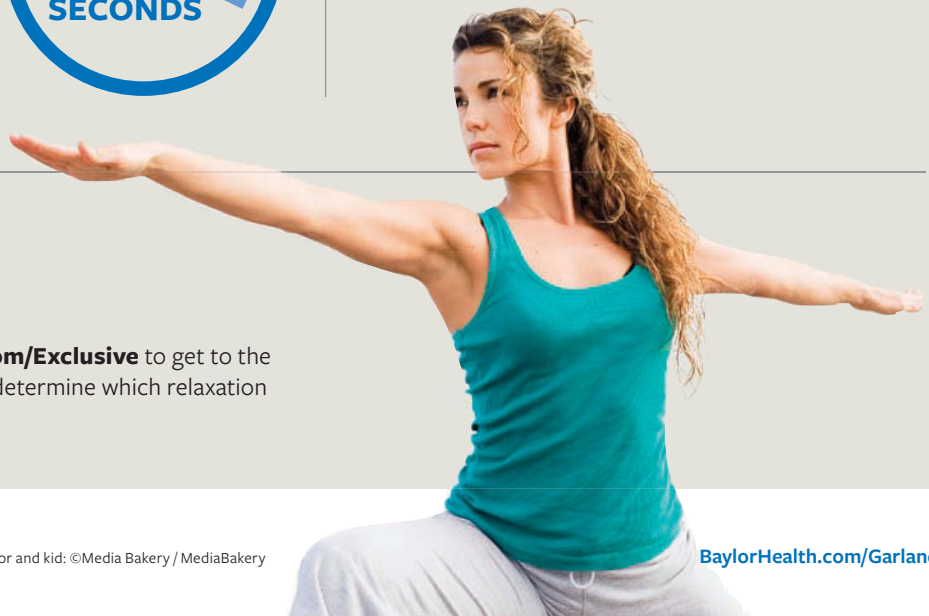
Award-Winning Care for You

AWARD Baylor Garland was recently awarded designation as a Blue Distinction Center[®] for Cardiac Care by Blue Cross Blue Shield[®] of Texas. To view all of our awards and accreditations, visit [BaylorHealth.com/Garland](https://www.baylorhealth.com/garland), then click "We're In Your Neighborhood," then "Awards and Accreditations."

QUIZ

Stress Less

Take our quiz at [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/exclusive) to get to the source of your stress, so you can determine which relaxation techniques work best for you.



COMMUNITY CALENDAR

November & December 2013 Events

PREPARED CHILDBIRTH AND BASICS OF BABY CARE

This class meets on Tuesday for four weeks from Nov. 5 through Nov. 26, 7 to 9:30 p.m. The class helps prepare the expectant mother and her support person for the birth of the baby. Classes should start during the sixth or seventh month of pregnancy. The class fee is \$85/couple. To register, visit BaylorHealth.com/Garland or call **1.800.4BAYLOR**.

INFANT/CHILD CPR

An infant CPR class will be offered Nov. 23, 10 a.m. to 12:30 p.m. This class is designed for expectant parents, parents of infants and children, and others who work with infants and children. The course includes infant/child health and safety issues, as well as CPR standards set by the American Heart Association. The class fee is \$25. To register, visit BaylorHealth.com/Garland or call **1.800.4BAYLOR**.

SUPPORT GROUPS

Breast Cancer Survivor Group

First Tuesday of the month, 7 to 8 p.m. First United Methodist Church, 801 W. Ave. B, Garland. Call **972.272.3471**.

The Baylor Garland Cancer Resource Center

Offering cancer patients and their families a wide range of resources, including community resource referrals, educational materials,

computer and Internet to access educational information, access to an American Cancer Society volunteer, as well as wig fitting, scarves, hats and comfort items. Open Monday, Wednesday and Friday from 10:30 a.m. to 2 p.m. For more details, call **972.485.3194**.

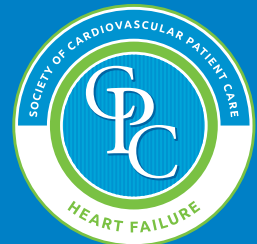
HEALTH EDUCATION SEMINAR

TREATMENT OPTIONS FOR ENDOMETRIOSIS

Presentation given by Tiffany Jackson, MD, general gynecologist and medical director of minimally invasive procedures. Thursday, Nov. 7, 6 to 7 p.m., at Baylor Medical Center at Garland (Auxiliary Conference Center), 2300 Marie Curie Blvd., Garland. To register, call **1.800.4BAYLOR**.



A Message You Can Take to Heart



We hope you never experience a heart-related emergency. But if the unexpected should occur, it's comforting to know that Baylor Medical Center at Garland is both an Accredited Chest Pain Center and an Accredited Heart Failure Center. In fact, Baylor Garland is one of fewer than 100 hospitals nationwide to achieve the Heart Failure Center accreditation. At Baylor Garland, your heart can rest easy knowing that you will receive advanced, evidence-based treatment from caring, compassionate professionals.

For a physician referral or for more information, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/GarlandHeart.

2300 Marie Curie Blvd.
Garland, TX 75042

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Username: BaylorHealth



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