

Health

“Baylor Scott & White has been assertive in helping me attack this cancer.”

Sam Douglass

sought treatment for his chronic heartburn, and it turned out to be much more
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DODGE WINTER WEIGHT GAIN
Learn how to curb your cravings
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Plan Ahead for Thanksgiving Treats

It's no secret that Thanksgiving is a feast day filled with special dishes that you probably enjoy only once a year. But though the food is great, not all dishes make a healthy meal.

As the holiday season begins, plan your splurges accordingly. If your calendar is full of parties and gatherings, choose a few where you would like to treat yourself to special foods and drinks you don't ordinarily have. For the rest, stick with the healthier choices. If you host Thanksgiving dinner, stave off temptation and send your leftovers home with your guests so they aren't sitting in your fridge for the next week. That way come New Year's Day, you won't have to resolve to lose the pounds you gained over the holidays.

When the cravings hit, remember that it's OK to enjoy your favorites, as long as you get back to your regular

healthy eating routine. So go ahead and have a spoonful of stuffing or a slice of pumpkin pie—but no need to gorge yourself. A small serving of those fattening favorites will satisfy your cravings.

HEALTHIER HOLIDAYS

For those days you aren't splurging, try a healthier twist on a holiday favorite. Visit BSWHealth.com/Nutrition for healthy eating resources.

Cold Killer

Winter is here, and that means cold and flu germs are spreading from person to person. To keep sickness at bay, wash your hands frequently. It's one of the top actions you can take to avoid contagious illnesses.



The Centers for Disease Control and Prevention recommends washing your hands:

- ▶ Before preparing and eating food
- ▶ Before and after caring for someone who is sick or injured
- ▶ After using the toilet, changing a diaper or cleaning up animal waste
- ▶ After blowing your nose, coughing or sneezing
- ▶ After touching garbage

Wash with soap for at least 20 seconds, and scrub between your fingers, under your nails and the backs of your hands. If soap and water aren't available, use a hand sanitizer that contains at least 60 percent alcohol.

MORE

Keep Up the Fight Against the Flu

Help keep yourself healthy this season by getting a flu shot. Visit BSWHealth.com/Flu to find a Baylor Scott & White clinic close to home.

Baylor Scott & White Medical Center – Grapevine, 1650 W. College, Grapevine, TX 76051.

West Region Marketing Director: Ashleigh Killian; Manager of Marketing/PR: LaKisha Howard; Community Outreach Manager: Rachel Nobles; Physician Liaison: Marie Hilliard. Main Number: 817.481.1588; Physician Referral: 1.800.4BAYLOR (1.800.422.9567); Educational Programs: 817.329.2878; Baylor Grapevine Diagnostic Imaging Center: 817.305.5010; Baylor Diagnostic Imaging Center at Keller: 817.482.2000; Baylor Grapevine Women's Center: 817.424.4500; 24-Hour Emergency: 817.329.2523; Baylor Therapy Center: 817.329.2524; Clinical Nutrition Programs: 817.329.2569; Volunteer Services/Auxiliary: 817.329.2665.

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 **Baylor Scott & White**
MEDICAL CENTER
GRAPEVINE

Baylor Scott & White Health and the Dallas Cowboys Team Up



Set to open in spring 2018, Baylor Scott & White Sports Therapy & Research (ST&R) at The Star in Frisco will feature many health care services centered on sports medicine, research and performance for people of all ages and abilities. Here are some highlights of the 300,000-square-foot campus, a collaboration with the Dallas Cowboys:

1 Sports performance. The ST&R will offer Fusionetics®, an evidence-based program designed to improve functional movement and training, prevent injuries and speed up recovery.

2 Advanced imaging. The imaging center will serve all patients, including Dallas Cowboys football players, and will feature an advanced MRI unit, plus multislice CT, ultrasound with 3-D applications, digital X-ray and bone density scanning.

3 Orthopedic care. “People who want a healthy and safer athletic or active lifestyle deserve advanced orthopedic care,” says Brody Flanagan, MD, an orthopedic shoulder surgeon on the medical staff at Baylor University Medical Center at Dallas and Baylor Scott & White Medical Center – Frisco. At the ST&R, physicians on the medical staff, including family practice and orthopedic surgery, will focus on the sports medicine needs of athletes and nonathletes alike.



HAVE A LOOK INSIDE THE ST&R

Learn more about the innovative programs and services that will make Baylor Scott & White Sports Therapy & Research at The Star the first facility of its kind. Go to BSWHealth.com/Star for updates.

20% People ages 55 to 74 who have a history of heavy smoking are 20 percent less likely to die from lung cancer if they're screened with a low-dose CT scan compared with a standard chest X-ray, according to a study sponsored by the National Cancer Institute. **Baylor Scott & White Health offers screenings in North and Central Texas for those at high risk of lung cancer.** Ask a doctor about your eligibility for a low-dose CT scan.



Solutions for Urological Problems

If you've ever had a burning sensation while urinating or leaked urine when you sneezed, you're not alone. These and other urological problems are common among women, and many people simply live with it because they're not comfortable talking about it or they don't know that help is available.

Know this! Urologists and urogynecologists on the medical staff at Baylor Scott & White are committed to caring for you, offering evaluation, consultation and treatment of all kinds of conditions, including:

- ▶ Urinary tract infections
- ▶ Urinary incontinence
- ▶ Painful bladder syndrome
- ▶ Kidney and bladder stones

MORE

Need Help?

The health care teams at Baylor Scott & White provide the comprehensive services you need as a woman. Visit BSWHealth.com/Women for details and to find a location near you.

Tame Your Cravings

4 strategies for dealing with hunger and dodging winter weight gain

→ WHY IS IT THE MINUTE temperatures drop below 60, we start wanting beef stew, fried chicken and macaroni and cheese? Maybe it's nature's way of telling us to fatten up for winter or the fact that shorter days dampen our moods and cause us to crave foods that make us feel better.

Kristopher Knoop, MD, a family medicine physician at Scott & White Clinic – Arrington Road in College Station, thinks it's a bit of both.

“Evolutionarily, winter used to be a time of famine, so it was beneficial to eat more carbs in the winter to store energy,” he says. “But also, the shorter, colder days can lead to seasonal affective disorder and even depression. Carbohydrates temporarily increase serotonin levels, which make us feel better.”

If you're not careful, your goal to feel good by indulging in comfort food cravings can lead to weight gain. Here are four tips to avoid unwanted insulation this season—without fighting how we're wired.

PRACTICE MORNING MODERATION

“Our carbohydrate cravings tend to worsen in the afternoon and evening,” Dr. Knoop says. “So take advantage of lower cravings at breakfast and lunch and eat healthy carbs then—vegetables, fruits and whole grains.”

SERVE UP HEALTHIER SOUP

Steamy and delicious, soup is an ideal winter meal. Made with the right ingredients, it can be equally healthy and satisfying. Opt for recipes based on broth rather than cream, and load up on beans, barley and lentils.

BE STRATEGIC WITH CHEAT FOODS

It's OK to give in to your cravings now and then. But instead of sitting down

with a whole sleeve of butter crackers, satisfy your craving by making it just a small part of a balanced meal or choosing a snack that ticks more than one food group box.

“My go-to cheat food is peanut butter,” Dr. Knoop says. “It has some carbohydrates to satisfy that craving, but also protein and unsaturated fat that will keep me satisfied longer.”

CHOOSE SOMETHING BETTER THAN A SNACK

Make a list of at least five activities you enjoy that also re-energize you, such as reading, walking or taking a bath. When a craving hits, pick something from your list.

“In the heat of the moment, all your brain will think about is satisfying the craving,” Dr. Knoop says. “But seeing alternatives in writing will help you replace that chocolate with something healthier.”

LEARN TO EAT BETTER

Nutrition education at Baylor Scott & White Medical Center – Grapevine can help you adjust your diet and feel better. Visit BSWHealth.com/Grapevine learn more.



Destined for Diabetes?

Take this quiz to determine your risk

→ TYPE 2 DIABETES GETS a lot of attention, and it's easy to see why. More than 29 million Americans have it—their bodies do not use insulin properly, leading to high blood glucose (sugar) and the possibility of significant health problems. And 86 million have elevated blood glucose levels that put them at risk for the disease. Could you be one of them? Take this quiz to find out.

1. Are you older than 45? Yes No

2. Are you overweight? Yes No

3. Do you have a family history of diabetes?
Yes No

4. Do you have high blood pressure, low HDL ("good") cholesterol or high triglycerides?
Yes No

5. Are you generally inactive?
Yes No

LET'S SEE HOW YOU DID

The more questions you answered "yes," the higher your risk for type 2 diabetes. Here's why.

1. The risk of developing type 2 diabetes increases as you get older. "The incidence peaks in 65- to 74-year-olds," says Lydia Best, MD, medical director of Baylor Scott & White Health and Wellness Center in Dallas. "The unfortunate fact is that diabetes among the youngest age group more than doubled over the past 30 years."

2. Excess weight is the strongest predictor of diabetes. Nearly 90 percent of people with type 2 diabetes are overweight or obese. But there is good news. "It has been well established that a modest 7 percent reduction in weight cuts the five-year progression to diabetes by over 50 percent," Dr. Best says. For a 175-pound person, that's about 12 pounds.

3. Most people with type 2 diabetes have at least one immediate family member with the disease. Race and ethnicity are also factors. "The prevalence of the disease is highest among Native Americans and African-Americans," Dr. Best says. "Hispanic-Americans and Asian-Americans are also at increased risk."

4. About 4 in 10 people who have high blood pressure have diabetes, too. Diabetes also lowers good cholesterol and raises bad, so if your levels have changed, ask for a blood glucose test. Further, if your levels of triglycerides (the amount of fat in your blood) are high, you're more likely to have high glucose levels as well.

5. An inactive lifestyle, specifically sitting for long periods, is associated with a 91 percent increase in risk of developing type 2 diabetes, according to a study in the *Annals of Internal Medicine*. The American Diabetes Association recommends getting up and walking at least every 90 minutes.

MORE

Care Close to Home

If you need care for diabetes, Baylor Scott & White Medical Center – Grapevine can help. For a referral, call **1.800.4BAYLOR** or visit FindDrRight.com today.

Sam Douglass with
his wife, Joanne



Life Changing

When his heartburn didn't seem right, Sam Douglass lobbied for early screening—and it uncovered a cancer in time to be treated

➔ **SAM DOUGLASS MAKES A LIVING HELPING PEOPLE**, traveling the world to start churches and coaching individuals through life changes. Earlier this year, he would need to rely on others to navigate a life change of his own.

The 67-year-old from Rockwall, Texas, had heartburn for years, and his primary care doctor suggested antacids, saying a little heartburn was normal at his age. Douglass knew something wasn't right. "I said, 'The reflux is pretty serious. This is more than usual.'"

Already scheduled for a routine colonoscopy, Douglass urged his doctor to also check for the cause of his heartburn. The additional test, an upper endoscopy—where a small, flexible instrument is used to examine the esophagus and stomach—may have saved his life.

The endoscopy revealed Barrett's esophagus with dysplasia, which are precancerous cells. Douglass was referred to the Center for Esophageal Diseases at Baylor University Medical Center at Dallas. There, an

“My doctors have been thorough and forthright with me. I’ve got an awesome team.”

—Sam Douglass

endoscopy specialist removed a small area of the esophagus to both diagnose the cancer and eliminate the tumor.

“My doctors have been thorough and forthright with me,” Douglass says. “When needed, they were able to explain things so I could get it. I’ve got an awesome team.”

Because the cancerous tissue was discovered early and removed before the cancer spread, Douglass avoided open surgery to remove part or all of the esophagus. When it comes to this kind of cancer, however, not everyone has such encouraging results.

“Esophageal cancer is often diagnosed at late stages when it is really too late to cure people,” says Vani Konda, MD, director of clinical operations at the Center for Esophageal Diseases. “When we can discover it early, we have the opportunity to make a true difference.”

WHAT HEARTBURN COULD MEAN

Not all heartburn leads to cancer, of course. Some heartburn is normal, and you shouldn’t worry if it happens occasionally. Talk to a doctor, though, if your discomfort is a daily development or can’t be controlled, Dr. Konda says.

Often, chronic heartburn is a sign of gastroesophageal reflux disease, or GERD, an illness that occurs when acid backs out of the stomach, irritating the lining of the esophagus. Heartburn can indicate other issues, too, so it’s important to work with a health care provider.

“A doctor should be careful to find out what people are feeling and then separately why they are feeling that way,” Dr. Konda says. “Is it due to reflux, or is it something else?”

For example, an allergic condition in the esophagus called eosinophilic esophagitis can seem like reflux, Dr. Konda says.

“Another thing that could mimic reflux is a motor disorder of the esophagus called achalasia,” she says. “Achalasia is most often associated with trouble swallowing, but sometimes people attribute what they are feeling to heartburn.”

WHEN TO SEEK TREATMENT

Dr. Konda says people experiencing heartburn regularly should talk to their doctors, even if they believe they are managing their symptoms with over-the-counter medications.

“Chronic reflux can lead to chronic injury and chronic inflammation,” she says, “and that is a setup for a change in the lining in the esophagus called Barrett’s esophagus.”

Most cases of heartburn can be treated with diet and lifestyle modification and occasional medications. A small number of people have conditions that call for surgery, Dr. Konda says.

Usually, you can identify and avoid foods that trigger heartburn, refrain from eating at least three hours before bedtime, and sleep with your head and shoulders raised 3 to 6 inches.

Trouble swallowing, weight loss, vomiting, or blood in vomit or stool warrants immediate evaluation.

SPREADING THE WORD

For the foreseeable future, Douglass will undergo regular treatments designed to regrow healthy tissue in his esophagus. One day, he hopes to be declared cancer-free. In the meantime, he is advocating for more vigilant screening—and also praising his care team at Baylor Scott & White Health.

“I was looking for and praying for a dream team, and Baylor Scott & White is my dream team,” Douglass says. “They have been assertive in helping me attack this cancer.”

MANAGING ACID REFLUX

Spicy food has long been noted as a cause of acid reflux. But for many people, spicy choices aren’t the only culprits. You might also find that the following foods and drinks cause trouble:

- ▶ Acidic foods such as citrus
- ▶ Alcohol
- ▶ Caffeine
- ▶ Carbonated beverages
- ▶ Chocolate
- ▶ Fatty foods
- ▶ Peppermint

So, if you have reflux symptoms, should you lay off the hot sauce? That depends.

“For many people who have reflux, food doesn’t seem to impact their symptoms,” says Sarah Chang, MD, an internal medicine specialist on the medical staff at Baylor Scott & White Medical Center – Grapevine. “Even if they eliminate all triggers, they don’t notice an appreciable difference.”

Dr. Chang recommends elevating the head of your bed, as it helps many people calm their acid reflux. Losing weight can also help.



MORE

Learn Your Triggers

Turn to Baylor Scott & White – Grapevine for help to control your reflux symptoms. To learn more about the services offered in the digestive diseases department, visit [BSWHealth.com/Digestive](https://www.bswhealth.com/Digestive) today to get started.



To stay mentally sharp as you age, get regular physical activity and maybe learn a new language—bonus for doing them at the same time!

Memory Matters

Your mind isn't what it used to be. Should you worry?

➔ **PASS THE PEAS, PLEASE, Jim ... Emma ... Rex ... Matt ... er, what's your name? Michael!**

If you've had to cycle through every name in your family—including the dog's!—before recalling the right one, or you've been losing your keys more frequently, you might be wondering whether the memory loss is normal. In short, yes, says M. Blake Freeman, MD, a neurologist on the medical staff at Baylor Scott & White Medical Center – Lakeway.

“Some degree of memory decline can often be seen with normal aging,” he says. “However, when memory difficulties exceed what is expected with normal aging, that may be a sign of mild cognitive impairment or even dementia.”

Dementia is the severe decline in cognitive, memory and reasoning skills that makes completing everyday tasks and caring for oneself difficult. Mild cognitive impairment, or MCI, is a condition that causes greater problems with memory than normal aging but isn't disruptive enough to be diagnosed as dementia, though about a third of people who have MCI go on to develop Alzheimer's disease within five years.

WHEN THERE'S CAUSE FOR CONCERN

So how do you know what you're dealing with? The Alzheimer's Association outlines several telltale signs for distinguishing between normal age-related memory loss and dementia. Here are five:

Memory loss is disrupting your daily life. Forgetting a hair appointment is one thing, but frequently failing to remember important dates and repeatedly asking for the same information is not normal.

You're unable to solve problems. Don't beat yourself up for a mistake when splitting the bill at a restaurant. But seek help if you're unable to develop plans or follow a familiar recipe.

You don't know the date. It's natural to forget what day of the week it is, if you can figure it out later. It's not normal to forget what season or year it is.

You can't locate misplaced items. Everyone loses keys, phones and glasses from time to time. A sign of trouble, however, is not being able to retrace your steps to find them.

You start avoiding social activities. Our obligations at work, at home and with friends can wear us down sometimes. But if you find it difficult to follow the local sports team or remember how to play a favorite card game, that's a sign you should see a doctor.

If you're experiencing any of these situations, talk to your doctor about a memory assessment. And if friends or family comment on your forgetfulness, take heed.

"Especially in older individuals, when relatively new memory changes are noticed by family members or loved ones, that may be a sign of more serious problems," Dr. Freeman says.

The sooner you see a doctor, the better your chances for maintaining cognitive function and slowing the progression of dementia.



WHAT YOU CAN DO ABOUT IT NOW

There is no surefire way to protect against age-related memory loss and dementia, Dr. Freeman says. "That said," he adds, "there is good consensus that staying mentally engaged and physically active can help maintain individual brain cells and help stimulate connections to help preserve cognitive function as we age."

The National Institute on Aging recommends the following steps to maintain mental sharpness into your golden years:

- ▶ Engage in regular physical activity.
- ▶ Eat a healthy diet. (What's good for the body is good for the brain.)
- ▶ Limit alcohol use.
- ▶ Get out of the house and be social.
- ▶ Pick up a hobby that requires thinking and problem-solving.

DOES DEMENTIA MEAN ALZHEIMER'S DISEASE?

Alzheimer's disease is a common cause of dementia and is responsible for about two-thirds of cases, says Madhuri Koganti MD, a neurologist on the medical staff at Baylor Scott & White Medical Center – Grapevine.

However, other conditions can also cause memory challenges.

Dementia is a term used to indicate that a person is having difficulties with memory, whereas Alzheimer's is caused by the death of nerve cells in certain areas of the brain.

If you are over age 60 and have high blood pressure, diabetes or a family history of dementia, you are at an increased risk.

There are also other types of dementia. These include:

Lewy body dementia, or LBD, affects 1.4 million people in the United States. This condition is characterized by symptoms similar to Alzheimer's disease and Parkinson's disease.

Frontotemporal dementia, which is caused by nerve cell loss in the area behind your forehead or ears, affects 50,000 to 60,000 people in the U.S. and typically strikes at younger ages.

Dr. Koganti says that people with any signs of dementia should seek help right away. "Most medications work best when treatment is started early," she says.

MORE

Memory Care

If you or a loved one struggles with cognitive or memory problems, Baylor Scott & White – Grapevine can help. For a referral to a neurologist on the medical staff, call **1.800.4BAYLOR** or visit [FindDrRight.com](https://www.finddr.com) today.



In Pursuit of Pain Relief

Study on spinal disk degeneration could lead to better treatments for back problems

➔ Chances are good that you will experience low back pain, if you haven't already. In fact, about 8 in 10 adults do at some point in their lives. For many people, it's enough to be disabling.

Jason H. Huang, MD, chairman of the Department of Neurosurgery at Baylor Scott & White Health – Central Texas, knows this all too well.

“The neurosurgeons on our medical staffs do spinal surgeries every week,” he says, adding that current

treatment options for low back pain are often invasive and not always successful.

So, Dr. Huang set out to find a better option. He and Qiuqian Wu, PhD, developed a model that allowed them to study the mechanics of low back pain at the molecular level.

EXPLORING ONE CAUSE OF PAIN

People experience low back pain for a number of reasons, including sprains and strains (when you lift something heavy or overstretch) and intervertebral disk degeneration (when the rubbery disks in between the bones of the spine deteriorate and lose their cushion). The intensity of pain ranges from dull and continual to sharp and sudden.

Dr. Huang's study, published this year in the *Journal of Neurosurgery: Spine*, looked at a gene called SMURF2 and its role in disk degeneration.

MAKING PROGRESS

The results are promising. The study helps researchers better understand the molecular pathways that lead to disk degeneration so they can develop drugs to stop or even potentially reverse disk degeneration—and provide better treatments for low back pain.

“The goal is to develop a strategy that is less invasive than the current available treatments, such as spinal fusions,” Dr. Huang says. “And our model is the first step in the right direction.”

ABOUT THE STUDY

Ectopic Expression of SMURF2 and Acceleration of Age-Related Intervertebral Disk Degeneration

Researchers are studying the molecular mechanisms involved in the breakdown of the soft-tissue disks of the spine to seek out less invasive treatments for low back pain.

Key Contributor

Baylor Scott & White Health

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The Guiding Light for What We Do

Baylor Scott & White focuses on medical breakthroughs that mean something to you—a more accurate diagnosis, a faster recovery or a more effective treatment. Visit [BSWHealth.com/Research](https://www.bswhealth.com/research) for details.



RECIPE

SLOW-COOKER TURKEY CHILI

Who says turkey has to be carved? This hearty meal, which features ground meat and two kinds of beans, is low in fat and high in protein and fiber.



→ Check out BSWHealth.com/Recipe for the ingredients, directions and nutrition information.

QUIZ

WHAT DO YOU KNOW ABOUT SCOLIOSIS?

Scoliosis—a side-to-side curve in the spine—is most common in children, especially girls, but it also shows up in adults.



→ To learn more, go to BSWHealth.com/ScoliosisQuiz and answer some questions.



ONLINE

Lasting Care

For more than 60 years, Baylor Scott & White Medical Center - Grapevine has brought care to the community.

→ For details about our services, specialties and recognitions, visit BSWHealth.com/Grapevine today.

CALCULATOR

FEEL THE (CALORIE) BURN

Exercise is a great way to lose weight because it burns off extra calories, but it can be tough to tell just how many calories. We've made it easy for you to find out.

→ Just enter your weight at BSWHealth.com/CalorieBurnCalculator to see your burn rate for dozens of activities.

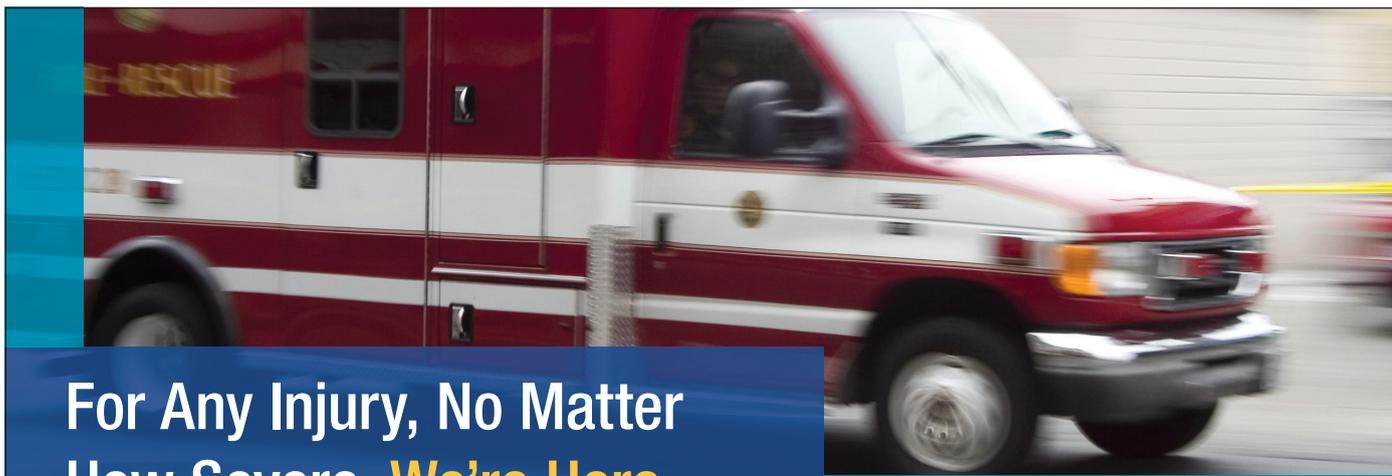


VIDEO

"IT FELT LIKE SOMEONE HAD JUST LAID ACROSS MY CHEST."

When Jamol Brocks experienced chest pain and nausea, his wife insisted he go to Baylor Scott & White. Doctors implanted a device to help with his life-threatening heart inflammation, and now he's back to exercising and spending time with family.

→ Visit BSWHealth.com/MyStory to watch him describe what happened.



For Any Injury, No Matter
How Severe, **We're Here.**

Baylor Scott & White Medical Center – Grapevine Achieves Level II Trauma Center Designation

In the event of a serious injury, having quality, capable medical care nearby can make all the difference. To enhance the availability of trauma care close to home, Baylor Scott & White – Grapevine has been verified as a Level II Trauma Center by the American College of Surgeons. A Level II Trauma Center is capable of initiating care for all injuries and provides:

- 24/7 immediate care by highly-trained trauma surgeons on-site 24 hours a day, 365 days a year
- Trauma prevention programs for the community
- Ongoing comprehensive quality assessment program for continuous improvement in caring for severely injured patients

Hopefully, you will never need trauma care. But if you do, Baylor Scott & White – Grapevine is always ready.

For more information about our services, please call
1.800.4BAYLOR or visit **BSWHealth.com/Grapevine.**

