

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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CRAVING SOMETHING SWEET?
Learn how to manage temptation
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Screening Smokers for Lung Cancer

Lung cancer is the leading cause of cancer death for both men and women, and current or former smokers are at especially high risk. But a screening test available at Baylor Scott & White Medical Center – Irving could reduce lung cancer mortality by 20 percent and save 70,000 lives a year.

The test involves a simple, low-dose CT scan of the lungs and takes less than five minutes to complete. A radiologist then reviews the scan and looks for signs of nodules that might indicate cancer.

Depending on the findings of the test, a doctor might recommend repeating the scan in a year, a bronchoscope, a PET scan, a biopsy or a referral to the Chest Mass Program at Baylor Scott & White – Irving.

Medicaid covers the screening for people ages 55 to 77 who have smoked

the equivalent of one pack of cigarettes a day for 30 years, have smoked within the past 15 years and have no symptoms of lung cancer. For others, the cost of the screening might be billed to private insurance plans. The radiologist's fee is not included.

IS SCREENING RIGHT FOR YOU?

Talk to your doctor to see if you qualify for a lung cancer screening. For a referral to a primary care physician on the Baylor Scott & White – Irving medical staff, call **1.800.4BAYLOR** or visit **FindDrRight.com** today.

Tips for Scaling Back Holiday Stress

The next two months are filled with celebrations, but you don't have to spend this time in a whirlwind of activity. Here is what you can do to focus on enjoying the season:



Plan ahead. Knowing your schedule can help keep the stress at bay. Map out time in advance to keep yourself relaxed.

Exercise. Working out can help manage stress. Get exercise in early so it doesn't get pushed off your schedule.

Simplify. Don't fret about bringing a three-layer cake to the party. Bring a store-bought dessert or veggie tray, hire a cleaning service for a few weeks or reschedule other events—anything that makes the holiday season easier on you.

Ask for help. You don't have to do everything alone. Send a spouse on errands, have a child set the table and ask friends and family for gift ideas.

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Stay Calm

If you find the holiday season overwhelming, talk to your doctor. For a referral to a primary care physician on the Baylor Scott & White Medical Center – Irving medical staff, call **1.800.4BAYLOR** or visit **FindDrRight.com** today.

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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

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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.”

TAKE CHARGE

Your doctor can help you manage your cravings. For a referral to a primary care physician on the Baylor Scott & White Medical Center – Irving medical staff, call **1.800.4BAYLOR** or visit **FindDrRight.com** today.



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

Help for Diabetes

For a referral to a diabetes specialist or endocrinologist on the medical staff, call **1.800.4BAYLOR** or visit FindDrRight.com to get started 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.”

A NEW OPTION FOR GERD RELIEF

People with gastroesophageal reflux disease (GERD) can often control their symptoms with medication. But for some, medications don’t work—and others don’t want to be tied to medication for the rest of their lives.

Now there’s another option. A new, minimally invasive surgical procedure is also available to help with GERD, explains Nathan Emerson, MD, a general surgeon on the medical staff at Baylor Scott & White Medical Center – Irving.

Transoral incisionless fundoplication (TIF) involves rebuilding the valve between the stomach and the esophagus to help keep acid in the stomach, where it belongs. The procedure is performed via the esophagus, so there’s no abdominal incision or scarring.

TIF typically requires an overnight hospital stay and one week of recovery before returning to work and other activities. Unlike previous surgical procedures to treat GERD, it also doesn’t cause bloating, gas pain or the inability to belch.



MORE

Is Surgery Right for You?

To find out if you are a candidate for the TIF procedure, talk to your doctor. For a physician referral, call **1.800.4BAYLOR** or visit [FindDrRight.com](https://www.finddrright.com) today.



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.

WHEN MEMORY PROBLEMS APPEAR

Cognitive and functional declines in people with dementia can be severe and debilitating, and they can require a lot of support. As a result, family members and caregivers have a major role to play in helping and supporting people with dementia.



Organizational strategies are often a great and effective way to help your loved ones with memory challenges, explains Novreen Shahdad, MD, a neurologist on the medical staff at Baylor Scott & White Medical Center – Irving. Here are a few ways you can help:

- ▶ Help manage finances, transportation and medication
- ▶ Create and help maintain a consistent daily routine
- ▶ Keep surroundings structured, so your loved one can easily find things he or she needs
- ▶ Encourage cognitively stimulating activities during leisure time if he or she can tolerate them
- ▶ Help him or her to use lists, notes and a calendar to help remember things
- ▶ Promote healthy nutrition, exercise and consistent sleep hygiene practices
- ▶ Reach out to the Dallas Alzheimer's Association for help

MORE

Are You Concerned?

If a loved one is showing signs of memory loss, encourage him or her to talk to a doctor. For a referral to a neurologist on the Baylor Scott & White – Irving medical staff, call **1.800.4BAYLOR** or visit **FindDrRight.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.

WHAT'S ONLINE

→ BSWHealth.com



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

U.S. News & World Report Recognition

Once again, U.S. News & World Report ranked Baylor Scott & White Medical Center - Irving as a leading hospital in the Dallas metro area.

→ To learn more about this and other awards and accreditations, visit BSWHealth.com/Irving 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.



The Excitement Is **Building**

At Baylor Scott & White Medical Center – Irving, it's been a great privilege to serve our community and watch you grow. So we're growing, too. We're investing in our campus with a focus on advancing technology and care in our community. We're enhancing the patient experience with:

- A new modern exterior and welcome center
- New suites for cardiology, digestive health and inpatient dialysis
- Expanded units for surgical services and women's health
- More enhancements and innovation to come, with room to grow



Changing Health Care. **For Life.**[®]

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The innovation keeps building.
For more information, call **1.800.4BAYLOR**
or visit **BSWHealth.com/Irving.**

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