

Health

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

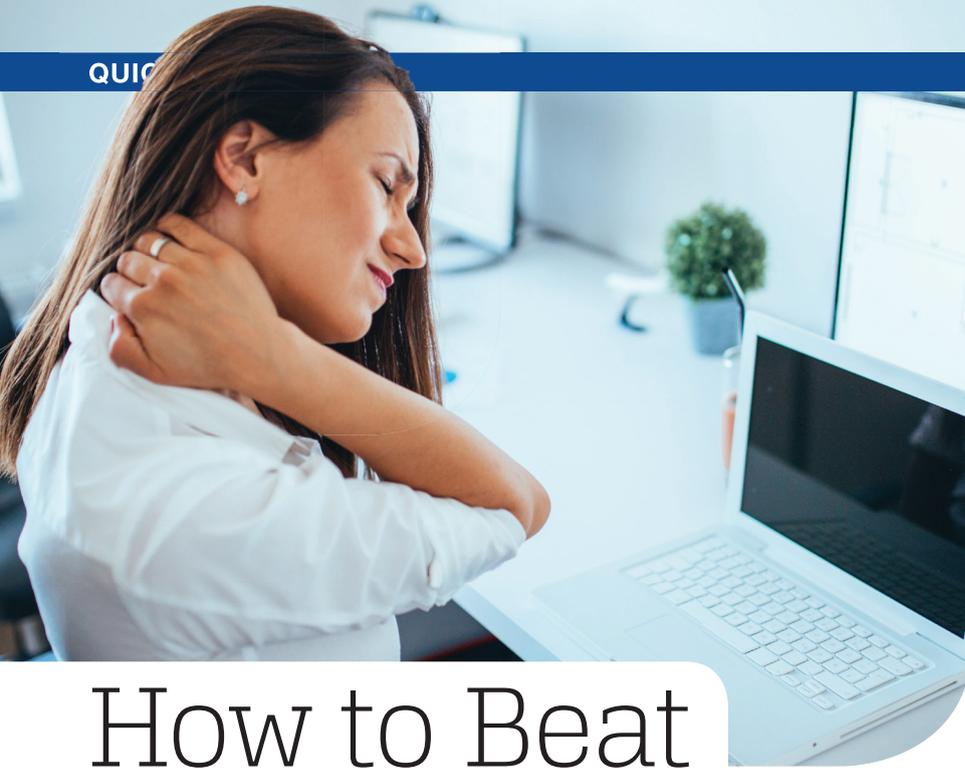
Sam Douglass

sought treatment for his chronic heartburn, and it turned out to be much more
PAGE 6



DIABETES LOWDOWN
Check your risk with this quiz
PAGE 5





How to Beat Neck Pain

Neck pain isn't uncommon, but a few changes to your daily habits could eliminate neck strain. Richard Jackson, MD, a neurosurgeon on the medical staff at Baylor Scott & White Medical Center – Plano, shares these tips:

Sleep on your side. Sleeping on your stomach is tough on your neck.

Watch what you lift. Lifting above eye level can cause neck spasms or disk herniation.

Hold your phone at face or eye level. People often hold their phones close to their abdomens and strain their necks looking down at them.

Set your computer screen at eye level. Like with your phone, looking down at your computer causes neck strain. Position yourself in front of your computer so that you aren't looking up or down at the screen.

Dr. Jackson also says that it's common to get neck strain from yardwork, your exercise routine and facing to one side

or sitting at events such as a ballgame or theater performance.

Alleviate your neck pain with heat, nonsteroidal anti-inflammatory medications and a gentle massage. Seek help quickly if you have pain, numbness or tingling in your arm—that could indicate a pinched nerve.

GET EXPERT HELP

Struggling with back pain, too?

Attend a back pain seminar from noon to 1 p.m. Nov. 7 with Richard Jackson, MD, neurosurgeon on the Baylor Scott & White – Plano medical staff. Free lunch will be provided. Register at BSWHealth.com/PlanoEvents today.

Talking to Your Doctor About Your Weight

If you're concerned about your weight and your doctor doesn't discuss it, don't be afraid to open up the topic yourself.

Colleen Kennedy, MD, a bariatric surgeon on the medical staff at Baylor Scott & White Medical Center – Plano, says that some physicians can be hesitant to bring up weight loss.

"Unfortunately, even though obesity is recognized as an illness, it's an emotionally charged issue. Some doctors worry that patients might take it as a personal attack," Dr. Kennedy says.

But getting your weight under control is a key step in preventing or treating other issues such as diabetes.

"People struggling with their weight shouldn't be embarrassed or ashamed to bring it up," Dr. Kennedy says. "It's a strong and brave thing to say, 'My weight is out of control, and I need your help.'"

MORE

Is Weight Loss Surgery Right for You?

Weight loss surgery can help improve your health. To learn more about the Weight Loss Surgery program at Baylor Scott & White Medical Center – Plano, call **469.814.5677**.

Baylor Scott & White Medical Center – Plano, 4700 Alliance Blvd., Plano, TX 75093. 469.814.2000. Giving Opportunities/Baylor Health Care System Foundation: 214.820.3136. Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people through exemplary health care, education and research as a Christian ministry of healing. President and CEO, Baylor Scott & White Health System: Joel Allison.

President, Baylor Scott & White Medical Center – Plano: Jerri Garison. President, Baylor Medical Center at Frisco: William A. Keaton. Baylor Scott & White Medical Center – Plano Board of Trustees: Dale Burluson, MD; Glenn Callison, JD; Jerry Carlisle Jr., DMin; Joey Carter; James Dahlgren; Toni P. Jenkins, EdD; Roy Lamkin; Clarence Miller; Doug Otto, EdD; Ronald Parker; Robert Steckler, MD; Jennifer Zimmer, MD.

Baylor Medical Center at Frisco Board of Trustees: Mickey Morgan, MD, Chairman; Scott Fitzgerald, MD, Vice Chairman; Jeff Andrews; Brett Broadnax; LaVone Arthur; Jerri Garison, Secretary; Jimmy Laferney, MD, VP Medical Staff Affairs; Randal Troop, MD; Ewen Tseng, MD.

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



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.



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

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.

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.

Do You Have ADHD?



PEOPLE WHO HAVE TROUBLE focusing, staying on task or remembering details might suspect they have adult attention-deficit/hyperactivity disorder (ADHD). That's where the Adult ADHD Clinic at Baylor Scott & White Medical Center – Plano can help.

Marie Dahdah, PhD, a neuropsychologist at Baylor Scott & White – Plano, says that evaluation is the first step. In some cases, people have had ADHD their whole lives but were never diagnosed as children. For others, they might not have ADHD at all, as other conditions have similar symptoms. Sleep apnea, insomnia, excessive stress, thyroid problems, nutritional deficiencies, learning disabilities, substance abuse, depression, anxiety and even overconsuming energy drinks can cause ADHD-like symptoms.

“The evaluation helps identify what’s contributing to symptoms to help patients receive appropriate medical treatment from their health care provider or training in the right strategies to be able to compensate for areas of difficulty,” Dr. Dahdah says.

The evaluation includes a thorough clinical interview with a history of childhood academic performance, reports from the patient and a family member about how symptoms impact daily life, and neurocognitive testing.

Whether ADHD or another condition is diagnosed, Dr. Dahdah will discuss treatment options with the patient and his or her physician.

“I typically have all patients return for follow-up to review

test results and provide training in compensatory strategies,” she says. Those strategies can help in work, school or household management.

For example, some people are good at recording information—they use sticky notes or a home calendar to keep track of details. But they might not have a good way to retrieve this information when or where they need it. Dr. Dahdah can help them identify a systematic way to effectively manage information.

Most people are referred to the ADHD clinic by a primary care physician. Although you can contact the clinic directly, Dr. Dahdah recommends talking to your doctor first so he or she can help rule out certain medical conditions that might be triggering your symptoms.



FIND YOUR FOCUS

If you're concerned about your symptoms and you want to make an appointment at the Center for Medical Psychology at Baylor Scott & White Medical Center – Plano, call **469.814.4850**.



Many conditions can produce ADHD-like symptoms. Talk with your doctor about what treatment option is best for you.

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

Get Diabetes Under Control

Are you struggling with diabetes? Baylor Scott & White Medical Center – Plano offers diabetes self-management classes. To learn more, call **469.814.6896**.



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.”

WHAT’S CAUSING MY ACID REFLUX?

If you have acid reflux, you might pinpoint spicy foods as the main culprit. However, they aren’t the only foods to blame.

“A lot of common foods can trigger symptoms,” says Rassa Shahidzadeh, MD, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Plano.



In addition to spicy foods, Dr. Shahidzadeh says onions, garlic, tomato sauce, caffeine, chocolate and peppermint can cause acid reflux symptoms. “These foods can increase acid production,” he says.

Eliminating all these foods from your diet can be restrictive, so remove one at a time to get a better idea of which foods are problematic for you.

If your symptoms aren’t improving after a week or two, or if you have trouble swallowing, unexplained weight loss or rectal bleeding, or you’re vomiting blood, see a doctor right away. You might need to be screened for Barrett’s esophagus, a precancerous condition related to acid reflux.

MORE

Stomach Support

The right treatment can end your symptoms. For a referral to a gastroenterologist on the Baylor Scott & White Medical Center – Plano medical staff, call **1.800.4BAYLOR**.



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.

HELPING WITH MEMORY LOSS

If a loved one starts to show signs of memory problems, family members are likely to be the first to notice. However, it can be hard to know what next steps you should take.

"You need to be supportive and take a constructive approach to pointing out memory problems, so as not to alienate that person or create a defensive environment," says Avesh Verma, MD, a neurologist on the medical staff at Baylor Scott & White Medical Center – Plano.

Organizational strategies can also be key to helping a loved one with memory challenges. Dr. Verma suggests the following practices:

- ▶ Make lists of tasks that need to be completed every day.
- ▶ Ensure the refrigerator is stocked and out-of-date food is removed.
- ▶ Help with medication management.
- ▶ Offer to supervise how your loved one manages finances.
- ▶ Encourage a daily routine that includes waking, showering, eating breakfast, taking medications and so on at the same time every day.
- ▶ Help identify locations where every item belongs so your loved one can better keep track of things.



MORE

Get Personalized Care for Your Loved One

For a referral to a physician at the Baylor Scott & White Medical Center – Plano Brain and Spine Center, call **469.814.2270**.



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

MORE

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

Brain and Spine Care

The Baylor Scott & White – Plano Brain and Spine Center cares for a wide range of brain and spine conditions with a custom care plan for each patient.

→ Visit BrainandSpinePlano.com to learn more.

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.

Community Calendar

November & December 2017

Registration required for all events unless otherwise indicated.

→ Call **1.800.4BAYLOR** to register.

MAMMOGRAPHY

Saturday Mammography Services

8 a.m. to noon. Register for a screening at BSWHealth.com/PlanoMammo or call **469.814.5500**. Most insurance plans are accepted. **Nov. 11** and **Dec. 9**, Women's Imaging Center at Baylor Scott & White – Plano. **Nov. 18** and **Dec. 16**, Baylor Scott & White – Plano Elizabeth Jekot, MD Breast Imaging Center.

SEMINARS AND SUPPORT GROUPS

Back Pain Seminar

Attend a back pain seminar with Richard Jackson, MD, neurosurgeon on the Baylor Scott & White – Plano medical staff. Free lunch is provided. **Nov. 7**, noon to 1 p.m., Education Center 1. Visit BSWHealth.com/PlanoEvents to register.

Weight Loss Surgery Support Group

Second Wednesday of each month, 6 to 7 p.m., Education Center 1 & 2, Garden Level of Baylor Scott & White – Plano.

Diabetes Support Group

Nov. 8, 7 to 8 p.m., Conference Room A & B, Garden Level of Baylor Scott & White – Plano.



Every delivery is special.

Our Women's Center offers sensitivity and quality medical care during the remarkable experience of childbirth.

Kangaroo care, lactation consultants, free childbirth classes, and a celebration dinner are all here for you. Should your newborn require extra care, our neonatal intensive care unit (NICU) provides advanced life-support services and technologies to promote optimal development. With a caring, specialized staff and beautiful, well-appointed suites, your baby's birth is sure to be unique.

For a physician referral or for more information about women's services, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/Frisco.



5601 Warren Parkway, Frisco TX 75034

Baylor Scott & White Medical Center – Frisco is a hospital in which physicians have an ownership or investment interest. The list of physician owners or investors is available to you upon request. We are fully licensed by the state of Texas and are Medicare certified. Our facility is also accredited by The Joint Commission. We are an affiliate of United Surgical Partners International, and partnered with local physicians. Physicians are members of the medical staff and are neither employees nor agents of Baylor Scott & White Medical Center – Frisco, United Surgical Partners International, Baylor Scott & White Health, or any of their subsidiaries or affiliates. © 2016 Baylor Scott & White Health BSWMCF_44_2016 SC