

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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PRACTICE MODERATION

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Doing More to Support Breastfeeding

Promoting newborn health is a priority for us at Baylor Scott & White Medical Center – McKinney. That's why we're proud to announce that our efforts have recently earned us designation as a Baby-Friendly birth facility by Baby-Friendly USA, Inc., the U.S. arm of the Baby-Friendly Hospital Initiative (BFHI). BFHI is a global program sponsored by the World Health Organization and the United Nations Children's Fund.

BFHI is based on the *Ten Steps to Successful Breastfeeding*, a set of evidence-based practices that have proved to help increase the initiation and duration of breastfeeding. A Baby-Friendly designation recognizes hospitals and birth centers that adhere to these 10 steps, including maintaining policies that support breastfeeding and equip breastfeeding mothers with the information, confidence and skills they need to successfully initiate and continue breastfeeding their babies.

The designation was awarded to Baylor Scott & White – McKinney in May after a rigorous on-site survey.

"Our staff works hard to help set up new families to succeed," says Karen Stanzo, MSN, RN, IBCLC, supervisor of lactation and family services at Baylor Scott & White – McKinney. "We are proud of this important milestone, as it demonstrates our dedication to promoting newborn health and providing quality, compassionate care to all our patients."

LOVE DELIVERED DAILY

For more information about delivering your bundle of joy at Baylor Scott & White – McKinney, including our Level III NICU, New Family Center and Simply Mom's boutique, visit BSWHealth.com/McKinneyBabies today.

We're Now a Level III Trauma Center

Baylor Scott & White Medical Center – McKinney received its initial designation as a Level III Trauma Facility by the Texas Department of State Health Services. Being a Level III Trauma Center means our medical center:

- ▶ Has emergency medicine physicians available at all times
- ▶ Has demonstrated the ability to provide assessment, resuscitation, emergency surgery, intensive care and stabilization of severely injured patients
- ▶ Provides trauma education for our providers, nursing staff and community
- ▶ Has implemented both quality-assurance and injury-prevention programs
- ▶ Accepts patient transfers from rural and community hospitals

"We are extremely proud of our dedicated staff who have helped us achieve this designation," says James Carroll, MD, MPH, trauma medical director at Baylor Scott & White – McKinney.

MORE

Be Prepared

Visit BSWHealth.com/McKinneyED to learn more about the emergency services available at Baylor Scott & White – McKinney.

Baylor Scott & White Medical Center – McKinney, 5252 W. University Drive, McKinney, TX 75071. President: Kyle Armstrong; Marketing/Public Relations Manager: Jennifer Estes. Baylor Scott & White – McKinney. Main Number: 469.764.1000; Parent Education Classes: 1.800.4BAYLOR (1.800.422.9567); Baylor Scott & White – McKinney Women's Imaging: 469.764.7000; Baylor Scott & White – McKinney Physician Referral: 1.800.4BAYLOR. Visit BSWHealth.com/McKinney or call 1.800.4BAYLOR for information about Baylor Scott & White – McKinney's services, upcoming events, career opportunities and more.

Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people by providing personalized health and wellness through exemplary care, education and research as a Christian ministry of healing.

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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.



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.

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.”

EAT BETTER, FEEL BETTER

Does your diet need some tweaks—or even an overhaul? Talk to your doctor about your concerns. To find a primary care physician on the medical staff at Baylor Scott & White – McKinney, call **1.800.4BAYLOR** or visit **BSWHealth.com/McKinney** 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

Got Diabetes? We've Got You

Learn how to manage your diabetes at BSWHealth.com/Diabetes or call Baylor Scott & White – McKinney's diabetes educator at 469.764.2400.

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.”

SHOULD YOU LAY OFF THE HOT SAUCE?

Who doesn’t love a steaming plate of buffalo wings or a piping-hot bowl of five-alarm chili? People with heartburn, that’s who.

“In people with acid reflux, the lower esophageal sphincter might not close properly, allowing acid to back up into the esophagus and damage the esophageal lining,” explains Clyde Collins, MD, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – McKinney. “Spicy foods can increase acid levels in the stomach, which can irritate an already damaged esophagus.”

But people with acid reflux don’t necessarily have to give up these dishes forever. “For many, simply avoiding spicy foods three hours before bedtime and taking an over-the-counter antacid medication is enough to prevent symptoms,” Dr. Collins says.

People with more severe cases of acid reflux, also known as gastroesophageal reflux disease or GERD, might require prescription medications. “Lifestyle changes like smoking cessation, limiting alcohol and losing excess weight can also make a significant impact,” Dr. Collins adds.

If you’re suffering from persistent heartburn, talk to your doctor.

MORE

Feeling the Burn?

To find out if you have acid reflux or to learn more about treatment options, talk to your doctor. For a referral to a gastroenterologist on the medical staff at Baylor Scott & White – McKinney, 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.

HOW DEPRESSION CAN WORSEN DEMENTIA

It's an unfortunate reality that many people with dementia will also experience depression. More than that, depression in dementia patients often goes undiagnosed—and untreated.

"Untreated depression can actually amplify dementia symptoms like memory loss, making the person's disease seem much worse," says Easwar Sundaram Jr., MD, a neurologist on the medical staff at Baylor Scott & White Medical Center – McKinney.

But getting proper treatment can improve mental functioning, well-being and quality of life. Treatment options might include antidepressant medications, counseling and support groups, particularly for those in early stages of the disease.

Other activities that might help depression include:

- ▶ Getting daily physical exercise, especially in the morning
- ▶ Increasing social activities
- ▶ Scheduling regular visits with friends and family
- ▶ Engaging in activities the person once enjoyed

"Remember that though depression might be common in dementia patients, it's not just part of the disease you have to accept," Dr. Sundaram adds. "It's a separate medical condition that can and should be treated."

MORE

Is It More Than Forgetfulness?

If you're concerned about concentration or memory issues in yourself or a loved one, talk to a doctor. To find a neurologist on the medical staff at Baylor Scott & White – McKinney, 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.”

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.

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



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

Top-Notch Nursing Care

The Baylor Scott & White - McKinney nursing staff is ranked among the top 7 percent in the nation.

→ Visit BSWHealth.com/McKinney to learn more about our recent Magnet® Recognition and what it means for you.

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.

CHILDBIRTH AND FAMILY EDUCATION

Power Prepared Childbirth is a one-day version of Prepared Childbirth. Nov. 18 or Dec. 16, 9 a.m. to 4 p.m. \$15

Basics of Baby Care teaches infant care and development. Nov. 2 or 16, Dec. 17, 6:45 to 9:30 p.m. No charge.

Breastfeeding Class is designed to discuss the many benefits of breastfeeding your baby. Nov. 9, Dec. 14, 6:45 to 9:30 p.m. No charge.

Infant Safety and CPR teaches basic skills but is not a certification course. Nov. 11 or Dec. 9, 9 a.m. to noon. \$35



37,614 emergencies last year and counting.

Since opening in 2012, we've seen and treated more than 154,493 emergencies. At Baylor Scott & White Medical Center – McKinney, that's what we do: seven days a week, 24 hours a day. More than 37,000 people visited our emergency department just last year. And our highly trained staff is ready for you, whether you have minor injuries or life-threatening conditions. In fact, Baylor Scott & White – McKinney is designated a Primary Stroke Center and has full Chest Pain Center accreditation, which recognize our advanced expertise in treating patients experiencing stroke and heart attack. And we have been state-designated as a Level III Trauma Center. So trust your emergency to the hospital experienced in treating emergencies, Baylor Scott & White – McKinney.



5252 W. University Drive, McKinney, TX 75071

To find out more about our emergency services,
call **1.800.4BAYLOR** or visit **BSWHealth.com/McKinneyED**.

Numbers reflect service line specific patient visits July 2012 - June 2017 for total and FY17. 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 or Baylor Scott & White Health. ©2017 Baylor Scott & White Health. BSWMCK_142_2017 SOM

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