

# Health

“I feel like a new man since Baylor Scott & White stopped my acid reflux.”

**Kris Radcliffe**

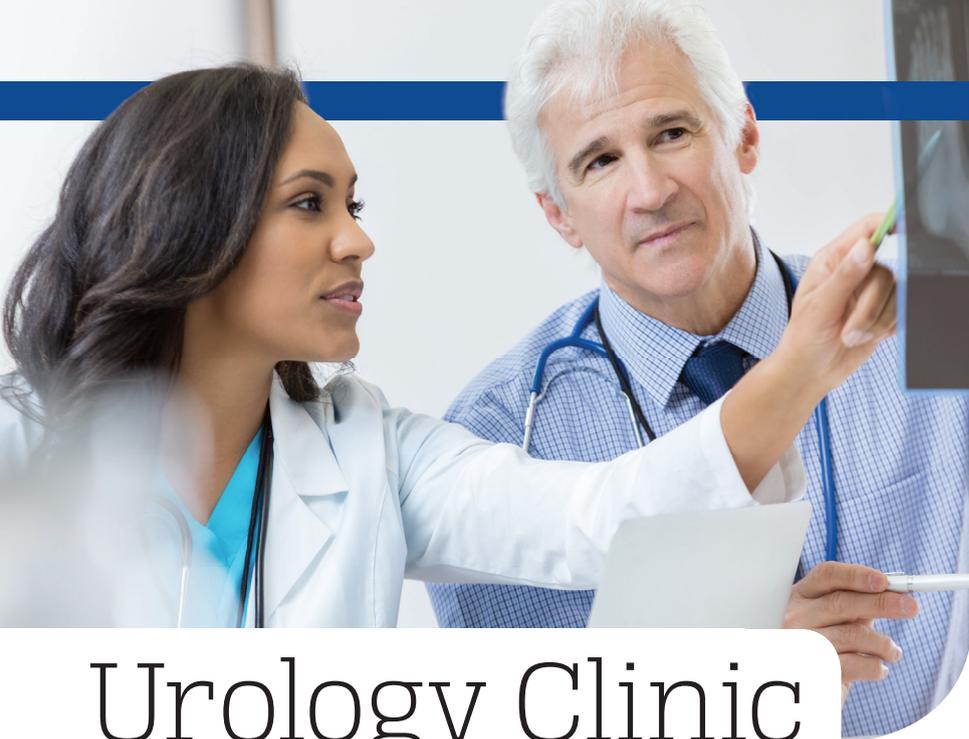
experienced chronic heartburn for more than 15 years

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**WHEN YOU SHOULD WORRY ABOUT YOUR MEMORY LOSS**

5 signs it's time to see a doctor for dementia  
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# Urology Clinic Has a Spacious New Home

The urology clinic has a new and improved space at Scott & White Clinic – Temple. It features more treatment space, new technology and other enhancements that allow clinic staff to better collaborate and serve patients.

Highlights include:

- ▶ A separate waiting room
- ▶ A private intake room for patients coming from the hospital
- ▶ Six procedure rooms
- ▶ 18 exam rooms
- ▶ Eight bathrooms compliant with the Americans with Disabilities Act
- ▶ A conference room with 24-inch computer screens for patient education
- ▶ Two spacious, private consultation rooms (equipped for video visits)
- ▶ A new specialized chair to improve patient positioning
- ▶ Adjustable exam room tables
- ▶ Mobile surgical table for quick and safe positioning during procedures

“This expanded space and improved technology reinforces our ongoing commitment to bringing our patients quality urological care,” says Barb Schindler, RN, BSN, urology clinic nurse manager. “Our team works tirelessly to deliver comprehensive service and care to our patients, and this new space allows us to do that even better.”

## DISCOVER HOW WE CAN HELP

If bladder, kidney, urinary or other urological issues are disrupting your life, doctors at Scott & White Clinic – Temple are close by. Visit [BSWHealth.com/Temple](https://www.BSWHealth.com/Temple) to learn about the services offered close to where you live.

## We're Here for You

Since Baylor Scott & White Health was born from the combination of Scott & White Healthcare and Baylor Health Care System



in 2013, you might have noticed our new logo popping up in your area. In the next several months, you'll see the Baylor Scott & White name on more and more of our clinics throughout the region.

With the change in name, you can be sure of our unwavering commitment to personalized, compassionate health care. We're as dedicated as ever to working with your schedule, offering same-day appointments, extended and weekend hours, and convenient care walk-in clinics for minor medical emergencies.

We're also using advanced technology to make your health care experience convenient, including our online patient portal [MyBSWHealth.com](https://www.MyBSWHealth.com) as well as video visits and e-visits that let you access treatment for most nonemergency medical issues from the comfort of home.

So, when you look around and see our name everywhere, we hope you remember that we're not just here. We're here for you.

**MORE**

## Quality Health Care Where You Live

Baylor Scott & White Health brings convenient care closer to home. Visit [BSWHealth.com/Locations](https://www.BSWHealth.com/Locations) to find the hospital or clinic nearest you.

Scott & White Medical Center – Temple, 2401 S. 31st St., Temple, TX 76508. President: Shahin Motakef; Chief Medical Officer: Stephen Sibbitt, MD; Temple Region Marketing Manager: Stefanie Hall. Visit [BSWHealth.com](https://www.BSWHealth.com) or call 1.800.792.3710 for information about Baylor Scott & White Health's services, providers, career opportunities and more. Find a provider at [BSWHealth.com/Physicians](https://www.BSWHealth.com/Physicians) or a location at [BSWHealth.com/Locations](https://www.BSWHealth.com/Locations).

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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](http://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](http://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 WELL, LIVE WELL

If you want help improving your nutrition, talk to your primary care provider. To find one at Baylor Scott & White Health, visit [FindDrRight.com](http://FindDrRight.com) or call 1.844.BSW.DOCS (1.844.279.3627).



# 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**

## Find Out What's Next

Think you might have diabetes? Baylor Scott & White Health experts take a comprehensive approach to help you live your best life possible. Go to [BSWHealth.com/Diabetes](http://BSWHealth.com/Diabetes) to see all of the available resources.



Kris Radcliffe with his wife, Eden, and their daughters, Courtney (left) and Victoria

# Success Story

**When chronic heartburn became unbearable for news anchor Kris Radcliffe, he got to the bottom of it**



**THIS JUST IN: KRIS RADCLIFFE HAS HIS LIFE BACK.** For more than 15 years, the active 44-year-old experienced slowly worsening heartburn despite continual use of medications. The morning anchor for the television station KCEN in Temple crafted his life around his gastroesophageal reflux disease, or GERD, a chronic illness that occurs when acid backs out of the stomach, irritating the lining of the esophagus. Besides medication, those with reflux are urged to

“The results have been incredible. It’s been a dream come true.”

—Kris Radcliffe

modify their diet and lifestyles, especially before bed. He made lunch his big meal of the day. He avoided certain foods. He slept on pyramids of pillows. “It really messes with your life,” he says. “It got to be a family problem. If we went to dinner late, well, guess who wasn’t eating.”

Radcliffe says he feels like a new man since undergoing surgery to address his reflux at Baylor Scott & White Medical Center – Hillcrest in Waco. Along with repairing a hiatal hernia, which was compromising the opening between the stomach and esophagus, the surgeon placed a band of magnetic beads to support the lower esophagus and keep acid from backing out, a procedure known as LINX®.

“The results have been incredible,” Radcliffe says. “I haven’t taken a pill since the surgery. It’s been a dream come true.”

### MASKING THE CAUSE

Like Radcliffe, many people have lived with reflux for years before seeking medical help. And often, they’ve taken proton pump inhibitors—a class of medication including brand names Nexium®, Prilosec OTC® and Prevacid®—for years, too, despite cautions against long-term use of the drugs.

“If you look at the Nexium package, it says it’s only meant for 14 days. It says if you need it for more than 14 days, you should stop and call your doctor,” says Mark Tullos, MD, a surgeon on the medical staff at Baylor Scott & White – Hillcrest. “We frequently see patients who’ve been on it for 14 years.”

For many people, the reason for the continuous use is clear, Dr. Tullos says.

Proton pump inhibitors reduce acid in the stomach, providing relief from symptoms, but they do not solve the cause of reflux. Many people have hiatal hernias or other physiological conditions playing a role.

“Once you stop that medicine, you still have the original condition, and you still get the reflux,” Dr. Tullos says. “When you stop blocking the acid, the symptoms are right back again.”

### FINDING THE RIGHT TREATMENT

To pursue the proper treatment for a patient, doctors will want to know about “everything from the mouth to the stomach,” Dr. Tullos says. Does food stick in the throat? Does the person have pain swallowing? Does heartburn occur after meals? Does it occur at night? Does the person have a cough?

In addition, the doctor will order tests, usually an upper endoscopy—where a small, flexible instrument is used to examine the esophagus and stomach—but sometimes a pH test or a swallowing X-ray to see how the esophagus moves.

### CONSIDERING SURGERY

Surgical options exist to help people who aren’t benefiting from diet and lifestyle changes and medication. The standard surgery used to be Nissen fundoplication, in which part of the stomach is wrapped around the esophagus, Dr. Tullos says. “It stops reflux,” he says, “but it has a lot of potential side effects.” These include bloating and trouble belching and swallowing.

As in other areas of surgery, minimally invasive procedures, such as LINX, have evolved. Another is TIF, or transoral incisionless fundoplication, in which the surgeon reconstructs the valve between the esophagus and the stomach.

“As our technology is better, we do less distortion of the anatomy,” Dr. Tullos says. “We give equally good treatment of reflux but with much better side effects.”

Dr. Tullos says many people who have a repair to help their reflux are symptom-free and no longer need medications.

## THE RISKS OF ACID-SUPPRESSIVE MEDICATIONS

If you’ve been diagnosed with gastroesophageal reflux disease, heartburn or ulcers, your doctor might have prescribed a class of acid-suppressive medication known as a proton pump inhibitor, or PPI. Although these medications are highly effective, they come with certain risks, including:

**Gastrointestinal infections.** “Drugs that suppress acid production can make individuals more vulnerable to these infections,” explains Joseph White, MD, a gastroenterologist on the medical staff at Scott & White Medical Center – Temple.

**Vitamin B12, iron or magnesium deficiency.** “When stomach acid is blocked, our bodies may be less able to absorb certain nutrients,” Dr. White says.

**Bone loss and fractures.** “Some studies show a slightly increased risk of osteoporosis, while other studies show none at all,” Dr. White says.

**Pneumonia.** “Some studies suggest a slightly increased risk of pneumonia, while others show no risk,” he adds.

If you’re taking a PPI and are concerned by these risks, don’t worry too much. “It’s important to remember that these complications are exceedingly rare,” Dr. White adds. “When taken correctly, these medications are usually safe and effective.”

**MORE**

### In Distress?

At Baylor Scott & White Health, experts not only diagnose and treat digestive conditions, but they also help people make healthy lifestyle changes that can improve their quality of life.

Visit [BSWHealth.com/Digestive](https://www.bswhealth.com/digestive) for an overview of services.



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.

## MAKE YOUR HEALTH CARE WISHES KNOWN

The best time to discuss care options in the event of a serious or life-limiting illness is now, before a major medical issue occurs.

"Advance care planning is an ongoing conversation with your doctor about your wishes for your medical care should you ever become unable to express those wishes on your own," explains Laurel Kilpatrick, MD, director of the Division of Supportive and Palliative Care at Scott & White Medical Center – Temple. "It's something all of us should think about, even when we are healthy."

This is especially important for individuals with dementia. "This is a chronic, progressive illness in which people eventually lose the ability to make decisions for themselves, which makes these conversations even more critical," Dr. Kilpatrick says. "Families and caregivers of people with dementia who have not had these conversations often feel a lot of stress when faced with having to make these decisions on their own."

If you have a loved one with dementia who can still make decisions, talk to his or her doctor about what's needed to start advance care planning.

**MORE**

### Dedicated Neurological Care

To learn more about Scott & White Medical Center – Temple's supportive and palliative care services, get answers to frequently asked questions or schedule a palliative care consultation, visit [BSWHealth.com/PalliativeCare](https://www.bswhealth.com/PalliativeCare) 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

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.

# WHAT'S ONLINE

→ [BSWHealth.com](http://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](http://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](http://BSWHealth.com/ScoliosisQuiz) and answer some questions.



## ONLINE

### An Easy, Convenient Diagnosis

Why sit in a waiting room when you can receive treatment for most nonemergency medical issues from the comfort of home?

→ Go to [MyBSWHealth.com/EVisit](http://MyBSWHealth.com/EVisit) to get your quick and convenient diagnosis and treatment plan.

## 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](http://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](http://BSWHealth.com/MyStory) to watch him describe what happened.



# Consistently Recognized for Excellence.

A Texas Top 10 Hospital, according to  
*U.S. News & World Report's* 2017-2018 ratings.

Once again, *U.S. News & World Report* ranked Scott & White Medical Center – Temple among the top 10 hospitals in Texas. We are recognized in the latest “*Best Hospitals*” ratings as high-performing in two specialties—**gastroenterology & GI surgery**, as well as **pulmonology**. Scott & White – Temple is also recognized as high-performing in four common procedures or conditions—**heart failure, colon cancer surgery, COPD (chronic obstructive pulmonary disease) and knee replacement**. We are also nationally ranked in **ear, nose and throat care**. For you, these recognitions confirm our commitment to providing quality health care and better patient outcomes each day.

To find out more about our award-winning care, visit [BSWHealth.com/BestHospitals](http://BSWHealth.com/BestHospitals).



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