

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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BEAT THOSE CRAVINGS
It's not about willpower
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From the President's Desk

If you're not familiar with the mission of Baylor Scott & White Health, I'd like to share it with you: *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.*

This mission is our starting point; everything we do flows from there. This single statement binds us all together for one common purpose: to provide personalized health and wellness through exemplary care. And we're delivering on that promise every day in your community.

With more than 2,600 inpatients this year, nearly 2,000 emergency room visits each month, 500 visits to our specialty clinics each day and 350 babies born this year alone, we know that you are putting your trust in us with each and every visit—and we're honored that you have chosen Baylor Scott & White – Hill Country Region.

I want to personally thank you, our friends and neighbors, for placing your trust in us. Thank you for your confidence—may we earn it over and over again.

In service,
Tim Ols, President, Baylor Scott & White – Hill Country Region

GET TO KNOW OUR SPECIALTIES

From anesthesiology to wound care, the specialists at Baylor Scott & White Medical Center – Marble Falls are ready to put their expertise to work for your health. For information about our specialty services, visit BSWHealth.com/MarbleFalls and click on “View Our Specialties.”

4 Tips to Avoid Holiday Weight Gain

This year, give yourself the gift of keeping weight gain at bay with these tips from Jordan Griffing, RD, a registered dietitian at Baylor Scott & White Medical Center – Marble Falls:



Don't arrive hungry.

Skipping meals before a party is bad strategy, Griffing says. “It's more likely that you'll overeat high-calorie foods because you're too hungry.”

Use appetizer plates. “By using smaller plates and bowls, you can trick your brain into thinking you're eating more than you are,” she says.

Take your time. It takes 20 minutes for your brain to register the sensation of fullness, so slow down and visit between bites to give your body time to tell you it's had enough.

Be selective. “Choose just two or three decadent items you really want, and enjoy one true serving of each,” Griffing says.

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A Better View

Advanced imaging technology means a more accurate diagnosis and customized treatment plan. To learn more about imaging services at Baylor Scott & White Health, visit BSWHealth.com/Imaging today.

Baylor Scott & White Health – Hill Country, 800 West Hwy 71, Marble Falls, TX 78654. President: Tim Ols; Chief Medical Officer: Paul Cook, MD; Hospital Marketing Manager: Karen Matthews. Visit BSWHealth.com or call 1.800.792.3710 for information about Baylor Scott & White's services, providers, career opportunities and more. Find a physician at BSWHealth.com/Physicians or a location at 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 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.”

HEALTHY RECIPES YOU'LL CRAVE

Head to BSWHealth.com/Recipe to get access to our complete library of delicious, nutritious recipes. You can even search by food category and dietary preferences, such as vegetarian.



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

Live Well with Diabetes

To learn more about Baylor Scott & White Health's comprehensive approach to diabetes care and how we can help you, visit BSWHealth.com/Diabetes today.





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 POWER OF ENDOSCOPY

If you have unexplained chest or abdominal pain, nausea, vomiting, heartburn or swallowing problems, your doctor may recommend an upper endoscopy.

“This five-minute outpatient procedure is performed under mild sedation and involves inserting a thin, flexible tube [or scope] with a light and a camera on the tip down the throat to examine the inside of the upper digestive system,” explains Jason Welch, DO, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Marble Falls. “Upper endoscopy is often used instead of X-ray or CT scan because it gives us a much clearer picture.”

In addition to diagnosing conditions such as ulcers, tumors and gastroesophageal reflux disease (GERD), the endoscope can use tools to treat conditions including:

Polyps. Polyps, small growths and tissue samples can be removed for biopsy.

Narrowed areas. Endoscopy can be used to stretch or open narrowed sections of the digestive tract using balloons or other devices.

Bleeding. “We can cauterize or inject medicines to stop bleeding in the stomach, esophagus or small bowel,” Dr. Welch says.

Blockages. Endoscopy can be used to remove ingested foreign objects that have become lodged in the stomach or esophagus.

MORE

Gut Check

At Baylor Scott & White Health, we not only diagnose and treat digestive conditions, we help you make healthy lifestyle changes. Visit [BSWHealth.com/Digestive](https://www.bswhealth.com/digestive) to learn more.



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.

DEPRESSION IN OLDER ADULTS: WHO'S AT RISK?

Getting older isn't easy. Major life changes, such as retirement, health problems and the death of a spouse can lead to bouts of stress, grief or sadness in older adults—but these usually ease up with time.

"Depression is different," says Jack Franklin, MD, a family medicine physician at Scott & White Clinic – Llano. "It lasts longer than three to six months and interferes with a person's daily activities, quality of life and ability to function."

Risk factors include:

- ▶ Being a woman
- ▶ Having a chronic illness, chronic pain or disabilities
- ▶ Difficulty sleeping
- ▶ Social isolation
- ▶ A personal or family history of depression
- ▶ A stressful or difficult life event
- ▶ Misuse of alcohol or drugs
- ▶ Taking certain medications

If an older individual you care about is showing signs of depression, help them seek treatment. "It's a misconception that depression is a normal part of aging," Dr. Franklin says. "It's a real medical condition that is treatable, either with medication, therapy or a combination of both."

MORE

Worried About Dementia?

If you're concerned about the signs of dementia in an older adult you love, a neurologist can help. For a referral to a neurologist on the medical staff at Baylor Scott & White – Marble Falls, call **1.844.BSWDOCS** or visit [FindDrRight.com](https://www.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.



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

Skip the Wait

Why sit in a waiting room when you can receive treatment for most nonemergency medical issues from home? Head to ATX.BSWHealth.com/EVisit to get your quick and convenient diagnosis and treatment plan 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.



Scheduling Your Mammogram Has Never Been So Easy

ONLINE. ON YOUR TIME.

At Baylor Scott & White Health, mammography just keeps improving. One reason is advanced imaging technology. It helps us spot abnormalities at an earlier – and more treatable – stage. Another reason is easy online scheduling: *your mammogram scheduled on your time.*

Baylor Scott & White Health recommends that women of average risk begin yearly screening mammograms at age 40. This exam is one of the best ways to detect breast cancer in its earliest, most treatable stages. If you are due for your mammogram (and you're an existing MyChart® user), scheduling that appointment just got easier, thanks to the easy online scheduling tool through Baylor Scott & White Medical Center – Marble Falls.

Simply visit MyBSWHealth.com and log in to your MyChart® account to schedule your next screening mammogram at Baylor Scott & White – Marble Falls. You'll be asked some questions to determine your eligibility. Then, select the Marble Falls medical center location to view available time slots and choose the one that best fits your schedule.

You're all set!



Baylor Scott & White
WOMEN'S IMAGING CENTERS

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Schedule your screening mammogram online today at BSWHealth.com/Mammo.