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WOMEN'S  
HEALTH  
QUARTERLY

Spring 2011

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 **BAYLOR**  
Regional Medical Center  
at Plano

 **BAYLOR**  
Medical Center  
at Frisco

## DIET AFTER PREGNANCY

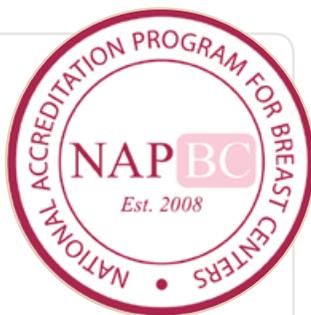
One of the first things many women think about after giving birth is getting back into those pre-pregnancy jeans. But there are special considerations moms should know about before dieting.

“Many women expect the weight to fall off when they’re breastfeeding,” said Jana Pitcock, RD, LD, clinical dietician at Baylor Medical Center at Frisco. “But if that happens, the baby may not get the proper nutrients.”

Pitcock said a loss of two pounds each month is a realistic expectation while providing enough nutrients for mom and baby. And vitamin and mineral supplements can’t replace a healthy diet.

For a personalized daily food plan for new moms, visit [www.mypyramid.gov](http://www.mypyramid.gov), or talk to your physician. [W](#)

## BAYLOR PLANO BREAST CENTER ACCREDITED



Baylor Plano has received a three-year/ Full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons.

Baylor Plano, including Baylor Diagnostic Imaging Center at Craig Ranch, is the only hospital in Collin County and one of six in Texas accredited by the NAPBC.

### This means that patients at Baylor Plano have access to:

- Comprehensive care, including a full range of advanced services
- A multidisciplinary team approach to coordinate the best treatment options
- Information about ongoing research and new treatment options
- Quality breast care close to home [W](#)

## BREATHE EASY

When you’re healthy, breathing comes easy—inhalation, exhale, repeat. You don’t need to think about it. But if you give a little attention to your breathing you’ll find it can help you relax and combat stress.

Breathing deeply, so it feels like the air reaches all the way down to your abdomen instead of just your upper chest, brings more nourishing oxygen into your body. The additional ventilation can help reduce stress and anxiety, explains Gary Erwin, M.D., a pulmonologist on the medical staff at Baylor Regional Medical Center at Plano.

Even a few deep breaths can help—if you’re feeling particularly frazzled, try closing your eyes and breathing in and out deeply 10 times, focusing your attention on your breath and breathing instead of on the problems that are making you anxious. Breathe in through your nose and out through your mouth, contracting your abdominal muscles as you exhale to force the air out of your lungs.

For longer-lasting results, work a 10- or 15-minute deep-breathing session into your daily routine. Many people enjoy yoga because it includes a focus on attentive breathing.

If you have trouble with your lungs, talk to your doctor. He or she can help you get on track to better breathing.

For a referral to a pulmonologist on the Baylor Plano medical staff call 1.800.4BAYLOR or visit [BaylorHealth.com/Plano](http://BaylorHealth.com/Plano). [W](#)



## HEALTHQUICKS NEWS YOU CAN USE!

According to the National Cancer Institute, obesity increases the risk of breast, colon and kidney cancer. Maintaining a healthy weight and taking steps to lose weight can help you decrease your risk of developing these cancers. [W](#)

Research confirms that new experiences give you a rush. When you try something new, a chemical in the brain called dopamine is released, and dopamine motivates you to do more. [W](#)

Did you know that the average healthy adult gets a few colds each year? Though you can’t always avoid getting one, washing your hands, scrubbing your kitchen and bathroom often and not sharing glasses with family members will help you stay well. [W](#)

# COPING WITH CROHN'S DISEASE

## Coping With Crohn's Disease

Crohn's disease is challenging to diagnose and can occur at any age. The disease that typically causes symptoms of diarrhea, stomach pain, and bleeding is often hard to diagnose. Rassa Shahidzadeh, M.D., gastroenterologist on the Baylor Plano medical staff discusses how to help keep the disease under control with medication and lifestyle changes.



## What is Crohn's?

Crohn's disease is a type of chronic inflammatory bowel disease that causes sections of the digestive system to inflame and create ulcers for no apparent reason. The disease typically affects the end of the small intestine called the terminal ileum, but can occur anywhere in the digestive tract.

## What causes Crohn's?

Doctors have known about Crohn's disease for over a century but the exact cause is still unknown. Crohn's disease is an abnormal or exaggerated immune system response in the intestine causing unnecessary inflammation.

There also may be a genetic component to the disease as your chances of developing Crohn's disease are higher if one of your family members has it. In addition, certain descendants from Eastern European (Ashkenazi) Jewish families may be at an increased risk of developing Crohn's disease. Recent advances in genetics research have identified certain genes that can increase one's risk of developing Crohn's disease.

## What are the symptoms of Crohn's?

The common symptoms of Crohn's disease are stomach pain, diarrhea, and bleeding from the digestive tract. Symptoms are often worse after eating.

Some people lose weight and become low on vitamin levels because of poor absorption of food. A smaller number of people experience mouth sores, intestinal blockages, joint aches, liver problems, kidney stones, and even inflammation of the eye.

Symptoms are not always constant with Crohn's disease. Illness, anti-inflammatories (such as ibuprofen) and stress may cause symptoms to emerge. You may experience mild symptoms or go for extended periods of time without symptoms. Some, however, have severe symptoms requiring aggressive medical and surgical control.

It's important to recognize the signs that Crohn's disease may be getting worse. Call your physician if you experience any of these symptoms:

- Relentless stomach pain
- Significant diarrhea
- Bloody or black tarry stools
- Losing weight unintentionally
- Fever or chills
- Vomiting frequently
- Unusual discharge from the anus or sores on the skin

## How is Crohn's detected?

Your doctor will discuss your symptoms with you and perform a physical exam. Then your doctor may order imaging of your abdomen, lab tests, and procedures to directly visualize and biopsy the digestive tract.

## A few tests to help diagnose Crohn's disease include:

- Colonoscopy which is a procedure under sedation involving passing a thin flexible camera inside the colon that allows the physician to examine the colon and take biopsies.
- CT scan or MRI of the abdomen
- Blood testing

## How is Crohn's Treated?

Treatment options vary for each person, but the most widespread treatment for Crohn's disease is medication. Surgery is considered only as a last resort for many patients. Speak with your physician before taking any medications.

Your doctor may also prescribe medicines that help manage and prevent inflammation in the intestines and keep the illness from setting off symptoms. Medicines can help heal damaged tissue and may postpone the need for surgery. The disease makes it challenging for your intestines to take in nutrients, such as vitamins and minerals. This can cause problems like anemia, bone loss, and weight loss. Talk to your doctor to see what diet and vitamin supplements are needed for Crohn's disease.

It is also important to have close follow-up with your doctor since Crohn's patients who have had the disease for many years are at a higher risk for colon cancer and other conditions than the average person.

Finally, avoid smoking as smoking often makes the problem worse.



For a referral to a gastroenterologist on the Baylor Plano medical staff, call 1.800.4BAYLOR or visit [BaylorHealth.com/PlanoDigestive](http://BaylorHealth.com/PlanoDigestive).

To sign up for a free seminar on colon health on Thursday, May 26, call 1.800.4BAYLOR or visit [BaylorHealth.com/PlanoEvents](http://BaylorHealth.com/PlanoEvents). 

## QA & BAYLOR PLANO HAS THE ANSWERS

### How can I safely train for a marathon?

Whether you're eyeing a long or short race, remember these tips from Sarang Desai, D.O., an orthopaedic surgeon on the medical staff at Baylor Plano.



**1. Plan to train.** Your body needs to build endurance and strength to be able to handle a distance you've never attempted.

**2. Look at a calendar.** For a beginner who is training three days a week, preparing for a 5K should take about eight weeks. If you can already run three miles easily, plan to prepare for around three months before a half marathon and about five months for a full marathon.

**3. Have a schedule.** Create a schedule and set goals. "Training schedules can easily be found in running books, online and on many smart phone applications," says Dr. Desai.

**4. Build gradually.** Regardless of the distance, start slow. Start with a slow and short jog, working to build your distance and speed over time.

**5. Rest.** "It is a fine balance between overtraining and risking burnout or injury and not training enough to be adequately prepared," Dr. Desai says.

If training is a struggle, it may be time to see an orthopaedic specialist on the Baylor Plano medical staff. Call 1.800.4BAYLOR or visit [BaylorHealth.com/Plano](http://BaylorHealth.com/Plano) for a referral.

## CALENDAR OF EVENTS

April & May 2011

All programs held at Baylor Regional Medical Center at Plano unless otherwise noted. For more information or to register for a program, please call **1.800.4BAYLOR (422.9567)** or visit [BaylorHealth.com/PlanoEvents](http://BaylorHealth.com/PlanoEvents).

### Classes & Free Seminars

#### Weight Loss Surgery Informational Seminar

**Tuesdays, April 5 and 19; May 3 and 17.** 6:30 to 8:30 p.m. Education Rooms 1-4, Garden Level. Presented by Nick Nicholson, M.D., bariatric surgeon. Baylor Plano's surgical weight loss program offers three options: gastric banding, gastric bypass and sleeve gastrectomy to help you try to achieve a healthy weight.

#### Mammcare® Breast Self Exam Class

**Friday, April 8.** 10 to 11:30 a.m.  
**Thursday, May 5.** 5 to 6:30 p.m.  
Taught by Betsy Booth, Nurse Navigator at Baylor Plano. Education Room 1, Garden Level.

#### ImPACT Concussion Seminar

**Thursday, April 14.** 6 to 8 p.m. Presented by Neelay Gandhi, M.D., and David Tobias, M.D., internists. Education Rooms 1 & 2, Garden Level. *Light dinner provided.*

#### Advance Directives and Living Wills Seminar

**Saturday, April 16.** 9 to 10 a.m. Presented by Aaron Samsula, M.D., internist. Education Rooms 1 & 2, Garden Level. *Light breakfast provided.*

#### Joint Pain Seminar

**Wednesdays, April 20 and May 18.** 6 to 7 p.m. Education Room 1, Garden Level.

#### Bone Health Seminar

**Tuesday, May 24.** Noon to 1 p.m. Presented by Anthony O'Connell, M.D., gynecologist. Education Rooms 1 & 2, Garden Level. *Lunch provided.*

#### Inside Tract on Colon Cancer

**Thursday, May 26.** Noon to 1:00 p.m. Presented by Rassa Shahidzadeh, M.D., gastroenterologist. Conference Rooms A/B. *Lunch provided.*

### Health Fairs

#### Your Health This Month®

**Thursdays, April 21 and May 19.** 7:30 to 9:30 a.m. Plano Conference Rooms A & B, Garden Level. Includes free screenings and health education as well as cholesterol/glucose testing for \$10.

#### Saturday Mammography

Most insurance plans accepted

#### Saturday Mammography Services

**Saturdays, April 2 and 16; May 7 and 21.** Women's Imaging Center, Medical Pavilion II, #100.

#### Saturdays, April 9 and 30; May 14.

Baylor Diagnostic Imaging Center at Craig Ranch  
8080 St. Highway 121, Ste. 100, McKinney.

### Support Groups

#### Support for People with Oral Head & Neck Cancer

**Tuesdays, April 5 and May 3.** 6 to 8 p.m. Plano Conference Rooms A/B, Garden Level. *Light dinner served.*

#### Weight Loss Surgery Support Group

**Wednesdays, April 13 and May 11.** 6:00 to 8:30 p.m. Education Rooms 1 & 2, Garden Level. To register call 469-814-5677.

#### Diabetes Support Group

**Thursdays, April 14 and May 12.** 5:30 to 7 p.m. Conference Room A/B, Garden Level.

#### Breast Cancer Support Program

**Mondays, April 18 and May 16.** 5:30 to 7:30 p.m. Education Rooms 1 & 2, Garden Level. Join us as we discuss various topics including nutrition, exercise, stress management, humor and laughter, emotional responses, and recovery techniques such as journaling, art, and relaxation techniques. *Light dinner provided.*

#### Look Good Feel Better

**Tuesday, April 19.** 6 to 8 p.m. Plano Conference Rooms A/B, Garden Level. This program, held in conjunction with the American Cancer Society, helps patients undergoing cancer treatment feel more comfortable with the changes in their appearance including hair loss as well as skin and nail changes.

#### Us Too! Prostate Cancer Support Group

**Tuesdays, April 26 and May 24.** 6:30 to 8:30 p.m. Plano Conference Rooms A/B, Garden Level. *Light dinner provided.*

### Ongoing Programs

#### Healthy Steps

**Every Thursday.** 2:30 to 3:30 p.m. Healthy Steps, designed for people of all ages and abilities, uses movement and music to help improve your overall wellness. Plano Conference Rooms A/B, Garden Level. To register for this free class call 469.814.2550.

#### Diabetes Self Management Program

Assists people of all ages in managing diabetes. Classes are offered at various times. To register or for more information, call 469.814.6896.

#### Medical Nutrition Therapy

Appointments and classes offered at various times. To schedule an appointment please call 469.814.4483.