

# W

WOMEN'S  
HEALTH  
QUARTERLY

Summer 2011

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 **BAYLOR**  
Regional Medical Center  
at Plano

 **BAYLOR**  
Medical Center  
at Frisco

## Solving Sleep Problems

Read this expert advice for anyone struggling to sleep at night, from Jeff Taylor, M.D., medical director of the Baylor Plano Sleep Center.

**Waking at night:** For some, falling asleep isn't the problem. It's staying asleep. While waking at night is normal, consider removing your clock from beside your bed so that you don't stare at it all night and worry about how long you're awake. Worry will only prolong your struggle to fall asleep.

**Sleeping too early:** Most people live with their days packed to the max, so once they get to the end of the day, they literally fall into bed. However, if you go to bed at 7:30 p.m., your body will naturally want to wake up about 7 to 8 hours later, leaving you lying in bed, awake at 2:30 a.m. To prevent this, set a sleep schedule based on when you need to wake up and work backwards based on how many hours of sleep you need to determine when you should go to bed. Keeping a consistent sleep schedule will help you sleep better and feel more rested throughout the day.

Take a sleep quiz at [BaylorHealth.com/PlanoSleep](http://BaylorHealth.com/PlanoSleep). [W](#)



## HOW TO PICK A NICU THAT'S RIGHT FOR YOU

Like most expectant parents, you want the safest possible environment for your delivery. Many mothers make sure their hospital has a neonatal intensive care unit (NICU), in the event their baby unexpectedly requires extra care. Simply knowing there is a NICU available can be reassuring.

Most parents will know ahead of time about any complications and your obstetrician will likely recommend a place to deliver. In severe cases, such as with cardiac or neurological problems, you would be directed (during the pregnancy) to a hospital with the appropriate level of NICU care. Most babies requiring NICU care are born prematurely, and the extent of the prematurity determines the level of NICU the baby requires. NICU levels range from Level 1 at the low end, to Level 3C at the high end. Baylor Medical Center at Frisco has a Level 3A NICU, which means it cares for babies down to a gestational age of 28 weeks, can provide respiratory support for premature babies, and offers 24-hour "in-house" nurse practitioner care.

"Above all, mothers should choose a hospital they trust. Otherwise they may experience undue anxiety," said Kim McKinney, Women's Center Manager at Baylor Frisco. "In addition to the NICU, parents should also take into account other factors, such as the hospital's location, the experience of the nursing staff and the patient-to-nurse ratio. A lower patient-to-nurse ratio often means more TLC for moms and babies."

For more information, contact the Women's Center at Baylor Medical Center at Frisco at [214.407.5506](tel:214.407.5506). [W](#)

## Less Worry, Less Pain

We all deal with stressful days and times when our minds seem consumed with constant worry. Such chronic stress and worry can lead to several medical problems such as poor sleep, back pain, headaches, digestive problems, heart disease, and even weight gain.

Dr. Jamile Ashmore, clinical director of the Behavioral Health Center at Baylor Regional Medical Center at Plano, explains that stress or anxiety is the emotional reaction we have in response to a difficult or demanding situation. Worry, on the other hand, is the mental process we use to prepare us for dealing with the difficult situation. Worry is triggered by the emotional stress response, and active worrying can keep us stressed out. It's a vicious cycle.

To help break the cycle, Dr. Ashmore offers some advice on handling some common stressful situations.

**JOB SECURITY:** In a fragile economy, many worry about whether or not their position is safe.

To help yourself focus on your work rather than worry, consider meeting with your boss to learn what else you can offer to help solidify your position.

**YOUR CHILD'S SAFETY:** When you love someone, it's normal to desire to protect them from pain and heartache, and it can be challenging to recognize that you don't have control over every situation or circumstance. Find a doctor you trust and feel comfortable talking to honestly about your concerns.

**YOUR HEALTH:** As you get older, you're more likely to experience unfamiliar aches and pains that may cause you concern. Combat worry by getting a thorough annual checkup to decide if you're in good health, and let your doctor know about any symptoms you may be concerned about.

For an appointment with a behavioral health provider, call [469.814.4850](tel:469.814.4850). For a referral to a physician on the Baylor Plano medical staff, call [1.800.4BAYLOR](tel:1.800.4BAYLOR) or visit [BaylorHealth.com/Plano](http://BaylorHealth.com/Plano). [W](#)

## SHOW YOUR JOINTS SOME LOVE

**SHOULDERS:** Shoulder injuries can occur from improper exercise and falls. "Knowing how to exercise properly can decrease the chance of rotator cuff and shoulder injuries," says Dr. Robert Berry, medical director of sports medicine at Baylor Plano. Avoid lifts behind the head. Dr. Berry encourages women to perform exercises in front of the body to decrease the strain on the shoulder. Consult a trainer or health care professional about proper form.

**HIPS:** Arthritis is the breaking down of the cartilage that protects joints when they move. "When cartilage begins to wear down, people experience pain, swelling and stiffness in their joints," says Dr. Charles Toulson, medical director of the Baylor Plano Total Joint Replacement Center. Joint inflammation can be caused by autoimmune disease, broken bones, wear and tear or infection. "Excess weight places more pressure on your joints and puts you at an increased risk for developing arthritis so aim to maintain a healthy weight," says Dr. Toulson. Be sure to tell your doctor if you have a family history of arthritis as it can run in families.

**KNEES:** Many women experience pain in their knees during or after physical activity such as running or climbing stairs. "One way to help prevent knee pain is to increase your activity level slowly over time so that your body and knees have time to adjust to the activity level," says Dr. Toulson.

**WRISTS:** Repetitive typing on a keyboard, sewing and racquetball can all lead to carpal tunnel syndrome, pressure on the nerve in the wrist that gives feeling and mobility to parts of the hand. "Many ergonomically friendly tools such as split keyboards, typing pads and wrist braces, have been created to help reduce the risk of Carpal tunnel," says Dr. Berry.

**ELBOWS:** Women who enjoy playing sports often develop tennis elbow or golfer's elbow. "Tennis and golfer's elbow occur when the outside part of the upper arm, near the elbow becomes inflamed and painful," says Dr. Berry. Prevent and treat pain by applying ice to the outside of the elbow after playing sports or performing any activity that requires repetitive twisting of the wrist. "Stretching your arm and elbow to help retain strength and flexibility in the arm muscles will also help prevent pain," says Dr. Berry.

**ANKLES:** A sprain is an injury to the ligaments around a joint. "When a ligament is stretched too far or tears, the joint will become painful and swell," says Dominique Nickson, M.D., foot and ankle specialist on the Baylor Plano medical staff. To help avoid strains warm-up and stretch the muscles and tendons in your ankle before you exercise. "If you do sprain your ankle rest, ice and elevate it," says Dr. Nickson. You may need to do some therapy on your ankle to help avoid future injuries.

Baylor Regional Medical Center at Plano provides the full spectrum of orthopedic services, to help you get back on your feet after an injury. At Baylor Plano you will find leading experts in the field of foot and ankle conditions, sports medicine and total joint replacements. For a referral to an orthopedist on the Baylor Plano medical staff, call [1.800.4BAYLOR](tel:1.800.4BAYLOR) or visit [BaylorHealth.com/PlanoOrtho](http://BaylorHealth.com/PlanoOrtho). [W](#)

## HEALTHQUICKS NEWS YOU CAN USE!

Trouble sleeping at night? It could be allergies keeping you awake. Try dusting and vacuuming your room regularly and washing your curtains and bedding to remove allergens that may keep you from getting your zzzz's. [W](#)

Health experts recommend that we get 30 minutes of exercise most days of the week to help lower cholesterol and maintain a healthy weight. But if your schedule is too busy to fit this in, take three 10-minute walks throughout your day. Short bouts of exercise still will benefit your health. [W](#)

If you're struggling to get five to nine servings of fresh fruits and vegetables into your daily diet, snack on vitamin-rich dried fruits and packs of applesauce. While there isn't as much fiber in applesauce as there is in a fresh apple, you'll still be getting vitamin C. [W](#)

**QA**  
**BAYLOR  
PLANO  
HAS THE  
ANSWERS**

*How can  
I protect  
my vision?*

Integrate these strategies from Michelle Brochner, M.D.,

ophthalmologist, on the Baylor Plano medical staff, into your life to help preserve your eyes.



- **Eat Dark Green Vegetables:** Deep-green vegetables like spinach contain lutein and zeaxanthin, two carotenoids that have been shown to reduce the risk of developing cataracts and macular degeneration.
- **Recruit Antioxidants:** Eating two servings a day of berries, oranges, or plums can help reduce free-radical damage that can accelerate the callusing of lenses and contribute to cataracts and macular degeneration.
- **Get a Multivitamin:** A National Eye Institute study found that vitamins C and E, beta-carotene, and the minerals copper and zinc reduced the progression of macular degeneration in patients.
- **Fill Up on Omega-3s:** Research suggests omega-3 fatty acids in some fish, such as salmon, halibut, and tuna, can assist in preserving the eyes' shielding tear film, diminish dry eyes, and keep cataracts from forming.
- **Snack on Carrots:** Carrots and other orange vegetables, contain beta-carotene, a carotenoid that helps keep your eyes functioning well.

For a referral to an ophthalmologist on the Baylor Plano medical staff, call **1.800.4BAYLOR** or visit **BaylorHealth.com/Plano**

**CALENDAR OF EVENTS**

*August & September 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**.

*Classes & Free Seminars*

**Breast Cancer Risk Assessment & Prevention Clinics**

**Thursdays, August 4 & 18; September 1 & 15.** Women's Imaging Center, Medical Pavilion II, Suite 100. Clinics will offer clinical breast exam, MammaCare® education, personalized risk assessment results and risk reduction strategies.

**Shrug Off Shoulder Injuries Seminar**

**Wednesday, August 9.** Noon to 1 p.m. Presented by Robert Berry, D.O., orthopedic surgeon on the medical staff at Baylor Plano. Education Rooms 1 & 2, Garden Level. *Lunch provided.*

**Weight Loss Surgery Informational Seminar**

**Tuesdays, August 9 & 23; Wednesday, September 7 & Tuesday, September 20.** 6:30 to 8:30 p.m. Education Rooms 1-4, Garden Level. 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.

**MammaCare® Breast Self Exam Class**

**Friday, August 12.** 10 to 11:30 a.m. **Thursday, September 8.** 5 to 6:30 p.m. Education Room 3, Garden Level. Taught by Betsy Booth, Nurse Navigator at Baylor Plano.

**Athletic Participation Physicals**

**Saturday, August 13.** 9 a.m. to 2 p.m. Baylor Plano's medical and professional staff will provide free athletic physicals for area athletes. *Light snacks provided.*

**Eliminating Foot Pain Seminar**

**Wednesday, August 17.** Noon to 1 p.m. Presented by Dominique Nickson, M.D., orthopedic surgeon on the medical staff at Baylor Plano. Plano Conference Rooms A/B. *Lunch provided.*

**Joint Pain Seminar**

**Wednesdays, August 17 & September 21.** 6 to 7 p.m. Education Room 1, Garden Level.

**Man Up For Your Health**

**Tuesday, September 20.** Noon to 1 p.m. Men's health seminar presented by Neelay Gandhi, M.D., and David Tobias, M.D., family medicine physicians on the Baylor Plano medical staff.

**What You Should Know About Melanoma**

**Wednesday, September 28.** Noon to 1 p.m. Education Rooms 1 & 2, Garden Level. Presented by Christy Riddle, M.D., dermatologist on the Baylor Plano medical staff. *Lunch provided.*

*Health Fairs*

**Your Health This Month™**

**Wednesday, September 21.** 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.

*Convenient Mammography*

Most insurance plans are accepted. Early morning (7:30 a.m.) weekday appointments are also available.

**Spa Days**

Enjoy a five-minute chair massage, refreshments and a Bath & Body Works® gift set with your digital mammogram.

**Saturday, August 6.** Baylor Diagnostic Imaging Center at Craig Ranch, 8080 St. Highway 121, Ste. 100, McKinney.

**Saturday, August 13.** Women's Imaging Center, Medical Pavilion II, Suite 100.

**Saturday, August 20.** Baylor Regional Medical Center at Plano Elizabeth Jekot, M.D., Breast Imaging Center, 3301 E. Renner Rd, #100, Richardson.

**Saturday Mammography Services**

**Saturday, September 10.** Baylor Diagnostic Imaging Center at Craig Ranch, 8080 St. Highway 121, Ste. 100, McKinney.

**Saturday, September 17.** Women's Imaging Center, Medical Pavilion II, Suite 100.

**Saturday, September 17.** Baylor Regional Medical Center at Plano Elizabeth Jekot, M.D., Breast Imaging Center, 3301 E. Renner Rd, #100, Richardson. Appointments begin at 8 a.m.

*Support Groups*

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

**Tuesdays, August 2 & September 6.** 6 to 8 p.m. Plano Conference Rooms A/B, Garden Level. *Light dinner served.*

**Weight Loss Surgery Support Group**

**Wednesdays, August 10 & September 14.** 6 to 8:30 p.m. Education Rooms 1 & 2, Garden Level. To register call 469.814.5677.

**Diabetes Support Group**

**Thursdays, August 11 & September 8.** 5:30 to 7 p.m. Conference Rooms A/B, Garden Level.

**Breast Cancer Support Program**

**Mondays, August 15 & September 19.** 5:30 to 7:30 p.m. Education Center 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.*

**Us Too! Prostate Cancer Support Group**

**Tuesdays, August 23 & September 27.** 6:30 to 8:30 p.m. Plano Conference Rooms A/B, Garden Level. *Light dinner provided.*

*Ongoing Events*

**Diabetes Self Management Program**

The Diabetes Self Management Program offered at Baylor Regional Medical Center at Plano, assists people of all ages in managing diabetes. Classes are offered at various times. To register or for more information, call 469.814.6896.