

Baylor Scott & White

# Health

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BaylorHealth.com/AllSaints

JANUARY 2015

“I wanted to live my life to the fullest—and now I can.”

**Janice Collins**

didn't let an overactive bladder slow her down

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**THE GREATEST GIFT**

What you need to know about living donor kidney transplants PAGE 4

 **BAYLOR**  
All Saints Medical Center  
at Fort Worth



## Prepping for a Healthy Pregnancy

It starts before the plus sign appears. Take these steps toward a healthy pregnancy:

**Mighty B:** Folic acid—a type of B vitamin—is important for every woman who may become pregnant because it can prevent brain and spinal defects. The daily recommended dose is 400 micrograms.

**Lather, rinse, repeat:** Wash your hands frequently with soap and water to avoid catching an infection. Ask your doctor whether you need immunization updates.

**Steer clear:** Don't smoke, drink alcohol or use drugs. If you are exposed to chemicals at work or at home, ask your doctor about potential side effects for your baby.

**Check in:** Keep up with recommended prenatal checkups.

### FIND AN OB-GYN

For a referral to an Ob-Gyn on the medical staff at Baylor Fort Worth's Andrews Women's Hospital, visit [BaylorHealth.com/AllSaintsWomen](http://BaylorHealth.com/AllSaintsWomen) or call **1.800.4BAYLOR.**

## Ready to Respond: Now a Level III Trauma Center

Baylor All Saints Medical Center at Fort Worth recently achieved designation as an Advanced Level III Trauma Facility by the Texas Department of State Health Services.

### WHAT DOES IT MEAN TO BE A LEVEL III TRAUMA CENTER?

"It means we're acting under best-practice, evidence-based protocols for trauma care," says Janice Walker, chief operating officer at Baylor Fort Worth. "We went through a very rigorous survey by the state and received absolutely no deficiencies, which is very unusual."

Level III centers have trauma surgeons on call 24 hours a day.

### WHAT ARE THESE PROTOCOLS AND WHY ARE THEY IMPORTANT?

Simply put, protocols are step-by-step guidelines that everyone in a hospital follows to provide quick, effective treatment to every patient with traumatic injuries.

"Protocols are developed based on national research to promote care for trauma patients that increases survival rates," Walker says. "It's a gift to the community that we have invested the time and the resources to make our protocols evidence-based."

**MORE**

### Award-Winning Care

Visit [BaylorHealth.com/AllSaints](http://BaylorHealth.com/AllSaints) to learn about Baylor Fort Worth's awards and accreditations.

Baylor All Saints Medical Center at Fort Worth, 1400 Eighth Ave., Fort Worth, TX 76104, 817.926.2544. Visit [BaylorHealth.com](http://BaylorHealth.com) or call 1.800.4BAYLOR for information about Baylor All Saints Medical Center services, upcoming events, physician referrals, career opportunities and more. Marketing/Public Relations Director: Dee Dee Ogrin.

Baylor Health Care System Mission: Founded as a Christian ministry of healing, Baylor Health Care System exists to serve all people through exemplary health care, education, research and community service.

All Saints Outpatient Diagnostic Center: 817.922.7780. All Saints Health Foundation: 817.922.7707. Behavioral Health Services: 817.922.1162. Carter Rehabilitation & Fitness Center: 817.922.1139. Diabetes Center: 817.922.1794. Lymphedema Center: 817.922.2530. Neuroscience Program: 817.922.2385. Pain Management Program: 817.922.PAIN. Transplantation Services: 817.922.4650. Volunteer Services: 817.922.2376. Wound Management Program: 817.922.2430.

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# 1.3 million

The number of annual vehicle crashes that happen because of weather—from rain to snow to ice. As a result, 6,250 people are killed.

**This winter, take it slow on the roads and always wear your seat belt.**



Source: Federal Highway Administration

# The Latest Fitness Crazes

Ready to get in shape this year? See which of the trendiest workouts might be right for you.



## TREND: CROSSFIT

- ▶ **WHAT IS IT?** This intense program uses explosive and plyometric (jump training) exercises.
- ▶ **WHO'S IT BEST FOR?** Experienced exercise enthusiasts.
- ▶ **CAUTION:** The intensity of the exercises increases risk of injury.

## TREND: BARRE

- ▶ **WHAT IS IT?** Ballet barre-based workouts sculpt lean muscle mass and improve balance, core stability and range of motion.
- ▶ **WHO'S IT BEST FOR?** All fitness levels.
- ▶ **CAUTION:** Classes can be expensive.

## TREND: HOT YOGA

- ▶ **WHAT IS IT?** These yoga classes are held in heated rooms with temperatures from 90 to 105 degrees.
- ▶ **WHO'S IT BEST FOR?** Yogis who want the challenge of maintaining focus and exploring postures while dripping with sweat.
- ▶ **CAUTION:** Concerns of dehydration, heat exhaustion and heatstroke steer some to nonheated yoga. Properly hydrate before, during and after class.

## A BETTER YOU

Make this year *your* year! Visit [BaylorHealth.com/LiveBetter](http://BaylorHealth.com/LiveBetter) for a host of 10-second tips on nutrition, fitness and living well.

## Two to Try

If you want to eat healthier in 2015, add these two foods to your diet—stat!

**1 QUINOA:** A grain native to South America, quinoa is high in protein and is a good source of iron and magnesium. Sprinkle this superfood on salads, mix it with veggies or substitute it for rice in recipes.

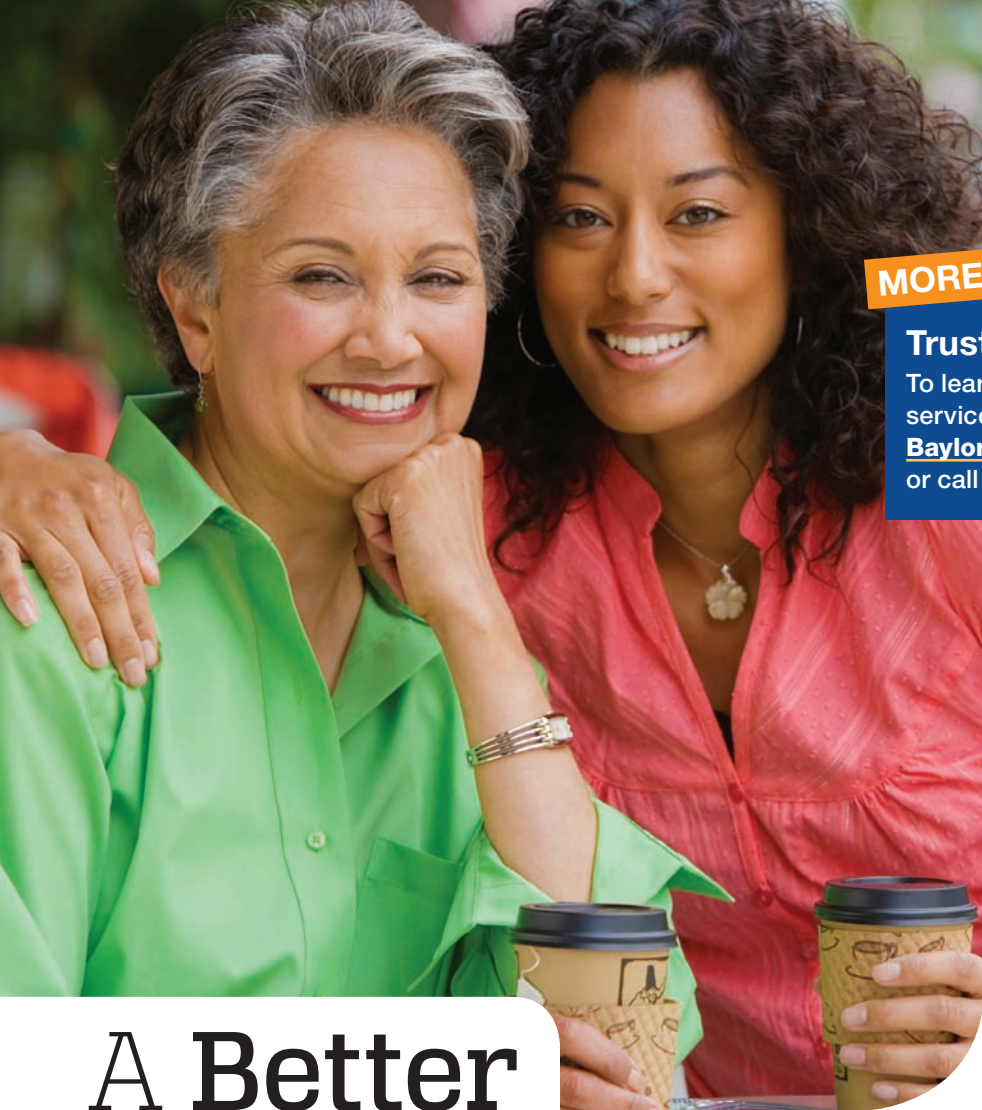
**2 BLACK BEANS:** Mash them into hamburgers, puree them in winter soups for heartiness, or simply serve them on the side. You'll up your fiber, folate and iron intake.



**MORE**

### Free Healthy Recipes

Let us help plan your next meal. Visit [BaylorHealth.com/Recipe](http://BaylorHealth.com/Recipe) to browse our library of healthy recipes.




**MORE**

## Trust the Transplant Experts

To learn more about transplantation services at Baylor Fort Worth, visit [BaylorHealth.com/Transplant](https://www.baylorhealth.com/transplant) or call **1.800.4BAYLOR**.

# A Better Alternative

## The steps to a living donor kidney transplant

 FOR PEOPLE EXPERIENCING kidney failure, dialysis is not the only option. In fact, a kidney transplant offers better long-term survival rates, says Bernard Fischbach, MD, medical director of kidney/pancreas transplantation at Baylor Annette C. and Harold C. Simmons Transplant Institute.

“The average transplant patient lives 17 years longer than the average dialysis patient,” Dr. Fischbach says.

And, he notes, a living donor transplant offers several benefits over a deceased donor transplant, including better long-term results, less chance for rejection and a shorter wait time.

Here are the steps involved for a living donor kidney transplant.

### STEP 1

#### Determine if it's right for you.

Visit [BaylorHealth.com/KidneyTransplant](https://www.baylorhealth.com/kidneytransplant) to learn more about the procedures offered at Baylor University Medical Center at Dallas and Baylor All Saints Medical Center at Fort Worth, and then talk to your doctor.

### STEP 2

#### Consider possible donors.

“It's important for potential kidney recipients to reach out to friends and family,” Dr. Fischbach says. “Sometimes they are very willing to donate a kidney, but you won't know unless you've asked.”

### STEP 3

#### Fill out the application forms.

The recipient completes a kidney

transplant application at

[BaylorHealth.com/KidneyTransplantApplication](https://www.baylorhealth.com/kidneytransplantapplication).

Potential donors complete a confidential health history questionnaire online at [LivingDonorDallas.org](https://www.livingdonordallas.org) or [LivingDonorFortWorth.org](https://www.livingdonorfortworth.org).

### STEP 4

#### Complete your evaluation.

“If a person comes to the program with an established donor, the evaluation can be completed within two weeks,” Dr. Fischbach says.

Recipients and donors are evaluated by the kidney selection committee, as well as different transplant teams, which typically include a transplant surgeon, a transplant nephrologist and a social worker. The evaluations are used to verify that the donor is a match and that both individuals are healthy enough for a successful transplant. Insurance and finances are also discussed.

### STEP 5

#### Schedule the transplant surgery.

The recipient is typically in the hospital for about four days. The donor usually goes home after two or three days.

### STEP 6

#### Maintain your follow-up care.

The recipient is monitored in the transplant clinic—starting at three days a week, working to monthly and then every three months. Meanwhile, the donor has a checkup three months after the surgery and again after one year, and is followed long term by his or her primary care physician.

For optimal health after a transplant, taking the prescribed medications and maintaining a healthy lifestyle are essential, Dr. Fischbach says.



People who have a primary care provider tend to seek more preventive care.

# Finding the One

**A primary care physician will be there for you in sickness and in health. Here's how to choose the best one for you**

QUICK, WHO'S YOUR DOCTOR? Don't know or don't have one? You're doing your health a disservice.

Why? Because people who have a primary care provider (PCP) tend to seek more preventive care and therefore fare better than those who don't, says Randy Leach, DO, a family medicine physician on the medical staff at Baylor Scott & White Medical Center—Waxahachie. The key is finding the right provider for you.

## **Q** WHAT TYPE OF PHYSICIAN SHOULD I LOOK FOR?

That depends on your age and convenience factors, Dr. Leach says.

“Children can go to a pediatrician or a family medicine doctor. Adults can go to family or internal medicine physicians,” he says. “If you have a family, do you want one doctor to see everyone in the family? If so, family medicine is the way to go.”

## **Q** WHAT ARE THE MOST IMPORTANT THINGS TO LOOK FOR IN A PHYSICIAN?

You'll want to make sure you choose a physician who takes your insurance. Beyond that, “it's more of a personality thing,” Dr. Leach says. “You need to find someone that you feel comfortable with.”

Start by asking friends and family for referrals and doing some research. “Most practices will have online resources that tell you a little bit about the physician and his or her training background and interests,” Dr. Leach says.

Then schedule an initial appointment to see whether you get along in person. And just as important, do you like the office staff?

“That's a huge part of your interaction with the physician,” Dr. Leach says. “Make sure the staff is friendly and not a barrier between you and your physician.”

## **Q** DO WOMEN NEED A PRIMARY CARE PHYSICIAN IN ADDITION TO AN OB-GYN?

In short, yes. During childbearing years, you may see your Ob-Gyn more frequently than your primary care physician, but it's still important to maintain a relationship with a PCP.

“You can go to your Ob-Gyn for a lot of needs,” Dr. Leach says. “But your PCP can take care of many other medical needs in addition to basic reproductive health.”

## **MEET YOUR MATCH**

To find your Dr. Right on the medical staff at Baylor Fort Worth, call **1.800.4BAYLOR** or visit **FindDrRight.com** today.

Many women will require gynecologic surgery during their lifetime. Here are four common procedures and why you might need them

# It's a Girl Thing

→ WHEN JANICE COLLINS, 51, started noticing light bladder leakage about 10 years ago, she opted to undergo transvaginal sling surgery to correct it. But the procedure didn't work the way she'd hoped. "Three weeks later, I still had leakage, and now I also had an overactive bladder."

Collins tried medications and biofeedback to treat her symptoms, but nothing worked. "I now had constant urinary tract infections as well. My symptoms ran my life."

A visit to her physician in June 2014 revealed a new symptom—blood in her urine. She was immediately referred to a urogynecologist on the medical staff

at Baylor University Medical Center at Dallas. "He told me, 'We're going to get to the bottom of this,'" she says. "And I believed him."

Collins underwent surgery, and the source of her problems was discovered—the mesh sling had perforated through her bladder.

Thankfully, her surgeon was able to remove it and repair the damage. Six weeks later, she felt "100 percent better." So good, in fact, she went on a Mexican cruise with her husband

to celebrate their anniversary. "We're empty nesters. Who wants a leaky, overactive bladder slowing you down?" she says.

Like Collins, many women will require gynecologic surgery in their lifetime to make a diagnosis, treat a condition or improve their quality of life. Here, Michael Carley, MD, the medical director of urogynecology on the medical staff at Baylor Dallas, explains four common surgeries and why you might need them.



“I wanted to live my life to the fullest—and now I can.”

—Janice Collins

### PROCEDURE: TRANSVAGINAL SLING (BLADDER SLING)

**WHO NEEDS IT:** Women who experience bladder leakage associated with physical exertion, also called stress incontinence.

**HOW IT WORKS:** A sling made of a synthetic material or the patient’s own tissue is placed underneath the urethra to help it close during exertion, Dr. Carley explains.

“Although there can be risks associated with it, the bladder sling remains one of the best choices for correcting incontinence,” he says.

### PROCEDURE: PELVIC LAPAROSCOPY

**WHO NEEDS IT:** Women who have ovarian cysts, uterine fibroids, endometriosis or scar tissue that needs to be removed; it may also be used to perform other types of gynecologic surgeries.

**HOW IT WORKS:** A laparoscope—a narrow, lighted tube with a video camera on the end—is inserted into the abdomen through a small incision just below the belly button. Carbon dioxide is then pumped into the abdomen to improve visibility, and surgical instruments are inserted through other small incisions to complete the procedure. “This minimally invasive procedure is used to diagnose and treat a

variety of conditions with the added benefits of decreased postoperative pain and a quicker recovery for many patients,” Dr. Carley adds.

### PROCEDURE: PELVIC ORGAN PROLAPSE REPAIR

**WHO NEEDS IT:** Women whose uterus, bladder or rectum have fallen out of the correct position because the organs are no longer adequately supported by the pelvic ligaments.

**HOW IT WORKS:** “It usually involves using sutures to pull weak areas of the vaginal wall together to reinforce it and help keep the pelvic organs in the right place,” Dr. Carley explains.

This can be accomplished through several different surgical approaches, depending on a patient’s specific problem and preferences.

### PROCEDURE: HYSTERECTOMY

**WHO NEEDS IT:** Women who have uterine fibroids, cervical dysplasia (precancerous cervical cells), excessively heavy periods or uterine prolapse.

**HOW IT WORKS:** The entire uterus is removed, sometimes along with the cervix (called a total hysterectomy), fallopian tubes and ovaries. The procedure may be performed as an open surgery (through an incision in the lower abdomen), vaginally or laparoscopically.

“Although it’s one of the most common gynecologic procedures, hysterectomy is usually only recommended for noncancerous conditions after other treatment options have been unsuccessful,” Dr. Carley says.

## FREE WOMEN’S HEALTH EVENT

Bring your mother, your daughter, your sister or your friend to this free wellness event.

### For Women For Life™

Jan. 24, 2015

7–11 a.m.

Baylor All Saints

Medical Center at Fort Worth

Treat yourself to free valet parking, a free breakfast and an interactive Q&A with physician specialists in cancer, heart health, digestive disorders and orthopedics.

“It’s a great chance to take a little time for yourself and your own health,” says Becky Hardie, administrator of Baylor All Saints Medical Center’s Andrews Women’s Hospital. “Women tend to take care of everybody else first and leave themselves for last, if there’s anything left over. But we’ve got to stay healthy if we’re going to keep helping.”

**MORE**

### Sign Me Up!

Register today for this free annual women’s health event at [BaylorHealth.com/FWFL](http://BaylorHealth.com/FWFL), or call **1.800.4BAYLOR**.



**1 cm**

The incision size for laparoscopic surgery is only 1 centimeter, which means less scarring.



Revamp your lifestyle with your ticker in mind

# Extreme Makeover: Heart Edition

 EAT HEALTHY. EXERCISE MORE. DON'T SMOKE.

Keep your stress levels in check. There's a reason we've all heard this advice time and time again—it's what works when it comes to maintaining a healthy heart.

But sometimes putting it into practice can seem a little daunting, so we've asked Vikas Jain, MD, a cardiologist on the medical staff at Baylor Regional Medical Center at Grapevine, to help us drill down to the basic changes you can make to healthify your heart.

## Nourish

"A balanced diet is one of the keys to a healthy heart," Dr. Jain says. "But that doesn't mean you have to give up all the foods you love—just make some modifications and focus on moderation. Incorporate a Mediterranean diet with fresh fruits and vegetables into your meals. Switch to grilling rather than frying foods and stay away from foods with trans fats."

**MAKEOVER MOVE:** If your answer to "Would you like fries with that?" is a resounding "Duh!", have no fear. Eating for your heart doesn't mean you have to give up the beloved french fry. Ditch the deep fryer and opt for an oven-baked version instead. Sprinkle the sliced potatoes with your favorite seasoning (watch the salt!), and you'll manage to cut back on fat and calories, not flavor.

**PRO TIP:** "Opt for sweet potatoes instead of white potatoes," Dr. Jain says. The orange version of everyone's favorite starchy vegetable is a better choice than its more traditional counterpart. It has a lower glycemic index (a measure of how quickly blood glucose levels rise after eating), so it helps you feel full longer.







## SAVE YOUR HEART!

You have the power to prevent heart disease. Here's what you can do.

Know your family history. "If you come from a family with a history of cardiovascular problems, you yourself are much more likely to be at risk," says Mohan Sathyamoorthy, MD, medical director of noninvasive cardiology at Baylor All Saints Medical Center at Fort Worth. Your doctor may recommend certain screenings based on your background.

**MORE**

### Paging Dr. Heart

For a referral to a cardiologist on the medical staff at Baylor Fort Worth, visit [BaylorHealth.com/AllSaintsHeart](http://BaylorHealth.com/AllSaintsHeart) or call **1.800.4BAYLOR**.

Take charge of your choices. "I view a large majority of heart disease as being driven by three simple parts: genetics, what you eat and how much you exercise," Dr. Sathyamoorthy says. "As a patient, you have total and complete control over two out of those three parts—what you choose to eat and how much you exercise."

These lifestyle choices have a big impact on heart disease risk factors, including your blood pressure and cholesterol levels. By keeping these numbers in a healthy range, "a good majority of cardiovascular disease can be prevented," Dr. Sathyamoorthy says.

## Move

"You want to feel young again? Do what you did when you were young," Dr. Jain says. "Exercise is the fountain of youth. It improves your lean muscle mass, raises your good cholesterol, and reduces your risk for diabetes, arthritis and memory decline."

**MAKEOVER MOVE:** Between commuting, working and helping the kids with homework, who has time for daily exercise? You do. Wake up 10 minutes earlier and sneak out for a brisk walk or jog. Take 10 minutes out of your lunch hour to break away from your desk and climb office stairs. Wind down after dinner with 10 minutes of yoga (YouTube is full of free instructional videos). Voila—30 minutes of movement!

**PRO TIP:** "If you work at a desk, try sitting on an exercise ball chair," Dr. Jain says. "Long-term sitting with poor posture contributes to lower back pain."

## Relax

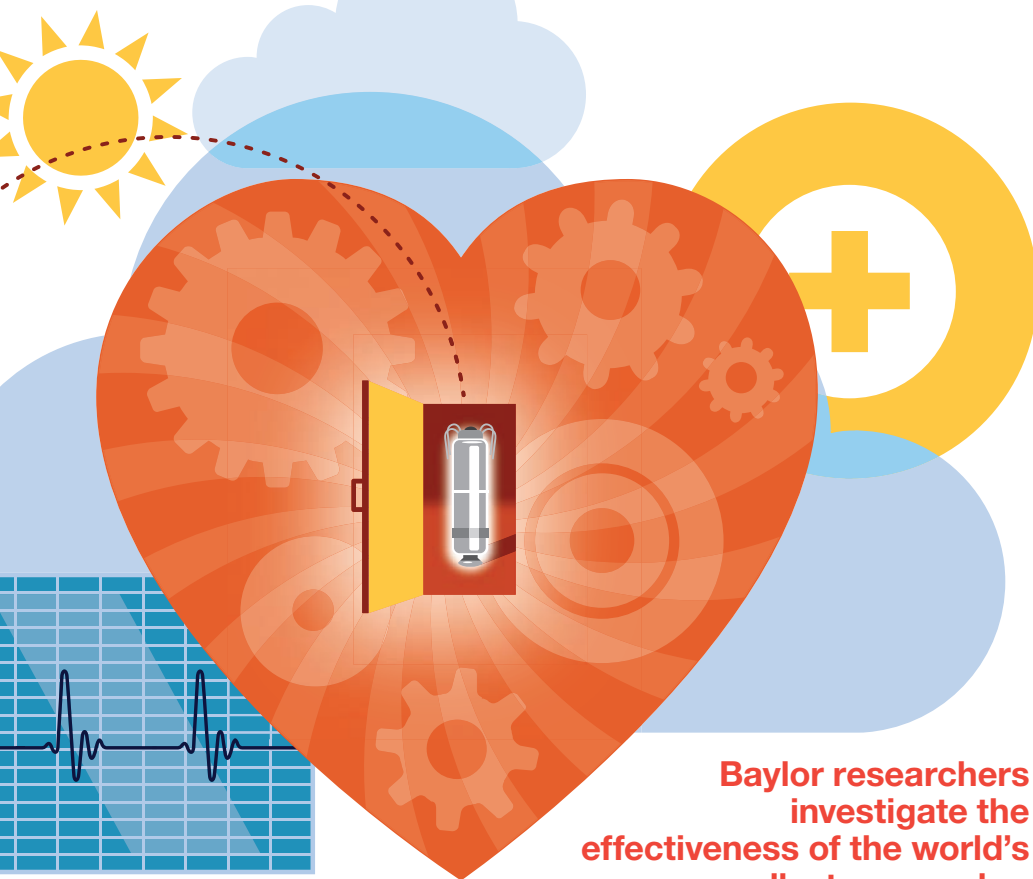
"We all deal with stress—it's unavoidable. But when stress is excessive and unmanaged, it can lead to health problems like high blood pressure," Dr. Jain says. "It's how you manage it that can make a difference. Look at a picture, listen to a song, or find a keepsake that makes you smile or laugh when you see it."

**MAKEOVER MOVE:** It's easy to turn to less-than-healthy habits for instant stress relief—drinking alcohol, overeating and working through the night are all signs that you may not be managing your stress effectively.

Next time you check your email at 9 p.m. and want to begin firing back responses right away, try pausing and taking a deep breath. Then do it again. And again. Studies show that taking a few quiet minutes each day may help lower your risk of cardiovascular disease. Trust us. Those emails can wait till morning.

**PRO TIP:** "Schedule short breaks daily and tell a joke," Dr. Jain says. "When you laugh and others laugh, your stress level is immediately reduced."





**Baylor researchers investigate the effectiveness of the world's smallest pacemaker**

# Tiny Technology

EVERY YEAR, MORE THAN a million people around the world have a pacemaker implanted. This incredible device automatically

corrects slow or irregular heart rhythms by sending electrical impulses to the heart. Developed in the late 1950s, the first implantable pacemaker was about the size of a can of shoe polish, but today, the newest version is no bigger than a multivitamin.

Just one-tenth the size of other pacemakers, the Medtronic Micra™ Transcatheter Pacing System (TPS) is the world's

smallest pacemaker. And as part of a study by Medtronic, Baylor Jack and Jane Hamilton Heart and Vascular Hospital is one of 50 institutions worldwide participating in a trial that could help bring the device to the masses.

## PINT-SIZED POWER

Don't let its small size fool you: The TPS features all the advanced technology of traditional pacemakers in a pint-sized package. But unlike traditional pacemakers, which must be implanted through open surgery, the TPS is implanted directly into the heart through a catheter inserted into the femoral vein in the groin. This minimally invasive approach means there are no visible external scars or signs of implantation, and could translate into fewer complications.

"In the past, we had to make a surgical incision in the chest and

create a kind of pocket under the skin to place the pacemaker, and that was a potential source of problems like infections and bleeding," explains Robert C. Kowal, MD, PhD, the principal investigator for the trial at Baylor Hamilton Heart and Vascular Hospital. "But with the TPS, that's no longer necessary."

## INNER WORKINGS

Once positioned, the device is attached to the inner wall of the heart, where it's connected using small tines and an electrode that delivers electrical impulses as needed.

"Other pacemakers use wires, or leads, that have to be implanted into the heart," explains Cathy Headley, RN, a research nurse at Baylor Research Institute. "But if this method proves to be equally effective, it could help avoid complications like infections and leads failures associated with standard pacemakers."

While the trial won't be completed until the end of 2015, Dr. Kowal says the results look promising. "While it's still just an investigational device, the small size and incredible technology housed inside of the TPS make it a potential game-changer," he says. "This could revolutionize how we approach future pacing and defibrillator technology."

## ABOUT THE STUDY

### The Transcatheter Pacing System Trial

The world's smallest pacemaker could mean fewer complications for patients.

### Key Players

Baylor Research Institute

Baylor Hamilton Heart and Vascular Hospital

Medtronic

**MORE**

**We're Breaking New Ground**

Visit [BaylorHealth.com/AdvancingMedicine](http://BaylorHealth.com/AdvancingMedicine) to see how else we're bringing advanced technology to you.

# WHAT'S ONLINE

→ [BaylorHealth.com](http://BaylorHealth.com)



## TIPSHEET

### A Healthy Start

Don't reach for doughnuts in the morning. Find a healthy alternative that will start your day right.

→ Visit [BaylorHealth.com/Tipsheet](http://BaylorHealth.com/Tipsheet) to learn how to build a tasty (and good for you) morning meal.

## ONLINE

### JUST THE FACTS

When it comes to your health, knowledge is power.

→ Learn what matters most on a variety of health topics in one quick look at [BaylorHealth.com/GetTheFacts](http://BaylorHealth.com/GetTheFacts) today.



## EVENT

### Ladies: Get Answers

Would you like to sit down with a Baylor expert and ask your health questions? We'll have an interactive Q&A with several physician specialists at our free women's health event, For Women For Life™, on Jan. 24.

→ Visit [BaylorHealth.com/FWFL](http://BaylorHealth.com/FWFL) or call **1.800.4BAYLOR** to register.

## VIDEO

### Tone and Tighten in 10 Minutes

Did you make a resolution to get in shape this year? Ease your way into fitness with 10 minutes of core-strengthening Pilates moves.



→ Check out our video for guidance at [BaylorHealth.com/DigitalShort](http://BaylorHealth.com/DigitalShort).

## RECIPE

### COZY UP WITH CHILI

This white chicken chili is the perfect cool-weather dish. Mixed with garlic, onion and jalapeño, this mouth-watering dish is overflowing with flavor but is low in fat. And it's easy to reheat, too, so make a batch tonight and have some for lunch tomorrow.

→ Get the recipe at [BaylorHealth.com/Recipe](http://BaylorHealth.com/Recipe).





# FOCUS ON YOU.

# 1.24.15

## FREE WOMEN'S HEALTH & WELLNESS EVENT!

CHOLESTEROL SCREENING\* • BLOOD PRESSURE SCREENING • PHYSICIAN PANEL • BODY MASS INDEX AND BODY FAT ASSESSMENT • FREE BREAKFAST

*\*Fasting is required for accurate cholesterol readings.*

### SATURDAY, JANUARY 24, 2015 • 7 AM-11 AM

Take care of your health at our annual women's health event, **For Women For Life™**. Enjoy **breakfast**, receive **free health screenings**, watch a **healthy cooking demonstration**, visit **information booths** and learn about various **health topics** through our physician panel discussion.

**Get your girlfriends together and register today!**

## For **WOMEN** For **LIFE**™ 2015

Go to [BaylorHealth.com](http://BaylorHealth.com) and **keyword search: ForWomen2**  
**RSVP at 1.800.4BAYLOR**

 **BAYLOR**  
All Saints Medical Center  
at Fort Worth

*New part of* Baylor Scott & White Health

### EVENT LOCATION: ANDREWS WOMEN'S HOSPITAL

Baylor All Saints Medical Center at Fort Worth  
1400 Eighth Ave., Fort Worth, TX 76104

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