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Baylor Health

FORT WORTH EDITION

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REAL PATIENTS. REAL STORIES.

Family Man

BRIAN JONES is lucky to be alive after an aortic dissection. Now he cherishes time with his wife, LAURA JO, and son, CASH
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LOSE THE WEIGHT

Weight loss surgery can help you keep the pounds off for good page 4

Succeed with Heart Failure

More treatment options are now closer to home

Hear failure may sound like a condition that strikes suddenly and is entirely untreatable. But actually, it's rather common and develops over time.

It occurs when the heart muscle grows weak and is unable to pump sufficient amounts of blood to the rest of the body. Brought on by coronary artery disease, high blood pressure and diabetes, it affects about 5.7 million Americans, according to the National Heart, Lung, and Blood Institute.

Options in Treatment

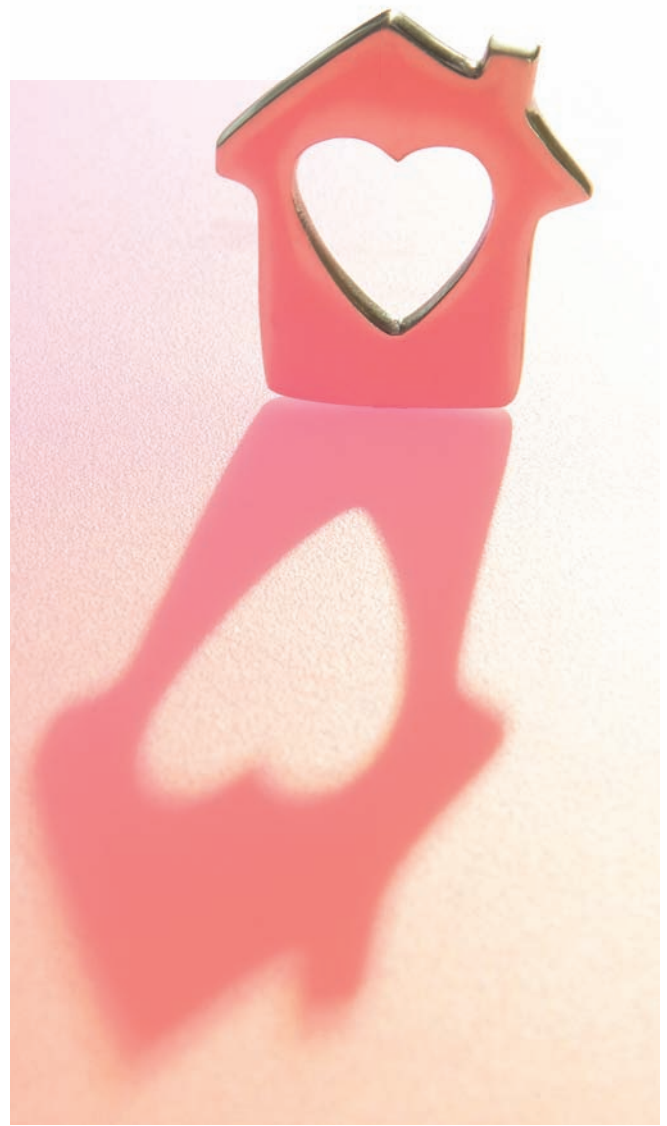
The good news about heart failure is that, while it's a chronic condition—meaning it can't be cured—treatment is available. Once you have a diagnosis, your doctor will keep a close eye on your condition with regular monitoring and suggest lifestyle changes, medication or surgery that can help. But sometimes these steps aren't enough.

“Advanced stage heart failure occurs when medication and other treatments have failed,” says Shelley Hall, M.D., medical director of the Cardiac Replacement Evaluation Program at Baylor All Saints Medical Center at Fort Worth.

Fortunately for heart failure patients, additional treatment options are available. And the evaluation program at Baylor Fort Worth can help determine if one is right for you.

After your doctor refers you to the program, you will be evaluated by a physician on the medical staff at Baylor Fort Worth who participates in the program. He or she will determine if you are a candidate for:

- **HEART TRANSPLANTATION**
- **LEFT VENTRICULAR ASSIST DEVICE (LVAD)**—an implantable pump that helps the heart supply blood to the body. It may be used in patients short term while they await transplantation or long term in patients who are not able to have a transplant.
- **CONTINUOUS IV MEDICATION**—often used until a patient is able to have an LVAD implanted or a heart transplant.



HEART FAILURE HELP

Are You a Candidate?

To learn more about the Cardiac Replacement Evaluation Program at Baylor Fort Worth, call **1.800.4BAYLOR** or visit **BaylorHealth.com/AllSaintsHeart**.

Patients used to have to travel to Dallas to be evaluated. But the new program in Fort Worth makes it more convenient, Dr. Hall says. “Being able to have it in your own backyard is a real benefit.” ● *By Shelley Flannery*

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Breathe In, Breathe Out

What you need to know about high blood pressure of the lungs—and where to go for help

You're probably familiar with the dangers of high blood pressure, also called hypertension. But have you ever heard of pulmonary hypertension? It's when you have high blood pressure in the arteries of the lungs, and it can be deadly.

Fortunately, you don't have to go far to get pulmonary hypertension diagnosed. It can be done at the Pulmonary Hypertension Clinic at Baylor All Saints Medical Center at Fort Worth.

"We specifically treat patients who have pulmonary arterial hypertension," says David Hernandez, M.D., a pulmonary and critical care physician on the medical staff at Baylor Fort Worth and co-director of the clinic. "We started back in June 2009 to be a venue for folks located in the western Metroplex who didn't want to go to Dallas."

Symptoms of Pulmonary Hypertension

- Swelling in the ankle or leg
- A bluish color of the lips or skin
- Chest pain or pressure, usually in the front of the chest
- Dizziness or fainting
- Fatigue
- Weakness

GET CHECKED Call for a Referral

If you have any of the conditions or symptoms mentioned in this article, ask your doctor for a referral to the Pulmonary Hypertension Clinic at Baylor Fort Worth. To learn more about the clinic, call **1.800.4BAYLOR** or visit **BaylorHealth.com/AllSaintsHeart**.

Who's at Risk?

Pulmonary hypertension is usually caused by another condition, such as:

- Birth defects of the heart
- A blood clot in the lung
- Congestive heart failure
- A connective tissue disease, such as scleroderma or rheumatoid arthritis
- Heart valve disease
- HIV
- Chronic low blood oxygen levels
- Lung disease, such as COPD or pulmonary fibrosis
- Obstructive sleep apnea

It also can be brought on by certain medications. In some cases, there is no known cause.

Don't Wait

Pulmonary hypertension does have associated symptoms (see sidebar), but Dr. Hernandez urges patients not to wait for them to appear.

"If you have any of the conditions mentioned, especially a connective tissue disorder or anything that affects the liver, ask to be monitored for pulmonary hypertension," he says. "By the time you develop symptoms, it may be too late."

Your doctor can refer you to the clinic, where a doctor will take your health history, do a physical exam and order an echocardiogram. Cardiac catheterization may be required as well, which involves inserting a catheter into a blood vessel in your neck or groin and navigating it to the heart for examination.

Manage It

Pulmonary hypertension cannot be cured, but it can be managed through medication. It's also important to closely monitor and manage the condition that led to the hypertension in the first place. You'll need to stop any smoking, avoid overexertion, avoid traveling to high altitudes, and get annual flu and pneumonia shots. ● *By Shelley Flannery*





Your Year to Lose

Don't let another year go by without losing weight. Find out if you're a candidate for weight loss surgery

It's a new year, and sitting at the top of your resolution list: lose weight. Just as it was last year. And the year before. In fact, you can't recall the last time you *weren't* trying to lose weight.

If this sounds familiar and if you've tried to lose weight and have been unsuccessful at keeping it off, you might be a candidate for weight loss surgery. Let's explore some other criteria.

I AM OBESE.

"Weight loss surgery is a tool for people who have a body mass index of 40 or greater, which translates to being about 100 pounds overweight," says Michael Green, M.D., medical director of bariatric surgery at Baylor All Saints Medical Center at Fort Worth. Others may qualify if they have a BMI of 35 or greater plus coexisting conditions, such as diabetes, high blood pressure or sleep apnea.

I UNDERSTAND THE PRINCIPLES OF HEALTHY EATING.

"Weight loss surgery is no magic bullet," Dr. Green says. "Patients should maintain a healthy diet and a regular exercise regimen." Baylor Fort Worth offers nutritional counseling to weight loss surgery patients to ensure they understand what's required after surgery.

I AM IN OTHERWISE GOOD HEALTH.

There are inherent risks with surgery based on individual health problems, which is why it is important to discuss your medical history with your doctor.

I AM MOTIVATED TO LOSE WEIGHT.

Your participation in losing weight

won't end after surgery. In fact, that's only the beginning.

"It's important to understand the role weight loss surgery plays in losing weight," Dr. Green says. "It gives you the adjunct to get started, but it can't do it all. Weight loss surgery success comes from within. It will help guide individuals to a new beginning, but accountability is key to long-term success." ● *By Shelley Flannery*



Necessary Nutritional Changes

After weight loss surgery, you'll need to adhere to the following recommendations:

- Eat small meals, about a half-cup to a cup of food each.
- Take vitamin and nutritional supplements as recommended.
- Drink plenty of liquids between meals.
- Eat and drink slowly, and chew foods thoroughly.
- Introduce new foods one at a time.
- Avoid foods high in fat and sugar.

  **LEARN MORE**

Sign Up for a Free Seminar

To register for a free weight loss surgery information seminar, call **1.800.4BAYLOR** or visit **BaylorHealth.com/AllSaintsWeightLoss**.



Solving the Mysteries of Multiple Myeloma

To find answers, investigators at the Baylor Sammons Cancer Center are studying myeloma at the cellular and molecular level

Multiple myeloma is a malignant plasma cell disorder that accounts for approximately 20,000, or 1.4 percent of, new cancer cases in the United States as well as about 11,000 deaths per year. Myeloma currently is considered an incurable blood cancer; however, new treatment has resulted in significant improvements in the quality of life of patients with myeloma and overall survival. Clinical investigators and research scientists at Baylor and other institutions are hoping to improve the treatment outcome.

The Baylor Charles A. Sammons Cancer Center is one of 16 sites participating in a study led by the Multiple Myeloma Research Consortium. This research trial, which will enroll at least 1,000 patients diagnosed with multiple myeloma, hopes to better understand the disease by studying how a patient's individual molecular profile may affect the disease's progression and his or her response to treatment.

"We're hoping to learn about changes that happen at the molecular level," says Tracy Messing, R.N., OCN, CCRC, research manager for the Office of Clinical Oncology Research Coordination at the Baylor Sammons Cancer Center. "If we can identify personalized molecular targets within each patient, the hope is that we could better tailor treatments for each individual."

Treatment Challenges—and Explorations

According to Messing, the current challenge with the treatment of multiple myeloma is that even the best therapies have a short duration, after which the cancer recurs. One of the goals of the study is to develop new drugs based on the findings.

Throughout the study, participants will provide bone marrow samples, which they would do as part of any treatment protocol. Patients will be treated using the existing therapy their doctor determines is most appropriate for their case. Participants will be tracked by researchers from initial diagnosis through the duration of their treatment, for a minimum of five years. The study will evaluate each patient's response to his or her treatment and the course the disease takes.

"How multiple myeloma progresses and responds to treatment at the molecular level is a very important scientific question," says Joseph W. Fay, M.D., the principal investigator at Baylor and director of immunotherapy for cancer at Baylor Research Institute. "This study is significant because it has the potential not only to impact the way we treat multiple myeloma, but may also serve as a model for the study and treatment of other cancers." ● *By Amy Lynn Smith*

RESEARCH
Do You Have Multiple Myeloma?

Most participants will be referred to the study by their physician. For more information, call **214.818.8472** or email cancer.trials@baylorhealth.edu.

Magnificent Bystander

By Alissa Edwards

Acting fast in the event of a cardiac or stroke emergency could save a life



When Laura Jo Jones received a magnet in the mail from Baylor Regional Medical Center at Grapevine that listed heart attack symptoms, she didn't think much of it. In fact, she almost threw it away.

But when her husband, 44-year-old Brian Jones, experienced severe chest pain as they were getting ready for bed one night, she was glad she had kept it. "My wife grabbed the magnet and started reading off the symptoms—and I had most of them," he says. "That's when she knew without a doubt to call 911."

While it wasn't a heart attack, it was a life-threatening tear in a major artery. "An aortic dissection sometimes presents like a heart attack, but classically the first symptom is a severe, tearing pain in the chest that radiates to the back," says Manish Assar, M.D., a cardiologist on the medical staff at Baylor University Medical Center at Dallas. "The key to survival in either case is receiving immediate medical attention."

Brian underwent a triple bypass, valve repair and pacemaker placement. "From the time I arrived at the Baylor Grapevine ER to surgery, it was less than three hours," Brian says. He's lucky he survived—and Laura Jo is part of the reason he did. "Most people don't survive an aortic

Brian Jones is lucky to be alive after an aortic dissection. His wife, Laura Jo, recognized symptoms and called 911.

dissection," Dr. Assar says. In other words, if his wife hadn't recognized his symptoms and acted immediately, he probably wouldn't be here today.



WATCH THE VIDEO
See Brian's Story

To hear more about Brian Jones' story, watch his video at BaylorHealth.com/Healthcast today.

The Push She Needed

When Janie Morris, 70, began experiencing vision trouble while reading the paper one afternoon, her first thought was that she should call the eye doctor. But as the minutes wore on, it became clear that something was very wrong. "I told my husband I couldn't see my hand spreading cheese on my cracker or the columns in the paper, and I wasn't speaking clearly," Morris says. "He made me take two aspirin and insisted we go to the hospital right away."

When they arrived at Baylor Medical Center at Garland, her husband wasted no time. "He looked the attendant in the eye and said, 'I believe my wife is having a stroke and we need attention right away,'" Morris says.

He was right. Within minutes, she was undergoing a CT scan and receiving appropriate treatment.

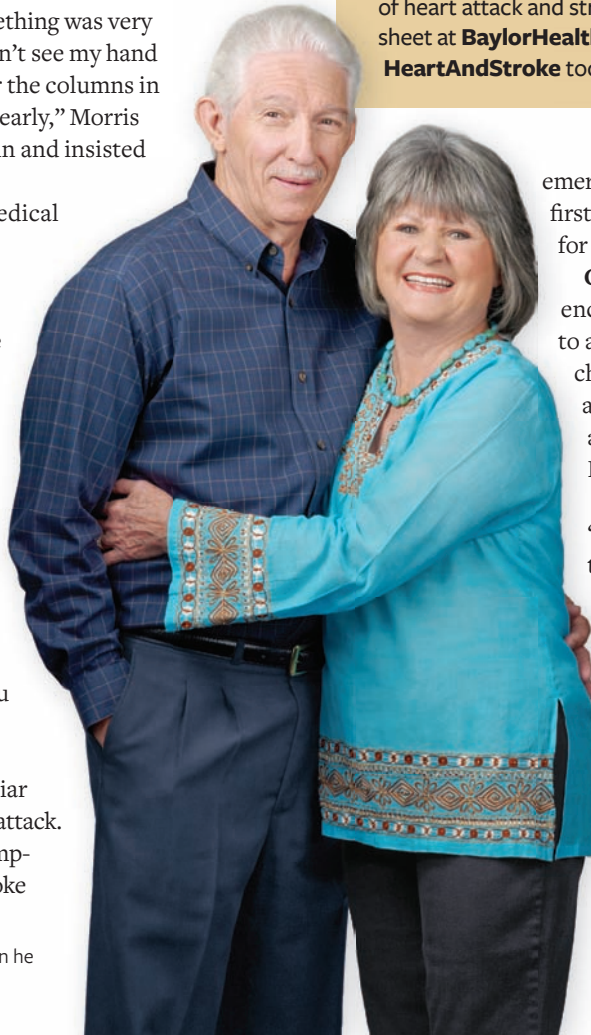
Be a Hero

You never know when you'll have the opportunity to recognize the signs of a cardiac or stroke emergency. Here's how you can be prepared:

Brush up on your knowledge.

As a rule, everyone should be familiar with the signs of stroke and heart attack. "Take the time to memorize the symptoms before you're in a heart or stroke

Jerry Morris saved his wife Janie's life when he recognized signs of a stroke and called 911.



DOWNLOAD Get Your Guide to Heart and Stroke Emergencies

To save a life, you have to know the symptoms of heart attack and stroke. Download a tip sheet at BaylorHealth.com/Healthcast/HeartAndStroke today.

emergency, and, of course, taking a CPR and first-aid class is a great way to be prepared for any emergency," Dr. Assar says.

Carry aspirin. "If someone is experiencing symptoms that could be related to a stroke or heart attack, have them chew two aspirin unless there's an allergy," says Richard Feingold, D.O., a cardiologist on the medical staff at Baylor Grapevine.

Always have your cell phone.

"You'll never regret calling 911 if it turns out to be nothing," Dr. Feingold says. "And if it's something, you could save their life."

Speak up. If you think someone may be experiencing a stroke or cardiac emergency, insist that he or she get help immediately. "Especially in the case of a stroke, a person may not be thinking clearly enough to make the right decision," Dr. Feingold says. "If they have a list of medications they are currently taking nearby, be sure to bring that to the hospital as well." ●



Free Women's Heart Seminar

Heart disease doesn't just affect men. It's actually the No. 1 killer of women as well. Ladies, for this reason, it's crucial you learn how to protect your ticker, and we can help.

Join Baylor All Saints Medical Center at Fort Worth for a free women's heart seminar on March 24 from 7:30 to 11:30 a.m. in the Martin Tower atrium. A physician will speak about what to do in case of a heart attack or stroke. There also will be a CPR demonstration and a variety of screenings: glucose, cholesterol, blood pressure and body mass index.

Visit the information tables to learn more about heart health, nutrition, fitness, sleep apnea and smoking cessation. So grab your girlfriends and make a day of it!



SAVE THE DATE

Celebrate Your Heart

To register for this FREE women's heart event, call **1.800.4BAYLOR** or visit BaylorHealth.com/AllSaintsWomensHeart today.



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SATURDAY, JAN. 28 / 7:00 A.M.-12:30 P.M.

Take care of your health at our annual women's health event, *For Women For Life™*. Receive free health screenings, visit informational booths and attend health presentations by physicians on the medical staff at Baylor All Saints Medical Center at Fort Worth. Get your girlfriends together and register today!

**FREE
EVENT**

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Download a code reader on your smartphone and scan this QR code to see event details.



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