

January 2012

Baylor Health

PLANO 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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 **BAYLOR**
Regional Medical Center
at Plano

 **BAYLOR**
Medical Center
at Frisco



KNOWLEDGE IS POWER
How to find out if you're at risk for breast cancer page 3



Exercise, Therapy or Surgery?

Has an injury sidelined you?
Take our quiz to find the right course of action

When it comes to making a full recovery, getting the right treatment at the right time is key. Whatever your injury, this quiz will help you decide what your next step should be.

1 How long ago did the injury occur?

- a. Just recently, and it was the first injury I've had like it.
- b. Recently, but it's a recurring one.
- c. A few months ago, but I still have pain or difficulty.

2 How severe is or was your injury?

- a. Some light bruising (or none at all) and mild pain.
- b. Bruising, swelling or pain that subsided in six weeks or less.
- c. Severe discoloration (blue-gray extremities), severe bruising, swelling and pain lasting several weeks or more.

3 What effect has the injury had on your life?

- a. Not much; it's getting better with RICE (rest, ice, compression and elevation).
- b. It's frustrating, and it's getting in the way of doing the things I love.
- c. I regularly modify my activities around my injury.

YOUR RESULTS

Mostly A's: Exercise

After the initial bruising, swelling and pain subside, Charles Toulson, M.D., medical director of the Total Joint Replacement Center at Baylor Regional Medical Center at Plano, recommends cautiously returning to light exercise as you feel comfortable, and calling your doctor if something doesn't feel right.

Mostly B's: Therapy

Repeat injuries usually indicate that a prior injury wasn't treated properly the first time. Physical therapy is likely your best bet for making a full recovery, once and for all. "There's also a chance that a combination of surgery and physical therapy may be the right course of action," Dr. Toulson says.

Mostly C's: Surgery

"Injuries this severe and slow-to-heal are usually the result of broken bones, torn ligaments or prior injuries that should have received more aggressive treatment in the past," Dr. Toulson says. "A good orthopedic surgeon can figure out what's really going on and determine the next steps for therapy, surgery and beyond." ● *By Alissa Edwards*



GET IT CHECKED

Make an Appointment with an Expert Today

Still unsure of the next steps for healing your injury? Our experts can help. To set up an appointment at Baylor Regional Medical Center at Plano, call **1.800.4BAYLOR**.

Baylor Regional Medical Center at Plano
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 **BAYLOR**
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Knowledge Is Power

New risk assessment program can help you stay a step ahead of breast cancer



With a new BREAST Cancer Risk Assessment Clinic at Baylor Regional Medical Center at Plano, women can learn how to reduce their odds of developing the disease.

“Until recently we have always been in defensive mode. We react to an abnormal mammogram,” says Lynn Canavan, M.D., medical director of breast surgery and on the medical staff at Baylor Plano. “Now we have the tools to be proactive. We can identify women at risk for developing cancer. The risk assessment helps decrease the incidence of breast cancer.”

Emily Gentry, R.N., BSN, OCN, oncology program coordinator at Baylor Plano, explains how it works:

1 Women 18 or older complete an intake form, answering questions about factors that can influence their risk for developing breast cancer. These include ethnic background, lifestyle habits, age at first menstruation and menopause, pregnancies, personal cancer history and family cancer history.

2 A risk assessment nurse reviews the answers, runs them against respected national models and guidelines for evaluating risk, and discusses the results with Dr. Canavan. An estimated five-year and lifetime risk is then calculated for each woman participating in the risk assessment program.

3 Each woman is invited back to an educational clinic, where she learns what her risk is and ways she can reduce it. Women learn the importance of reducing their risk of cancer by making lifestyle modifications. Diet, alcohol intake, body weight and exercise habits are discussed. In addition to lifestyle interventions, higher-risk women are educated on increased surveillance, chemoprevention and preventive surgery. Women at higher risk also have the opportunity to speak with a genetic counselor to see if genetic testing is appropriate for them. If they decide to go forward with genetic testing, the lab is available.

4 All women can then participate in MammaCare® or breast self-exam training.

5 Results of the testing are passed along to each woman’s primary care physician. Anyone who needs additional referrals or appointments can speak with Baylor Plano’s oncology nurse navigator.

Women should know that family history isn’t the only predictor of breast cancer risk. In fact, most women diagnosed with breast cancer do not have a family history of the disease.

Also, women cannot be denied health insurance because of the results of genetic testing. ● *By Stephanie Thurrott*

 **DOWNLOAD**
Find Out Your Risk for Breast Cancer

Download the Risk Assessment form at **BaylorHealth.com/PlanoCancer**, or call the oncology nurse navigator at **469.814.5768** for more information.

On-the-Go Exercise

Stick with your workout routine wherever you are

One of the most important things about exercise is consistency. Stay true to your exercise schedule, and you'll reap the benefits and see results. But traveling, and the day-to-day demands of life on the road, can have you wondering where you'll find the time to fit in a workout.

"Working out on the go can be challenging," says Robert Berry, D.O., medical director of sports medicine at Baylor Regional Medical Center at Plano. These tips can help you squeeze fitness into a busy calendar.

CALL TODAY Need a Sports Medicine Physician?

For a referral to a physician specializing in sports medicine on the Baylor Plano medical staff, call **1.800.4BAYLOR** or visit **BaylorHealth.com/PlanoOrtho**.



KEEP UP WITH CARDIO.

When you're traveling, take advantage of the hotel's fitness center. Most hotels have at least a couple of treadmills or elliptical machines where you can get a cardio workout.

TRY DVDS. You can play a DVD on your laptop and work out anywhere, and you can rent or buy DVDs with exercise programs that focus on strength, toning, cardiovascular fitness or flexibility.

USE YOUR BODY.

"Working against your body weight is a safe form of resistance training. You don't need extensive exercise equipment," Dr. Berry says. You can strengthen your body with sit-ups, pull-ups, push-ups and running.



THINK SMALL, PART 1.

Resistance bands are light and easy to pack, and can connect to the door frame in your hotel room. Low-profile running shoes will fit into your suitcase.

THINK SMALL, PART 2.

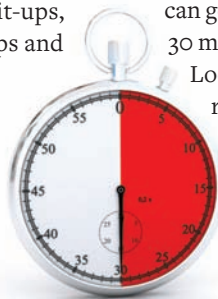
You don't need to exercise for hours to benefit. "You can get a decent workout in 30 minutes," Dr. Berry says. Look for a circuit-training regimen that increases your heart rate and incorporates aerobic and anaerobic activity.

SCHEDULE A MEETING.

"Like most things in life, you have to put exercise on the calendar," Dr. Berry says.

TAKE THE STAIRS. No fitness center? No DVD? It's raining? No problem. Walk or run the stairs in your hotel. It's a good form of exercise.

FINISH STRONG. No matter how pressed you are for time, take a few minutes at the end of a workout to stretch and get the lactic acid out of your muscles. ●
By Stephanie Thurrott





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.

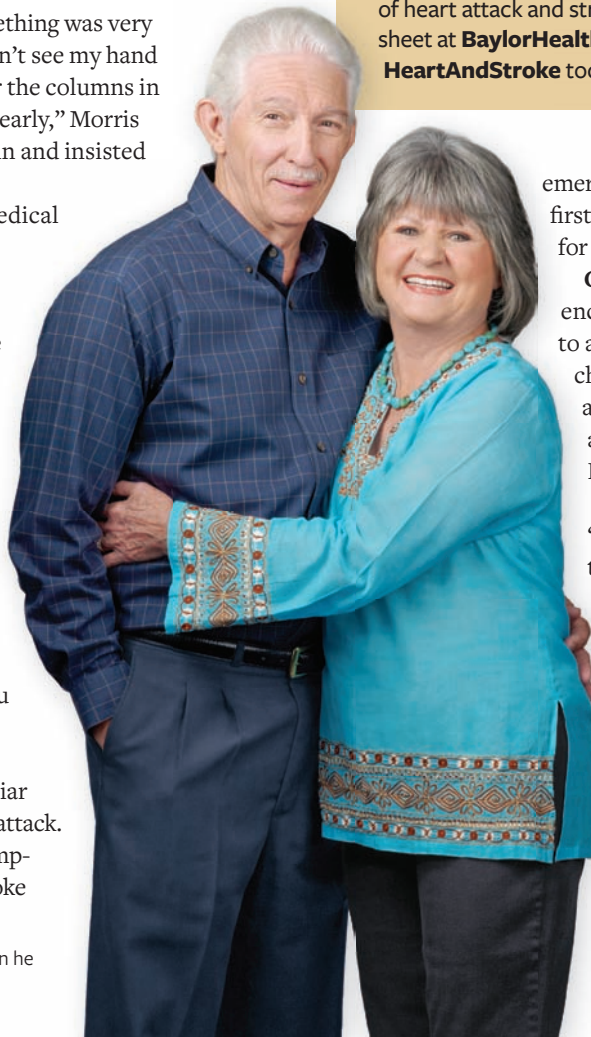
Be a Hero

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.” ●

Care in Emergencies

When you need emergency care, look to Baylor Regional Medical Center at Plano. John Marcucci, M.D., an emergency medicine physician on the medical staff, points out that Baylor Plano is the place to turn for a wide range of conditions, including:

- **Heart attacks.** While heart attack patients may be transferred to THE HEART HOSPITAL Baylor Plano, the quick initial care at Baylor Plano means patients get care that meets or exceeds national standards.
- **Stroke.** Baylor Plano is applying for stroke accreditation. It’s important for people who have signs of stroke—weakness on one side, numbness or difficulty speaking—to get to the emergency department as soon as possible, since treatment needs to start within three hours.
- **Hip fractures.** The hospital is launching a new orthopedic program focused on streamlining care and optimizing outcomes for people who have hip fractures and other orthopedic issues.

Baylor Plano’s ED offers:

- Board-certified emergency physicians trained in all aspects of emergency care.
- Physician assistants and nurse practitioners who can treat less urgent situations, helping you get treatment more quickly.
- Wait times four to six times shorter than the national average.
- A receptionist to greet you when you arrive.



IS IT OR ISN’T IT?

When to Go to the ED

For tips on when to go to the emergency department, visit BaylorHealth.com/PlanoER and click “Is It an Emergency?”



Free. Online. All the time.

At BaylorHealth.com/Exclusive you'll find health information for you and your family you can't get anywhere else, including:

Articles • Videos • Recipes • Quizzes • Tips

Community Calendar

January & February 2012 Events

To register: Call **1.800.4BAYLOR** or visit BaylorHealth.com/PlanoEvents.

CLASSES & FREE SEMINARS

Back in Action Back

Pain Seminar Feb. 10, noon to 1 p.m. Presented by Christopher Duntsch, Ph.D., M.D., neurosurgeon on the Baylor Plano medical staff.

Battling the Burn Acid Reflux Seminar

Feb. 9, noon to 1 p.m. Presented by Rassa Shahidzadeh, M.D., gastroenterologist on the medical staff at Baylor Plano. Lunch will be provided.

Weight Loss Surgery Informational Seminar

Call for date and time information.

Joint Pain Seminar

Jan. 18 & Feb. 15, 6 to 7 p.m.

SUPPORT GROUPS

Support for People with Oral Head & Neck Cancer

Jan. 24 & Feb. 28, 6 to 8 p.m.

MammaCare® Breast Self-Exam Class

Jan. 5 & Feb. 2, 5 to 6:30 p.m.

Look Good Feel Better®

Jan. 10, 6 to 8 p.m.

Diabetes Support Group

Jan. 12 & Feb. 9, 5:30 to 7 p.m.

Breast Cancer Support Program

Jan. 24 & Feb. 28, 6 to 8 p.m. Education Center 1 & 2, Garden Level. Join us as we discuss topics including nutrition, exercise, stress management, humor

and laughter, emotional responses, and recovery techniques.

Breast Cancer Risk Assessment and Prevention Clinics

Jan. 19 & Feb. 16. Baylor Plano offers a monthly clinic for the risk assessment and prevention program. Clinics include clinical breast exam, MammaCare® education, personalized risk assessment results and risk reduction strategies. Women's Imaging Center Medical Pavilion II, Suite 100. To register or for more information, please call **469.814.5768**.

Us Too! Prostate Cancer Support Group

Jan. 24 & Feb. 28, 6 to 8 p.m. Plano Conference Rooms A/B, Garden Level

HEALTH FAIRS

For Women For Life™

Jan. 28, 7 a.m. to noon. Invite other women you would like to share a day with, and come enjoy free screenings, assessments and seminars.

Your Health This Month®

Feb. 21, 7:30 to 9:30 a.m.

Spa Day

Feb. 11, 18 & 25. Get your advanced digital screening mammogram and receive Bath & Body Works® gift set*, five-minute chair massage and refreshments. Appointments begin at 8 a.m.



Cold? Flu? Pneumonia?

Find out fast at Urgent Care.

At Baylor Frisco's Urgent Care, we'll find out what kind of illness or injury you're dealing with. You'll receive quick attention and the quality care Baylor is known for. And, you'll have access to Baylor Frisco's advanced diagnostic and laboratory services. Our professional staff can refer you to one of our specialists, primary care physicians or even our emergency room if necessary. For your aches, pains and minor emergencies, come to Baylor Frisco's Urgent Care clinic. It's the professional treatment you need, when you need it most.

Urgent Care at FieldhouseUSA

No appointment needed | Extended Hours

Mon - Thurs: 3 pm - 10 pm, Fri - Sat : 8 am - 10 pm, Sun: 8 am - 6 pm

For more urgent care information call **214.407.5310**, **1.800.4BAYLOR** or visit BaylorHealth.com/Frisco

6155 Sports Village Rd.
Frisco, TX 75034
(Southeast of the Frisco St.
and All Stars Ave. intersection)



Urgent Care Center - Sports Village

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