

Baylor Scott & White

Health

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January 2016

“My doctor discovered my heart disease just in time.”

Kevin Kirksey

is using his second chance to live a healthier lifestyle **PAGE 6**



FAT CELL FUNDAMENTALS

Want to finally lose weight for good? Here's what you need to know first **PAGE 5**

 **Baylor Scott & White**
MEDICAL CENTER
GRAPEVINE



Is Weight Loss Surgery Right for You?

For some people who struggle with obesity, the right combination of diet, exercise and lifestyle changes helps them lose weight and keep it off. But if those changes haven't worked, talk to the experts at Weight Loss Surgery Center at Baylor Scott & White Medical Center – Grapevine.

Weight loss surgery—coupled with a comprehensive, education-driven weight loss program—can help you reach a healthy weight and reduce risk of obesity-related health complications. At Baylor Scott & White – Grapevine, most patients lose 65 percent of their excess weight within a year of surgery.

The program's multidisciplinary team of professionals offers you lifetime support and services to help you begin living your new, healthier life. The team includes gastroenterologists,

TAKE THE NEXT STEP

With a call to **817.305.5061** you can speak with a Baylor Scott & White – Grapevine weight loss surgery specialist to find out if you are a candidate for bariatric surgery.

cardiologists, a dietitian, psychologists, a certified bariatric nurse and physical therapists. Presurgery classes help you learn what to expect and how to choose the best foods for success.

The surgery center is recognized as a Bariatric Center of Excellence by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program and accepts most insurance plans.

DIFFERENT NEEDS, DIFFERENT SURGERIES

The Weight Loss Surgery Center at Baylor Scott & White – Grapevine offers a range of surgical weight loss solutions to meet patients' unique needs:

- ▶ Laparoscopic Roux-en-y gastric bypass—your stomach is attached to your small intestine in a way that limits the calories that are absorbed.
- ▶ Laparoscopic adjustable gastric band—a strap placed around your stomach makes you feel full sooner.
- ▶ Laparoscopic gastric sleeve—your stomach is stapled to create a small pouch.
- ▶ Duodenal switch—your stomach is made smaller and part of your small intestine is bypassed. This procedure is designed for people who are severely obese.
- ▶ Revisions—issues stemming from previous weight loss surgeries can often be corrected.

The team at Baylor Scott & White – Grapevine can help you determine which procedure is best for you.

MORE

Know Your Number

Do you know your body mass index? Visit BaylorHealth.com/BMICalculator, enter your height and weight, and you'll learn your BMI instantly.

Baylor Scott & White Medical Center – Grapevine, 1650 W. College, Grapevine, TX 76051

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

Visit BaylorHealth.com or call 1.800.4BAYLOR for information about Baylor Scott & White – Grapevine services, upcoming events, physician referrals, career opportunities and more.

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Heart Attack? Call 911

A heart attack can come on suddenly—like you see in the movies—or more subtly. Symptoms include shortness of breath, nausea, or pain in the arms, neck or jaw. No matter how it happens, a heart attack is serious, life-threatening business. And calling 911 is your best bet for survival because:

You'll save time. Emergency medical services can begin treatment as soon as they get to you (in some cases that's an hour sooner than going to the emergency department by car). Plus, they can give the hospital a heads up so the team there is prepared to help as soon as you arrive.

It can be dangerous to drive yourself. Avoid the scary scenarios that

could happen if you're on the road and your symptoms suddenly get worse or you lose consciousness.

Minutes matter. During a heart attack, blood can't get to your heart and the muscle begins to die. The sooner you get help, the less damage will occur.

DETERMINE YOUR HEART DISEASE RISK

To find out whether your heart is at risk, take our free heart disease risk assessment at [BaylorHealth.com/HeartRisk](https://www.baylorhealth.com/HeartRisk) and then share the results with your doctor.



300,000

More than a quarter-million concussions occur every year in the U.S. And for people ages 15 to 24, the top two causes are car accidents and sports.

If you're worried someone might have experienced a concussion, keep an eye out for symptoms— such as headache, nausea, dizziness, behavior changes and memory problems— and urge the person to see a doctor.

Find a physician certified in the ImPACT method (Immediate Post-Concussion Assessment and Cognitive Testing). Call **1.800.4BAYLOR** or visit [BaylorHealth.com/Concussion](https://www.BaylorHealth.com/Concussion) today.

A (Medical) Home to Call Your Own

It might sound like a physical place to go when you're feeling sick, but a patient-centered medical home is really an approach to primary care. At the center is you, the patient, surrounded by a health care team that may include a primary care physician, a nurse practitioner, a physician's assistant, nurses and specialists, all working together to promote your well-being. **Here are three big benefits of finding a medical home.**

1. It fosters relationships.

Even with a whole team of people caring for you, the medical home allows you to spend more time with your doctor.

2. It simplifies the search.

A medical home provides you access to health professionals you need—from allergists to orthopedists—whenever you need them.

3. It syncs your medical records.

Because all of your medical information, including your prescriptions, is accessible to the entire team, you won't be tasked with sending test results far and wide.

MORE

Find Your Health Care Team

Baylor Scott & White's vast network of providers is a couple of clicks away. Visit [FindDrRight.com](https://www.FindDrRight.com) to find a primary care physician in North or Central Texas.

A Look Inside

Baylor Scott & White – Grapevine’s radiology department offers a range of imaging services

JAMES KOGAN, MD, chief of the radiology department at Baylor Scott & White Medical Center – Grapevine, takes pride in the credentials the radiology department offers. “Our equipment is accredited by the American College of Radiology. It’s a very rigorous process,” he says.

But it’s the people who give the department its strength, he says. “We can have the greatest machines, and we still have to have a team of people working well together to take care of patients. We have that at Baylor Scott & White – Grapevine. Without that, the best technology won’t do any good.”

He points out the qualifications of the team. “Our doctors are all fellowship-trained, which means following four years of medical school and five years of residency training, they spent an extra year studying a

radiology subspecialty. They also receive the highest amount of continuing education required by the American Medical Association.” The department’s technologists also meet standards for continuing education.

The Baylor Scott & White – Grapevine radiology department offers:

Two 64-slice CT scanners: These scanners can capture images of the entire body—including the heart and vascular system—safely, quickly and efficiently. “They allow us to scan very quickly and reconstruct 3-D images without losing data,” Dr. Kogan says.

Short-bore MRI: The shorter bore means less of the body is inside the machine, so claustrophobia is reduced. MRIs can image many parts of the body and can also be used for MRI-guided breast biopsies.

Interventional radiology: The Baylor Scott & White – Grapevine team uses image guidance for procedures such as angiography, abscess drainage, deep-tissue biopsies, spine fractures and cancer treatments. The suite where these procedures are done has ambient lighting, relaxing music and nature images projected on the ceiling to help patients relax.

Digital X-ray: The department’s direct digital radiology technology provides advanced image quality in seconds without the need to stop to develop cassettes or films.

Digital 3-D tomosynthesis mammography: This new technology allows better and earlier detection of breast cancer, particularly in women with dense breasts.

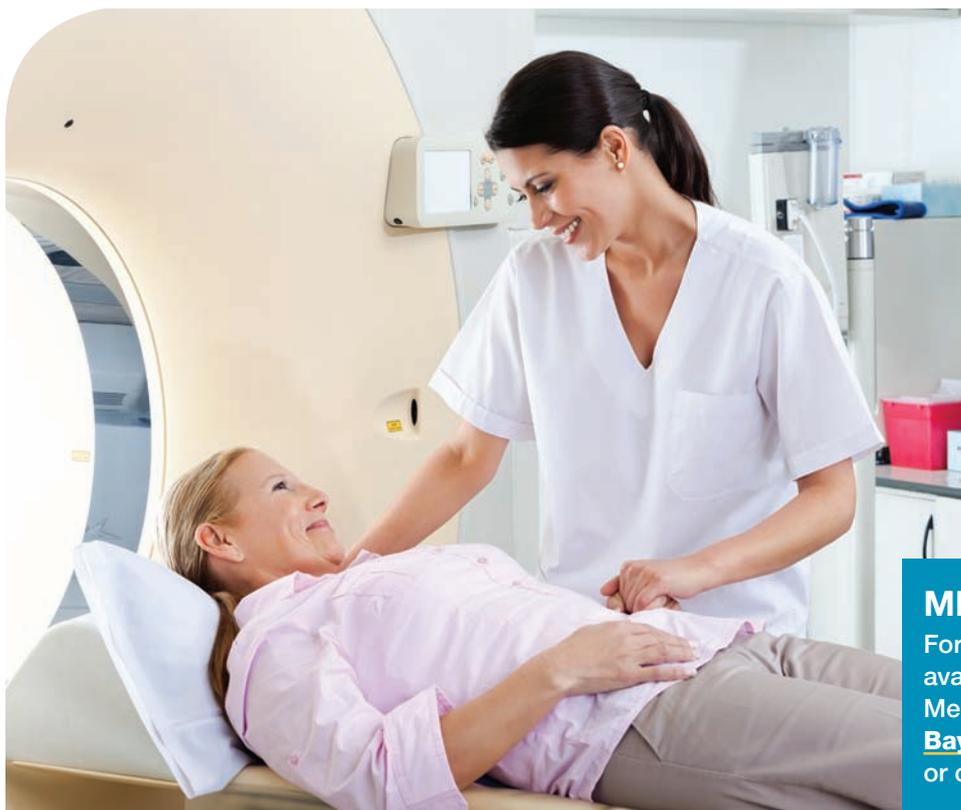
Nuclear medicine: The department’s capabilities include two nuclear medicine cameras and one nuclear stress lab.

Fluoroscopic X-ray: This procedure provides live, digital-video X-rays for a variety of radiographic procedures.

Bone densitometry: This test provides whole-body scans and fat content analysis in minutes.

Ultrasound: This radiation-free test provides whole-body, 4-D pelvic, abdominal and vascular exams. It can also be used for real-time guidance for various interventional procedures.

The department also offers anesthesia-compatible equipment for patients who need anesthesia.



MORE

MRIs and More

For more on the imaging services available at Baylor Scott & White Medical Center – Grapevine, visit [BaylorHealth.com/GrapevineImaging](https://www.baylorhealth.com/GrapevineImaging) or call 1.800.4BAYLOR.



Fat Cell Fundamentals

Unlock the secret to weight loss by understanding exactly what's going on inside your body

➔ Fat. You know it's a pain in your backside—or your hips, your stomach, wherever. But grasping just what fat is and how it affects your body can help you lose weight. For good.

FIND A DOCTOR WHO CAN HELP

For a referral to a physician on the Baylor Scott & White Medical Center – Grapevine medical staff who can help you meet your weight loss goals, please visit BaylorHealth.com/Grapevine or call 1.800.4BAYLOR.



WHERE DOES THE WEIGHT GO?

When you eat calories that your body doesn't need immediately for energy, it saves those extra calories in the form of triglycerides in fat cells.

"Your body is storing the energy for later in the event that food is scarce," says Daniel Davis, DO, FACS, chief of bariatric surgery and medical director of the Baylor Weight Loss Surgery Center of Dallas. "This goes back thousands of years to when humans would often go two or three days without food."

When your body expends more calories than it takes in, it taps those fat cells for energy. Waste is expelled in the form of carbon dioxide (which you exhale) or water (which you urinate).

WHY IS EXCESS FAT HARMFUL?

Fat cells may be the body's storage units for energy, but they don't just sit there. They secrete hormones into the bloodstream that help your body function, Dr. Davis says. "But when fat cells increase in size," he adds, "they produce hormones that can be harmful to the body—hormones that increase the risk for insulin resistance and certain cancers."

WHY IS IT SO HARD TO LOSE WEIGHT?

Losing weight is an uphill battle because of our biological need to reserve energy.

"Our bodies are trying to defend our energy stores to maintain a certain energy balance," Dr. Davis says. "Whatever weight you are, that's the weight your body is trying to defend. Your body thinks it's starving when you're trying to lose weight."

WHAT'S THE BEST WAY TO LOSE WEIGHT?

Ideally, weight loss occurs through a healthy diet and increased activity. But for some people, that's not enough.

"Weight loss surgery is an option for people with a body mass index [a measurement of weight relative to height] of 35 or more—usually at least 60 to 80 pounds of extra weight," Dr. Davis explains. "Surgery is the only weight loss method that actually changes your metabolism, and it helps people maintain weight loss long term."



Kevin Kirksey and
his wife, June

Let Kevin Kirksey's close call motivate you to take better care of your ticker, starting today

Change of Heart

➔ Kevin Kirksey had no reason to suspect anything was wrong. After all, he felt great. Then, during a routine appointment, his doctor suggested he get a coronary calcium scan.

“A calcium scan is an easy test to help better understand one’s risk for coronary artery disease,” explains David Moore, MD, a cardiac surgeon on the medical staff at The Heart Hospital Baylor Plano. “It’s often ordered for patients who might not have symptoms but who have a family history or other risk factors.”

Even though he felt fine, Kirksey had a number of risk factors for coronary artery disease, including high blood pressure, high cholesterol, type 2 diabetes and a family

history of heart problems. He also worked at a stressful job, was overweight and had a history of smoking.

Kirksey, 58, will never forget the call he received a couple of days after his test while on business in California. His score was off the charts.

“They said it meant that I was at an extreme risk for a cardiac event or a stroke,” Kirksey says.

A calcium scan is not a conclusive test; it identifies the need for more investigation. Kirksey was advised to stay calm—but to come back to Dallas immediately.

Further study of his coronary arteries identified blockages.

“I needed to learn how to eat, how to exercise and how to take my medications. I’m doing everything that’s available to me.”

—Kevin Kirksey

“I needed to have a coronary bypass surgery,” he says. “One of the main arteries in my heart was 100 percent blocked, another 90 percent blocked, and the third had an 80 percent blockage.”

After his surgery, Kirksey faced serious questions about his mortality and his future: “Will my grandchild not know his grandfather?” he wondered. “Have I danced with my wife for the last time?”

It was time to start taking his health more seriously. It was time to take control.

“I decided I’m going to become an expert patient. I needed to learn how to eat, how to exercise and how to take my medications,” he says. “I’m doing everything that’s available to me.”

ONE MONTH TO A HEALTHIER HEART

You can take a page from Kirksey’s book and use each week in February—American Heart Month—as an opportunity to implement a heart-healthy change in your life.

Week 1: Start the path to quitting smoking. Perhaps the best thing you can do for your heart health (not to mention your cancer risk) is to quit smoking. “Smoking is a huge contributor to coronary disease,” Dr. Moore says. Quitting certainly isn’t easy—and often it requires plenty of support—but starting the process is essential for reducing your risk of heart disease.

Week 2: Get moving. Kirksey learned the importance of being active—just 150 minutes a week makes a difference. He has a treadmill and weights at home, and he dutifully exercises seven days a week. Dr. Moore reinforces that heart-healthy exercise doesn’t mean crushing

workouts at the gym. “Walking is the simplest thing you can do,” he says. “Try to do a little something every day, especially if you have a job where you sit all day. Take stairs instead of elevators. Park farther away from the store.”

Week 3: Focus on healthy food.

Kirksey eats better now, focusing on lean meats and fish and lots of veggies. It’s important that you limit sugar and salt as well. And opt for heart-healthy fats like avocado and olive oil.

Week 4: Be mindful. Heart health isn’t just about veins and arteries; it’s also about emotional well-being and stress management. So take a few minutes to meditate or do some deep breathing exercises every day.

Leap-year bonus: Build a support system. Kirksey says his success wouldn’t be possible without his wife, June, by his side. She learned Kirksey’s diet plan and shops and cooks healthy meals accordingly. Plus, she is his workout partner. “My June has been my absolute rock and inspiration throughout all of this,” he says.

A SECOND CHANCE

As a result of his efforts, Kirksey has lost 50 pounds. Even more good news: He was able to stop taking his diabetes medication. Step by step, he’s working to reduce his risk of a heart attack or stroke.

“Bypass surgery is a lifestyle-changing event for people,” Dr. Moore says.

Kirksey has a name for this new version of himself: Life 2.0. And it’s clear what it means to him.

“I’ve been married to my wife for 34 years,” he says. “Now I get a chance to be married to her for another 34 years.”

4 MORE NUMBERS TO KNOW

Looking for even more ways to keep your heart healthy? Neeraj Arora, MD, a cardiologist on the medical staff at Baylor Scott & White Medical Center – Grapevine, says keeping these numbers in mind is key:

0 Number of cigarettes you should smoke. Quitting smoking brings a gradual but progressive decrease in your risk of heart disease. “Your risk is the same as a nonsmoker after several years,” Dr. Arora says.

3 Important screenings you should schedule. Make sure your doctor screens you for high blood pressure, high cholesterol and diabetes, since these conditions usually don’t show symptoms in the early stages.

10 or less: Percent of your daily calories that should come from saturated and trans fats. Choose fruits, vegetables and high-fiber foods instead.

30 Minutes of exercise most people should get five days a week. In addition to lowering heart disease risk, exercise helps you maintain a healthy weight and decrease the risk of high blood pressure, high cholesterol and diabetes.

MORE

Get Personal

Your doctor can give you information about reducing heart disease risk based on your family history, personal risk factors and lifestyle. To find a doctor on the medical staff at Baylor Scott & White – Grapevine, visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com/Grapevine) or call **1.800.4BAYLOR**.



Healthy Perks

7 pick-me-ups to get you through a busy week

➔ BETWEEN WORKING, CARING for the kids, keeping the house in order and staying on top of countless other commitments, it's no wonder you nod off in front of the TV at night. Of course you're tired—your to-do list is never-ending.

"Fatigue is a pretty common complaint among the women I see," says Mickey Hooper, DO, an Ob-Gyn on the medical staff at Baylor Scott & White All Saints Medical Center – Fort Worth. "A lot of it has to do with lifestyle. We just cram too much into our days."

Doing less isn't always an option. But that doesn't mean you have to live your life in a haze. Here are seven ways to fight fatigue.

1 CHECK YOUR DIET. Energy levels are directly associated with how you fuel your body.

"Our American diet has changed from mainly balanced to overloaded with wheat, dairy and soy products," Dr. Hooper says. "If your nutrition is poor, you become vitamin deficient, and that can lead to fatigue."

Each meal should contain a mix of carbohydrates, fat and protein. But not just any sources will do. Processed foods (packaged snacks, fast food) and bad fats (high-fat meats and dairy) sap the body of energy, whereas complex carbohydrates (beans, whole grains, vegetables) and healthy fats (salmon, olive oil, nuts) provide long-lasting fuel.

Each meal should contain a mix of carbohydrates, fat and protein.



2 FIT IN FITNESS.

Working out may sound draining, but physical activity actually increases energy levels—if you do it right.

“It may take more time out of your day, but it adds back so much,” Dr. Hooper says. “As long as you do it regularly and you don’t overdo it, you’ll see a rise in energy.”

Just be careful not to work out too close to bedtime, she cautions, as it can inhibit your ability to fall asleep. Complete your exercise routine at least three hours beforehand.

3 BANISH ELECTRONICS FROM THE BEDROOM.

Getting sound sleep is imperative to daytime alertness.

“Good sleep hygiene is the key here,” Dr. Hooper says. “Go to bed and wake up at the same times each day; keep your room cool, dark and quiet; and leave the gadgets behind.” When it’s time to sleep, your bedroom should be used strictly for sleeping.

4 SEEK SUNLIGHT.

More than two-thirds of U.S. adults are deficient in vitamin D, according to a study published in the journal *BMJ* (2014). And vitamin D deficiency contributes to brain fog and fatigue, Dr. Hooper says.

The fix? Get outside for at least 15 minutes a day.

“The sun helps you convert vitamin D from an inactive to an active form,” she says. “If you’re inside working all day, you’re not going to get it. If you can’t get more sunlight, take a supplement.”

5 DRINK UP.

Hydration is essential for all parts of the body to function properly. One of the first signs of dehydration is fatigue. So make sure you’re getting enough H₂O.

“There is no one-size-fits-all formula for how much water to drink a day,” Dr. Hooper says. “It will depend on



your size, activity level and how much hydration you get through foods like fruits and vegetables.” A good rule of thumb is to drink enough so that your urine remains clear or very light yellow.

6 BALANCE OUT THE CAFFEINE.

“Another thing that causes fatigue is if you consume a lot of caffeine in the morning,” Dr. Hooper says. “It will lead to a crash in the afternoon.”

But she’s not saying that you have to cut out your morning cup of joe.

“Instead, try to have little bits throughout the day,” she suggests. “If it keeps you awake at night, cut it off before evening.”

7 GRAB A NAP.

On days you just can’t fight the afternoon slump, try sneaking in a nap. Just don’t snooze too long, or it may affect your ability to sleep at night.

“Keep it to less than an hour,” Dr. Hooper says. “Other countries nap routinely, and it works when you’re short on energy.”

WHAT’S CAUSING YOUR FATIGUE?

If you’re getting about eight hours of sleep a night, exercising most days and still feeling tired, see your primary care doctor. He or she can evaluate you for a range of conditions that can lead to fatigue, explains Carlos Bazaldua, MD, an internal medicine specialist on the medical staff at Baylor Scott & White Medical Center – Grapevine.

Fatigue could be a factor if you have:

- ▶ A cardiac condition in which your heart isn’t pumping properly.
- ▶ A thyroid condition, since your thyroid controls your basal metabolic rate.
- ▶ Anemia, when you have too few red blood cells to effectively distribute oxygen.
- ▶ Menopausal symptoms (in women)

- or low testosterone levels (in men).
- ▶ Excessive snoring, which can interrupt your rest.
- ▶ Sleep apnea, when you briefly stop breathing during the night.
- ▶ Restless legs syndrome, when your legs feel uncomfortable and you have a strong desire to move them.

MORE

Sleep on It

For a referral to a primary care physician on the medical staff at Baylor Scott & White Medical Center – Grapevine who can help you with your sleep problems, visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com/grapevine) or call **1.800.4BAYLOR**.

Chemo Revolution

Administering a standard treatment in a new way could improve survival rates for people with a blood and bone cancer

➔ For more than 40 years, the standard chemotherapy treatment for acute myeloid leukemia—a fast-growing blood and bone cancer—has been the 7+3 method. Pairing two anti-tumor agents, it includes seven days of cytarabine followed by three days of daunorubicin.

But 7+3 has left much to be desired in terms of remission rates, especially for patients whose cancers started out as myelodysplastic syndrome (poor blood cell production) or whose cancers were caused by previous chemotherapy treatments. In addition, many older people don't tolerate 7+3 well.

ABOUT THE STUDY

CPX-351 Versus 7+3 in Older Patients with Acute Myeloid Leukemia

Baylor Research Institute joins a trial to confirm the efficacy of a new chemotherapy treatment in patients 60–75 years old with untreated high-risk blood and bone cancer.

Key Contributors

Celator Pharmaceuticals
Leukemia & Lymphoma Society

EXPLORING A NEW STANDARD

Fortunately, a biopharmaceutical company has developed a new, more effective treatment called CPX-351.

“CPX-351 utilizes the same chemotherapy drugs as the 7+3 method but administers them simultaneously in a 5-to-1 ratio of cytarabine to daunorubicin, which was found to be the most effective and best tolerated in earlier trials,” explains M. Yair Levy, MD, director of

hematologic malignancy research at Baylor Research Institute.

When Dr. Levy heard about the trial comparing CPX-351 with 7+3, he was intrigued. “I personally contacted Celator Pharmaceuticals [the developer of CPX-351] about joining,” he says. “If there was something out there that was better than the current standard of care, I wanted our patients to have access to it.”

EARLY RESULTS ENCOURAGING

Celator's three-year trial was set to end in December and included more than 300 patients ages 60 to 75 at the time of diagnosis from more than 40 health care institutions, including Baylor Research Institute. Although final data have yet to be published, Dr. Levy says early numbers look promising.

“Forty-seven percent of the patients who received CPX-351 went into remission—a 43 percent increase over the current standard of care,” he says. As an added bonus, patients were able to better tolerate the drug

and were less likely to lose their hair during treatment.

The study is only one of several that have demonstrated CPX-351's effectiveness. “Hopefully, when the data are more mature, we'll see that patients live longer on this treatment,” Dr. Levy says.

If he's right, CPX-351 could be the first treatment in decades to improve survival rates for people with acute myeloid leukemia. “It's my hope that this will become the new standard of care,” he says. “And that we'll see more patients survive because of this therapy.”

MORE

Medical Breakthroughs

Visit BaylorHealth.com/AdvancingMedicine and research.sw.org to see how Baylor Scott & White stays at the forefront of discovery.



WHAT'S ONLINE

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



RECIPE

ZESTY BLACK BEAN BURGERS

Go meatless for burger night! The fiber-filled black beans help your digestive system, and the jalapeños give it all a kick.

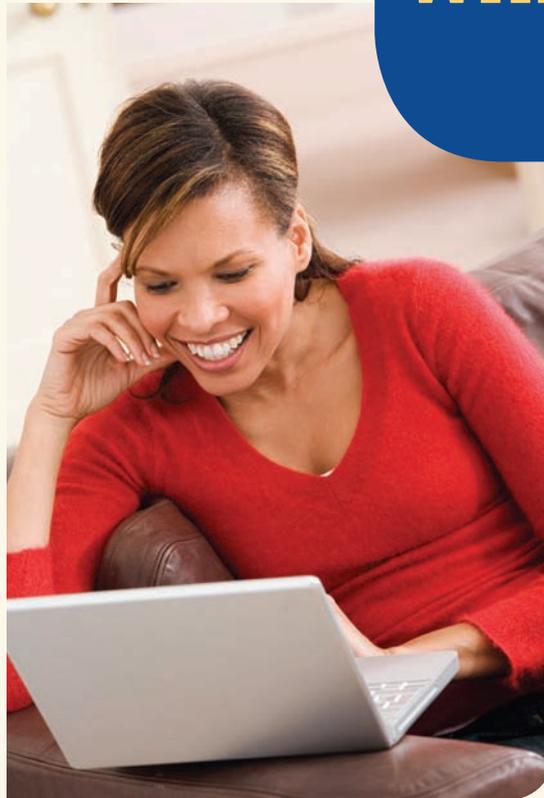
→ Visit [BaylorHealth.com/Recipe](https://www.baylorhealth.com/Recipe) to see what you'll need to make this at home.

VIDEO

GET THE FACTS ON ORGAN DONATION

If you've ever considered becoming a lifesaving organ donor, we clear up four common misconceptions so you can make an informed decision.

→ Go to [BaylorHealth.com/DigitalShort](https://www.baylorhealth.com/DigitalShort) to watch the three-minute video.



ONLINE

What's the Risk?

Baylor Scott & White Medical Center – Grapevine offers 18 online interactive risk assessments on topics ranging from acid reflux to stress.

→ See how you measure up at [BaylorHealth.com/RiskAssessments](https://www.baylorhealth.com/RiskAssessments).

TIPSHEET

WHAT'S YOUR EXERCISE STYLE?

Resolved to get moving but not sure where to start? Use our chart to find your perfect workout.

→ Download the guide at [BaylorHealth.com/Tipsheet](https://www.baylorhealth.com/Tipsheet) today.



TOOL

CHECK YOUR RISK FOR OSTEOPOROSIS

This disease affects millions of Americans—mainly women—by slowly weakening bones so they break easily. Could you be affected?

→ Women, take an assessment at [BaylorHealth.com/OsteoRisk](https://www.baylorhealth.com/OsteoRisk) and get recommendations for maintaining healthy bones.



Renamed. Renewed. Renowned.

MEET THE NEW BAYLOR SCOTT & WHITE – GRAPEVINE

We are proud to introduce the new Baylor Scott & White Medical Center – Grapevine. As part of Baylor Scott & White Health, the largest not-for-profit health care system in Texas, we've invested more than \$100 million to improve both our services and facility since 2013. From providing complete heart attack care to enhanced services for cardiovascular disease, oncology, orthopedics, neurosciences, and our Level III Neonatal Intensive Care Unit, you can count on us to deliver quality care when you need it most. Baylor Grapevine, now Baylor Scott & White - Grapevine, has received awards and accreditations from some of the nation's most prominent organizations. We may be called by a new name, but our calling is still caring for you.



1650 W. College St., Grapevine, TX 76051

Find out more about our new name, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/Grapevine.