

Baylor Scott & White Health

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BaylorHealth.com/AllSaints

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



PAIN IN THE HIP?

Why it might be time for surgery
PAGE 4

 **Baylor Scott & White**
ALL SAINTS MEDICAL CENTER
FORT WORTH



Listen to Your Heart

A NORMAL HEART beats 60 to 100 beats per minute. But when the heart's electrical system is not working normally, it produces an irregular heart rhythm called an arrhythmia. An arrhythmia causes the heart to beat too fast, too slowly or erratically.

It's not unusual to occasionally feel as if your heart is fluttering, racing or skipping a beat. While most cases of arrhythmia are harmless, you should report irregular heartbeat symptoms to your doctor. An arrhythmia can become a problem when it interferes with the heart's ability to pump blood effectively to the lungs, brain and other organs.

In extreme cases, arrhythmia can trigger a stroke or sudden cardiac arrest.

(Whereas a heart attack happens when blood flow to the heart is blocked, sudden cardiac arrest occurs when the heart's electrical system malfunctions and keeps it from pumping blood.)

An electrocardiogram test records the heart's electrical activity to diagnose arrhythmia.

CHECK YOUR HEART RISK

Are you at risk for heart disease? Take a heart disease risk assessment at BaylorHealth.com/Heart to find out.

STOP CERVICAL CANCER BEFORE IT STARTS

Cervical cancer is one of the most preventable cancers for two reasons: First, the Pap test effectively screens for precancerous changes to the cervix so women can get treatment before cancer develops.

Second, the HPV vaccine can prevent human papillomavirus, a major cause of cervical cancer. HPV is the most common sexually transmitted disease, and many people don't know they have it.

To help prevent cervical cancer, national guidelines encourage:

- ▶ Women get regular Pap tests starting at age 21
- ▶ Women get the HPV vaccine before age 27
- ▶ Parents make sure their preteens get the HPV vaccine at age 11 or 12
- ▶ Men get the HPV vaccine if they're under age 22



MORE

Put Yourself on Your Calendar

Has it been a while since your last well-woman exam? For a referral to an Ob-Gyn on the medical staff at Baylor Scott & White – Fort Worth, visit BaylorHealth.com/AllSaintsWomen or call **1.800.4BAYLOR.**

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

Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people by providing personalized health and wellness through exemplary care, education and research as a Christian ministry of healing.

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: 817.922.1794. 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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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.

Help for Hip Pain

Surgery is an option when other treatments aren't enough

Do you think you may need hip surgery? For your doctor, getting a good history is the first step in evaluating and treating hip pain.

"I ask patients what kind of problem they're having, whether they have pain when they sit for a long period of time or when they walk," says Torrance Walker, MD, an orthopedic surgeon on the medical staff at Baylor Scott & White All Saints Medical Center – Fort Worth.

Your doctor will also want to know how long you've had pain, what has helped in the past and whether you've had injections or other treatments. In addition, imaging tests play a part in evaluating the problem. "We look at surgery if other treatments haven't helped and pain is interfering with normal activity or athletic activity," Dr. Walker says.

STEPS TO SURGERY

A steroid injection in the hip joint can help treat and better diagnose hip pain. "It can reduce symptoms enough for patients to do physical therapy," Dr. Walker explains. "It can also be diagnostic—showing whether the pain is coming from the hip joint itself or from some other cause." Referred pain from the lower spine, for example, won't improve much after a hip injection.

POTENTIAL SOLUTIONS

Surgical options to alleviate hip pain and restore better function include hip repair, hip resurfacing and hip replacement:

Hip repair. Arthroscopic surgery uses a special camera and instruments to remove or repair torn cartilage that, if left untreated, can cause pain and may lead to future arthritis.

Hip resurfacing. For appropriate patients, hip resurfacing leaves more bone intact than a total joint replacement. "Younger patients are more likely to benefit from joint preservation surgery," Dr. Walker says.

Hip replacement. When arthritis has worn away the cartilage that cushions the hip joint, the head of the thighbone and the hip socket is replaced with an artificial joint. This is called a total hip replacement.

Postsurgical rehabilitation is an important part of total joint replacement. Most people stay in the hospital for a day or two and start rehabilitation as inpatients. However, "a patient with minimal medical problems and a good home support system may be a candidate for outpatient hip replacement," Dr. Walker says. These patients go home the day of surgery and start outpatient therapy the next day.

MORE

Pain in the Joint?

For a physician referral or for more information on the orthopedic program at Baylor Scott & White – Fort Worth visit [BaylorHealth.com/FortWorthOrtho](https://www.baylorhealth.com/FortWorthOrtho) 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.

LEARN ABOUT WEIGHT LOSS SURGERY

Do you want to learn more about weight loss surgery? Sign up today for a free weight loss surgery seminar at BaylorHealth.com/WeightLoss or by calling 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.”

THE HEART OF YOUR HEALTH

Taking care of your heart affects your overall health and quality of life. “The heart acts as a pump for your entire body,” says John Bui, MD, a family medicine physician on the medical staff at Baylor Scott & White All Saints Medical Center – Fort Worth. “It’s critical for circulation to vital organs.” For example, heart disease can affect:

- ▶ **Kidneys.** “Uncontrolled congestive heart disease is associated with a rapid fall in kidney function because of impaired blood flow to the kidneys,” Dr. Bui explains.
- ▶ **Brain.** Dysfunction of the heart and blood vessels can produce strokes that cause disability or even death.
- ▶ **Reproductive health.** “You need good vascular flow to reproductive organs for them to function properly,” Dr. Bui says. Heart and blood vessel disease can lead to impotence and low libido.

A heart-healthy lifestyle not only prevents heart disease. It promotes more energy, sounder sleep and better function for the whole body.

MORE

Head-to-Toe Health

Need a family doctor?
Call **1.800.4BAYLOR** or
visit FindDrRight.com
for a referral.



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.”

DON'T FEEL LIKE WORKING OUT?

3 WAYS TO GET MOVING WHEN YOU'D RATHER NOT

With the power to boost energy, mood and immunity, physical activity is a great winter ally. But if you feel more like a hibernating bear than an eager beaver, try a fresh perspective:

Make it social. If you’re feeling unmotivated on your own, consider a group exercise class. “When you see other people working hard, it’ll make you want to work harder, too,” says Joshua Medders, manager of the Carter Rehabilitation and Fitness Center at Baylor Scott & White All Saints Medical Center – Fort Worth.

Make it an adventure. “When I take my 4-year-old son hiking, if you put him on a straight path, it’s boring,” Medders says. Walking or biking a trail

with twists, turns and inclines engages your body and mind. Or simply try something new, like swimming laps instead of walking on the treadmill.

Make it therapeutic. “Going outdoors can clear your mind,” Medders says. Hit a quiet trail (or your yoga mat) and do some mindful movement.

MORE

Help to Get Fit

To learn more about fitness services offered at Carter Rehabilitation and Fitness Center visit [BaylorHealth.com/AllSaintsFitness](https://www.baylorhealth.com/AllSaintsFitness) 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.

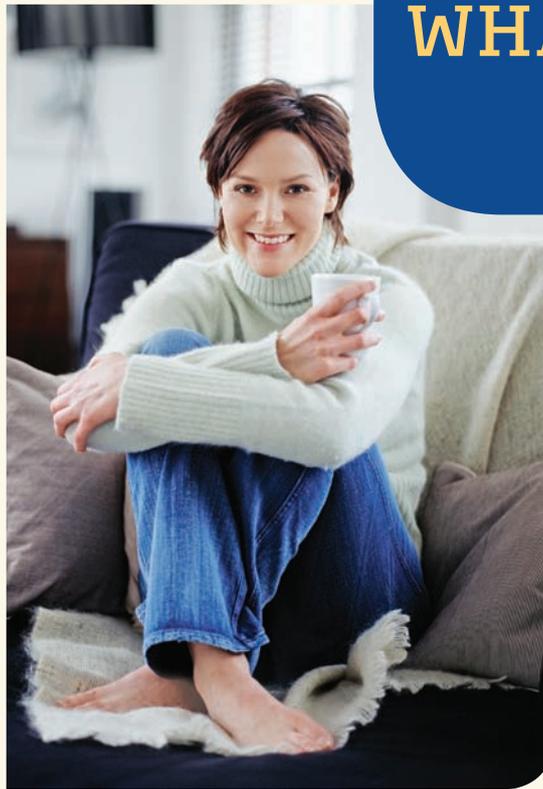
→ Visit [BaylorHealth.com/Recipe](https://www.BaylorHealth.com/Recipe) to see what you'll need to make this at home.

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

Why Get an Annual Well-Woman Exam?

Even though you may not need a Pap test every year, an annual checkup is a smart step.

→ Learn why at [BaylorHealth.com/FortWorth](https://www.BaylorHealth.com/FortWorth), or call **1.800.4BAYLOR** for a referral to an Ob-Gyn on the medical staff at Baylor Scott & White – Fort Worth.

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.



FOCUS ON YOU.
1.23.16
FREE WOMEN'S HEALTH & WELLNESS EVENT!



**JOIN US FOR
OUR PHYSICIAN
PANEL AND MORE!**

HEALTH SCREENINGS* & INFORMATION BOOTH • HEALTHY COOKING & FITNESS DEMO • BREAKFAST

SATURDAY, JANUARY 23, 2016
7:00 AM - 11:00 AM

EVENT LOCATION:

Baylor Scott & White All Saints Medical Center – Fort Worth
1400 Eighth Ave., Fort Worth, TX 76104

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



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

RSVP at 1.800.4BAYLOR
or visit us at
BaylorScottandWhite.com/FWFL

**For a more accurate reading, do not eat or drink anything after midnight before the screening. You may take your regular medication as directed.*

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