

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**



LOCATION SPECIFIC

4 reasons to have your
medical imaging tests done
at a hospital **PAGE 4**

 **Baylor Scott & White**
MEDICAL CENTER
WAXAHACHIE

GPS for Joints



New robotic technique brings precision, better results to knee and hip replacement

WITH NEW TECHNOLOGY now available at Baylor Scott & White Medical Center – Waxahachie, surgeons can position some replacement knees more precisely. This improved placement reduces the risk that the joint will fail in the future.

Partial knee replacements have been around for years. But if they aren't in the optimal position for each individual, they don't work as well as they could with the remaining natural parts of the knee.

The new procedure, called MAKOpasty, uses robotic control and CT scans to help doctors find the preferred location for the replacement joint.

"Before the surgery, we look at the anatomy on a CT scan, and we plan the procedure," explains Marc Roux, MD, an orthopedic surgeon on the medical staff

at Baylor Scott & White – Waxahachie. "Then we use that information—along with the hands-on, real-time data we get during the operation—to put that component in the desired position."

Surgeons work in the operating room, in concert with the robot, to place the replacement joint within the parameters that were set using the CT scan.

"Once we put in the implants, we can check the data points on the computer," Dr. Roux says. "It tells us if we've reached our goal."

In addition to partial knee replacements, surgeons can also use MAKOpasty to guide some of the newer, minimally invasive hip replacement procedures. The technique can help in pre-op planning, and

IS JOINT PAIN TAKING ITS TOLL?

You owe it to yourself to see whether surgery is right for you. To learn more about joint replacement surgery at Baylor Scott & White – Waxahachie, visit BaylorHealth.com/WaxOrtho or call **1.800.4BAYLOR**.

doctors can use the data points to position the joint during surgery.

Looking forward, Dr. Roux says that total knee replacement surgery with MAKOpasty is in clinical trials.

"Studies show we now have the technology to assist in achieving optimal results," he adds. "It opens the door to more widespread use."

Baylor Scott & White Medical Center – Waxahachie, 2400 N. I-35E, Waxahachie, TX 75165

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Giving Opportunities/Baylor Health Care Foundation: 214.820.3136. Visit BaylorHealth.com or call 1.800.4BAYLOR (1.800.422.9567) for information about Baylor Scott & White Medical Center – Waxahachie 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.

Getting the **Whole Picture**

When to have your imaging tests done at a hospital

YOUR DOCTOR JUST ordered an imaging test. Now where do you go to have it completed? In most cases, you can choose to go to a hospital or an outpatient imaging center. Here are four instances when you'll want to opt to have your imaging done at a hospital.

1. You need medication. Many imaging tests require patients to lie still for a long time, which can be quite uncomfortable for some, especially those who have back pain. Hospital imaging departments can offer oral or even intravenous pain medications during the test to make the patient more comfortable.

Hospitals also can assist people who don't do well in confined spaces. "Some MRIs can last up to two hours, which can be very distressing for patients with claustrophobia," says Jaynish Patel, MD, an interventional radiologist on the medical staff

at Baylor Scott & White Medical Center – Irving. "At hospital-based imaging facilities, those patients may be prescribed sedatives or may even be given general anesthesia so that they stay still in the machine. This improves the comfort for the patient and also the quality of the exam for the interpreting radiologist."

2. You need other diagnostic tests. Imaging tests often are ordered in conjunction with other exams, such as blood work. Going to a hospital means you can have all of your needs addressed in one place. And you might get your results sooner.

"Hospitals typically will have a radiologist on staff 24/7," Dr. Patel says. "And if it turns out you might have a health concern, the hospital is usually able to act on that more quickly as compared with an outpatient imaging center."

3. You are allergic to contrast dye. Some imaging tests require patients to drink a contrast solution or be injected with dye that helps illuminate certain areas of the images to show any abnormal conditions. A small percent of people have adverse reactions to these contrast agents.

"For those patients who are allergic to dye or contrast, it's very important they consider going to a hospital-based imaging facility," Dr. Patel says. "If there is any reaction, the hospital generally is better prepared to respond."

4. You have blood clots. Blood clots can be problematic anytime you stay in one position for a long time, which is the case for some imaging tests. If you have been diagnosed with blood clots, especially those in your lungs, legs or arms, you'll want to have the added peace of mind of being in a hospital, should any complications arise during your test.



MORE

Imaging Services Close to Home

For details about MRI, CT scans, ultrasound and more at Baylor Scott & White – Waxahachie, call **1.800.4BAYLOR** or visit [BaylorHealth.com/WaxImaging](https://www.baylorhealth.com/WaxImaging) today.



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.

LOSE THE WEIGHT

For a referral to a physician on the Baylor Scott & White – Waxahachie medical staff who can help you reach your weight loss goals, visit BaylorHealth.com/Waxahachie 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.”



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.”

3 TIPS FOR LIVING WELL WITH HEART DISEASE

If you have heart disease, it’s vital to keep your heart healthy. Rohit Parmar, MD, a cardiologist on the medical staff at Baylor Scott & White Medical Center – Waxahachie, shares three tips he recommends to his own patients:

1. Exercise. Start with cardiac rehabilitation if your doctor recommends it. “It’s natural to be afraid to exercise after an event like a heart attack, or after stent placement or bypass surgery,” Dr. Parmar says. “But exercise is beneficial for the heart.” Cardiac rehab’s controlled and monitored setting can help you rebuild your confidence.

2. See your doctor. “Sometimes when people feel fine, they think they don’t need to see the doctor anymore,” Dr. Parmar says. Rather, it’s important to have regular doctor visits to check your blood pressure and cholesterol levels and to watch for any cardiovascular problems.

3. Take your medicine. “If you have heart disease,” Dr. Parmar says, “it’s important to follow your doctor’s recommendations.”

MORE

Need a Heart Expert? Look No Further

To find a cardiologist on the Baylor Scott & White – Waxahachie medical staff, go to [FindDrRight.com](https://www.finddr.com) 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.”

WHEN YOU’RE MORE THAN JUST TIRED

If you’re getting about eight hours of sleep nightly and still fighting fatigue during the day, you might have a sleep disorder. Sleep apnea is a condition in which you stop breathing while you’re sleeping, says Jack Gardner, MD, a sleep medicine specialist on the medical staff at Baylor Scott & White Medical Center – Waxahachie. People who snore and who are obese are at higher risk for sleep apnea.

If you suspect sleep apnea, talk to your primary care physician or see a sleep specialist. Your doctor may schedule a sleep study for you if it’s warranted.

“There are a variety of treatment options, depending on the severity of

the sleep apnea,” Dr. Gardner says. Your doctor might recommend an oral mouthpiece or a continuous positive airway pressure (CPAP) device, and surgery may be considered in some cases. Weight loss can also help reduce episodes of sleep apnea.

Don’t ignore symptoms of sleep apnea. The condition puts you at higher risk for hypertension, heart attack, stroke and mood disturbance.

MORE

Uncover the Cause of Your Sleep Problems

To schedule your appointment with the Baylor Sleep Center at Baylor Scott & White – Waxahachie, 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.



RESOURCE

Resolve to Be Healthier This Year

January is a great time to start fresh. To build healthy habits that stick, try following these six tips.

→ Take the first step. Visit [BaylorHealth.com/WaxNewYear](https://www.baylorhealth.com/WaxNewYear) today.

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* • HEALTHY COOKING DEMO • BODY COMPOSITION ANALYSIS • BLOOD PRESSURE

SATURDAY, JANUARY 23, 2016
8:30 AM - 11:30 AM

EVENT LOCATION:
Baylor Scott & White Medical Center - Waxahachie
2400 N. I-35E, Waxahachie, Texas 75165

Take care of your health at our annual women's health event, **For Women For Life®**.
Enjoy a healthy cooking demonstration, chair massages, receive free health
screenings*, and ask health questions at the "Ask the Expert" booths.



Get your girlfriends together
and register today!

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

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

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