

Baylor Scott & White

# Health

*Baylor Health Care System is now  
a part of Baylor Scott & White Health*

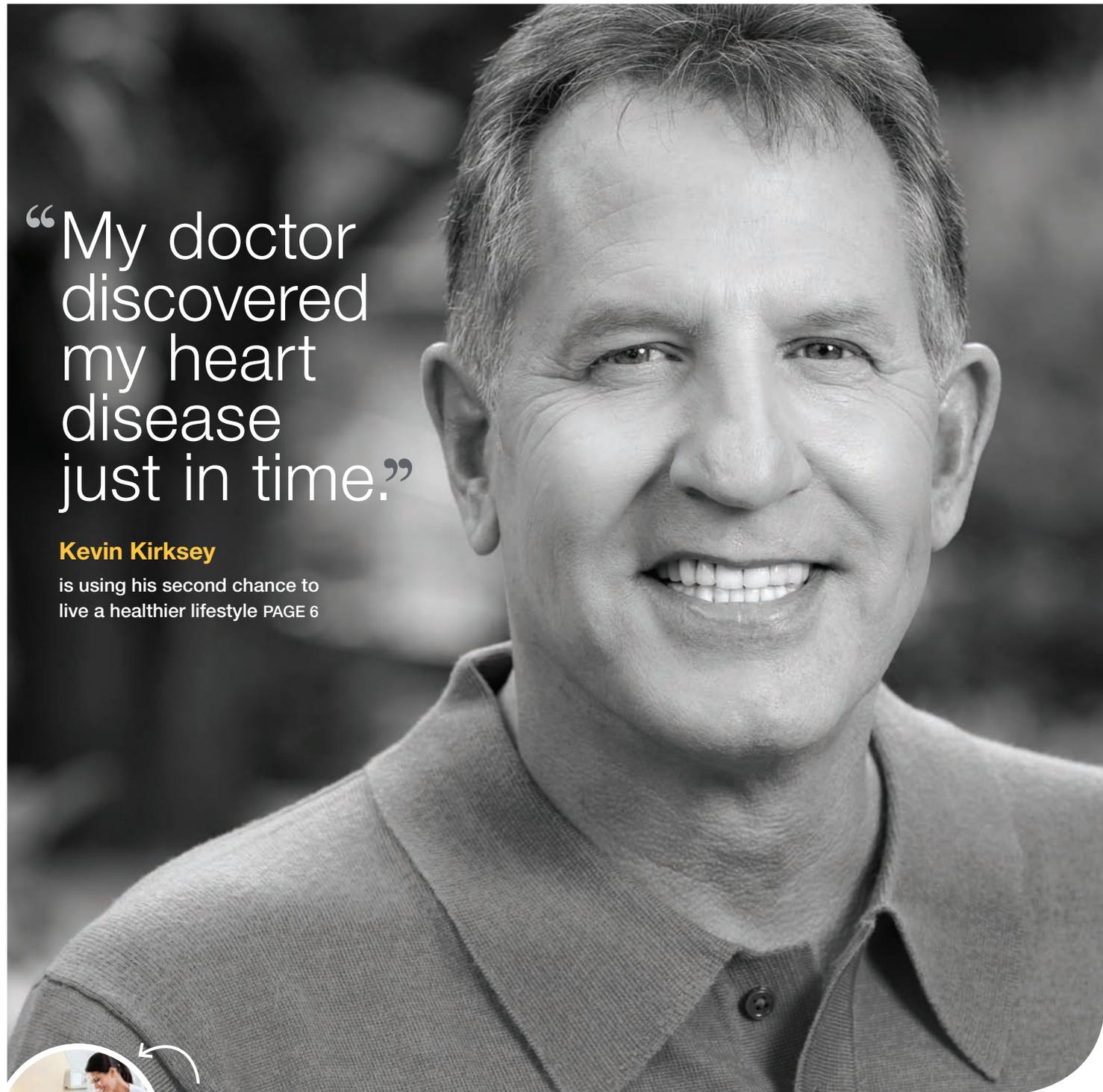
BaylorHealth.com/[Plano](#)

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](#)



**THE WHOLE PICTURE**  
Why it's smart to have your imaging tests done at a hospital [PAGE 4](#)

 **Baylor Scott & White**  
MEDICAL CENTER  
PLANO

 **BAYLOR**  
Medical Center  
at Frisco



## The Future Is Bright for Baylor Scott & White Medical Center – Plano

Baylor Regional Medical Center at Plano is now Baylor Scott & White Medical Center – Plano. The new name brings the expertise of the state’s largest not-for-profit health care system to Plano and the surrounding communities.

In addition to the name change, Baylor Scott & White – Plano has:

- ▶ Added digital tomosynthesis, a more advanced type of mammography.
- ▶ Added single-photo emission computed tomography scan with CT (SPECT/CT).
- ▶ Spent more than \$1 million renovating all inpatient suites.
- ▶ Undertaken a \$2 million renovation of the interventional radiology suite.

- ▶ Opened a designated orthopedic unit to help provide quality and focused care for orthopedic patients.
- ▶ Served as the major sponsor of the North Texas Food Bank’s Food 4 Kid’s Plano program, a sponsor of the Plano ISD Health Sciences Academy, and an employer of two PISD students in the Plano Mayor’s Summer Internship Program.
- ▶ Collected more than \$6,600 worth of food, 300 books and 1,696 school supplies for students in need.
- ▶ Been named a top hospital in Dallas/Fort Worth by *U.S. News & World Report* for five consecutive years, named Best Hospital, ED and Rehab Facility by *Living Magazine* (Plano/Frisco) and named Best Hospital by *Addison Magazine*.

### GET THE DETAILS

To learn more about the specialties and services offered at Baylor Scott & White Medical Center – Plano, visit [BaylorHealth.com/Plano](http://BaylorHealth.com/Plano) today.

## FOR WOMEN, FOR LIFE

For Women For Life® is a free event hosted by Baylor Scott & White Medical Center – Plano and The Heart Hospital Baylor Plano that makes it easy for women to focus on their health and well-being.

Come for the morning and get free screenings to protect against:

- ▶ Abnormal body mass index
- ▶ Abnormal cholesterol levels
- ▶ Abnormal thyroid levels
- ▶ Oral cancer
- ▶ High blood pressure
- ▶ Insufficient lung volume
- ▶ Hearing loss
- ▶ Skin cancer

The event also includes panel discussions and educational seminars where women can learn about various health conditions and have their questions answered by medical professionals.

**Date: Jan. 23**

**Time: 8 to 11:30 a.m.**

**Location: The Heart Hospital Baylor Plano**

**MORE**

### Take a Day for You

For Women For Life® is a convenient opportunity to get your screenings done all at once and to talk with physicians about any health concerns you may have. To register, visit [BaylorScottandWhite.com/PlanoFWFL](http://BaylorScottandWhite.com/PlanoFWFL) or call **1.800.4BAYLOR**.

Baylor Scott & White Medical Center – Plano, 4700 Alliance Blvd., Plano, TX 75093. 469.814.2000. Giving Opportunities/Baylor Health Care System Foundation: 214.820.3136. Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people through exemplary health care, education and research as a Christian ministry of healing. President and CEO, Baylor Scott & White Health System: Joel Allison.

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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**

### MRIs and More

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

## TALK IT OUT

To register for a weight loss surgery support group at Baylor Scott & White Medical Center – Plano, call **469.814.5677**.

### 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.”

## HEALTHY HEARTS CLOSE TO HOME

Ready to boost your heart health? “Local indoor recreation centers can be much more cost-effective than some of the commercial gyms. Some have indoor and outdoor pools, and most offer exercise classes,” says Julie Kennedy, MD, an internal medicine specialist on the medical staff at Baylor Scott & White Medical Center – Plano.

### You might want to try:

- ▶ Oak Point Recreation Center in Plano
- ▶ Tom Muehlenbeck Recreation Center in Plano
- ▶ Carpenter Park Recreation Center in Plano
- ▶ Liberty Recreation Center in Plano
- ▶ Addison Athletic Club
- ▶ Local YMCAs

### These outdoor areas offer trails and activities:

- ▶ Oak Point Park in Plano
- ▶ White Rock Lake in Dallas
- ▶ Arbor Hills Nature Preserve in Plano

### For healthy eating options,

check with these grocery stores that offer cooking demonstrations and seminars:

- ▶ Central Market
- ▶ Natural Grocers
- ▶ Whole Foods

### If you’re eating out, healthy options are on the menu at:

- ▶ EatZi’s
- ▶ Modmarket
- ▶ My Fit Foods
- ▶ Snappy Salads

**MORE**

## Find the Doctor Who’s Right for You

For a referral to a physician on the Baylor Scott & White – Plano medical staff, visit [BaylorHealth.com/Plano](https://www.baylorhealth.com/plano) 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 H<sub>2</sub>O.

“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.”

## SLEEPING WITHOUT REST?

If you’re sleeping seven to eight hours a night but don’t feel rested, you may have sleep apnea. Alberto Santos, MD, a neurologist on the medical staff at Baylor Scott & White Medical Center – Plano, says 25 percent of adults may have the condition.

With sleep apnea, you stop breathing briefly. Then, when your oxygen level drops, your brain wakes you up. These awakenings are usually brief and you won’t remember them the next morning.

If you think you might have sleep apnea, talk to your doctor. The condition puts you at high risk of car accidents

related to falling asleep at the wheel. You’re also at higher risk for high blood pressure, congestive heart failure, cardiac arrhythmia, heart attack and stroke.

People with mild sleep apnea may find relief with a mouth guard. Those with moderate to severe sleep apnea will likely need a continuous positive airway pressure (CPAP) machine to help them breathe throughout the night.

**MORE**

### Solve Your Sleep Problems

For a referral to a neurologist on the Baylor Plano medical staff, visit [BaylorHealth.com/Plano](https://www.baylorhealth.com/plano) 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](http://BaylorHealth.com/AdvancingMedicine) and [research.sw.org](http://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

## Caring for Women

Baylor Scott & White Medical Center – Plano offers a wide range of surgical procedures that address women's unique health needs. The multidisciplinary team can treat uterine fibroids, pelvic disorders, gynecologic cancers and more.

→ Visit [BaylorHealth.com/PlanoWomen](https://www.BaylorHealth.com/PlanoWomen) to learn more.

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.

# Community Calendar

## January & February 2016

Registration required for all events unless otherwise indicated.

→ Call **1.800.4BAYLOR** to register.

### MAMMOGRAPHY

#### **Saturday Mammography Services**

8 a.m. to noon.  
Register for a screening at [BaylorHealth.com/PlanoBreastImaging](http://BaylorHealth.com/PlanoBreastImaging) or call **469.814.5500**. Most insurance plans are accepted.  
**Jan. 9 and 23:** Women's Imaging Center at Baylor Plano. **Jan. 16:** Baylor Plano's Elizabeth Jekot, MD Breast Imaging Center.

### SEMINARS AND SUPPORT GROUPS

**Diabetes Support Group**  
Second Thursday of each month, 7 to 8 p.m. Conference Room A & B, Garden Level of Baylor Plano.

**Cancer Connections**  
First and third Wednesday of each month, 6 to 7:30 p.m. Education Center, Garden Level of Baylor Plano.

**Cancer Conversations**  
First Wednesday of each month, 5:30 to 7 p.m. Education Center, Garden Level of Baylor Plano.

**Cancer Transitions**  
Second Monday of each month, 6 to 7:30 p.m. Education Center, Garden Level of Baylor Plano.

### **For Women For Life®**

Jan. 23, 8 to 11:30 a.m.  
The Heart Hospital  
Baylor Plano.

**Joint Pain Seminar**  
Third Wednesday of each month, 6 to 7 p.m. Education Center, Garden Level of Baylor Plano.

**Kids Cancer Connect**  
First Wednesday of each month, 5:30 to 7 p.m. Education Center, Garden Level of Baylor Plano.

**SPOHNC** Support program for people with oral, head and neck cancers. Second Monday of each month, 6 to 7:30 p.m. Education Center, Garden Level of Baylor Plano.

**Us TOO Prostate Cancer**  
Second Monday of each month, 6 to 7:30 p.m. Education Center, Garden Level of Baylor Plano.

**Weight Loss Surgery Support Group**  
Second Wednesday of each month, 6:30 to 8:30 p.m. Education Center 1 & 2, Garden Level of Baylor Plano. To register, call **469.814.5677**.

# For ouches to achoos.

## Get the professional care you need at our Urgent Care Center in Sports Village.

At Baylor Medical Center at Frisco's Urgent Care Center, caring doctors on our medical staff, along with nurses and medical professionals, are ready to provide quick attention and the quality care Baylor is known for. Our Urgent Care Navigator service can refer you to a specialist or primary care doctor, and even help with the continuation and follow-up of your care. It's the quality care you need from the name you have come to trust. Baylor.

### Services/problems diagnosed and treated:

<b>Imaging services</b>	Minor conditions	Rashes and poison ivy
<b>Laboratory services</b>	Minor eye injuries, infections and irritations	Sore throats, colds and flu
Back strain	Minor fractures	Sports physicals
Cuts and minor wounds	Muscle aches and pains	Sprains and strains
Earaches	Nebulizer treatments for allergies and asthma	
Flu shots		
Minor burns		

For more urgent care information call 214.407.5310, **1.800.4BAYLOR** or visit [BaylorHealth.com/Frisco](http://BaylorHealth.com/Frisco)

**Inside FieldhouseUSA** 6155 Sports Village Road, Frisco, TX 75034  
Open Monday - Saturday: 12 p.m. to 10 p.m.; Sunday: 8 a.m. to 6 p.m.



Urgent Care Center  
Sports Village