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Health

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BaylorHealth.com/Dallas

March 2016



“A co-worker provided the living liver transplant I needed.”

Christer Hiort

is grateful for the organ donation made by his colleague PAGE 6



SMOKING'S UGLY TRUTH
A head-to-toe look at the damage caused by your tobacco habit PAGE 5

 **BAYLOR**
University Medical Center
at Dallas

MELANOMA RESEARCH TRIAL EXPANDS TO TEXAS

Baylor Charles A. Sammons Cancer Center at Dallas, in collaboration with the Translational Genomics Research Institute, is helping launch a multicenter clinical trial that will investigate the use of precision medicine to treat advanced melanoma, the deadliest form of skin cancer. Baylor Sammons Cancer Center is the only clinical site in Texas to offer the trial.

Led by Yale University and sponsored by Stand Up To Cancer and the Melanoma Research Alliance, the trial is the culmination of nearly four years of research. It will evaluate the effectiveness of more than 20 treatment options in melanoma patients lacking a particular genetic mutation and for whom immune therapy either did not work or was not an option.

Leveraging the power of genomics and health information technology, researchers will use the latest molecular-sequencing techniques to match targeted drugs to the unique genetic alterations in people's tumors. In doing so, they hope to provide each individual with the best possible treatment for his or her situation. The trial then will evaluate whether this precision-therapy approach improves results over current treatments.

MORE

Top-Rated, Local Cancer Care

Baylor Sammons Cancer Center at Dallas is rated the No. 1 consumer choice for cancer care in North Texas—and we're right here in your community. To learn more, visit BaylorHealth.com/DallasCancer today.



New Biomarker Could Help Personalize Colorectal Cancer Treatment

A team at Baylor Research Institute has identified a small RNA molecule that appears to enable certain colorectal cancers to become especially aggressive, resistant to treatment, and likely to migrate and invade normal tissue.

The findings suggest that the presence of high levels of a molecule called SNORA42 in people's tissues could serve as a biomarker to help

clinicians determine who might benefit from more aggressive therapy.

This is the first RNA molecule of its kind to be identified as a biomarker for colorectal cancer. Because this type is more stable than other RNA molecules, researchers believe noninvasive blood or stool tests could eventually be used to quickly and easily detect SNORA42 and thus identify people who are at risk for a cancer recurrence.

FROM THE LAB TO YOUR BEDSIDE

Our innovative research is focused on breakthroughs that matter to you—from an earlier diagnosis to a more effective treatment. Visit BaylorHealth.com/AdvancingMedicine to learn more about our clinical research and how to participate.

Baylor University Medical Center at Dallas, 3500 Gaston Ave., Dallas, TX 75246. Patient Information: 214.820.0111. Volunteer Opportunities: 214.820.2441. Giving Opportunities/Baylor Health Care System Foundation: 214.820.3136. Visit BaylorHealth.com or call 1.800.4BAYLOR (1.800.422.9567) for information about Baylor University Medical Center at Dallas services, upcoming events, physician referrals, career opportunities and more.

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.

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SMART STEPS

Diabetes and foot injuries are a dangerous combination. That's because diabetes can lead to neuropathy (nerve damage in the feet), making it hard for you to feel small cuts or blisters. To make matters worse, diabetes affects blood flow, so even small wounds are slower to heal. Result: A simple blister can become a big problem.

If you have diabetes, keep your feet healthy by following these three simple steps.

1 Check your feet. A daily foot exam (don't forget the bottoms!) means you'll catch any redness, blisters or cuts early so you can take action quickly.

2 Protect your feet. Wear shoes at all times, even inside your house.

3 Clean your feet. Warm water + soap = happy feet.

EAT WELL TONIGHT!

Need a healthy recipe fast? Visit BaylorHealth.com/Recipe and browse our free library of nutritious dishes.



Fresh Picks

Out with the winter fruits and veggies (at least the ones you're tired of) and in with the spring produce. Next shopping trip, reach for these three seasonal treats that pack a nutritious punch.

Spinach

- ▶ **Why you should eat it:** It's a vitamin powerhouse offering vitamins A, C and K, plus folate and iron.
- ▶ **How to eat it:** Sneak into smoothies or eat straight up in salads, on sandwiches or sautéed with a little garlic.

Strawberries

- ▶ **Why you should eat them:** Get an entire day's worth of vitamin C in just 1 cup.
- ▶ **How to eat them:** Enjoy sliced and frozen as an after-dinner treat.



Asparagus

- ▶ **Why you should eat it:** The vitamin K will help keep your bones strong, while the vitamin A will boost your immune system.
- ▶ **How to eat it:** Add to soups and pasta dishes, or simply bake a few spears and sprinkle with Parmesan cheese.



MORE

Do You Have Diabetes?

Take our quiz at BaylorHealth.com/DiabetesRisk to see what risk factors (if any) you have for developing type 2 diabetes.

In Texas, more people have breast cancer than any other cancer, across all races and genders. Baylor Scott & White Health encourages **women to start annual mammogram screening at age 40.**

Those at high risk, however, may need to start earlier, so talk to your doctor about what's best for you.





Bottom Line

Straight talk about what it means to be regular

➔ IT'S NOT NECESSARILY something you talk about over lunch with friends or even post in your neighborhood Facebook group. So how do you know what it means to be regular when it comes to bowel movements?

“Regular can mean different things to different people—every day, every other day or three times a week is in the realm of regular,” says Terilyn Scott-Winful, MD, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Carrollton. “A lot depends on the amount of food you eat. If you don’t eat a lot, you’re not going to produce a lot of waste.”

No matter how often you go, it’s really more about comfort.

“Most people feel better when they empty their bowels consistently,” Dr. Scott-Winful says. “If you’re feeling fine and not having any pain or discomfort, then the frequency doesn’t matter too much.”

MORE

Listen to Your Gut

From heartburn to complex digestive and liver disorders, Baylor Dallas is nationally recognized for expertise in treating the spectrum of digestive health issues. Learn more by visiting BaylorHealth.com/DallasDigestive today.



IF YOU EXPERIENCE THIS

DO THIS

▶ **CONSTIPATION**

Bowel movements are infrequent or stools are small, dense and difficult to pass.

First, examine your diet. “Make sure you’re getting between 20 and 35 grams of fiber per day,” says Terilyn Scott-Winful, MD. “And stay hydrated. Hydration is very important to digestion.”

▶ **REGULARITY**

Bowel movements occur three times a week up to three times a day, with stools that are solid yet soft.

Keep doing what you’re doing, which is likely getting plenty of fiber, drinking lots of water and working out. Talk to your doctor anytime you’re given a prescription, as certain medications can affect digestion, particularly those for blood pressure, cholesterol, depression and pain.

▶ **DIARRHEA**

Bowel movements are frequent or urgent with stools that are loose and watery.

Over-the-counter antidiarrheal medication should help. Be sure to follow the instructions on the package. Call your doctor if you have diarrhea lasting longer than two days, a fever higher than 101 degrees, severe abdominal pain or are unable to keep down liquids.

The Ugly Truth

Nine ways smoking damages the body

 THE EFFECTS OF SMOKING on the lungs are well documented. But did you know the tobacco habit damages other parts of the body as well?

“Smoking affects every multiorgan system in the body,” says Kartik Konduri, MD, co-medical director of the Lung Cancer Center of Excellence at Baylor Charles A. Sammons Cancer Center at Dallas. “Cardiovascular, neurological, gastrointestinal, respiratory and many other systems—the effects of smoking are systemic.” Here is a look at what you can expect when you continue to smoke.

1 Hearing loss. Smoking reduces oxygen supply to the cochlea, which over time can lead to mild to moderate hearing loss.

2 Poor vision. Nicotine reduces the body’s ability to make a chemical that helps you see at night. Smoking also increases your risk for cataracts and macular degeneration.

3 Mouthful of problems. Aside from an increased risk of mouth and throat cancers, smokers also typically have more cavities, mouth sores and gum disease than nonsmokers.

4 Breathlessness. Think cancer is the only risk to the lungs? Think again. Smoking leads to lung damage that causes chronic cough, shortness of breath and increased respiratory infections.

5 Gummy blood. Smoking causes blood to become thick and sticky, making it harder for your heart to pump throughout the body. Sticky blood is also more likely to clot than nonsticky blood, and clots are dangerous when they block blood flow to the heart, brain and legs.

6 Premature aging. Smoking takes a toll on the skin, especially on the face. It causes skin to become dry and lose elasticity, which can lead to wrinkling.



7 Fertility issues. Smoking decreases estrogen in females and can cause dry skin, thinning hair, memory problems, premature menopause and fertility issues. And guys aren’t off the hook—smoking can lead to fertility issues in them, too.

8 Weak muscles. Smoking robs your muscles of oxygen and nutrients, making it more difficult to build and maintain muscle mass.

9 Brittle bones. The chemicals in cigarette smoke break down bone tissue over time, leading to osteoporosis and an increased risk for falls and broken bones.

Source: smokefree.gov

TOOLS TO HELP YOU QUIT

You can find online resources, interactive tools, quitting strategies and more by visiting BaylorHealth.com/QuitSmokingQuiz today.





Lifesaving Gift

A living organ donation connects two co-workers

➔ A FRIEND ONCE TOLD Andy Rose that he was the kind of guy who would give someone the shirt off his back. As it turns out, Rose is the kind of guy who will give someone half of his liver.

Rose doesn't see it as all that heroic, but Christer Hiort, who received Rose's liver donation in January 2015, certainly does.

"If it wasn't for Andy's donation, I would not have been in good health to celebrate the birth of my first grandson, my

daughter's wedding or my 30-year anniversary with my wife," says Hiort, 54, of Frisco.

Although they work for the same company, Rose and Hiort weren't necessarily friends. Still, when Rose learned that Hiort needed a liver transplant, Rose immediately offered to help. "I'm in incredibly good health," says Rose, a 51-year-old from Farmersville. "I've always been someone who puts himself out there when there's a need."

HELP FOR THE HELPER

Andy Rose may have donated part of his liver to another person, but he is quick to shift the spotlight to his "amazing support system," notably his wife, Dione. "She took care of me when I couldn't do things like lift a big bag of dog food or take out the trash," Rose says. "Having her beside me made being a living donor possible."

“I told him through instant message that if we’re compatible, I’d be happy to donate half my liver.”

—Andy Rose, right, about co-worker Christer Hiort

JUST WHAT WAS NEEDED

Hiort was definitely in need. He has a chronic liver disease that can eventually lead to cirrhosis and liver failure.

In January 2014, Hiort’s wife, Karin, noticed his skin was yellow. This sign of jaundice indicated his liver function was on the decline. Hiort was getting progressively sicker, and his doctors told him he needed a liver transplant. Rose’s generous offer meant Hiort didn’t have to be placed on a wait list to receive a deceased donor organ, which can take up to 10 years or more.

Both men say the surgery and recovery weren’t as tough as they expected. Rose, a marathoner, was able to go for a 3-mile training run just 12 days after leaving the hospital, and he was back to work five weeks after surgery. Hiort’s new liver began working right after the transplant—he says his jaundice was already fading in the recovery room.

“It was amazing to see how quickly my liver adapted to his body and his body began using my liver’s filtering capacity,” Rose adds.

MUTUALLY BENEFICIAL

Being a living donor doesn’t just change the life of the recipient. It can be transformative for the donor, too, says Giuliano Testa, MD, surgical director of living donor liver transplantation at Baylor University Medical Center at Dallas.

“There is a great psychological benefit in knowing that you have helped dramatically change someone’s life for the better,” he says.

Living donations are vitally important because there aren’t enough organs from deceased donors to go around. Plus, with kidney transplants, Dr. Testa says the organ from a living donor will begin working immediately, instead of taking time to get up to full capacity (as is the case with deceased donations), and a living donation usually will last longer after it’s transplanted.

DONOR ELIGIBILITY

The criteria for being a living liver or kidney donor are relatively simple: You must be in good health and have a compatible blood type and also have an organ that’s the right size for the recipient. A liver transplant requires open surgery and a large incision, while a kidney transplant is minimally invasive, with a small incision.

“The vast majority of donors do absolutely fine, with no consequences of being a donor,” Dr. Testa says, “as long as the operation is done by people who know exactly what to do, at an institution with a proven safety record for doing the operations.”

PAIRED DONATION SAVES LIVES

Today, more than 88,000 Americans are waiting for a kidney. For some of these individuals, a friend or a family member will make the generous offer to donate. Willingness is only half of it, unfortunately.

“To donate a kidney, you both have to have the same blood type, and frequently donor pairs do not,” says Steven Hays, MD, FACP, medical director of the living kidney donor program at Baylor University Medical Center at Dallas.

“Paired donation is a relatively new concept that allows one mismatched donor/recipient pair to swap kidneys with another donor/recipient pair in the same situation to provide a viable match for both recipients,” Dr. Hays explains. In some cases, three or more pairs may be combined to create a kidney pair “chain.”

The process of finding and matching donor pairs has been streamlined and expedited, thanks to software programs that help transplant centers across the country work together.

“This software has enhanced our ability to successfully match donor pairs,” Dr. Hays says, “and provide new kidneys for the individuals who need them most.”

MORE

Considering Donating a Kidney?

Baylor Annette C. and Harold C. Simmons Transplant Institute will be there to guide you every step of the way. To learn more about kidney donation, visit [BaylorHealth.com/LivingKidney](https://www.baylorhealth.com/LivingKidney) today.

Get up
about the
same time
every day.

Good Night

Your guide to better sleep

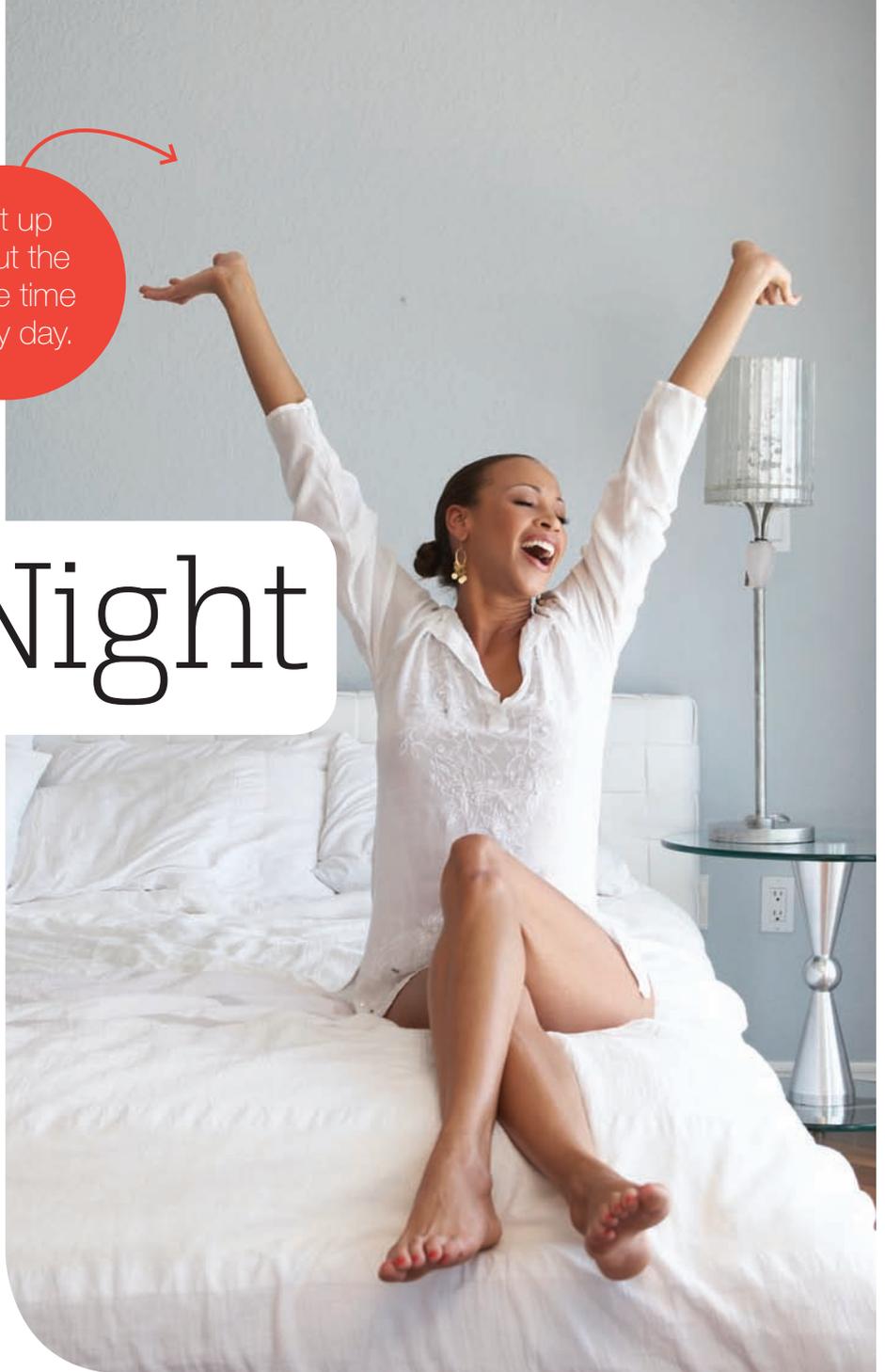
➔ BETWEEN WORK, KIDS, household chores, social commitments and other to-dos, life became an exercise in learning just how little sleep you can get away with.

“It’s recommended adults get seven to eight hours of sleep per night,” says Shirley Jones, MD, medical director of the Scott & White Sleep Institute in Temple. “But many Americans don’t achieve that on a nightly basis.”

Lack of sleep, especially over a prolonged period, leads to more than just daytime drowsiness.

“It can affect your mood the next day or even down the road,” Dr. Jones says. “Your performance at work, at school or in sports won’t be optimal. And it can lead to dangerous situations like drowsy driving.”

Sleep deprivation can lower immune response, and a sleep-related breathing problem known as obstructive sleep apnea has been linked to the development of heart disease, diabetes and obesity.



TRY THESE TIPS

The good news is there are steps you can take to ensure a better night’s sleep. “We call it sleep hygiene,” Dr. Jones says. “These practices are needed to have normal and good-quality sleep.” Here are nine.

▶ **Watch how much you nap.** Although short naps (around 30 minutes) are helpful, long naps might indicate that you are not getting enough sleep at night.

▶ **Exercise.** People who work out regularly report the best sleep, according to the National Sleep Foundation.

People
who work out
regularly report
the best sleep.



▶ **Reinstate a bedtime.** Go to bed about the same time each night, even on weekends. Likewise, get up about the same time each day. If you get into a productive groove in the evenings, set an alarm reminding you to go to bed.

▶ **Create a sleep sanctuary.** Your bedroom should be calming, comfortable and dark. If it isn't, hang window coverings, paint the walls a soothing color, buy new linens or a new mattress, and eliminate all light sources that don't have an off switch. Even the glow from an alarm clock can interrupt sleep.

▶ **Check the thermostat.** A cool room is most conducive to quality sleep. Some experts suggest around 65 degrees is the optimal temperature for sleep, though it's not a hard and fast rule. "It should be cool," Dr. Jones says, "but it's an individual preference."

▶ **Move up your coffee break.** Consuming caffeine too close to bedtime can affect your ability to fall asleep and stay asleep. Your last sip should be no later than early afternoon.

▶ **Banish screens from the bedroom.** Watching TV or staring at a phone or tablet before bed is enough to signal to your brain that it's time to stay awake, not doze off. Even reading a book that requires emotional or intellectual effort can disrupt your ability to fall asleep. Leave all entertainment and work in other rooms.

▶ **Wind down before bed.** Instill "quiet time" in your house leading up to "lights out." Read, take a bath or meditate. By reflecting on your day, you'll have worked through the mental baggage by the time you hit the sheets.

▶ **Keep a pen and paper handy.** No matter how much you avoid it, there will be times when you'll lie in bed ruminating on the 15 things you need to remember. Jot them down before you go to bed so your brain doesn't have to continue working while you're trying to sleep.



How Sleep Medications Work

If you're having trouble falling or staying asleep, your doctor might recommend or prescribe medication that can help. Here, David Luterman, MD, medical director of the Sleep Center at Baylor University Medical Center at Dallas, explains three common sleep aids and how they work.

Diphenhydramine. The primary purpose of this drug found in over-the-counter medicines is allergy symptom relief, but a side effect is drowsiness. These medications should be used with caution in older individuals, Dr. Luterman says, as they may cause dizziness and impair coordination.

Selective gamma-aminobutyric acid (GABA) medications. "This family of prescription medications works on a receptor in the brain that helps promote sleep," Dr. Luterman explains. Examples include Ambien and Lunesta.

Suvorexant. Although most drugs stimulate chemicals in the brain to induce sleep, this new prescription drug (marketed as Belsomra) blocks the chemicals that cause wakefulness, Dr. Luterman explains. "This is the first drug in its class," he says, "and so far it shows great promise as a sleep aid."

MORE

Get Help Getting to Sleep

The Sleep Center at Baylor Dallas provides comprehensive evaluation, diagnosis and treatment for sleep disorders and related conditions. Visit [BaylorHealth.com/SleepDallas](https://www.baylorhealth.com/SleepDallas) to learn more.



A Chance for a Child

Womb transplant could allow some women to carry their own babies through pregnancy

→ FOR A WOMAN with a damaged uterus who wants to have a child of her own, surrogacy—another woman carrying an implanted egg through pregnancy—is the only medical option to help her achieve her dream of motherhood.

Perhaps.

Inspired by uterine transplant research in Sweden, Giuliano Testa, MD, a transplant surgeon on the medical staff at Baylor University Medical Center at Dallas, and a team of physicians at Baylor Annette C. and Harold C. Simmons Transplant Institute, are preparing to conduct a similar trial.

The Swedish study has resulted in five live births from seven transplants.

The Baylor University Medical Center team will conduct the trial with 10 women who will receive donated uteruses, explains Dr. Testa, the

study's principal investigator. Candidacy, he says, is based on the absence of a uterus caused by a birth defect or prior medical treatments.

THE PROCESS

Eggs will be removed from the ovaries of the trial participants, fertilized and stored; then, the uterus transplants will be undertaken.

Based on lessons from the Swedish study, the team will wait about a year after the transplant to allow the adaptation of the uterus to the woman's body, Dr. Testa says.

Then, the woman's embryo will be implanted.

"If we have a positive implant, we will monitor the woman carefully through the pregnancy. We consider these pregnancies high risk," Dr. Testa says.

Again following the Swedish study's model, the babies will be delivered by cesarean section about eight months into the pregnancy. After, the woman will have the

option to keep the uterus for a second pregnancy or have it removed.

HOPE AND OPTIMISM

This project is exciting for many reasons, Dr. Testa notes.

"It's a real opportunity," he says. "It's something that people can grasp. It's also fascinating because it's a temporary transplant—the uterus is kept in place only as long as it's needed."

The results of the study won't be known for a couple of years, but Dr. Testa is optimistic. For one, the Swedish team is consulting on the Baylor Scott & White Health research project.

"And although this is new, it's less experimental than it looks," he says. "From a technical point of view, it's very natural."

ABOUT THE STUDY

Womb Transplant Trial

Ten women will receive a donated uterus, and after a year of monitoring, their own embryos will be implanted with the hope of a healthy pregnancy and a live birth.

Key Contributor

Baylor Annette C. and Harold C. Simmons Transplant Institute

MORE

Delivering Excellence

Visit BaylorHealth.com/AdvancingMedicine and research.sw.org to see how else Baylor Scott & White is bringing advanced technology to you.

RECIPE

SPRING VEGETABLE TABBOULEH

Delightfully light and bright for springtime, this vegetarian dish features soybeans that are low in sodium, free of cholesterol and a good source of fiber.

→ Go to BaylorHealth.com/Recipe for the full recipe.



TIPSHEET

FOODS YOUR BODY NEEDS

 Some people's diets can be short on the necessary fuel for a healthy brain, eyes, bones, heart and abdomen. What should you be eating?

→ Download the guide at BaylorHealth.com/Tipsheet to find out.



QUIZ

HOW MUCH DO YOU KNOW ABOUT CAFFEINE?

Discover which drinks have the most caffeine, how it affects your body and ways to cut down on consumption.

→ Test your caffeine IQ at BaylorHealth.com/CaffeineQuiz today.

WHAT'S ONLINE

→ BaylorHealth.com



ONLINE

Everything You Want to Know About Baylor Dallas

→ From how-tos and FAQs to maps, dining options and more, patients and visitors alike will find all the information they need about Baylor Dallas at BaylorHealth.com/Dallas (click "Visitor's Guide").

VIDEO

"MY LIFE IS JUST WONDERFUL NOW."

Dane Taylor was 50 when a migraine turned out to be a stroke. Thankfully, she says, "Baylor had a plan of action."

→ Visit BaylorHealth.com/MyStory to watch Dane's story.





DHWI CHEF COOKOFF

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3015 Gulden, Dallas TX
FREE TASTINGS



EVENT FEATURES:

Celebrity Chefs will judge teams of future chefs, chefs in training and professional chefs preparing innovative, nutritious dishes in the categories of the Past, Present and Future: **Ancient Grains, Local & In-Season Now** and **School Lunch of the Future.**

FOR MORE INFORMATION VISIT:
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