

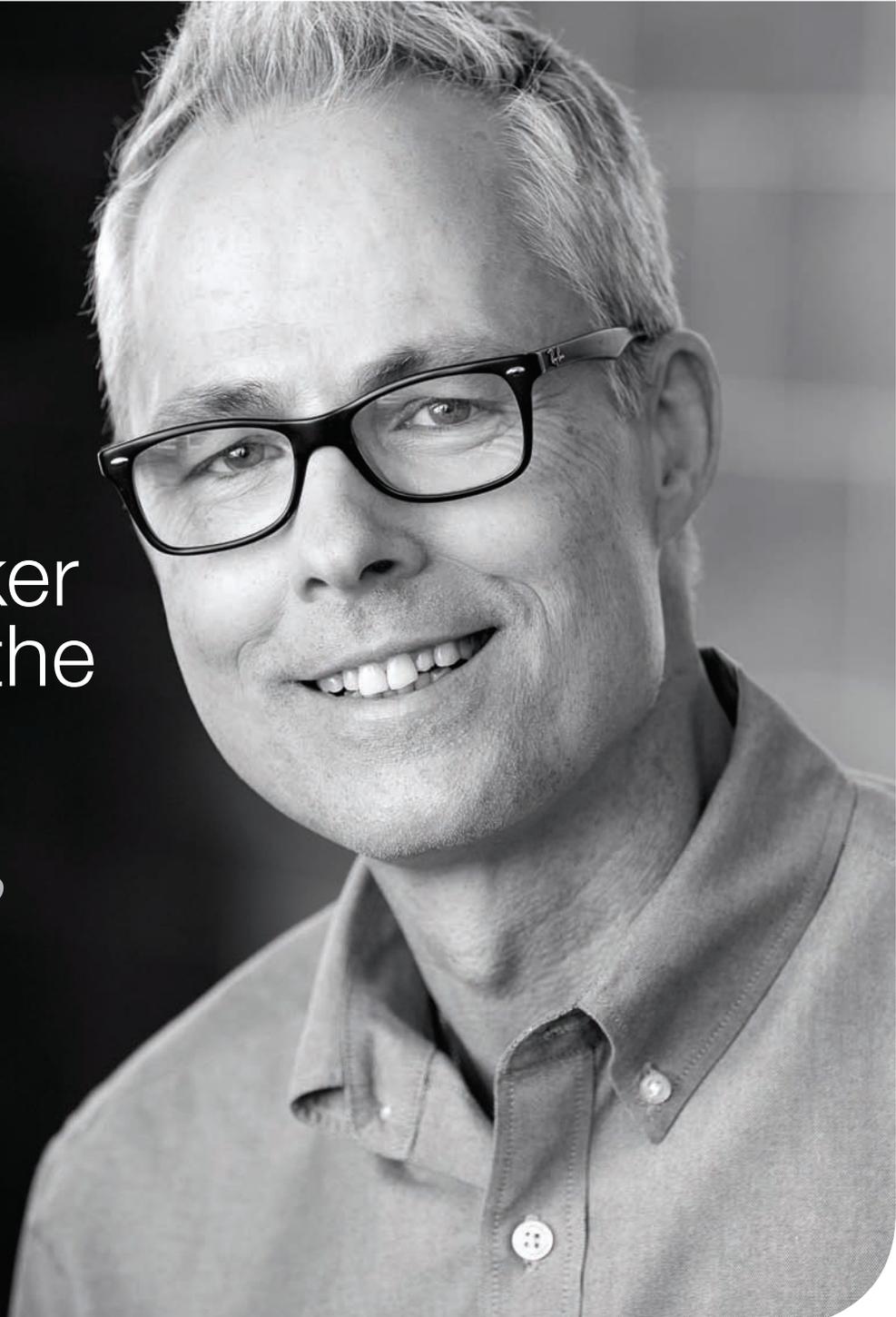
Baylor Scott & White

Health

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BaylorHealth.com/Garland

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 Scott & White**
MEDICAL CENTER
GARLAND

3 Things to Know About Colon Cancer

March is Colorectal Cancer Awareness Month. Are you in the know? Here are three important things to remember.

1. Colorectal cancer is preventable.

Colorectal cancer almost always starts out as a polyp in the inner lining of the colon or rectum. These polyps can be detected and removed before they become cancerous during a colonoscopy. It's estimated that half of all colorectal cancer deaths could be prevented if everyone age 50 and older were properly screened.

2. Colorectal cancer is treatable, when found early. Colorectal cancer rarely has symptoms, but regular screenings can help find it in the earliest stages, when it's most treatable. In fact, nine out of 10 individuals whose cancers were caught early are still alive five years after their diagnosis.

3. Many people aren't up to date on screening. According to the CDC, one in three American adults has not been properly screened for colorectal cancer. If you're 50 or older, or if you have a family history of the disease, talk to your doctor to develop a personalized screening schedule. Then, encourage your friends and family members to do the same.

MORE

Don't Put It Off

Talk to your doctor to schedule your colonoscopy today. To find a physician on the medical staff at Baylor Scott & White – Garland, visit FindDrRight.com today.



Navigating Your Cancer Journey

Getting a breast cancer diagnosis can leave you feeling blindsided and confused. You most likely have countless questions—not to mention fears—and may not be sure what comes next. That's where a nurse navigator steps in.

"A nurse navigator is a registered nurse who serves as an ongoing guide, friend, confidant and advocate for breast cancer patients throughout their cancer journey," explains Mesha Randall, RN, nurse navigator at Baylor Scott & White Medical Center – Garland.

A nurse navigator has a multi-faceted role that includes both a patient and clinical side, Randall explains. "On the patient side, we get to know you and your family personally and serve as a listening ear and an educational resource," Randall says. "We can answer questions about everything

ON YOUR SIDE

Baylor Breast Center is accredited by the National Accreditation Program for Breast Centers and the Commission on Cancer. To learn more, visit BaylorHealth.com/GarlandCancer today.

from test results to treatment options, and connect you with helpful resources and support groups."

On the clinical side, the nurse navigator helps schedule your appointments and connects you with specialists while also collaborating with your medical team. "We really make every effort to take care of every detail so you can focus on healing," Randall adds.

Baylor Scott & White Medical Center – Garland, 2300 Marie Curie Blvd., Garland, TX 75042. President: Tom Trenary; Marketing/Public Relations Manager: Robin Kraase, FACHE; Main Number: 972.487.5000; Patient Education Classes: 1.800.4BAYLOR (1.800.422.9567); Baylor Senior Health Center-Garland: 972.487.5444; Baylor Breast Center: 972.487.5293; Physician Referral: 1.800.4BAYLOR (1.800.422.9567); Volunteer Services/Auxiliary: 972.487.5520

Baylor Scott & White Health Mission: Founded as a Christian ministry of healing, Baylor Scott & White Health exists to serve all people through exemplary health care, education, research and community service. Visit BaylorHealth.com or call 1.800.4BAYLOR for information about Baylor Scott & White Medical Center – Garland services, upcoming events, physician referrals, career opportunities and more.

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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.”



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.

MORE

Go with Your Gut

Is your digestive system trying to tell you something? The digestive health experts at Baylor Scott & White – Garland can help. For a referral, visit FindDrRight.com or call **1.800.4BAYLOR**.

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

YOU CAN QUIT, WE CAN HELP

Are you ready to kick the habit? To learn more or to register for our FREE tobacco cessation class, visit BaylorHealth.com/Garland 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.”

ARE YOU READY TO BE A LIVING DONOR?

If you’re considering becoming a living donor, the American Transplant Foundation encourages all potential donors to ask themselves these five questions:

1. Am I intellectually ready? Talk to your primary care doctor and educate yourself about the procedure and any associated risks.

2. Am I emotionally ready? Prepare yourself for all possible outcomes, including that the transplant could be unsuccessful or harmful, or that you may not be healthy enough to donate an organ. In addition, the health evaluation could reveal underlying health conditions you were unaware of.

3. Am I physically ready? Are you in good health and able to withstand a major surgery, as well as live without the organ you’re donating?

4. Am I financially ready? While the cost of the actual procedure is usually covered, there will likely be additional costs, including travel expenses, unpaid time off and ancillary costs, like caring for children and pets. In addition, you (or your insurance company) may be responsible in the event of complications after surgery.

5. Am I spiritually ready? Talk to your family, friends and spiritual advisor, if you have one, to make sure you’re driven by the right motives.

MORE

Register to Become a Donor

Did you know that a single organ donor can save the lives of up to eight individuals? To register to become an organ, eye and tissue donor in Texas, visit [DonateLifeTexas.org/](https://www.donatelifetexas.org/) Register 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.



What's Keeping You Awake?

If good sleep is eluding you, there could be a number of reasons for it. Here, Ahmed Raza, MD, a board-certified pulmonary and sleep medicine specialist on the medical staff at Baylor Scott & White Medical Center – Garland, addresses six possible culprits.

Emotional distress. "Grief, anxiety and depression can all stimulate the brain and keep you awake," he says.

Environment. Your room should be clean, dark, quiet and a comfortable temperature.

Electronics. Staring at a screen of any kind—phone, TV or tablet—can keep you up at night. "Avoid it for at least two hours before bed," Dr. Raza says.

Caffeine. Many people underestimate how long it takes to metabolize caffeine, Dr. Raza says. Avoid caffeinated beverages for at least four hours before bedtime.

Snoring. If your partner is keeping you up, a breathing strip or earplugs can help. "However, if snoring is accompanied by pauses in breathing, gasping or choking, he or she should see a doctor to rule out sleep apnea," Dr. Raza says.

A sleep disorder. If your sleep hygiene is near perfect and you're still having trouble falling or staying asleep, or are experiencing excessive daytime sleepiness, talk to a sleep medicine specialist. "If these symptoms last a month or more, a sleep disorder could be the culprit."

MORE

Rest Easy

If you're having trouble getting the rest you need, the sleep specialists at the Baylor Scott & White – Garland Sleep Center can help. To learn more about what makes us different, visit [BaylorHealth.com/GarlandSleep](https://www.baylorhealth.com/GarlandSleep) today.



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.

WHAT'S ONLINE

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



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](https://www.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](https://www.baylorhealth.com/Tipsheet) to find out.



ONLINE

In Your Corner

→ From health fairs and support groups to tobacco cessation and free health screenings, you can find it all online at [BaylorHealth.com/Garland](https://www.baylorhealth.com/Garland) by clicking "Classes & Events."

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](https://www.baylorhealth.com/MyStory) to watch Dane's story.



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](https://www.baylorhealth.com/CaffeineQuiz) today.





Community Calendar

March & April 2016

Registration required for all events unless otherwise indicated.

→ Call **1.800.4BAYLOR** to register.

Screening Mammograms

An annual screening mammography can detect breast cancer at its earliest stage. Recommended for women 40 and older, screening mammograms do not require a physician's order. Call **972.487.5298** today to schedule. Saturday appointments are available.

Kick the Habit

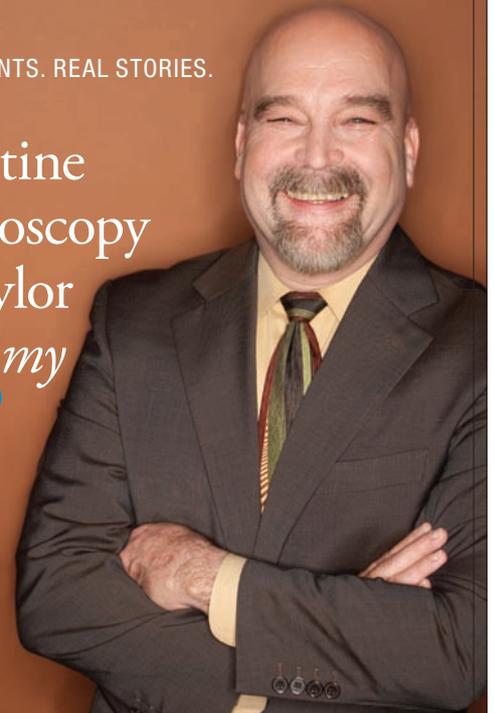
Join us for a free tobacco cessation class led by a registered respiratory therapist to learn strategies to stop using tobacco products. Thursday, March 24, 6 to 7:30 p.m. in the first-floor Auxiliary Conference Center. Call **1.800.4BAYLOR** to register.

March Is Colorectal Cancer Awareness Month

Colorectal cancer is the third most common cancer diagnosed in the U.S. The disease often grows with no symptoms until it's at an advanced stage. But when detected early, colorectal cancer is treatable. That's why getting a screening colonoscopy when you're 50 or older is so important to your health. Assess your risk at BaylorHealth.com/ColonRisk, or call **1.800.4BAYLOR**.

REAL PATIENTS. REAL STORIES.

“A routine colonoscopy at Baylor saved my life.”



“I'm basically a healthy guy. I work out regularly, and I'm an active outdoorsman,” says Keith Reimer. But a routine colonoscopy at Baylor showed that he had stage 1 colon cancer. “I did not have any family history of any type of cancer, so to have colon cancer at 52 was unusual.” Keith had surgery at Baylor and now only needs annual follow-up screenings. “Baylor got me back to my routine. It just doesn't make sense to delay a colonoscopy. It's that simple. Just go in and get it done!”



Baylor Scott & White
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2300 Marie Curie Blvd., Garland, Texas 75042

For a physician referral or for more information about digestive services, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/GarlandDigestive.

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