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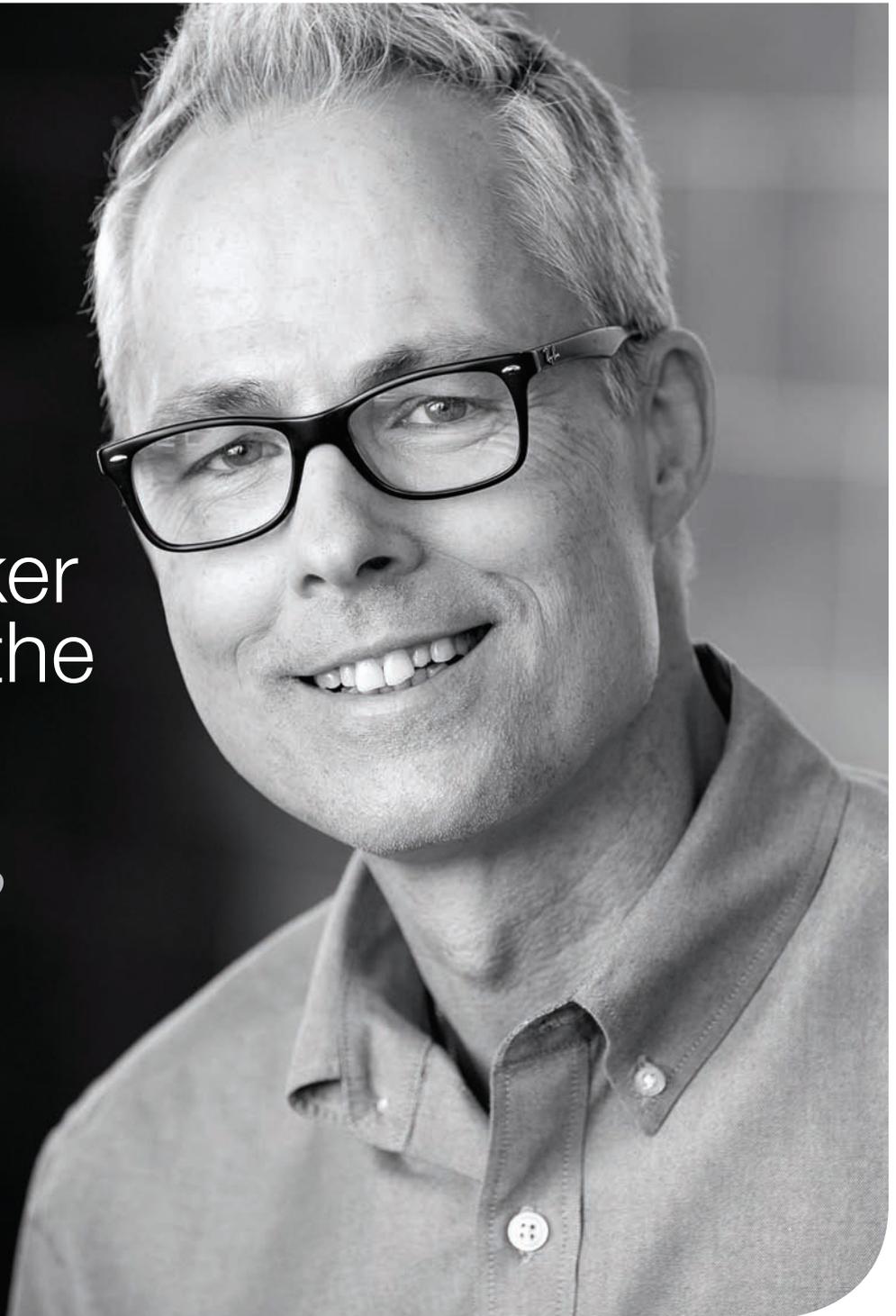
BaylorHealth.com/AllSaints

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



GOOD NIGHT

Your guide to better sleep PAGE 8

How Alcohol Can Affect You

While having a glass of wine with dinner or a cold beer during the big game won't hurt you (and may even offer health benefits), drinking too much at once or over time can have serious consequences for:

Your brain. Alcohol affects your mood and behavior, and slows down your reaction time, which can contribute to accidents.

Your heart. Overconsumption of alcohol can damage your heart, leading to anything from irregular heartbeat and high blood pressure to stroke.

Your liver. Drinking heavily can cause liver inflammation as well as fatty liver disease, liver fibrosis, liver cirrhosis and more.

Your pancreas. Alcohol abuse can eventually lead to pancreatitis, an inflammation of the blood vessels in the pancreas that inhibits proper digestion.

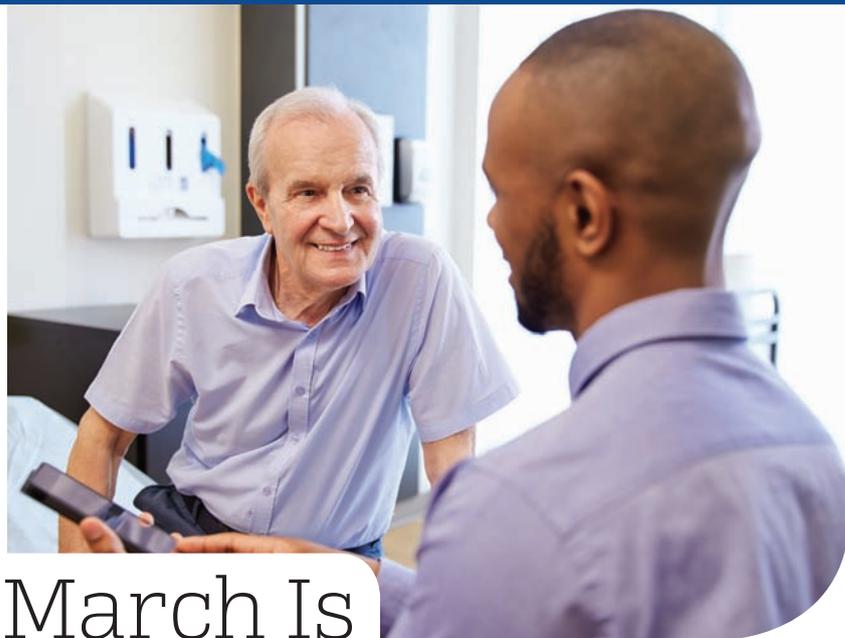
Your cancer risk. Drinking too much increases your risk of certain cancers, including breast and liver cancer and oral, esophageal and throat cancers.

Your immune system. Binge drinking weakens your immune system for up to 24 hours, making you more likely to contract illnesses.

MORE

We're Here to Help

If you're struggling with alcohol addiction, the Addictive Disorders Program at Baylor Scott & White – Fort Worth can help. To learn more, call **817.922.1162** or visit BaylorHealth.com/AllSaintsBehavioralHealth today.



March Is Colorectal Cancer Awareness Month

Did you know that colorectal cancer is the second-leading cancer killer among men and women in the U.S.? Despite increases in colorectal cancer screening rates, one in three Americans ages 50 to 75 hasn't been properly tested. Are you one of them?

The American Cancer Society recommends one of the following exams for most individuals beginning at age 50:

- ▶ Flexible sigmoidoscopy every five years*
- ▶ Colonoscopy every 10 years
- ▶ Double-contrast barium enema every five years*
- ▶ CT colonography (virtual colonoscopy) every five years*

Screening can help detect precancerous polyps, which can be removed during a colonoscopy. It can also help find colorectal cancer in its earliest stages, when it's most

MAKE THE CALL

Your family and personal history can affect your colorectal cancer risk. Talk to your doctor to develop a personalized screening schedule. To find a physician in your area, visit BaylorHealth.com/FindDrRight or call **1.800.4BAYLOR**.

treatable. In fact, about 90 percent of people whose cancers are found during stage I or IIA are alive five years later.

If you've been putting off getting screened, call your doctor to schedule yours today—and encourage your friends and loved ones to do the same.

**If positive, these screenings should be followed up with a colonoscopy.*

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

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

All Saints Outpatient Diagnostic Center: 817.922.7780. All Saints Health Foundation: 817.922.7707. Behavioral Health Services: 817.922.1162. Carter Rehabilitation & Fitness Center: 817.922.1139. Diabetes Center: 817.922.1794. Lymphedema Center: 817.922.2530. Neuroscience Program: 817.922.2385. Pain Management Program: 817.922.PAIN. Transplantation Services: 817.922.4650. Volunteer Services: 817.922.2376. Wound Management Program: 817.922.2430.

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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

Is your digestive system trying to tell you something? For a referral to a gastroenterologist on the medical staff at Baylor Scott & White – Fort Worth, call **1.800.4BAYLOR** or visit **BaylorHealth.com/FortWorthDigestive** 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

SHOULD YOU BE SCREENED?

If you’re a current or former smoker between the ages of 55 and 77, you may be eligible to receive a low-dose CT lung cancer screening. A physician referral is required. To learn more, call **817.922.2222**.





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 BECOME A LIVING DONOR?

If you’re considering becoming a living donor, chances are you’re motivated by one of two reasons. “Most people who donate either have a personal connection with someone who needs an organ or say they feel a personal calling to do so,” says Tiffany Anthony, MD, a transplant surgeon on the medical staff at Baylor Annette C. and Harold C. Simmons Transplant Institute at Baylor University Medical Center at Dallas and Baylor Scott & White All Saints Medical Center – Fort Worth.

Potential donors go through an extensive evaluation involving a nephrologist, a transplant surgeon, a donor advocate and a physician donor advocate, and sometimes a social worker and a chaplain. This process helps ensure that potential donors are prepared:

Intellectually. “Potential donors need to be educated about living organ donation, including the risks,” Dr. Anthony says.

Emotionally. “Donors must prepare for possible negative outcomes. The procedure could be unsuccessful or the recipient may not take care of the organ,” she says.

Physically. Donors must be able to withstand a major surgery and recovery.

Financially. “While the cost of the actual procedure is covered, donors may incur costs from taking time off work or travel,” Dr. Anthony says.

Spiritually. Donors should talk to family members and their spiritual advisor, if they have one, to evaluate their motives.

MORE

Take the Next Step

To learn more about living organ donation and how you can become a living donor, visit [BaylorHealth.com/FortWorthTransplant](https://www.baylorhealth.com/FortWorthTransplant) 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.



4 Ways Lack of Sleep Affects You

Not getting enough ZZZs can have serious consequences on your health and safety. Here, Clark Meador, DO, a family medicine physician on the medical staff at Baylor Scott & White All Saints Medical Center – Fort Worth, explains four of them.

1. It slows you down. "Sleep is the time when your brain recharges," Dr. Meador says. "The sleep-deprived individual often experiences difficulty focusing, learning and concentrating."

2. It contributes to accidents. Being overly tired can slow your reaction time as much as drunk driving. The National Highway Traffic Safety Administration estimates that "drowsy driving" was responsible for as many as 72,000 crashes in 2013 alone.

3. It can increase your risk of other health conditions. "Consistently getting less than seven hours of sleep a night is associated with diabetes, cardiovascular disease, high blood pressure, anxiety and depression," Dr. Meador says.

4. It contributes to weight gain. A recent study found that middle-aged women with sleep disorders were more likely to be overweight than their peers. "Chronic sleep loss also causes the body to produce less leptin, a hormone that suppresses hunger, and too much of ghrelin, a hormone that stimulates appetite," Dr. Meador says. "If you're tired, you're also less likely to exercise."

MORE

Trouble Sleeping?

Your primary care physician can evaluate your symptoms and steer you toward treatment. To find one in your area, visit BaylorHealth.com/FindDrRight or call **1.800.4BAYLOR**.



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



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.

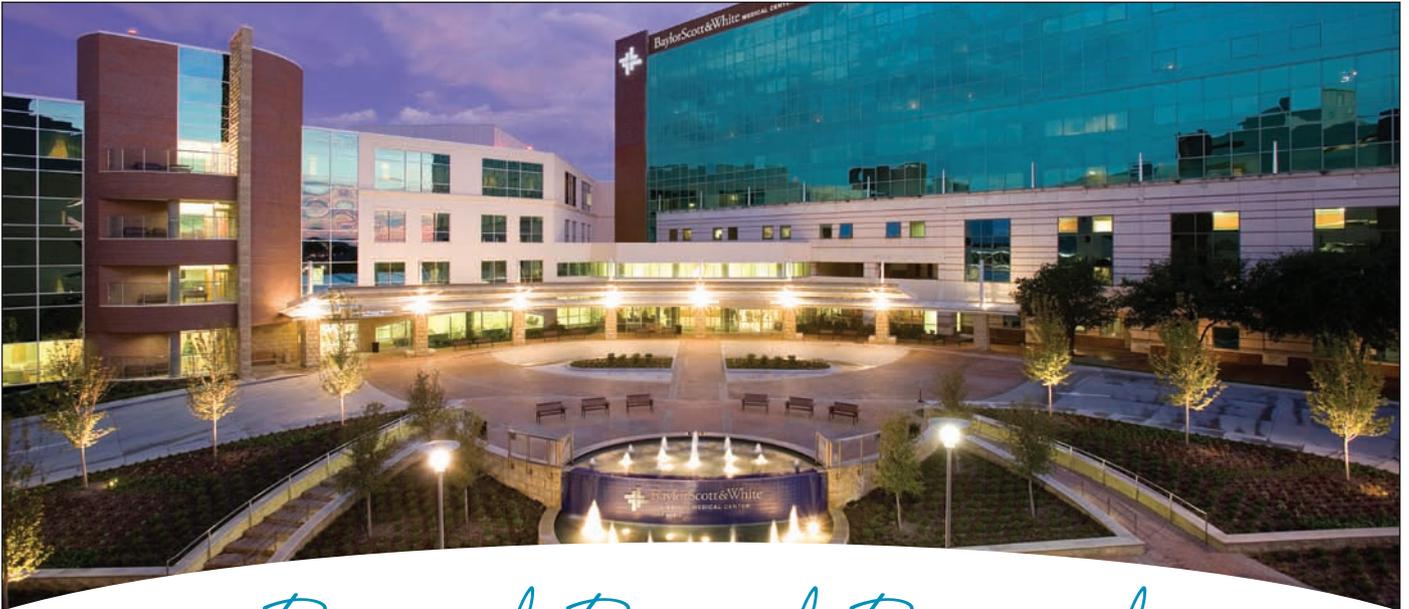
ONLINE

Award-Winning Care

Our local and national awards and accreditations all add up to better care for our patients.

→ To learn more, visit BaylorHealth.com/AllSaints and click "View All Awards and Accreditations."





Renamed. Renewed. Renowned.

INTRODUCING
BAYLOR SCOTT & WHITE ALL SAINTS MEDICAL CENTER – FORT WORTH

As part of Baylor Scott & White Health, the largest not-for-profit health care system in Texas, we're able to leverage advanced medicine and clinical techniques to improve patient care. From providing complete heart attack care, to enhanced services for treatment of cardiovascular disease, cancer care, orthopedics, women's services and in our intensive care unit. Baylor All Saints, now Baylor Scott & White – Fort Worth, has received awards and accreditations from some of the nation's most prominent organizations. We may be called by a new name, but our calling is still caring for you.



1400 8th Ave., Fort Worth, TX 76104

Find out more about our new name, call **1.800.4BAYLOR**
or visit us online at **BaylorHealth.com/AllSaints**.