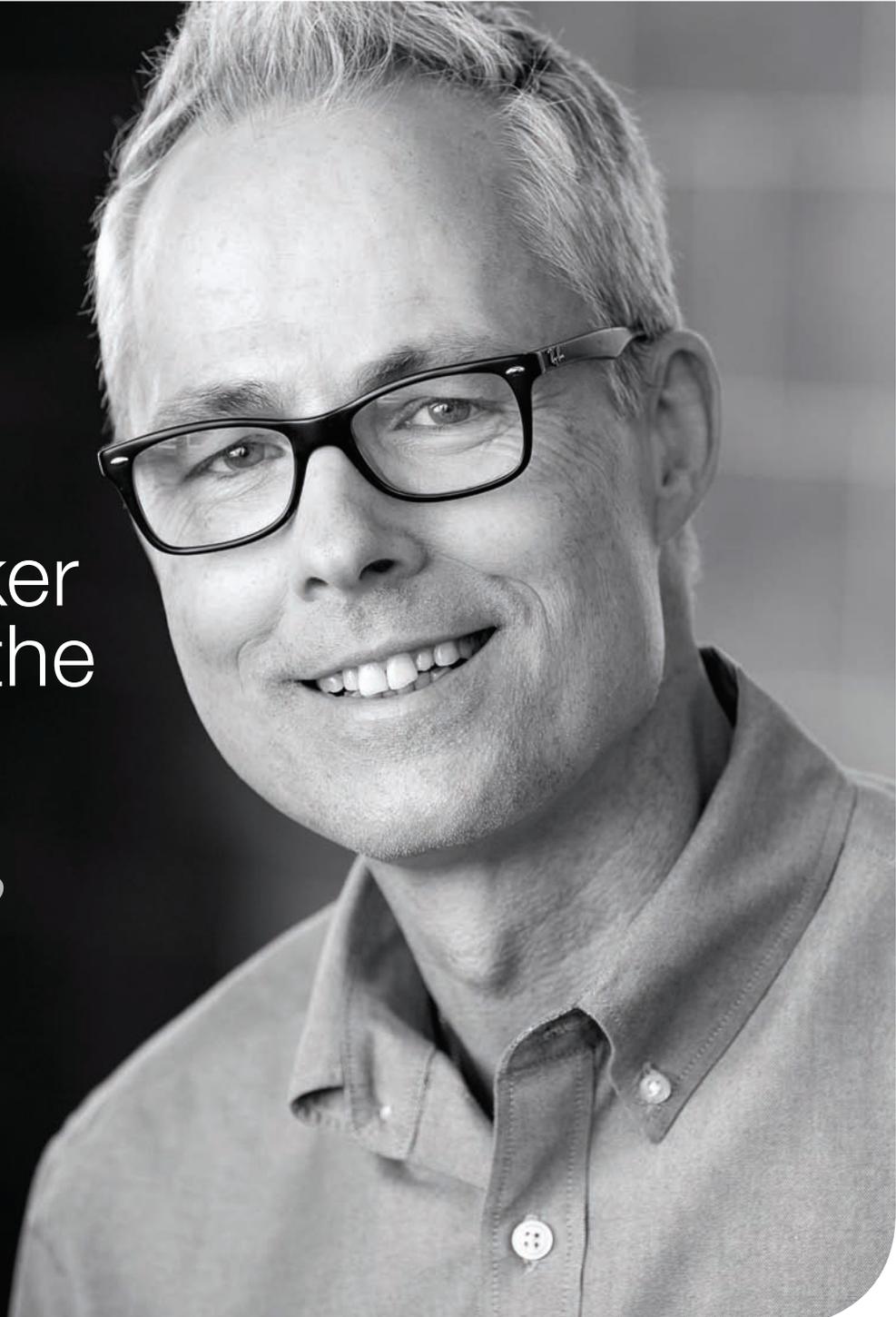


Baylor Scott & White Health

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

BaylorHealth.com/Carrollton

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

Shining a Light on Alcohol Abuse

While moderate alcohol consumption—defined by the Dietary Guidelines for Americans as one drink per day for women, two for men—probably won't hurt you and may even offer some health benefits, drinking too much can have serious consequences for your health and safety.

In honor of Alcohol Awareness Month, we highlight four important statistics from the National Institute on Alcohol Abuse and Alcoholism.

- ▶ Alcohol-related deaths are the third-leading preventable cause of death in the U.S.
- ▶ An estimated 88,000 Americans die from alcohol-related causes annually.
- ▶ Alcohol is a contributing factor in more than 200 diseases and injury-related conditions, including alcohol dependence, liver cirrhosis, liver cancer and more.
- ▶ In 2013, 30.8 percent of all driving fatalities were alcohol-related.

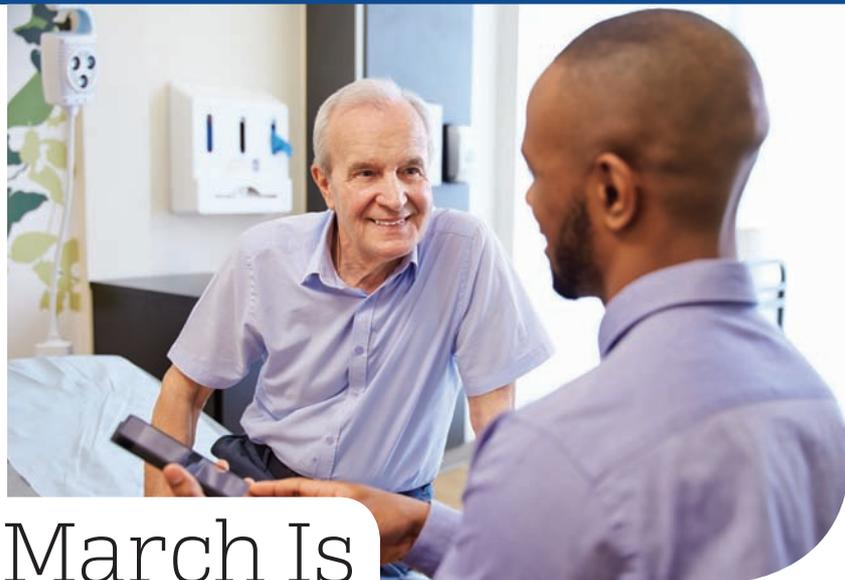
If you think you may have a problem with alcohol addiction, please talk to your doctor.

MORE

We're Here to Help

If you think that you have a problem with alcohol consumption, your doctor can connect you with resources that can help.

Visit FindDrRight.com to find a primary care physician on the medical staff at Baylor Scott & White – Carrollton.



March Is Colorectal Cancer Awareness Month

Did you know that colorectal cancer can actually be prevented through proper screening? That's because most colorectal cancers start with a polyp—a small precancerous growth on the inner lining of the colon or rectum—that can be removed during a colonoscopy.

According to the American Cancer Society (ACS), about half of all colorectal cancer deaths could be prevented if everyone ages 50 and older were properly screened. Unfortunately, only two-thirds of Americans are up to date.

The ACS recommends one of the following tests 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*

SHOULD YOU BE SCREENED?

Your family history can affect your risk for colorectal cancer, so talk to your doctor to develop a personalized screening schedule. To find a physician on the medical staff at Baylor Scott & White – Carrollton, visit FindDrRight.com today.

The ACS calls colorectal cancer “preventable, treatable and beatable”—but we all have to do our part. In honor of Colorectal Cancer Awareness month, talk to your doctor to develop a personalized screening schedule and encourage your friends and family members to do the same.

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

Baylor Scott & White Medical Center – Carrollton, 4343 N. Josey Lane, Carrollton, TX 75010. 972.492.1010. Visit BaylorHealth.com or call 1.800.4BAYLOR (1.800.422.9567) for information about Baylor Scott & White Medical Center – Carrollton services, upcoming events, physician referrals, career opportunities and more.

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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

Tummy Trouble?

For a referral to a gastroenterologist on the medical staff at Baylor Scott & White – Carrollton, call **1.800.4BAYLOR** or visit **FindDrRight.com** 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 **HealthSource**. BaylorHealth.com/Wellness/Smoking 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.”

5 QUESTIONS TO ASK YOURSELF BEFORE BECOMING A DONOR

The decision to become a living organ donor is a life-changing one. If you’re considering it, here are five questions from the American Transplant Foundation to ask yourself:

► Am I intellectually ready?

Talk to your primary care doctor and educate yourself about the procedure and the risks involved.

► Am I emotionally ready?

Prepare yourself for the possible outcomes of living organ donation, including that it could be unsuccessful or harmful, or that you may not be healthy enough to donate. In addition, the health evaluation could reveal conditions you were previously unaware of.

► Am I physically ready?

You must be in good health and able to withstand a major surgery and recovery.

► Am I financially ready?

While the cost of the actual transplantation procedure is covered, there likely will be additional costs, including travel expenses, unpaid time off and ancillary costs, like caring for children and pets. You should also have health insurance in the event of complications, which you may be responsible for.

► Am I spiritually ready?

Talk to your family and spiritual advisor, if you have one, to make sure you’re driven by the right motives.

MORE

Your Partner in Good Health

Your primary care doctor can help you stay healthy for the long run. For a referral to a physician on the medical staff at Baylor Scott & White – Carrollton, call **1.800.4BAYLOR** or visit FindDrRight.com 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.



5 Sleep Issues That Should Be Checked Out

Do your sleep troubles warrant a visit to a health care professional? Here, Alberto Santos, MD, a neurologist and board-certified sleep medicine specialist on the medical staff at Baylor Scott & White Medical Center – Carrollton, shares five reasons to make the call:

1. You have difficulty falling asleep.

"If it takes you more than 30 minutes to fall asleep or you wake up frequently during the night and these symptoms have lasted for more than a month, talk to your doctor," Dr. Santos says.

2. You wake up exhausted. If you're getting seven to eight hours of sleep but don't feel rested in the morning, your sleep quality could be suffering.

3. You're excessively sleepy during the day. Nodding off during the day is a red flag that you're not getting the sleep you need at night. "This is especially dangerous if you become drowsy while driving," Dr. Santos adds.

4. You're a loud snorer. This could be a sign of sleep apnea, particularly if it's accompanied by pauses in breathing, gasping and daytime sleepiness.

5. You move while dreaming. "If your dreams cause you to move while sleeping, it could be a sign of REM-behavior disorder, and should be evaluated," Dr. Santos says.

MORE

Trouble Sleeping?

The Sleep Center at Baylor Scott & White – Carrollton can help you get the rest you need. To learn more, visit [BaylorHealth.com/CarrolltonSleep](https://www.baylorhealth.com/CarrolltonSleep) or call 972.394.2490 to make an appointment.



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

Accredited Cancer Care

Baylor Scott & White – Carrollton was recently awarded three-year accreditation by the American College of Surgeons' Commission on Cancer for its commitment to meet rigorous standards and improve the quality of care for patients with cancer.

→ Learn more at BaylorHealth.com/Carrollton today.

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.



Community Calendar

March & April 2016

Registration required for all events unless otherwise indicated. → Call **1.800.4BAYLOR** to register.

HEALTH SCREENINGS

Screening Mammograms

An annual screening mammogram can detect breast cancer at its earliest stage. Recommended for women 40 and older, screening mammograms do not require a physician's order. → Go to **BaylorHealth.com/CarrolltonBreastImaging** or call **972.394.1080** to schedule. Saturday appointments are available. Most insurance plans are accepted.

SEMINARS AND SUPPORT GROUPS

Breast Cancer Support Group For patients and survivors. March 1, 6:30 to 8 p.m., Conference Room 1. No charge.

Weight Loss Surgery Support Group Third Thursday of each month, 6 to 7:30 p.m., 3rd floor, Classroom 300.

WOMEN'S AND CHILDREN'S EDUCATION

Preparation for Childbirth

Two-week series: March 6 and 13, 2 to 5 p.m.

No charge. Hybrid: April 2, 1 to 4 p.m. \$30

Newborn Care

Basics of infant care and parenting tips. March 7 or April 4, 6 to 9 p.m. \$30.

Breastfeeding

Provides the latest information and research. March 3 or April 14, 6:30 to 9:30 p.m. No charge.

Infant and Child CPR

Teaches basic skills but is not a certification course. March 5 or April 16, 1 to 4 p.m. \$30 per couple, \$15 for each additional participant.



All maternal and child health information classes will be in Conference Room 1.



*Renamed. Renewed.
Renowned.*

MEET THE NEW BAYLOR SCOTT & WHITE
MEDICAL CENTER – CARROLLTON

We are proud to introduce the new Baylor Scott & White Medical Center – Carrollton. As part of Baylor Scott & White Health, the largest not-for-profit health care system in Texas, we've invested more than \$50 million to improve both our services and facility. From a new cath lab providing complete heart attack care, to enhanced services for treatment of cardiovascular disease, cancer care, orthopedics and spine care, women's services and in our neonatal intensive care unit. Baylor Carrollton, now Baylor Scott & White - Carrollton, has received awards and accreditations from some of the nation's most prominent health care groups. We may be called by a new name, but our calling is still caring for you



4343 N Josey Ln, Carrollton, TX 75010

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

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