

Baylor Scott & White

# Health

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BaylorHealth.com/McKinney

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

## We're Seeking Trauma Center Designation

Baylor Scott & White Medical Center – McKinney is actively seeking trauma center designation. This includes undergoing rigorous examination as well as policy and system reviews in order to earn designation from the Texas Department of State Health Services.

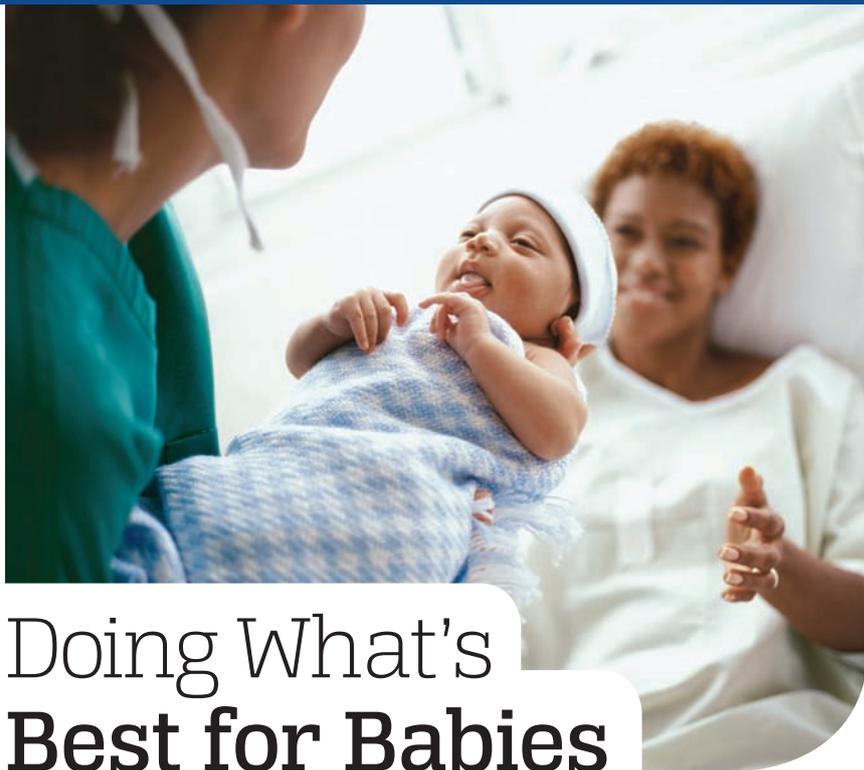
“Most people think trauma services only involve the ER, but the ER, OR, ICU and all inpatient units are actually involved in providing high-quality trauma care,” explains Drew Seelman, RN, BSN, manager of trauma services at Baylor Scott & White – McKinney. “We have worked hard to prepare the hospital and our staff, and we are now ready to accept this level of patient.”

A hospital that receives designation is able to stabilize and treat even the most serious injuries. “There are limited trauma services in our area, and most are a 30-minute drive from northern Collin County,” Seelman says. “Having such services available nearby will greatly benefit our community.”

**MORE**

### When You Need Us Most

Visit [BaylorHealth.com/McKinneyER](http://BaylorHealth.com/McKinneyER) to learn more about trauma services available at Baylor Scott & White – McKinney.



## Doing What's Best for Babies

A new study by researchers at Baylor University Medical Center's neonatal intensive care unit (NICU) could help improve the health outcomes of premature babies.

The study, led by principal investigator Arpitha Chiruvolu, MD, FAAP, medical director of the NICU at Baylor Scott & White Medical Center – McKinney, looked at the benefits of delayed cord clamping on very preterm newborns (born before 32 weeks gestation). “We’ve known for a long time that delayed cord clamping benefits full-term infants, but no large-scale study had looked at preterm infants until now,” she says.

Researchers found that delaying cord clamping by just 45 seconds helped reduce the risk of bleeding in the brain by almost 50 percent; the need for early red blood cell transfusions (a technique used to treat blood loss); iron deficiency; and anemia. “Babies whose clamping was delayed were also significantly less

### LOVE DELIVERED DAILY

Baylor Scott & White – McKinney features a new family center for your first few days after delivery and a Level III NICU with private suites for newborns who need extra care. You can check it all out online when you visit [BaylorHealth.com/McKinneyBabies](http://BaylorHealth.com/McKinneyBabies) today.

likely to require intubation in the delivery room,” she adds.

The results of the study were published in the *American Journal of Obstetrics and Gynecology* online last July.

“It’s my belief that in the vast majority of cases, there should be no hesitation in delaying cord clamping,” Dr. Chiruvolu says. “And it’s my hope that this will become a more common practice in all hospitals.”

Baylor Scott & White Medical Center – McKinney, 5252 W. University Drive, McKinney, TX 75071. President: Scott Peek; Marketing/Public Relations Manager: Jennifer Estes. Baylor McKinney Main Number: 469.764.1000; Parent Education Classes: 1.800.4BAYLOR (1.800.422.9567); Baylor McKinney Breast Center: 469.764.7000; Baylor McKinney Physician Referral: 1.800.4BAYLOR. Visit [BaylorHealth.com/McKinney](http://BaylorHealth.com/McKinney) or call 1.800.4BAYLOR for information about Baylor McKinney's services, upcoming events, 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](http://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](http://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**

## Gut Instincts

If something seems “off” with your digestive health, it might be time to see a gastroenterologist. To find one on the medical staff at Baylor Scott & White – McKinney, visit [FindDrRight.com](http://FindDrRight.com) or call **1.800.4BAYLOR**.



IF YOU EXPERIENCE THIS	DO THIS
<p>▶ <b>CONSTIPATION</b> Bowel movements are infrequent or stools are small, dense and difficult to pass.</p>	<p>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.”</p>
<p>▶ <b>REGULARITY</b> Bowel movements occur three times a week up to three times a day, with stools that are solid yet soft.</p>	<p>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.</p>
<p>▶ <b>DIARRHEA</b> Bowel movements are frequent or urgent with stools that are loose and watery.</p>	<p>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.</p>

# 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](http://smokefree.gov)

### YOU CAN QUIT, WE CAN HELP

To learn more about the risks of smoking and find strategies and tips that can help you quit, visit **HealthSource**. [BaylorHealth.com/Wellness/Smoking](http://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.”

## HOW TO REGISTER TO BE A DONOR

Did you know that an organ, eye and tissue donor can save the lives of up to eight individuals and improve the lives of up to 50?

“There are more than 123,000 individuals currently awaiting organ and tissue transplants, and only 48 percent of Americans are registered as organ donors,” says Susan Holsapple, director of comprehensive care management at Baylor Scott & White Medical Center – McKinney. “Becoming an organ donor is a lifesaving gift that costs you nothing.”

**There are four easy ways to register:**

- 1. Online.** Go to [DonateLifeTexas.org](http://DonateLifeTexas.org) and click “Register now” to fill out an electronic registration form. It takes less than 60 seconds to complete.
- 2. By mail.** Download a paper registration form (available in English and Spanish) at [DonateLifeTexas.org/Register-Today](http://DonateLifeTexas.org/Register-Today), then mail or fax it in.
- 3. At the Department of Public Safety.** You can join the organ donor registry when you apply or renew your driver’s license or ID card, simply by saying yes when they ask.
- 4. Through the Department of Motor Vehicles.** When you’re applying or renewing your vehicle registration in person, you’ll be asked whether you’d like to become a donor. If you apply or renew online ([TXMVD.gov](http://TXMVD.gov)), you’ll receive information about the donor registry and be routed to the Donate Life Texas online registration form.

**MORE**

### Your Transplant Team

To learn more about services at Baylor Annette C. and Harold C. Simmons Transplant Institute at Baylor University Medical Center at Dallas and Baylor Scott & White – Fort Worth, visit [BaylorHealth.com/Transplant](http://BaylorHealth.com/Transplant) for details.



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.



## Could Your Partner Have a Sleep Disorder?

Often, the best way to identify whether someone has a sleep disorder is to ask the person who sleeps next to the individual. Here are a few signs that could mean your partner has a problem:

- ▶ Snoring, especially when loud and accompanied by pauses in breathing, gasping or choking
- ▶ Frequent leg movement during the night
- ▶ Waking up frequently during the night, sometimes for an hour or more
- ▶ Falling asleep at inappropriate times, usually while sitting still watching TV or reading
- ▶ Relying on caffeine to stay alert during the day
- ▶ Taking frequent, long naps during the day

If you're concerned, have your partner ask his or her doctor for a referral to the Sleep Center at Baylor Scott & White Medical Center – McKinney. "Our new sleep center is located in our day-surgery center and features four sleep-study suites," says Melissa Winter, CNO, Baylor Scott & White – McKinney. "We have an experienced team of dedicated sleep professionals who treat the full spectrum of sleep disorders and can help you and your partner get the sleep you need."

**MORE**

### Better Sleep for You Both

If you're concerned that you or your loved one may have a sleep disorder, the sleep professionals at Baylor Scott & White Medical Center – McKinney can help. For more information, call the Sleep Center at **469.930.4503**.



# 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](http://BaylorHealth.com/AdvancingMedicine) and [research.sw.org](http://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](http://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](http://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](http://BaylorHealth.com/CaffeineQuiz) today.

# WHAT'S ONLINE

→ [BaylorHealth.com](http://BaylorHealth.com)



ONLINE

## Come Work with Us

Working for Baylor Scott & White – McKinney isn't just a job. It's a career where your skills and passion for delivering quality health care can make a real difference.

→ Visit [BaylorHealth.com/Careers](http://BaylorHealth.com/Careers) to find your dream job 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](http://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.

### CHILDBIRTH AND FAMILY EDUCATION

**Prepared Childbirth** encompasses three weekly sessions beginning March 1 or April 5, 6:45 to 9:30 p.m. No charge.

**Power Prepared Childbirth** is a two-day version of Prepared Childbirth. March 19 or April 16, 8 a.m. to 1 p.m. \$15

**Basics of Baby Care** teaches infant care and development. March 3 or 17, April 7 or 21, 6:45 to 9:30 p.m. No charge.

**Breastfeeding Class** is designed to discuss the many benefits of breastfeeding your baby. March 10 and 24, or April 14 and 28, 6:45 to 9:30 p.m. No charge.

**Infant Safety and CPR** teaches basic skills but is not a certification course. March 12 or April 9, 9 a.m. to noon. \$35



*Renamed. Renewed. Renowned.*

INTRODUCING

BAYLOR SCOTT & WHITE – MCKINNEY

**W**e are proud to introduce the new Baylor Scott & White Medical Center – McKinney. In addition to the initial \$200 million investment we made to serve the community, we have doubled the size of our Emergency Department and built out the 5th floor to add more patient beds, including a dedicated orthopedics unit complete with a rehabilitation gym. And in 2016, a second professional office building will open. Baylor Scott & White – McKinney is designated a Primary Stroke Center and has full Heart Failure Accreditation and Chest Pain Center Accreditation, which recognize our advanced expertise in treating patients experiencing stroke, heart attack and heart failure. We may be called by a new name, but our calling is still caring for you.



5252 W. University Dr., McKinney, TX 75071

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

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