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Baylor Health

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REAL PATIENTS. REAL STORIES.

Man Up for Your Health

Men are notorious for avoiding the doctor. But WAYNE REYNOLDS is alive today because he sought treatment when he needed to

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Wayne is pictured with his wife, Martha.



SAVING TIME, SAVING LIVES
Learn how to recognize stroke and what to do **PAGE 3**



HELP FOR NEW MOMS
Get advice and support from experts **PAGE 7**



Fight Stress on the Fly

These quick, calming techniques can help you cope with life's challenges

LET'S FACE IT, stress is a part of life. If left unchecked, however, stress can lead to anxiety, high blood pressure, insomnia, digestive discomfort and a host of health problems.

"Stress management is important because stress adversely affects health, elevating blood pressure, raising cortisol levels and causing weight gain," says Jane Sadler, M.D., a family medicine physician on the medical staff of Baylor Medical Center at Garland.

She offers these five quick, calming techniques.

1. TRY YOGA.

"Yoga forces people to slow down. It forces slow breathing, lowers blood pressure, improves flexibility and releases endorphins, which are 'feel-good' neurotransmitters," Dr. Sadler says, noting that stretching, deep breathing exercises and yoga can be incorporated into daily activities.



2. PRAY.

"Praying is always a good way to slow down and reduce anxiety," she says, noting that prayer and meditation help us adjust to tensions of the day.

3. WALK.

"Walking is always good for the soul, and soles," Dr. Sadler says. "Plus, it keeps you away from the kitchen," she quips, urging nervous eaters to tie up their laces and walk whenever stress tempts them to snack.

4. READ.

Even if you have just five minutes, picking up a great novel or biography can transport you to a world that removes you from the stressors of the day.

5. SOAK IN SOME SUN—WITH SUNSCREEN ON, OF COURSE.

"There is something therapeutic about the warm sun hitting the body and warming us up," Dr. Sadler says. "The additional benefit of vitamin D from natural sunlight is a bonus."

When Stress Won't Stop

Stress won't go away? Sometimes bigger adjustments are necessary. The American Psychological Association recommends these strategies to ease chronic stress:

- Set limits
- Reach out to your support system
- Make one health-related change (such as exercising or quitting smoking)
- Enhance your sleep quality
- Try to be positive
- Seek help from a licensed mental health professional



Help When You Need It Most

Our mental health professionals are available 24/7 for crisis intervention or simply to help you understand treatment options. Call **1.800.4BAYLOR** for an appointment with a professional on the medical staff at Baylor Garland.

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TIME ON YOUR SIDE

Recognize the symptoms of "brain attack"

WITH STROKE, IT'S ALL ABOUT TIME. A blood vessel in the brain is either blocked or has ruptured, and brain tissue is dying because its oxygen and nutrients are cut off. The faster you call 911, the faster the stroke can be treated. You're more likely to survive, and even if you have damage to the brain, you're more likely to regain any lost function.

But while a heart attack usually exhibits dramatic symptoms—crushing chest pain, sweating, nausea—the signs of stroke are more subtle and difficult to recognize.

"People will have symptoms, but often there's no pain with a stroke, and the symptoms may come and go, so they don't think they're that important," says Jai Kumar, M.D., a neurologist on the medical staff at Baylor Medical Center at Garland.

WARNING SIGNS

It's important to know the warning signs of stroke:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.



2 million
During a stroke,
2 million brain cells
die every minute.

One Step at a Time

Depending on a stroke's brain location and severity, patients may experience problems walking, speaking, eating, thinking and understanding.

On the rehabilitation unit at Baylor Medical Center at Garland, stroke patients work with rehab nurses and occupational, physical and speech therapists.

"We assess the patient's abilities, and then each therapist uses exercises to help the patient try to regain their level of function before the stroke," says Judy Walls, R.N., a certified rehabilitation nurse and nurse manager on the Baylor Garland rehab unit.

With very mild strokes, recovery is quick and complete; in other cases, improvements are slower in coming.

"Some patients know what words they want to say, but they can't make them come out clearly," says speech therapist Rachel Johannes, M.S., CCC-SLP. Trouble remembering, organizing information and understanding others is also common. "We start small and progress one step at a time," Johannes says, "but over the three or four weeks the patient is here, we see significant improvement."

- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Call 911 immediately, and note the time when the symptoms first appeared. Do NOT roll over and go back to sleep. Do NOT drive to work.

Do NOT call a friend or family member. Do NOT search the Internet. Just call 911.

CHANGE YOUR LIFESTYLE

After a stroke, just as with a heart attack, patients need to make some important changes.

"You need to control your risk factors—quit smoking, lower your blood pressure, eat a healthy diet, exercise—because once you have a stroke, you're more likely to have another one," says Dr. Kumar.

Primary Stroke Center Accreditation

Baylor Medical Center at Garland is a Primary Stroke Center, with a dedicated stroke team to transport, evaluate, diagnose and treat every stroke patient within three hours after the onset of symptoms.

"We are committed to providing evidence-based care according to a predetermined protocol that is proven to improve outcomes after stroke," says Margie Hughes, R.N., stroke coordinator in the emergency department at Baylor Garland.



Stop Stroke in Its Tracks

Talk to a doctor about lowering your risk for stroke. For a referral to a neurologist on the medical staff at Baylor Garland, call **1.800.4BAYLOR (1.800.422.9567)**.

Live Longer, Live Stronger

Smart strategies to defuse men's top *health threats*

Staying in shape is a priority for Wayne Reynolds. "I've always been extremely health conscious," says the 55-year-old bank senior vice president. Because of bleeding polyps when he was 35, Reynolds had several colonoscopies in his 30s and 40s before getting an all-clear report when he was 48. Later, when bleeding cropped up again, internal hemorrhoids were diagnosed. But Reynolds felt that it wasn't a big enough deal to want to take time away from his busy work and family life.

Wayne Reynolds survived colon cancer, thanks to his good sense to see a doctor when he did and the support of his wife, Martha.

When Reynolds finally scheduled repair surgery in 2010, the surgeon discovered Reynolds also had a tumor in his colon. It took almost a year of chemotherapy, radiation and surgery to treat the stage-three cancer.

"If I had acted sooner, I might have been diagnosed with stage-one colon cancer," Reynolds says. "It's best to err on the side of current inconvenience instead of long-term inconvenience."

Although he still struggles with chemo-induced peripheral neuropathy, making it difficult to feel his feet and be as active as he would like, today Reynolds' cancer is gone and he is relieved.



Watch Wayne's Story

To hear more about Wayne's story, visit BaylorHealth.com/Healthcast today.

Like Reynolds, you may think you're too busy for an annual physical, screening test or minor medical procedure. But "sacrificing an hour or an afternoon or even two or three days of your life is a lot more efficient than sacrificing weeks and months of your life" for treating more-advanced disease, Reynolds says.

Here's what you can do to guard against common diseases that strike men:

THREAT: CARDIOVASCULAR DISEASE
Strategy: Get your numbers in line

"The number-one killer of men is cardiovascular disease," says Shaun McMurtry, M.D., a family medicine physician on the medical staff at Baylor Regional Medical Center at Grapevine. When fatty plaque deposits build up in blood vessels, they can cause heart attack or stroke.

Just like tracking business goals, you can't measure your progress if you don't know your numbers. Keep an eye on your blood pressure, cholesterol and weight.

"Generally speaking, you're not going to feel bad from high blood pressure or cholesterol," Dr. McMurtry says. "So you don't know you have them until you get the screening done."

Improving your diet and exercise habits can help modify weight and cholesterol and blood pressure levels. If lifestyle changes aren't enough, medication may help reduce your heart disease risk.

THREAT: CANCER
Strategy: Talk to your doctor about necessary screenings

Lung, prostate and colon cancer are the top three cancers in men. "Screening is the biggest way to catch colon cancer in its early stages," Dr. McMurtry explains. "Anytime you can catch a cancer early, before it spreads, you have a better outcome." If everyone older than 50 would get recommended screening tests, colon cancer deaths could be reduced by as much as 60 percent, the Centers for Disease Control and Prevention says.

"It's important to have regular visits with your primary care doctor so you know if you need to screen earlier," Dr. McMurtry says. You can also discuss the risks and benefits of

screening for prostate cancer by means of a digital rectal exam or prostate-specific antigen testing.

Smoking is the culprit for about 90 percent of lung cancer deaths in men. "If you don't smoke, don't start," Dr. McMurtry says. "If you do, quit."

See your doctor if you experience symptoms such as chest pain, chronic cough, coughing up blood or unexplained weight loss.

THREAT: DIABETES
Strategy: Be physically active and lose a little bit of weight

Being overweight and inactive are two major risk factors for type 2 diabetes. "Losing weight and exercising have been proven to decrease your risk of developing diabetes," Dr. McMurtry says. Losing just 5 to 7 percent of your body weight can delay or prevent diabetes, according to a National Institutes of Health study. Even without weight loss, exercise can help lower blood sugar, other research has shown.

"Diabetes affects every system in the body," Dr. McMurtry says. Uncontrolled high blood sugar puts you at risk for heart disease, stroke, vision loss, kidney disease, erectile dysfunction, and nerve damage that causes a loss of feeling in the feet and legs.

It can be hard to make time for your health in the midst of work and family responsibilities, Reynolds acknowledges. "But if I'm gone, I can't take care of my family. Your physical health is more important than anything else."

Acting now can preserve your ability to enjoy life in the future. "You need to catch these health conditions in their early stages," Dr. McMurtry says, "so you can prevent complications as you get older that can limit your ability to be active."



It's a Guy Thing

Guys appreciate one-stop shopping. So if you're having trouble persuading your man to make those doctors' appointments, why not suggest he go to It's a Guy Thing? This free men's health fair will help him jump-start his health in just one morning.

Baylor Medical Center at Garland will host its annual men's health fair on Saturday, June 23, from 8 to 11:30 a.m. at the Hyatt Place Garland. The popular free event will include:

- Health education seminars
- Total cholesterol and glucose screening (for a more accurate reading, do not eat or drink anything after midnight the night before the screening. You may take your regular medications as directed.)
- Blood pressure
- Pulmonary function testing
- Body fat assessment
- Sleep disorders
- Healthy grilling demonstration
- Golf swing analysis
- And much more!

It's important for men to learn about their health and know their risks. The knowledge gleaned at It's a Guy Thing will provide the tools he will need to take control of his health. Once he knows his risks, he can take the steps needed to stay healthy.

Register Now!

Good health? It's a Guy Thing!

When: Saturday, June 23

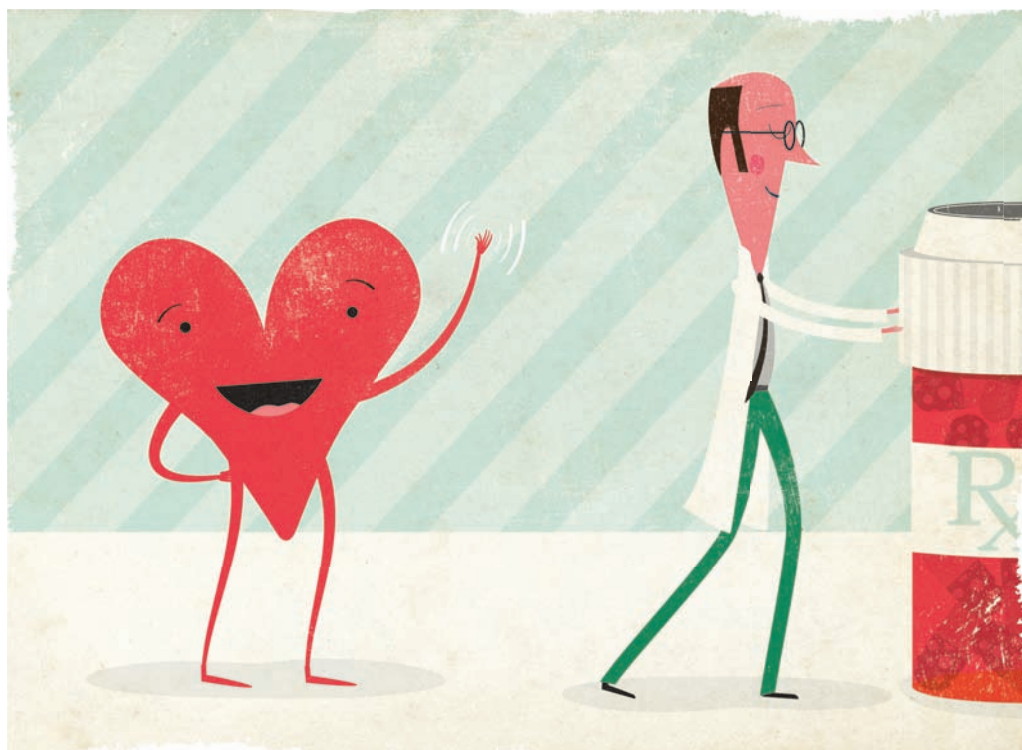
Time: 8 to 11:30 a.m.

Where: Hyatt Place Garland, 5101 N.

President George Bush Highway

To register, call **1.800.4BAYLOR** or

visit **BaylorHealth.com/GuyThing**.



33.5%

More than a third of U.S. adults have high blood pressure.

Easing the Pressure

Baylor study investigates alternative to blood pressure medication

UNCONTROLLED HIGH BLOOD PRESSURE can lead to serious health issues, including heart disease, kidney disease and stroke. Baylor researchers are studying a new approach that could help normalize blood pressure—without medication.

The Symplicity trial is testing a minimally invasive procedure known as renal denervation. The experimental procedure uses heat that is generated by radio frequency to disrupt nerve communication to and from the kidneys. This can reduce overactivity in the sympathetic nervous system, a frequent cause of chronic high blood pressure.

“The sympathetic nervous system controls blood pressure and can cause hypertension initiated by life and stress,” says David L. Brown, M.D., principal investigator at THE HEART HOSPITAL Baylor Plano. “This investigational device is being tested to determine if it will disrupt

the sympathetic nervous system, which may significantly lower blood pressure, stop multiple antihypertensive medications, and have an effect on other conditions affected by the sympathetic nervous system.”

Blood pressure is measured in millimeters of mercury (mmHg). Less than 120/80 is considered healthy. To enroll in the Symplicity trial, patients must have a blood pressure level in which the top (systolic) number is above 160. They must also be taking the maximum dose of three to five different blood pressure medications simultaneously

procedure and the other group will not. (No one but the surgical team will know who is in each group.) Patients will be given home blood pressure monitors and followed up with frequently. After six months, participants who did not have the procedure may be given the option of having it done, if they still qualify.

If the study confirms that renal denervation can result in a large, persistent decrease in blood pressure, it could be excellent news for people who have high blood pressure that isn't being successfully controlled with medication.

“Improving blood pressure has a profound effect on longevity and reducing the risk of stroke,” says James W. Choi, M.D., primary investigator for the Symplicity trial at Baylor Hamilton Heart and Vascular Hospital. “Catheter-based renal denervation is an exciting, investigational treatment for patients with resistant hypertension who otherwise might not be able to be helped.”

Do You Have High Blood Pressure?

To enroll in the Symplicity trial, visit BaylorHealth.com/AdvancingMedicine.

MOTHER KNOWS BEST

The benefits of breastfeeding

NEW PARENTS WANT a healthy start for their babies, and one way to achieve that is to choose breastfeeding. Not only does breastfeeding save the money and time involved with purchasing and preparing formula, but both mom and baby also reap huge health benefits from it.

“Breast milk contains protein, antibodies and natural immunity that protect the baby from infections like respiratory syncytial virus [RSV], spinal meningitis, diarrhea and ear infections,” says Robert Kotas, M.D., a pediatrician on the medical staff at Baylor Medical Center at Garland.



\$1,700

Average cost per year of prepared infant formula: \$1,700.
Cost for breast milk: \$0.

Baylor Garland Is Baby-Friendly

Later this year, Baylor Medical Center at Garland has its sights set on being recognized as a “Baby-Friendly Hospital,” certifying that it provides optimal maternity care. Encouraging breastfeeding is the cornerstone of this national certification. “We don’t separate moms from their babies unless there’s a medical reason to do so,” says Angela Davis, MSN, RNC-OB, NE-BC, nurse manager for labor/delivery at Baylor Garland. This allows moms and infants to stay together 24 hours a day, so breastfeeding starts as soon as possible after delivery. Before they go home, new moms have learned all about breastfeeding and, hopefully, successfully experienced this special mother-baby bond.

Get the Support You Need

For more about breastfeeding classes or Simply Mom’s at Baylor Garland, call **1.800.4BAYLOR**.

Moms who breastfeed reduce their risk for osteoporosis and breast and ovarian cancers—and lose their baby weight faster.

BUILT-IN PROTECTION

Breast milk is all a baby needs for the first six months of life, and breastfeeding should continue for up to two years if possible.

As the baby grows, the milk changes to provide a new mix of nutrients to support growth. Children who breastfeed are healthier than children who never receive breast milk, saving on doctor visits and related expenses, including time off from work.

Among other health conditions, “breastfeeding lowers a child’s risk of developing obesity, type 1 diabetes and Crohn’s disease,” says Dr. Kotas.

ADVICE AND SUPPORT

An emotional relationship between mother and baby, breastfeeding is a special way of bonding. But it can be difficult when the baby won’t “latch on” and mom worries the baby isn’t getting enough milk. A little advice and reassurance go a long way.

Through the Simply Mom’s breastfeeding boutique at Baylor Garland, “we have lactation consultants to assist mothers who may be having difficulty,” says Angela Davis, MSN, RNC-OB, NE-BC, nurse manager for labor/delivery at Baylor Garland.

Simply Mom’s also has supplies such as breast pumps and nursing bras. “Moms who are returning to work can pump their breast milk so the baby still gets all the benefits,” says Davis.

From your mailbox
to your *inbox*.

Baylor Health

MAGAZINE



We're going digital and giving you more.

Our sleek virtual magazine includes articles on preventative medicine, healthy recipes and tips for healthier living. PLUS access videos, quizzes and podcasts all from the convenience of your computer or tablet device.

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and sign up today.

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BETTER MAN, BETTER YOU.

SATURDAY, JUNE 23 • 8 AM-11:30 AM

Hyatt Place Dallas/Garland
Firewheel Conference Center
5101 N. George Bush Highway
Garland, TX 75040

Join us for **It's a Guy Thing**, a **FREE** health event designed just for men. Bring your father, brother or friend to learn about maintaining and improving your health. The event includes:

- Free Health Screenings: blood pressure, glucose and cholesterol,* height & weight, sleep disorders & more!
- Wellness Booths
- Education presentations by physicians

Guys it's time for a tune-up! Register today.

Download a code reader on your smartphone and scan this QR code to get event details.



 **BAYLOR**
Medical Center
at Garland

**TO REGISTER: CALL 1.800.4BAYLOR OR
GO TO BAYLORHEALTH.COM/GUYTHING**

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