

May 2013

Baylor Health

FORT WORTH EDITION

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REAL PATIENTS. REAL STORIES.

At Ease

JENNIFER SHEPPARD finally has the answer to unexplained symptoms: Crohn's disease

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 **BAYLOR**
All Saints Medical Center
at Fort Worth



IS IT ALLERGIES OR A COLD?
How to tell what's behind those sniffles **PAGE 2**



WELL WOMEN
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Is It Allergies?

May means different things to different people. It means Mother's Day, baseball season and getting outside. And for 40 million Americans, it means prime time for seasonal allergies, according to the Asthma and Allergy Foundation of America.

So how do you know if all that sneezing and sniffing is from allergies and not a common cold? Here are some ways to tell:

	ALLERGIES	COLD/FLU
SYMPTOMS	Stuffy or runny nose with clear discharge, sneezing, wheezing, coughing and itchy, watery eyes	Stuffy or runny nose with yellow discharge, sore and scratchy throat, sneezing, coughing and possibly aches and pains
FEVER	No fever	Usually a fever 
ONSET	Symptoms begin immediately after exposure to allergen	Symptoms develop over a few days
DURATION	Symptoms last a long time, sometimes months	Symptoms clear up within a few days to a week

Get Relief from Seasonal Allergies

Only a physician can diagnose allergies for certain. To learn more about allergies or asthma or to find a physician on the medical staff at Baylor Fort Worth, visit BaylorHealth.com/AllSaints or call **1.800.4BAYLOR**.



The Arthritis Diet

When deciding what to eat, you may consult your stomach or your brain. But what about your joints? If you have arthritis, listen up. Certain foods can increase inflammation in your joints, while others have the ability to reduce it. Follow this guide:

FOODS THAT CAN INCREASE INFLAMMATION

- Egg yolks
- Meats
- Corn, sunflower, safflower, soybean and cottonseed oil
- Fried foods
- Margarines and other spreads

FOODS THAT CAN REDUCE INFLAMMATION

- Cold water fish, such as salmon and tuna
- Fruits and vegetables
- Tea
- Olive oil
- Whole grains
- Dark chocolate (in small amounts)

To find an orthopedic specialist on the medical staff at Baylor Fort Worth, visit BaylorHealth.com/AllSaintsOrtho or call **1.800.4BAYLOR**.

Source: Arthritis Foundation

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

Baylor Health Care System Mission: Founded as a Christian ministry of healing, Baylor Health Care System exists to serve all people through exemplary health care, education, research and community service.

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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Home Sweet Medical Home

Home is where people know you and your history. The same is true in a patient-centered medical home. In this team-based model of care, a primary physician acts as a “home base” for providing and coordinating all of a patient’s health care needs.

The National Committee for Quality Assurance, which evaluates the effectiveness of clinics following the patient-centered medical home model, has awarded Baylor Health Care System’s HealthTexas Provider Network the highest possible level of recognition for every one of its 60 clinics that submitted applications. That’s the second-highest total number of recognitions of any medical group in the country.

With an emphasis on prevention and successfully managing chronic diseases, the patient-centered medical home matches patients with a primary care physician who knows every doctor they see, every test or procedure they receive and every medication they take.



Snore Alert

Snoring may be more than a nuisance. It may signal an increased risk of cardiovascular disease. That’s because some snorers have sleep apnea, in which they briefly stop breathing while they sleep. And untreated sleep apnea increases risk for heart attack, stroke and heart failure.

But even garden-variety snoring may be a sign of trouble. A recent study found that snorers were more likely to have thickening in the carotid artery that supplies blood to the brain, which is associated with coronary artery disease.

Get Sleep Support

To learn how we can help keep your heart healthy by providing a better night’s sleep, visit BaylorHealth.com/Sleep today.

WHEN THE PROSTATE CAUSES PROBLEMS

Did you know that a man’s prostate gland continues to grow throughout adulthood? But if it gets too big, or enlarged, it can cause symptoms. More than half of men in their 60s, and as many as 90 percent in their 70s and 80s, have some signs of an enlarged prostate, also called BPH for benign prostatic hyperplasia or

hypertrophy. Talk to your doctor if you experience:

- A weak or interrupted stream of urine
- Frequent urination
- Urinary urgency or leaking

The condition can be treated with medication, nonsurgical treatments or surgery.

Do You Have Symptoms?

If you have signs of an enlarged prostate, your doctor can help determine which treatment is best for you. Visit FindDrRight.com for a free physician referral.

We've Got Your Back

We take a closer look at your spine and pinpoint what can go wrong

WHEN YOU CONSIDER how complex the anatomy of the spine is—muscles, ligaments, disks, vertebrae, nerves and the spinal cord—it's no wonder back pain is so common.

“Nearly everyone has it at some point,” says Atif Haque, MD, a neurosurgeon on the medical staff at Baylor All Saints Medical Center at Fort Worth. “Most back pain can be treated with conservative measures, such as rest, nonsteroidal anti-inflammatory drugs, stretching and physical therapy. Escalating back pain, weakness, numbness, or change in bowel or bladder control may indicate a problem requiring evaluation by your physician.”

Here, we explore key components of the spine.

THE GUARDIANS

VERTEBRAE: These bones that make up your spine protect your spinal cord and nerves. A trauma, such as a bad fall or a car accident, can lead to a break or a fracture in your vertebrae. For older adults with osteoporosis (a disease that weakens the bones), compression fractures are also common.

“In the older and osteoporotic patient, something as simple as rolling over in bed in the morning can cause a compression fracture,” Dr. Haque says.

THE SHOCK ABSORBERS

DISKS: These pads are situated between the vertebrae and prevent these bones from rubbing together. Over time, your disks can degenerate, which can cause pain. Additionally, an injury can result in a herniated disk, meaning the disk's core protrudes through its outer casing. If it presses against the nearby nerves, it can be very painful.



THE COURIERS

NERVES: Nerves in the spine carry signals from the brain and spinal cord to the rest of the body. A herniated disk can put pressure on a nerve, resulting in pain. It's important to remember that pinched nerves in the spine can result in discomfort in your arms and legs. So, if you're feeling pain, weakness or numbness in your arms or legs, it's important to see your doctor.

“A lot of people think that if they don't have pain in their back, it's not a back problem,” Dr. Haque says. “But that isn't necessarily the case.”

THE COMMAND CENTER

SPINAL CORD: The spinal cord runs from the base of the skull to the lumbar spine. A spinal cord injury can occur when the vertebrae are fractured or dislocated and then threaten to injure or even sever the spinal cord. A spinal cord injury is very serious and requires immediate medical attention.

Battling Back Pain?

Get help. For a physician referral, visit [FindDrRight.com](https://www.finddrright.com) or call **1.800.4BAYLOR**.

HOW SKIN SAVVY ARE YOU?

Take our quick quiz to test your skin protection skills

Do you have what it takes to safeguard your skin from harmful ultraviolet rays? See how your answers stack up against our expert, Megan Smith, DO, an internal medicine physician on the medical staff at Baylor All Saints Medical Center at Fort Worth.

1 What level of SPF do experts recommend?

- A. 15
- B. 30
- C. 45

B. The American Academy of Dermatology and the Skin Cancer Foundation raised the recommendation from 15 SPF (sun protection factor) to 30 SPF or higher, because most people don't apply enough sunscreen. Look for "broad-spectrum" coverage (with UVA and UVB protection), and apply at least 1 ounce on your face, arms and legs, and another ounce if you're in a bathing suit on your chest and back, Dr. Smith says.



2 You can get sunburned when it's cloudy.

TRUE or FALSE?

TRUE. "Depending on how thick the clouds are, 80 percent of the sun's UV rays can come through—even in the wintertime," Dr. Smith says. "That's why it's so important to wear sunscreen even if it's not sunny."

3 What are the most common sunscreen mistakes?

- A. Applying too much sunscreen.
- B. Neglecting key areas, such as the ears and neck.
- C. Putting sunscreen on after you're outside.

B and C: "I find that patients will frequently miss their lips, ears, neck and the tops of their feet," Dr. Smith says. And most sunscreens need to be applied 15 minutes before you go outside to provide protection. "Only titanium dioxide and zinc oxide are effective immediately," she says.

4 You can get skin cancer even if you don't spend a lot of time in the sun.

TRUE or FALSE?

TRUE. While basal and squamous cell cancers are directly linked to UV exposure, melanoma is different. "There's a genetic component that puts you at a higher risk for developing it, or if you have many, many moles—regardless of any sun exposure," Dr. Smith says. "That's why we encourage patients to do full-body self-skin checks regularly and to see a dermatologist if they have any doubt about a spot."

5 Tanning beds are a safe way to get vitamin D.

TRUE or FALSE?

FALSE. "Tanning beds typically use UVA bulbs, and an easy way to remember what UVA does is to think that the 'A' stands for aging. It's going to cause wrinkles, and it's going to increase your risk for skin cancer, too," Dr. Smith says. "UVB rays—in which the 'B' stands for burn—are the rays that are used to make vitamin D in your body." And remember: You can get your D from dietary sources like milk or by taking a supplement.

See a Suspicious Spot?

For a referral to a physician on the medical staff at Baylor Fort Worth, visit BaylorHealth.com/AllSaints.



Gut Check Time

3 ways to help your digestive system run smoothly

Jennifer Sheppard knew her illness wasn't in her head. She had severe abdominal pain, had lost nearly 40 pounds without trying, and her hair was falling out. But no one had answers for her. That was until she went to the emergency room at Baylor Medical Center at Irving, where she was diagnosed with Crohn's disease, an autoimmune condition that causes inflammation in the digestive system. Common symptoms range from diarrhea to joint pain to skin problems.

"I had never heard of it, so it was a huge learning experience for me," Sheppard says. "The doctors and nurses answered every question I had and made me feel comfortable. They put me at ease about my diagnosis."

After being diagnosed with Crohn's disease, Jennifer Sheppard changed her diet and got smarter about handling stress.

Watch Jennifer's Story

Hear Jennifer talk more about her experience at [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/exclusive) today.



Sheppard spent most of 2010 adjusting to life with Crohn's disease and the new medication it required. She had to change her diet and learn to manage her stress levels to keep symptoms at bay. "I can't eat raw vegetables because things that aren't fully cooked feel like glass going through my stomach," Sheppard says.

Now, the 27-year-old is going back to school, where she is

studying business and psychology. And she's back to work at a western store in downtown Dallas. "This is the first year in a long time that I've felt normal," Sheppard says. "It's easy to have a pity party about this, but you just have to keep on keeping on. You have to take care of yourself."

Are you dealing with your own stomach troubles? Adopt these three tips for digestive success.

1

THE KEY INGREDIENT

The first step to a happy stomach is to examine your diet. And for most people that means making sure they're eating a balanced diet with plenty of fiber, which will keep the digestive system moving efficiently, says Joseph Shelton, MD, a gastroenterologist on the medical staff at Baylor All Saints Medical Center at Fort Worth. "Choose foods like green vegetables and whole grains," he says. For fiber-rich fruits, opt for raspberries, pears and apples.

Just how much fiber do you need? Women should aim for 25 grams each day, while men should get 38 grams, according to the Academy of Nutrition and Dietetics. That's not hard to do if you incorporate whole grains, plenty of produce and beans into your daily diet.

2

JUST ADD WATER

Think of water as the oil that greases your digestive system's wheels.

"Dehydration may lead to constipation and other gastrointestinal issues," Dr. Shelton says.

Keep this in mind, too: The adage of drinking eight glasses of water a day may not apply to you. Talk to your doctor about the specific amount you need, and look beyond the glass. Lettuce, watermelon, grapefruit, broccoli, and low-fat milk and yogurt can help you get the fluids you need with a little flavor.



3

SIT BACK AND RELAX

"There's a strong connection between the brain and the gut," Dr. Shelton says. For people with digestive problems, such as Crohn's disease, irritable bowel syndrome or ulcers, anxiety only fans the flames of discomfort. But even those without a chronic condition can experience constipation or diarrhea when under too much pressure.

Since it's virtually impossible to avoid stress in this day and age, it's important to arm yourself with the tools to combat it. Exercising, eating well and getting enough sleep can all contribute to a calmer you. Take it a step further by meditating, practicing deep breathing techniques and making time for the things you love, whether that's reading, scrapbooking or soccer. You (and your stomach) will be glad you did.

Get a Diagnosis

To find out whether you have IBS or another gastrointestinal condition, talk to your doctor. To find a gastroenterologist on the medical staff at Baylor Fort Worth, visit BaylorHealth.com/AllSaintsDigestive or call **1.800.4BAYLOR**.

Do You Have IBS?

Irritable bowel syndrome (IBS) is one of the most common gastrointestinal problems in the U.S. Between 10 and 15 percent of Americans have it, and it affects nearly twice as many women as men, according to the National Digestive Diseases Information Clearinghouse.

"IBS is not cancerous or fatal, and in that sense not dangerous," says Joseph Shelton, MD, a gastroenterologist on the medical staff at Baylor All Saints Medical Center at Fort Worth. "But it can definitely be problematic for people at work and outside of work."

The hallmark of IBS is a change in bowel habits associated with abdominal discomfort or cramping, Dr. Shelton explains. It's also accompanied by diarrhea, constipation or both.

If you have symptoms three or more times a month for three or more months, see your doctor. He or she will rule out other, more serious causes. Treatments include dietary changes, over-the-counter supplements and prescription medications.

Rectal bleeding, unexplained weight loss and pain that wakes you from sleeping are not typical symptoms of IBS. If you experience any of these, tell your doctor.



Make time for yourself—and your health—this Mother’s Day

The Greatest Gift

As a mom, you typically take care of everyone else in the family first. But to continue to play the role of caretaker for years to come, you have to look after yourself, too. In honor of Mother’s Day, give yourself the gift of good health and take the time to schedule these important screenings.



MAMMOGRAM

There are no sure things in medicine, but mammograms, which can find breast cancer in its earliest stages, come pretty close.

“Mammograms, which are X-ray images of the breast, can detect something before we can see or feel it,” says Emily Maas, MD, an Ob-Gyn on the medical staff at Baylor All Saints Medical Center at Fort Worth. “And because early detection is key to effectively treating cancer, mammograms are our best line of defense against breast cancer.”

Dr. Maas recommends getting a mammogram every year, beginning at age 40. “Risk increases as you age, so you never graduate from breast cancer screenings,” she says. “By the time you are 80 years old, you have a 1 in 8 chance of developing breast cancer.”

And keep in mind that you may need to start screening earlier based on family history. “Typically, we recommend women have the exam 10 years before the age that their relative was when they had their first diagnosis,” Dr. Maas says.



Need a Doctor?

For a referral to an Ob-Gyn on the medical staff at Baylor Fort Worth, visit BaylorHealth.com/AllSaintsWomen or call **1.800.4BAYLOR**.



COLONOSCOPY

The ability to detect cancer early has made colonoscopy one of the stars of the screening world.

Most adults should schedule their first colonoscopy at age 50. “There’s really no reason to do it sooner, unless there’s a family history, rectal bleeding or the presence of a bowel disease, such as Crohn’s,” Dr. Maas says.

Besides colonoscopy, other screenings include a fecal occult blood test using three stool samples or flexible sigmoidoscopy (a flexible, lighted tube is used to look at the walls of the rectum and part of the colon). A positive result from either of these exams should be followed up with a colonoscopy. Screening intervals depend on the test selected.

“While these aren’t anyone’s favorite exams, they can be lifesaving. Colon cancer can remain silent until it’s too late, and it has already spread,” Dr. Maas says.



PELVIC EXAM AND PAP TEST

In recent years, the recommended frequency of gynecological exams has changed. While most women refer to their annual screening as a Pap test, it is actually the pelvic exam that should be done every year. “The Pap smear is just a portion of the pelvic exam, and the recommendations for Pap are changing,” Dr. Maas says.

A pelvic exam involves a comprehensive check of your entire pelvic area; a Pap test entails taking a few cells from your cervix to check for abnormalities, which could signal cervical cancer.

“While it used to be that women should have a Pap every year with their



CARDIAC EXAMS

Heart disease is the No. 1 killer of women in the United States, according to the American Heart Association, so it’s important to stay on top of your ticker. “By age 50, every woman needs regular checkups in addition to blood work every year to check the health of her heart and lungs,” Dr. Maas says. “Any chest or abdominal symptoms deserve further investigation as women often have atypical signs of cardiovascular disease.”

But keeping tabs on heart health doesn’t start at 50. If you have risk factors, such as diabetes or a family history of heart disease, your doctor should monitor your cholesterol every five years or so. “Once you hit 45, cholesterol screenings should happen every other year,” Dr. Maas adds.

Be honest with your physician about lifestyle factors, such as smoking, stress and diet. Your doctor can help you improve your habits now, which will lower your risk for heart disease in the future.

“Talking to your doctor and having these exams can help women avoid serious issues down the road,” Dr. Maas says.

8 Symptoms You Should Never Ignore

“Regular well-woman checks are essential for maintaining good health and spotting problems early, while they’re still treatable,” says Emily Maas, MD, an Ob-Gyn on the medical staff at Baylor All Saints Medical Center at Fort Worth.

It’s also important to listen to your body. “The worst thing you can do is ignore symptoms,” Dr. Maas says. “See your doctor if anything feels out of the ordinary.”

Here are eight symptoms that should send women straight to their doctor:

- 1 Chest pain or discomfort, even if it comes and goes
- 2 Shortness of breath
- 3 A lump in the breast or elsewhere
- 4 Fatigue
- 5 Swelling in the legs
- 6 Unexplained weight loss
- 7 Rectal bleeding
- 8 Abdominal pain or changes in bowel habits

pelvic exam, that has changed to a recommendation of every three years in women ages 21 to 29 and every five years in women ages 30 to 65,” she adds. “If you have a history of HPV or abnormal Pap tests, discuss your appropriate testing interval with your doctor.”

Confused? “Every adult woman, no matter her age, should get a pelvic exam every year,” Dr. Maas says. “Talk to your doctor about how often you need a Pap smear.” And, she says, that advice holds true for health screenings across the board: “If you’re unsure of what exams you need and when, ask your doctor. Don’t just ignore it.”

One Hardworking Hormone

The female hormone estrogen might help speed recovery in trauma patients

NORTH TEXAS DOCTORS believe they may have found a wonder drug, something that could both increase survival rates and speed recovery in trauma patients—and clinical trials are now under way to find out. So what is this potential miracle cure? Surprisingly, it's the female hormone estrogen.

PROTECTION FROM WITHIN

“For years we’ve known that women experience a protective benefit from estrogen in regards to Alzheimer’s, coronary artery disease and dementia,” says Michael Ramsay, MD, president of Baylor Research Institute (BRI). “But more recently, we’ve discovered that estrogen’s unique protective abilities may be beneficial for trauma patients as well.”

Preliminary laboratory research suggests that estrogen could decrease ultimate brain injury and increase survival by up to 65 percent in everything from cases of traumatic brain injury (TBI) and stroke to spinal cord injury, burns, hemorrhagic shock and sepsis.

So how does it work? “Shock from blood loss and trauma can damage the inner lining of blood vessels, which causes toxic molecules to be released to damage major organs,” Dr. Ramsay explains. “Estrogen seems to protect the lining and prevent the release of those molecules.”

TO THE RESCUE

Despite these compelling findings, there were no clinical trials studying estrogen in trauma until 2009, when a collaboration began between University of Texas Southwestern Medical Center and Parkland Memorial Hospital, joined by Baylor University Medical Center at Dallas and BRI in 2010.

“There have been 30 years of bench research on estrogen, but no one had previously been able to translate it into a human study,” says Jane Wigginton, MD, associate professor at UT Southwestern and principal investigator of the studies.

“It’s a tribute to these organizations that they were able to get these studies off the ground.”

The RESCUE (Resuscitative Endocrinology: Single-dose Clinical Uses for Estrogen) studies include a single, early IV dose of estrogen to patients with shock and TBI.

Though results aren’t expected until fall 2013, expectations are high.

“These studies could result in the use of a drug that is safe, inexpensive and easy to deliver—and that could forever change the way we care for trauma patients,” Dr. Wigginton says.

“Truly, the whole world is watching.”



Up and at 'em

Help Move
Medicine
Forward

Visit BaylorHealth.com/AdvancingMedicine today to learn about research trials at Baylor seeking participants.

Get the Exclusive

Visit BaylorHealth.com/Exclusive for lots more health and wellness content!



This One's for the Fellas

EVENT Face it, guys. You get a bad rap for not paying closer attention to your health. Prove them wrong by registering for It's a Guy Thing, a free men's health event that includes health screenings, educational sessions and more. Sign up at BaylorHealth.com/GuyThing.



VIDEO

WALK AWAY Walking is one of the best and easiest exercises you can do. There's no equipment to buy, and no gym membership needed. Watch our video at BaylorHealth.com/DigitalShort to learn how to get the most out of your next stroll.

TIPSHEET

STAY SAFE IN THE SUN

Are you doing everything you can to prevent skin cancer? Find out by downloading our tipsheet at BaylorHealth.com/Exclusive today.



QUIZ

Are You at Risk for Cervical Cancer?

The scary truth is that early cervical cancer has no symptoms. Take our quiz at BaylorHealth.com/CervicalRisk to find out if you're at risk.



BLOG

Scrubbing In with Baylor

We're bringing our 110 years of experience beyond the walls of our hospitals and clinics straight to you. Get the latest health care news by visiting Baylor Health Care System's new blog, Scrubbing In, at www.Scrubbing.In today.

DON'T MISS OUR FREE MEN'S HEALTH EVENT



JUNE 22 • 7:30 AM-NOON

Baylor All Saints Medical Center at Fort Worth
Martin Tower Atrium - 1400 Eighth Ave., Fort Worth

Regular checkups should be a part of every man's routine. Join us for It's a Guy Thing, a **FREE** health event, to learn about maintaining and improving your health. **This event includes:**

- Blood pressure, glucose and cholesterol*, oral/skin cancer screenings, body fat/BMI & more!
- Wellness booths
- Diabetes Education
- Nutrition Services
- Panel discussions with physicians on the medical staff. Topics include: Heart Health, Orthopedics, Cancer Care and Digestive Health.

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

TO REGISTER: Call 1.800.4BAYLOR or go to BaylorHealth.com/GuyThing

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at Fort Worth

*For a more accurate reading, do not eat or drink anything after midnight before the screening. You may take your regular medications as directed.