

# Baylor Scott & White Health

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“They not only saved my life. They saved my quality of life.”

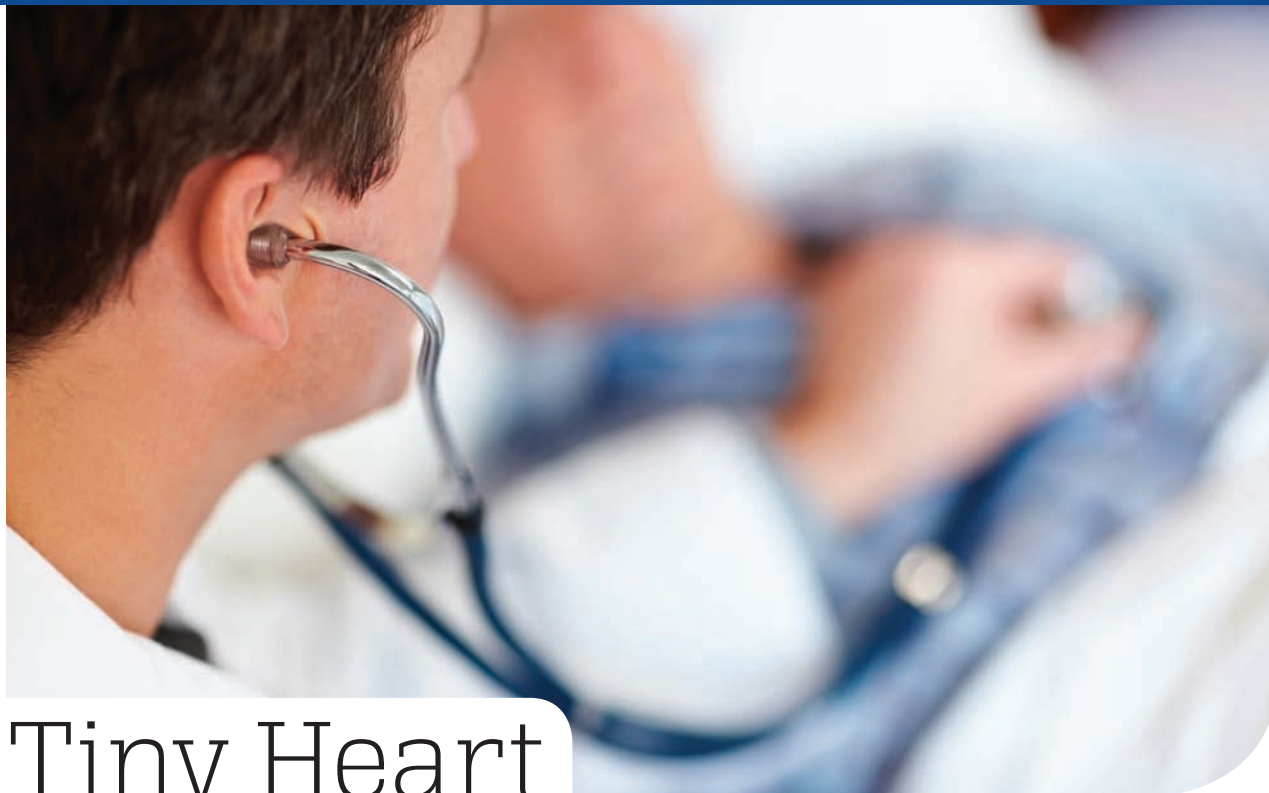
**Stefan LeRow**

received timely, effective care for his stroke PAGE 6



## HAVING A BABY?

Here's what you should pack in your hospital bag PAGE 4



# Tiny Heart Pump Has Huge Advantages

Doctors on the medical staff at Baylor Scott & White Hillcrest Medical Center are treating certain critically ill patients with a heart pump smaller than the width of a pencil. The Impella® 2.5 catheter-based pump is being used in the Waco area exclusively at Baylor Scott & White Hillcrest.

## HEART-CARE HEADQUARTERS

To learn about Baylor Scott & White Hillcrest's Heart and Vascular Services, including the advanced heart failure clinic and cardiac rehabilitation, call **254.202.9990**.

Designed for people with weak hearts, the Impella 2.5 is inserted into the heart through an artery in the groin. Once in place, the tiny device temporarily supports the heart's pumping function.

Approved by the U.S. Food and Drug Administration in 2008, Impella 2.5 provides critical pumping action in moving blood from the heart's left ventricle (lower chamber) into the ascending aorta (artery). This stabilizes the patient, giving doctors time to perform lifesaving procedures such as opening blocked arteries. Once these procedures are completed, the device is left in place, giving the patient's heart continued support during recovery from a heart attack.

## We Know Chest Pain

If chest pain or a heart attack hits, it's essential to know that your hospital can treat you within a critical window of time to preserve heart muscle.

Baylor Scott & White Hillcrest Medical Center is that place. In fact, the Society of Cardiovascular Patient Care recently awarded Baylor Scott & White Hillcrest with chest pain center accreditation.

To earn this distinction, Baylor Scott & White Hillcrest engaged in rigorous evaluation to determine that patients are receiving accepted, successful cardiac care.

What this means for you is that Baylor Scott & White Hillcrest has taken measurable steps to reduce the time from onset of chest pain to treatment. And that's good news for your heart.

Baylor Scott & White Hillcrest Medical Center, 100 Hillcrest Medical Blvd., Waco, TX 76712. President: Glenn A. Robinson, FACHE. Senior Vice President and Chief Medical Officer: Jim Morrison, MD, MPH, MBA. Marketing Manager: Alan Luker, MBA. Baylor Scott & White Hillcrest Main Number: 254.202.2000. Baylor Scott & White Cancer Center, 150 Hillcrest Medical Blvd., Waco, TX 76712. Baylor Scott & White Cancer Center Main Number: 254.202.4000.

Baylor Scott & White Health Mission: 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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# Protect the Skin You're In

Skin cancer strikes more Americans than all other cancers combined. Take these steps to prevent it or find it early.

**Cover up.** Put on a shirt, use broad-spectrum SPF 30 or higher sunscreen (experts recommend using an amount the size of a golf ball), and wear a hat and sunglasses when out in the sun.

**Avoid tanning beds.** These give off harmful UV rays. In fact, they increase the risk of melanoma, the deadliest form of skin cancer.

**Check your skin.** By examining your own skin and seeing your doctor regularly, most skin cancers can be found early.



Use SPF 30 or higher sunscreen

This is especially important for people with lower immunity, a previous skin cancer diagnosis or a strong family history. Look for new moles or changes in existing moles.

## MAKE AN APPOINTMENT

A doctor can help you identify skin cancer early, when it's most treatable. Find a dermatologist near you—visit [FindDrRight.com](http://FindDrRight.com) today.

## BE READY FOR YOUR CLOSE-UP

Are you scheduled for a diagnostic imaging test? Make sure you're set up for a successful screening by coming prepared. Here are some dos and don'ts for your upcoming X-ray, MRI, CT scan or ultrasound.

### DO

- ▶ Wear comfortable, loose-fitting clothes.
- ▶ Drink only clear liquids the day of the test, unless your doctor has instructed otherwise.
- ▶ Notify your doctor before your test of any health conditions, medications or possible pregnancy.

### DON'T

- ▶ Wear jewelry, hairpins, removable dental appliances or clothing with metal, such as zippers or underwire bras. You may be asked to remove your eyeglasses and hearing aids.
- ▶ Eat prior to the test. Depending on the doctor's instructions, you might need to fast from two to 12 hours.

**MORE**

### Still Have Questions?

Learn more about the advanced imaging available at Baylor Scott & White Health. Visit [BaylorHealth.com/Imaging](http://BaylorHealth.com/Imaging) (North Texas) or [radiology.sw.org](http://radiology.sw.org) (Central Texas).

# 40,203

The number of Texans who died in 2013 from heart disease—the state's and country's No. 1 killer.

**Eat away at heart disease by consuming a diet low in saturated fat, cholesterol, sugar and sodium, and high in fruits, vegetables, whole grains, fish, nuts, seeds and legumes.**





**MORE**

## Thinking About Getting Pregnant?


To learn how a preconception appointment can get you and your baby off to a good start, visit [pregnancy.sw.org](http://pregnancy.sw.org) today.

## THE LIST

- ▶ **Necessities:** “As an Ob-Gyn and a new mom myself, I know firsthand what you won’t want to forget,” Dr. Kessler says. “Bring a camera—you will want to remember these precious moments. Also of upmost importance is a bag with your basic toiletries. Pack as though you are planning to stay in a hotel. Don’t forget your hair bands and lip balm.” You may also want to bring your cellphone charger.
- ▶ **Footwear:** “Think comfortable—flip-flops or cozy slippers,” Dr. Kessler says. “Something easy to slip on and off.”
- ▶ **Wardrobe change:** Hospital gowns are perfect for labor, but afterward you will want something nicer to change into. “Again, think comfortable,” she says. “Snuggly pajamas and a robe are perfect, as the hospital tends to be a little chilly. If you plan to breastfeed, bring clothing that are easy to pull up or down for your little one.”
- ▶ **To bundle your bundle:** Have an outfit for your baby to wear home. “You might bring a couple of sizes just in case, and a few changes. Babies can be messy!” Dr. Kessler says. Also consider swaddle blankets, burp cloths, and mittens so baby doesn’t scratch its little face.
- ▶ **Paperwork:** Filling out hospital forms in advance will save you time when you arrive. Don’t forget you will need your insurance card and driver’s license. “If you made a birth plan with your physician,” Dr. Kessler says, “you may want to bring a copy so that staff in nursing, anesthesia and the nursery are aware of your desires.”

# Pack Your Bags

**Pregnant? Here’s what you should take with you to the hospital**

 **WHEN YOU’RE GROWING** a tiny human in your belly, you’ve got enough on your mind without the added concern of what accessories to bring to the hospital on the big day. Get your bag packed now (and leave it in the trunk of your car) with expert advice from Lacy Kessler, MD, an Ob-Gyn on the medical staff at Baylor Scott & White Hillcrest Medical Center.



# Clearing the Air

## Deflating the three most common asthma myths

WHETHER YOU'VE HAD ASTHMA recently diagnosed or you are taking care of an asthmatic child, understanding the disease—and its limitations—can help you manage it more effectively. We asked Mark Millard, MD, medical director of the Baylor Martha Foster Lung Care Center in Dallas, to separate fact from fiction.

**MYTH 1:** I only have to take my medicine when I'm sick.

**FACT:** “The first symptom of asthma can be a severe attack that lands you in the emergency room or hospital,” Dr. Millard says. “Daily controller therapy, which usually includes an inhaled corticosteroid, reduces the chance of emergency room visits, hospitalizations and even asthma-related death.”



**MYTH 2:** I can't exercise because I have asthma.

**FACT:** “You're not allergic to exercise! If exercise frequently triggers attacks for you, chances are your asthma isn't properly managed,” he says. By controlling your asthma, you should be able to exercise without fear of an attack.

**MYTH 3:** I will “outgrow” my asthma.

**FACT:** Although about half of children with asthma do experience significant improvement in their condition when they hit adolescence, about one-third will have a recurrence in later years. “Actually, more adults have asthma than children,” Dr. Millard says.

### FOLLOW THE RULES

Both people with asthma and their caregivers need to be on the same page in terms of what good asthma control looks like. Dr. Millard recommends following the Rules of Two® protocol:

### BREATHE EASIER

Whether you're battling asthma, allergies or sinus problems, Baylor Scott & White allergists can help. Visit [allergy.sw.org](http://allergy.sw.org) today. Pediatric allergists are also available.

- ▶ Do you have symptoms or use your quick-relief inhaler more than TWO times a week?
- ▶ Do you wake up at night with asthma symptoms more than TWO times a month?
- ▶ Does your peak flow measure less than TWO times 10 (that is, 20 percent) from baseline with asthma symptoms?
- ▶ Do you need prednisone TWO or more times a year to treat asthma flares?

Answering yes to any of these questions means you aren't in good asthma control and should talk to your doctor, Dr. Millard says.



A stroke can strike anyone, anytime—and it requires immediate action

# Time Sensitive

➔ STEFAN LEROW REMEMBERS March 7, 2012, not just because it was his wife’s birthday, but also because it was the day she may have saved his life—by recognizing he was having a stroke and insisting he get help immediately.

Looking back, LeRow realizes there were early signs that something wasn’t quite right that day. He had pain behind one eye and saw red dots in his peripheral vision. But he shrugged those off, dropping the kids off at school and going to work.

When he met his wife, Vanessa, at home for lunch, however, she noticed a problem.

“She asked me why I was slurring my words, and when I started to say that I knew I was slurring but I was trying not to, I couldn’t get the words out,” LeRow recalls. “Vanessa said, ‘We need to get to the hospital right away.’”

He objected at first, but Vanessa persisted, especially when she realized his face was drooping. They headed straight for the hospital closest to their home in Waco: Baylor Scott & White Hillcrest Medical Center.

Within 45 minutes, the team there had taken a CT scan to look at LeRow’s brain, confirmed that he was having a stroke and administered an intravenous drug called tPA, short for tissue plasminogen activator. The drug dissolved the clot that was blocking blood flow to LeRow’s brain and causing the stroke.

“They not only saved my life. They saved my quality of life,” LeRow says. “Later I found out that they classified it as a nine out of 10 on the scale of blockages, but because everyone acted so quickly I didn’t lose any function and I didn’t even need rehabilitation.”

“They not only saved my life. They saved my quality of life.”

—Stefan LeRow

Other less common symptoms include difficulty walking, dizziness, double vision, ringing in the ears or a sudden, severe headache, Dr. Noonan says. These symptoms warrant immediate medical attention as well.

### STROKE DOESN'T DISCRIMINATE

LeRow is a prime example of the fact that stroke can happen to anyone. The marathon runner was only 38 years old when he had his stroke. He was in excellent health and had none of the typical risk factors, which include a family history of stroke and a personal history of stroke or heart attack.

Controllable risk factors are smoking, high blood pressure, high cholesterol and diabetes, Dr. Noonan says. You can reduce your chance of having a stroke by quitting smoking; keeping your blood pressure, cholesterol and blood sugar in a healthy range; and losing excess weight.

But if you notice the signs of stroke in yourself or someone else, the importance of acting quickly can't be overstated. For tPA to work, it has to be administered within four and a half hours—ideally, much less. If tPA doesn't dissolve the clot or if you have health issues that prevent doctors from using the drug, they have other techniques for removing blockages and restoring blood flow to the brain.

“There are a lot of treatment options that weren't available 15 years ago,” Dr. Noonan says, “and we have them all here.”

## AWARD-WINNING CARE IN WACO

Baylor Scott & White Hillcrest Medical Center has received a Get With The Guidelines®—Stroke Silver Plus Achievement Award for 2014–15 from the American Heart Association and American Stroke Association. This honor confirms the hospital's consistently high quality of stroke care.

Stroke is a medical emergency that occurs every 40 seconds on average in the U.S., and every four minutes someone dies from it, according to the American Heart Association.

When stroke strikes, it's essential to receive care at a stroke center that uses up-to-date, research-based guidelines to speed recovery and reduce death and disability.

For stroke patients in and around Waco, the Silver Plus designation means that when you go to Baylor Scott & White Hillcrest for care, you can trust you're in the hands of skilled professionals with a proven track record of working to improve the quality of stroke care.



### EVERY SECOND COUNTS

Taking immediate action is critical if someone is having a stroke, says Patrick Noonan Jr., MD, an interventional neuroradiologist on the medical staff at Scott & White Memorial Hospital – Temple.

“Time is brain,” he says. “The longer you ignore the symptoms of a stroke, the less brain we can save.”

The American Stroke Association created the FAST acronym to help everyone recognize the symptoms of a stroke. FAST stands for Face drooping, Arm weakness, Speech difficulty and Time to call 911.

MORE

### Recovering from a Stroke?

Our stroke program coordinator can help with your care. Call **254.202.9661** with care questions or to learn about rehabilitation and support groups.



# Game Plan for Good Health

**Guys: Here are your biggest health threats—and what you can do about them**

➔ **WHEN IT COMES TO STAYING WELL**, women usually fare better than men. But is the fairer sex simply healthier by nature, or are there other factors involved?

“I don’t know that gender really plays a role, other than in the way health care is utilized. Men tend to wait until things get bad, where with women, we tend

to find problems earlier because they come and get them checked out” as part of their annual exams, says Raymond J. Harrison, MD, MBA, an internal medicine physician at Baylor Scott & White Clinic – Copperas Cove.

Guys, you don’t have to wait until things get bad. Do yourself and your family a favor and set aside two hours every year to see a

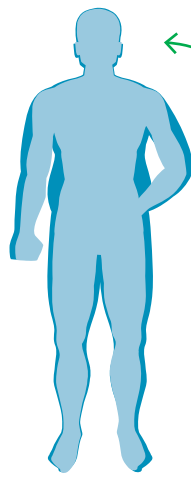
doctor and make sure everything is A-OK—and if it’s not OK, to get professional advice on how to be healthy. In the meantime, before your next checkup (you *have* made that appointment, right?), here is a heads-up about some of the biggest health threats facing men—diabetes, heart disease and cancer—and how you can reduce your risk.



## DIABETES

**KNOW YOUR RISKS:** Being overweight or obese; having high blood sugar, high blood pressure and high cholesterol; and aging are among the biggest risk factors. Bigger still are genetic predisposition and race, Dr. Harrison says. “For example, people of Hispanic descent and Pacific Islanders are more likely to develop diabetes than people of European descent.” African-Americans, Asian-Americans and American Indians are also at greater risk, according to the American Diabetes Association.

**TAKE ACTION:** Controlling your blood sugar, blood pressure and cholesterol and eating a healthy diet are key, as are exercising regularly and maintaining a healthy weight. In fact, losing just 5 to 10 percent of your body weight (that’s 10 to 20 pounds for a 200-pound man) can significantly reduce your risk. “For anybody who has the genetic predisposition to diabetes, as soon as they lose the weight, most of the time their diabetes goes into remission,” Dr. Harrison says. “And one of the interesting things we see in patients with diabetes who have gastric



Losing just **5-10%** of your body weight can significantly reduce your risk for diabetes.

bypass surgery is that within a week or two it’s in remission.”

## HEART DISEASE

**KNOW YOUR RISKS:** Men are more likely than women to develop heart disease and to have a heart attack. Besides gender, other risk factors include smoking and having diabetes.

**TAKE ACTION:** Quitting tobacco, eating a healthy diet, exercising, and controlling your blood pressure and cholesterol will go a long way. And these steps are also effective in controlling diabetes. “Diabetes is a big risk factor for heart disease,”

Dr. Harrison says. “We worry less about the blood sugar and more about the damage from diabetes to the kidneys and vascular system.”

## CANCER

**KNOW YOUR RISKS:** Men have a greater risk of dying from cancer in general—a 22.8 percent lifetime risk on average versus a woman’s 19.3 percent. Although risk factors vary based on the type of disease, many fall in line with those for heart disease and diabetes, including tobacco use, being overweight or obese, and aging. Heavy or regular alcohol consumption also contributes.

**TAKE ACTION:** As with heart disease and diabetes, eating a healthy diet, maintaining a healthy weight and exercising regularly can help cut your cancer risk. Getting recommended cancer screenings is also critical, along with being safe in the sun to reduce your skin cancer risks. But Dr. Harrison prioritizes one preventive measure above the rest: “Quit smoking and avoid all tobacco products,” he says. “It’s a primary risk factor for lung cancer, head and neck cancer, and heart disease.”

## EXPANDING CANCER SERVICES

The first comprehensive cancer facility to serve Waco continues to bring advanced cancer care to the broader Waco region—and is celebrating a new name. Thanks to a generous donation from former patient Paul McClinton and his wife, Carol, the Baylor Scott & White McLinton Cancer Center on the campus of Baylor Scott & White Hillcrest Medical Center is better positioned to care for the community.

Now in its second year, the Baylor Scott & White McLinton Cancer Center has a growing range of specialties, including:

- ▶ Neuro-oncology
- ▶ Gynecologic oncology
- ▶ High-risk breast clinic services
- ▶ High-dose radiation therapy
- ▶ Medical oncology
- ▶ Radiation oncology and advanced, targeted radiation therapies
- ▶ Hematology
- ▶ Outpatient infusion services
- ▶ Laboratory services

**MORE**

### Give Us a Call

Learn more about the Baylor Scott & White McClinton Cancer Center by calling **254.202.4000**.



# Hitting the Mark

**A simple blood test could improve treatment for people with late-stage colon cancer**

Colon cancer is widely considered one of the most preventable and curable cancers, and yet it remains the second-leading cause of cancer death in the U.S. Why?

“We don’t have good compliance with colonoscopy screening recommendations, which can identify colon cancer in the early stages, when it’s most treatable,” says Ajay Goel, PhD, director of the center for gastrointestinal cancer research and the center for epigenetics, cancer prevention and cancer

genomics at the Baylor Research Institute.

“More than half of all cases aren’t diagnosed until late stages, when the prognosis is poor.”

## SEEING THE OPPORTUNITY

At stage 3, colon cancer has advanced to the lymph nodes and treatment success is unpredictable, Dr. Goel says. “There’s no sure way to tell which cancers will remain

in the lymph nodes and which will metastasize [spread to other organs],” he says. “Being too conservative can fail to stop an aggressive cancer from metastasizing, but being too aggressive can be toxic, even deadly.”

Finding a way to identify people whose cancers are likely to be aggressive—and treating them accordingly—would be invaluable. And that’s exactly what Dr. Goel and his team set out to do.

“A few years ago, we developed a blood screening test for colon cancer that identified genetic markers in individuals who would develop polyps and cancers,” he says. “We wanted to see if we could find similar markers in patients whose cancers would metastasize.”

## MAKING THE CONNECTION

Dr. Goel and his team compared primary colon cancer tissue samples with metastasized liver tissue samples from 67 patients—something he says few researchers have done before. They were able to identify three markers present in both tissue samples, indicating that people with these markers would go on to develop metastasis. “We even found one that could be identified with a simple blood test,” he says.

## MORE

### Research in Action

Visit [BaylorHealth.com/AdvancingMedicine](http://BaylorHealth.com/AdvancingMedicine) and [clinicaltrials.sw.org](http://clinicaltrials.sw.org) for more medical breakthroughs happening at Baylor Scott & White.

The team’s findings are scheduled to be published in the *Journal of the National Cancer Institute*. In the future, the information could be used to test people with stage 2 and 3 cancers to identify those who should be treated aggressively with more effective chemotherapy drugs, and those who are likely to respond to conservative therapies.

“It’s my sincerest hope,” he says, “that our research can help increase survival rates for patients with colon cancer in the years to come.”

## ABOUT THE STUDY

### Identification of Metastasis-Specific MicroRNA Signature in Human Colorectal Cancer

Three genetic markers are used to predict which colon cancer patients will develop an aggressive form of the disease.

#### Key Players

National Cancer Institute

Baylor Research Institute



ONLINE

## SUNBLOCK VS. SUNSCREEN

Our experts break down the difference to help you keep your skin safe this summer.

→ Go to [sunscreensw.org](http://sunscreensw.org) to get the 411.

BLOG

## CONNECT AND SHARE

Check out our blogs for inspiring patient testimonials, health and wellness tips, information on community events, videos and more.

→ Read it now at [community.sw.org](http://community.sw.org)—and don't forget to subscribe!



SAFETY

## Be a Better Sitter

Youths ages 11–16 can learn the essentials for responsible, safe baby-sitting during a one-day Safe Sitter® course.

→ Visit [safesitter.sw.org](http://safesitter.sw.org) for details and to find a class near you.

WELLNESS

## DON'T WAIT FOR THAT SPORTS PHYSICAL

Do your children participate in team sports? Beat the August rush by scheduling their sports physicals early. You can even combine their sports physical and well-child checkup into one convenient appointment.



→ Head to [swchildrens.org/physicals](http://swchildrens.org/physicals) to learn about the benefits of well-child checkups, sports physicals and more.



DONATE

## GIVING BLOOD FEELS GOOD

Summer is particularly demanding on Scott & White Blood Center's blood supply, leading to an urgent—sometimes critical—need for donations. Blood drives are held every other month in Waco, with upcoming drives on June 11 and 17.

→ Visit [bloodcenter.sw.org](http://bloodcenter.sw.org) for more information and to determine your eligibility to donate.

# The other game-changing facility on I-35.



Of course, we're delighted that Waco's home to the newest wonder of the football world. But locals can be just as proud of what's right down the road. We're Waco's only health care facility to offer a major Level II Trauma Center and a Level III Neonatal Intensive Care Unit. Our Cancer Center is the most comprehensive in the region. Capabilities like these are why we were honored as Texas' first medical center to bear the name of Baylor Scott & White Health. Capabilities like these are why we look forward to bringing advanced medical care to Central Texas for years to come.



[hillcrest.sw.org](http://hillcrest.sw.org)