

Health

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

“Looking back, I can see those signs of stroke that I didn’t pay attention to.”

Judy Buck

wants people to be more vigilant about seeing a doctor
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TIRED OF BELLY TROUBLES?

Learn about common digestive maladies and how to feel better PAGE 8

Baylor Scott & White – Grapevine Earns Gold Seal of Approval for Total Joint Replacement

Baylor Scott & White Medical Center – Grapevine received a Gold Seal of Approval® for total joint hip and knee replacements from The Joint Commission, a leading U.S. health care organization accreditor. The designation means that the hospital complies with national standards for health care quality and safety.

The Total Joint Wellness Program provides comprehensive care in a patient-centered and compassionate approach that can help people quickly return to normal, active living. The program aims to make the hospital stay comfortable while working to get people back to their regular activities—and more—as soon as possible.

MORE

Is Joint Replacement Right for You?

To learn more about signs that you could benefit from joint replacement, visit BaylorHealth.com/GrapevineOrtho today.



Healthy Travels

You've spent days packing, weeks planning and months dreaming of your ideal summer vacation. Now that it's finally here, make sure it's a healthy one.

Pack the essentials. Bring a list of medications and medical conditions with you, and if you take daily doses of medication, pack a couple of extra days' worth.

Dodge germs. You'll come into contact with a lot of germs—on the plane, in taxis and when exchanging money. Decrease your chances of getting sick by washing your hands as often as possible and by using hand sanitizer.

Be adventurous. Being on vacation doesn't give you license to be lazy 24/7. So plan activities that involve, well, activity. Take a bike tour, rent some snorkeling gear or a paddle boat, or walk between destinations.

Don't abandon your diet.

Limit "splurging" to only one meal a day, and share high-fat and high-calorie dishes with a friend. Steer clear of buffets whenever possible. Or get in line with a salad plate instead of a dinner plate.

TALK TO YOUR DOCTOR

Before leaving town, talk to your doctor about whether you need any immunizations. If you need a referral to a doctor, visit BaylorHealth.com/Grapevine or call **1.800.4BAYLOR**.

Baylor Scott & White Medical Center – Grapevine, 1650 W. College, Grapevine, TX 76051

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

Visit BaylorHealth.com or call 1.800.4BAYLOR for information about Baylor Scott & White – Grapevine services, upcoming events, physician referrals, career opportunities and more.

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HOW HEALTHY ARE YOU?

If you haven't had a checkup in a while, it can be hard to know where you fall on the health spectrum. Thankfully, there's an easy way to get a gauge—without leaving home.



Baylor Scott & White Health offers numerous online health risk assessments at BaylorHealth.com/RiskAssessments that allow you to estimate your risk for everything from acid reflux to osteoporosis.

For each assessment, you'll be asked to answer a handful of questions about your age, weight and lifestyle habits. In a matter of seconds, you'll receive your results and information about what steps to take next, including visiting your doctor. It's that quick and easy.

MORE

Check Your Risk with a Click

Visit BaylorHealth.com/RiskAssessments to find out your risk level for a variety of conditions such as cancer, diabetes and depression.

Baby Can Wait

When it comes to pregnancy, every week matters to your baby's health. That means week 37 is just as important as weeks 39 and 40. Acknowledging this, the American Congress of Obstetricians and Gynecologists recommends against induced labor before 39 weeks, except when medically necessary (such as when your water breaks or a complication like preeclampsia develops). Previously, it was thought that babies born anytime between 37 to 42 weeks had the same health results, but recent research shows that's not the case.

Need more persuading? Here are two very good reasons to wait until at least 39 weeks to give birth:

1 You'll give the baby time to develop. In the last few weeks of gestation, the baby's lungs and brain are still maturing. Waiting gives these crucial organs time to fully form.

2 The chances of having a healthy baby go up. Research shows that the magic window (now considered full term) is 39 weeks 0 days to 40 weeks 6 days. Babies born within this time frame had the best results.



GET READY FOR THE ARRIVAL

Sign up for classes on childbirth and breastfeeding or take a maternity tour. Visit BaylorScottandWhite.com/ParentEd for locations and times near you.



20% Women can lose 20 percent of their bone density in the five to seven years after menopause. In honor of National Osteoporosis Month (May), **protect your bones by committing to an exercise regimen.**

Weight-bearing activities are best (think: walking, dancing, doing yoga). Also, stop smoking—tobacco use lowers estrogen levels and weakens your bones.



Muscle Matters

What's normal—and what's not—when it comes to pain after exercise

 **GOOD FOR YOU** for going hard at the gym yesterday! But today you can barely get out of bed. Is what you're experiencing normal muscle fatigue, or are you dealing with a strain or a sprain?

Soreness is the byproduct of placing new stress on a muscle or group of muscles. It's a common experience when you first start working out, but it can also occur anytime you increase resistance or intensity. Soreness typically kicks in 12 to 24 hours after exercise, whereas an injury tends to appear right away.

SIGNS OF INJURY

"With strains and sprains, there's usually an event that occurs when you feel something twist, pull or tear," says Duncan McKellar, MD, an orthopedic surgeon on the medical staff at Baylor Scott & White Medical Center – Carrollton. "But that doesn't

mean it will necessarily be dramatic. It may not even stop you from playing. But when you wake up the next day, the muscle is sore or tight or cramped."

HELP YOURSELF TO RICE

Although it may be uncomfortable at first, it's not harmful to work out when you're sore. In fact, light cardiovascular exercise to get the blood flowing might help alleviate some of the pain. Just be careful not to overdo it. Over-the-counter pain relievers also may help minimize soreness, but the discomfort should dissipate on its own after two or three days.

For strains and sprains, rest is best. The RICE method of treatment—rest, ice, compression and elevation—continues to be the gold standard for sports injuries.

"If you have a minor strain or sprain and you're able to

walk and perform normal activities, elevate it as soon as you can, apply ice and put a compression wrap on it," Dr. McKellar says.

WHEN HOME TREATMENT ISN'T ENOUGH

"If you're unable to bear weight or you can't move a joint in a normal way, that could represent a tear, and you should be seen by a physician," Dr. McKellar adds. "Also, if swelling persists for more than five to seven days or worsens, call your doctor."

What's the difference between a strain and a sprain?

"A strain usually refers to a muscle or tendon injury," says Duncan McKellar, MD, an orthopedic surgeon on the medical staff at Baylor Scott & White Medical Center – Carrollton. "Sprains are ligament injuries. They happen when you twist a joint and stretch the ligaments around the bone."



MORE

Need a Doc?

If a strain or sprain is bothering you, an orthopedic specialist may be able to help. For a referral to a doctor on the Baylor Scott & White – Grapevine medical staff, visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com/grapevine) or call **1.800.4BAYLOR** today.

Life After Cancer

You beat the disease. Yes! Here are four tips for being a survivor

→ FAR TOO LONG, cancer ruled your life. All your energy, all your brainpower—all your *you*—have been focused on treatment, appointments, side effects and cell counts. But now you're cancer-free! As much as you want to revel in the joys of survivorship, you realize this part of the journey can be difficult in its own way. Here are four bits of advice as you begin to adjust.

1 Own your emotions. You just got the best news of your life, and yet you feel uneasy. That's OK. "It's normal to be anxious when you're in remission," says Mark Holguin, MD, medical director of the oncology service line for Baylor Scott & White Health – Central Division. "There often is great concern about the cancer coming back and how you'll know if it does."

Don't hesitate to call your doctor to ask about what's normal and what's not, even if it turns out to be a simple ache or a seasonal cough. And talk to someone about how you're feeling. Join a support group or confide in a fellow survivor who can understand where you've been.

2 Take care of yourself. Eat a plant-based diet that's rich in antioxidants and fiber, and choose

lean meats and low-fat dairy products. Find a physical activity you enjoy, such as swimming, biking, walking or yoga. Proper self-care will help you feel good and also may boost your recovery from lingering side effects of treatment.

"And there's a growing body of evidence that suggests regular physical activity may be associated with a reduced risk of recurrence," says Dr. Holguin, who recommends getting at least 30 minutes per day three to five days a week.

3 Keep up with follow-ups. "Most of the cancers we treat have at least some risk of recurrence," Dr. Holguin says. "Remission is the first step to cure, but we have to maintain that remission long enough to be sure it's not going to come back. It's wise for people to be vigilant about follow-ups so that we may catch recurrences early."

4 Enjoy life. You might discover that you have a lot more time on your hands now that you're not going to so many appointments. Use your freer schedule to do all the things you dreamed about during treatment. Or maybe you realize that what was important to you before the diagnosis has changed now. In either case, pursuing enjoyable outlets can be life-affirming.

CANCER CONNECTIONS

Baylor Scott & White Medical Center – Grapevine offers yoga for cancer survivors, breast cancer support and education groups, and Look Good Feel Better workshops for women with cancer. For more information, visit BaylorHealth.com/Grapevine or call 1.800.4BAYLOR.

Use your free time to do all the things you dreamed about.



Judy Buck and
her husband, Billy

Mind the Warning Signs

Stroke symptoms can begin long before a life-threatening brain attack occurs. Are you paying attention?

➔ IT WAS A NORMAL SATURDAY in August 2013. Judy Buck was in her kitchen making a grocery list. Then, her left side “felt like it weighed 500 pounds,” she recalls. “I kept writing, and it kept getting heavier and heavier.” She called for her husband, Billy.

“Something’s not right,” she told him. He agreed and suggested going to the hospital. Buck, now 66, wasn’t so sure.

“But then, my face started drooping,” she says. “And I thought, well, maybe I will go and get checked out.”

When they got to Baylor Scott & White Medical Center – Irving, the staff recognized the paralysis on her left side and her drooping face as two symptoms of a stroke—a life-threatening medical condition.

“I never thought it could be a stroke,” Buck says. But now, with more knowledge about these brain attacks, she realizes the earliest symptoms may have started a couple of weeks before.

“If I had to do it over again, I’d have gone to the doctor two weeks before my stroke.”

—Judy Buck

SYMPTOMS

In addition to a drooping face and weakness on one side of the body, stroke symptoms can include difficulty speaking or understanding, loss of balance, difficulty walking and trouble seeing. The sudden onset of an explosive headache also can be a sign, says Dion Graybeal, MD, medical director for stroke for Baylor Scott & White Health – North Texas.

When these symptoms come and go within a few minutes, it could be a transient ischemic attack, or TIA. Combined with other stroke risk factors, a TIA is correlated with a much higher risk of stroke. “It could happen in the next two days, the next week or even the next month,” Dr. Graybeal says.

Buck realizes the curious symptoms she experienced in the days leading up to her stroke were likely TIAs, or ministrokes.

“I did have a little bit of numbness on my left side. I thought it was just because I sat at the computer too long. And I had horrible headaches,” she says. “Looking back, I can see those signs of stroke that I didn’t pay attention to.”

If you’re having stroke symptoms that persist, call 911. If your symptoms are fleeting, it’s still important to see a doctor immediately.

TREATMENT

There are two main types of stroke. During an ischemic stroke (about 85 percent of strokes), a blood clot blocks blood flow to the brain. In a less-common hemorrhagic stroke, there’s bleeding in the brain.

Once a stroke has started, the treatments are time sensitive, Dr. Graybeal says. An IV medication called tPA, a “clot-busting” drug,

ideally should be given within three hours of the start of symptoms. This treatment saved Buck’s life.

Other treatments have different time limits, but it’s all a matter of hours. Getting care quickly helps prevent death and disability.

“You’re losing about 2 million brain cells per minute. Time really is brain,” Dr. Graybeal says. “If we can restore normal blood flow quickly, we can improve functional outcomes.”

PREVENTION

Though there are some risk factors you can’t change (like age and family history), there are a few you do have control over. To reduce your risk, it’s important to not smoke and to effectively manage high blood pressure, diabetes, cholesterol and atrial fibrillation. Keeping these conditions in check may include taking medication as well as exercising, eating healthfully and managing stress.

It’s also important to talk to your primary care physician about regular screenings for blood pressure, diabetes and cholesterol to better understand your risk.

Buck says she sees areas of her life she could’ve improved upon: She worked a lot, remained sedentary for long periods and had a lot of stress.

Today, she stresses less, eats healthier and exercises more, and she’s lost weight.

And although she was always reluctant to go to the doctor for her checkups, she now sees the value—and hopes others do, too.

“It’s so important that people take better care of themselves,” she says. “And take time and listen to what your body is trying to tell you.”

4 WAYS TO IMPROVE YOUR BRAIN HEALTH

Want to boost your brain? Asher Imam, DO, a neurologist on the medical staff at Baylor Scott & White Medical Center – Grapevine, offers these tips:

1. Work your brain. Learn new skills, take on new hobbies and expose your mind to new things. “Challenging your brain with new topics or stimulus has been shown to promote denser connections within the brain,” Dr. Imam says.

2. Keep your body healthy. “Maintaining good physical health and exercising has been shown to decrease cognitive decline over time,” Dr. Imam says. It also improves overall well-being, decreases stress, improves sleep and has positive effects on mental health.

3. Eat the right foods. Dr. Imam says foods that are good for your heart—low-fat vegetables, fruits, fish and poultry—are good for your brain, too. Diets low in polyunsaturated fat are best. Read the label first and avoid saturated fats.

4. Get social. People who are involved with family, friends, volunteering and other social activities can lessen cognitive decline over time.

MORE

Lower Your Risk

Talk to your doctor about the steps you can take to lower your stroke risk. For a referral to a primary care physician on the Baylor Scott & White – Grapevine medical staff, visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com/grapevine) or call 1.800.4BAYLOR.



Women are twice as likely as men to get irritable bowel syndrome.

Keeping Tract

Your guide to understanding the GI troublemakers IBS and IBD

→ IRRITABLE BOWEL SYNDROME

and inflammatory bowel disease may sound similar—they even share some symptoms—but they are actually very different. Understanding the distinctions between the two gastrointestinal conditions can help you get the relief you need.

WHAT IS IBS?

Irritable bowel syndrome (IBS) occurs when the gastrointestinal

tract acts abnormally, causing symptoms such as constipation, diarrhea or alternating bouts of each. It affects around 10 to 15 percent of people in the U.S., according to the International Foundation for Functional Gastrointestinal Disorders, and is often diagnosed in late adolescence or early adulthood.

“IBS is quite common,” says Jason Welch, DO, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Marble Falls. “Though many theories exist, there is not a single, identifiable cause, unfortunately, as there is

no anatomic disease or bowel inflammation. What we can do is treat the symptoms.”

WHAT IS IBD?

Inflammatory bowel disease (IBD) refers to two conditions that cause inflammation or ulceration along the gastrointestinal tract: Crohn’s disease and ulcerative colitis. Altogether, these conditions affect about 1.6 million Americans, according to the Crohn’s & Colitis Foundation of America.

“IBD carries significant long-term health implications and should be closely managed by a gastroenterologist,” Dr. Welch says.

IBS and IBD: Comparing the Conditions

	Irritable Bowel Syndrome	Inflammatory Bowel Disease
Most often affects	Women are twice as likely as men to get it, according to the National Institute of Diabetes and Digestive and Kidney Diseases, and it's most common in those 45 and younger.	Men and women. Ulcerative colitis: people ages 15 to 30 and older than 60, people of Jewish descent and those who have a family member with the disease. Crohn's disease: people ages 15 to 35 and those who have a family member with the disease.
Symptoms	Abdominal pain and discomfort; a change in bowel habits; constipation, diarrhea or both; urgent need for a bowel movement; bloating; mucus in the stool; feeling as though bowel movements are incomplete.	Abdominal cramps and pain; constipation; diarrhea; rectal bleeding; urgent need for a bowel movement; feeling as though bowel movements are incomplete; weight loss; loss of appetite; fever; fatigue; night sweats.
Treatment	Primary: lifestyle changes, including dietary changes and stress management. Secondary: medication, probiotic supplements, counseling and alternative medicine like acupuncture, meditation and yoga. See your doctor regularly to get symptoms under control.	Medication, including anti-inflammatories, immunosuppressants, antibiotics, pain relievers and other prescriptions and supplements. Surgery may be necessary in some cases.
Raises risk for colon cancer	No. Because it's classified as a syndrome (a collection of symptoms) rather than a disease, IBS itself does not cause cancer.	Yes, depending on duration and severity. "Once a person has had IBD for 10 to 15 years, he or she will need surveillance colonoscopies every one to two years, even if the disease is under control by then," says Jason Welch, DO, an internal medicine physician and a gastroenterologist.

Got Gas?

If you find yourself fighting gassiness, look at what's on your plate. Anu Reema Lamba, MD, a gastroenterologist on the medical staff at Baylor Scott & White Medical Center – Grapevine, says the top three culprits for gas are: "Diet, diet and diet. It's always diet."

The most troublesome foods are:

- ▶ Dairy products that contain lactose
- ▶ Sugar substitutes such as Splenda, Truvia and NutraSweet
- ▶ Carbonated beverages, including sodas and beer
- ▶ Certain vegetables, including beans, broccoli, Brussels sprouts and cauliflower
- ▶ High-fiber diets

Dr. Lamba says if you're bothered by gas, cutting these foods out of your diet should help. If you prefer to keep eating these foods, you can look for an over-the-counter medication that contains simethicone to help keep your symptoms in check.

While gas is almost always caused by diet, see your doctor if it's accompanied by diarrhea, as that could be a sign of an infection.

MORE

Nutrition Makeover

If you need help finding substitutes for the foods in your diet that are causing gassiness, the dietitians at Baylor Scott & White – Grapevine can help. Visit BaylorHealth.com/Grapevine or call **1.800.4BAYLOR** for a referral.



Windows to Your Health

By examining blood vessels in the eye, a research team looks to avoid vision loss in people with diabetes and other conditions

THE EYES HAVE BEEN CALLED windows to the soul. But they are also windows to your health.

That's because by examining blood vessels in the eye, doctors can detect health conditions like diabetes.

Knowing how these blood vessels work normally and under duress is important in helping develop treatments—and that's the goal of the Ophthalmic Vascular Research Program (OVRP), a collaboration between the Department of Ophthalmology

at Baylor Scott & White Health and the departments of Medical Physiology and Surgery at the Texas A&M Health Science Center (TAMHSC).

A UNIQUE TECHNIQUE

The key is to study blood vessels in the eyes independently from other tissues. Lih Kuo, PhD, director of the research program and professor of medical physiology at TAMHSC, is known for his work with isolating microscopic blood vessels from the heart. The OVRP team applied a similar approach to the eye.

“Blood vessels in the heart respond to stimuli in a certain way,” explains Robert Rosa Jr., MD, an ophthalmologist, vice chair for research in the Baylor Scott & White Department of Ophthalmology and a researcher in the OVRP. “The blood vessels in the kidneys may respond differently to the same stimuli; the blood vessels in the eye may respond in yet another way.”

Today, the OVRP is the only research program in the U.S. to use the isolated retinal microvessel technique.

LASTING IMPACT

Diseases like diabetes and high blood pressure affect blood vessels in the eye, damaging the retina (the back of the eye) and leading to impaired vision. Regulating and improving blood flow might help.

“Diabetes is the most common cause of blindness among 20- to 60-year-olds,” Dr. Rosa explains. “Our work could have a significant impact in preserving vision in patients with diabetes.”

What's more, the OVRP investigators have developed patents that could aid in the establishment of new treatments for other eye diseases, including dry macular degeneration and retinitis pigmentosa.

“Our goal ultimately,” he says, “is to have a lasting impact on patient care and find new therapeutic strategies to prevent blindness from retinal vascular and degenerative diseases.”

ABOUT THE STUDY

Ophthalmic Vascular Research

A team of scientists is better understanding how the blood vessels in the eye work with the goal of finding therapies for people with impaired vision as a result of retinal vascular and degenerative diseases.

Key Contributors

Baylor Scott & White Health

Texas A&M Health Science Center

Scott & White Healthcare Foundation (funding)

Retina Research Foundation (funding)

National Institutes of Health (funding)

MORE

Take a Look at the Latest Research

Visit BaylorHealth.com/AdvancingMedicine and research.sw.org for other advancements like this.

WHAT'S ONLINE

→ [BaylorHealth.com](https://www.baylorhealth.com)



TIPSHEET

HEART-HEALTHY GROCERY LIST

When you go shopping, are you filling your cart with foods that are good for your ticker—or your tummy? With a little planning, you can do both!

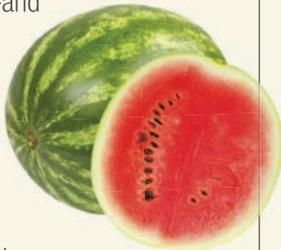


→ Go to [BaylorHealth.com/Tipsheet](https://www.baylorhealth.com) to download our handy checklist.

RECIPE

WATERMELON YOGURT SOUP

This cold soup features a refreshing—and hydrating—blend of watermelon, cucumber and yogurt that's well suited for warmer weather.



→ Visit [BaylorHealth.com/Recipe](https://www.baylorhealth.com) to find this recipe, plus many more.



ONLINE

Linking to Support

Did you know Baylor Scott & White Medical Center – Grapevine offers an easy way for family and loved ones to stay connected during a health crisis?

→ Visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com) and scroll down for “CaringBridge.”

VIDEO

FOUR MEDICATION SAFETY TIPS

Adverse drug reactions account for hundreds of thousands of visits to hospitals and emergency departments every year. Learn the dos and don'ts of your daily prescription dose.

→ Watch the video at [BaylorHealth.com/DigitalShort](https://www.baylorhealth.com)—and share the advice.



QUIZ

HAVE YOU MADE YOUR HEALTH CARE WISHES KNOWN?

See what you know about advance directives—such as living wills—which are important documents that tell loved ones about your care in the event that you are unable to speak for yourself.

→ Check out [BaylorHealth.com/AdvanceDirectiveQuiz](https://www.baylorhealth.com) to test your knowledge.



GEAR UP FOR BETTER HEALTH

SATURDAY, JUNE 11 · 7-11 A.M.

Baylor Scott & White – Grapevine - Main Entrance Lobby
1650 West College St., Grapevine

Regular checkups should be a part of every man's routine. Fortunately, our **FREE** men's health event makes it simple to tune up your health. Attend It's a Guy Thing® for free health screenings and information all in one place. **This event includes:**

- Free Health Screenings:
blood pressure, cholesterol*
& more!
- Wellness booths
- Free breakfast
- Varicose vein screenings
- Pulmonary function testing
- Panel discussions with physicians
on the medical staff.
Topics include:
 - Heart health
 - Orthopedics
 - Cancer care



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



Baylor Scott & White
MEDICAL CENTER
GRAPEVINE

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

FOLLOW US ON:
Username: BSWHealth



Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers or Baylor Scott & White Health. BRMCGV_1068_2016 KS.