

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
PAGE 6



TIRED OF BELLY TROUBLES?
Learn about common digestive maladies
and how to feel better PAGE 8

May Is Skin Cancer Detection and Prevention Month

Sunny summer days are upon us, and that makes this the perfect time to brush up on ways to reduce your risk of skin cancer.

Use the American Cancer Society's slogan "Slip! Slop! Slap! And Wrap" to remember four easy ways to protect your skin:

- ▶ **Slip on a shirt.** Dress in long sleeves whenever possible.
- ▶ **Slop on sunscreen.** Use SPF 15 or higher and reapply every two hours and after you swim or sweat.
- ▶ **Slap on a hat.** Wear a wide-brimmed hat to help shade your face and neck.
- ▶ **Wrap on sunglasses.** They can help protect your eyes and the sensitive skin around them.

And don't forget to check your skin regularly for signs of skin cancer. Examine moles for the ABCDEs (asymmetry, border irregularity, color, diameter, evolution) of skin cancer, and talk to your doctor if you're concerned.

MORE

See Something Suspicious?

For a referral to a dermatologist on the medical staff at Baylor Scott & White – Fort Worth, visit BaylorHealth.com/FortWorth or call **1.800.4BAYLOR** today.



It's a Guy Thing 2016

Hey, guys, have you been taking care of yourself the way you should? If not, we've got just the thing to help you get back on track. It's a Guy Thing® is a free, annual men's health event at Baylor Scott & White All Saints Medical Center – Fort Worth that's designed to help guys like you get informed about their health and make positive changes.

This Saturday morning event includes a light and delicious breakfast and features an informative demonstration of healthy grilling techniques (with samples!). And don't miss free screenings by health care professionals, including cholesterol, blood pressure and other important wellness checks.

These screenings will provide you with insight into your personal risk factors for heart disease, diabetes and more. Armed with that information, you'll want to browse our information tables to get tips and resources to take home with you.

MAN UP

Take charge of your health this year—and start by attending It's a Guy Thing® 2016. To register, call **1.800.4BAYLOR** or visit BaylorScottandWhite.com/GuyThing today.

Stick around for our physician panel to get your questions answered by our experts. Don't wait for a health crisis to kick your health into high gear. Start taking care of yourself today—grab a guy you care about and join us for this fun, free event.

It's a Guy Thing®
Saturday, June 11, 2016, 7 to 11 a.m.
Baylor Scott & White All Saints Medical Center – Fort Worth
1400 Eighth Ave.
Fort Worth, TX 76104

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

Baylor Scott & White Health Mission: Baylor Scott & White Health exists to serve all people by providing personalized health and wellness through exemplary care, education and research as a Christian ministry of healing.

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: 817.922.1794. 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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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

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."



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."

MORE

Got Pain? Need a Referral?

For a referral to an orthopedic surgeon on the medical staff at Baylor Scott & White – Fort Worth, call **1.800.4BAYLOR** or visit [FindDrRight.com](https://www.finddrright.com) 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.

WE'RE HERE FOR YOU

For more information about survivor support and cancer care navigation services at Baylor Scott & White – Fort Worth, call the Joan Katz Breast Center at **817.922.2223** today.

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.”

5 WAYS TO IMPROVE YOUR BRAIN HEALTH

Are you doing everything you can to keep your brain healthy? We asked Mandeep Chahil, MD, a neurologist on the medical staff at Baylor Scott & White All Saints Medical Center – Fort Worth, to share his tips for keeping the mind sharp.

1. Give your brain a workout.

“Mental stimulation can help improve neural plasticity, which helps the brain form new connections and develop new cells,” Dr. Chahil says. “Try learning a new language, painting or doing things with your nondominant hand.”

2. Exercise regularly. Physical exercise improves blood flow to the brain so it can work more efficiently, Dr. Chahil says. It also improves vascular health, which can reduce the risk of stroke.

3. Eat more fish. “Omega-3 fatty acids—found in olive oil, avocados and fatty fish—have been linked to a lower risk of dementia and can help improve focus and memory,” Dr. Chahil says.

4. Watch your numbers. Making sure your blood pressure, cholesterol and blood sugar levels are controlled can help reduce your risk of brain injury from heart attack and stroke.

5. If you smoke, quit. “Besides being a risk factor for stroke and heart attack, smoking can thin the brain’s cortex, which is used in thinking and memory,” Dr. Chahil says.

MORE

Neurology Care Near You

To learn more about neurology services at Baylor Scott & White – Fort Worth or for a physician referral, call **1.800.4BAYLOR** or visit [BaylorHealth.com/FortWorthNeuro](https://www.baylorhealth.com/FortWorthNeuro) today.



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.

How Probiotics Can Help

The human body is home to trillions of bacteria. And while some types can make you sick, many strains are actually beneficial to both your digestive and immune health. In fact, many health experts now recommend taking these live organisms, known as *probiotics*, through a supplement or by eating foods that contain them, like yogurt or sauerkraut.

Joseph Shelton, MD, a gastroenterologist on the medical staff at Baylor Scott & White All Saints Medical Center – Fort Worth, says probiotics can help:

- ▶ Replenish the good bacteria that are destroyed after a course of antibiotics, especially in the elderly and immune-compromised individuals
 - ▶ Prevent *Clostridium difficile*, or *C. diff*, a life-threatening colon infection
 - ▶ Treat and improve the symptoms of infectious diarrhea (especially probiotics containing *Lactobacillus GG* and *Saccharomyces boulardii*)
 - ▶ Improve the symptoms of ulcerative colitis and pouchitis
- "Researchers are also working to evaluate the effectiveness of probiotics in the treatment of seasonal allergies, atopic dermatitis and irritable bowel syndrome," Dr. Shelton adds.

However, Dr. Shelton stresses, healthy individuals do not need to take probiotics on a daily basis. "For most people, the best gift you can give your intestines is to eat a healthy diet that includes plenty of vegetables."

MORE

Upset Stomach?

For more information on digestive health or for a referral to a gastroenterologist on the medical staff at Baylor Scott & White – Fort Worth, call **1.800.4BAYLOR** or visit **BaylorHealth.com/FortWorthDigestive** today.



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!

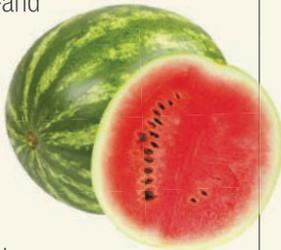


→ Go to [BaylorHealth.com/Tipsheet](https://www.BaylorHealth.com/Tipsheet) to download our handy checklist.

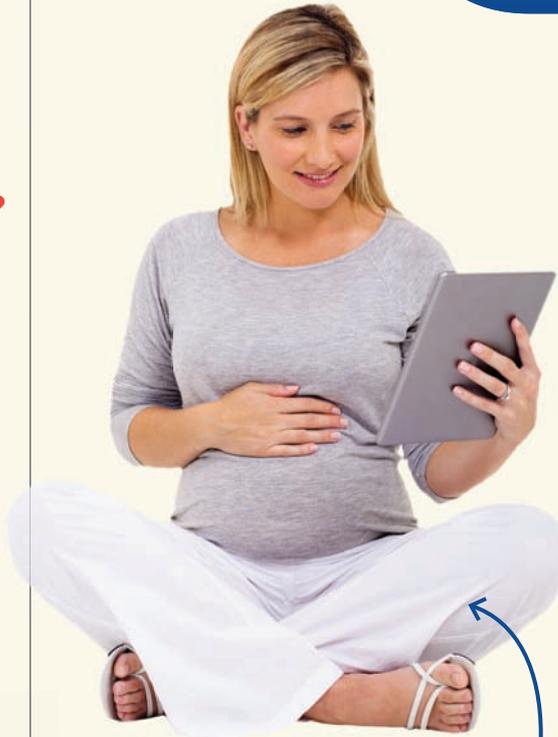
RECIPE

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/Recipe) to find this recipe, plus many more.



ONLINE

More Ways to Stay Well

→ To learn about all of the classes, services and events offered at Baylor Scott & White – Fort Worth, visit us online at [BaylorHealth.com/FortWorth](https://www.BaylorHealth.com/FortWorth) today.

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/DigitalShort)—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/AdvanceDirectiveQuiz) to test your knowledge.

GEAR UP FOR BETTER HEALTH

SATURDAY, JUNE 11 • 7-11 A.M.

Baylor Scott & White All Saints Medical Center – Fort Worth
1400 Eighth Ave., Fort Worth, TX 76104

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*, oral/skin cancer screenings, body fat/BMI & more!
- Wellness booths
- Healthy grilling demonstrations with free breakfast
- Panel discussions with physicians on the medical staff. Topics include:
 - Heart health, Orthopedics, Cancer care and Digestive health
- Emergency preparedness session. Learn how to protect you and your family before, during and after a disaster.
- Free parking



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



Baylor Scott & White
ALL SAINTS MEDICAL CENTER
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.

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