

July 2011

Baylor Health

DALLAS EDITION

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REAL PATIENTS. REAL STORIES.

Second Chance

After a stroke six years ago, DANE TAYLOR is living each day to its fullest with help from her therapy dog, BEBE

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 **BAYLOR**
University Medical Center
at Dallas



OH, BABY!
Baylor Dallas is named "Best Place to Have a Baby" for fourth time page 2



COULD IT BE YOUR THYROID?
Learn how to interpret common symptoms page 3

Extra-Special Delivery

Baylor Dallas named 'Best Place to Have a Baby'

For the fourth year in a row, Baylor University Medical Center at Dallas was named "Best Place to Have a Baby" by readers of *Dallas Child* magazine. You don't win such recognition without going above and beyond to make the experience of having a child extra special—before, during and after delivery.

Pregnancy

If there's one thing parents-to-be have a lot of, it's questions. That's why Baylor Dallas offers prepared childbirth classes, online, at the hospital, and at local Destination Maternity and A Pea in the Pod stores.

Expectant parents also can register for a free weekly, research-based parenting e-newsletter, which is packed with tips and advice for every stage of pregnancy, labor and delivery, developmental milestones, research updates, education on breastfeeding and your baby's first year, and information on classes and seminars.

"After you register and provide a due date, the information you'll receive is tailored to your specific week of pregnancy and then the age of your newborn," says Jill Johnson, R.N., manager of the Baylor Dallas Family Resource Center and Simply Mom's boutique.

Delivery

The recently remodeled New Family Center at Baylor Dallas is a relaxing, environment with all private rooms



for labor, delivery and recovery. The newborn assessment, first bath and pediatrician visit happen right in the room—which also has wireless Internet and a comfy pullout bed for Dad.

Johnson notes, "It's so important to have the family together, especially in those first few hours when family bonding begins and breastfeeding is established."

If separation is medically necessary, parents can rest assured that their newborns are receiving advanced care in the Level III neonatal intensive care unit, the highest level of care for premature babies and those with medical issues.

Family

When new families leave the hospital, it's all about caring for the newborn, charting milestones and connecting with other new parents. Baylor Dallas offers Mommy & Me classes led by a certified instructor, as well as Itsy-Bitsy Yoga and more.

There's also a Baylor Babies Facebook page. Find ideas for celebrating baby's milestones, post questions and receive advice from other Baylor Dallas moms. ● *By Deborah Paddison*

Simply Mom's

Simply Mom's is the only clinical women and children's boutique in Dallas designed to provide new mothers access to breastfeeding supplies, infant designer clothing, premie clothing and gifts. Staffed by lactation consultants, it's a great resource for new parents who have breastfeeding questions after they return home. The store is conveniently located on the first floor of Hobbittzelle Hospital. Visit BaylorHealth.com/SimplyMoms.



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E-NEWSLETTER

Special Deliveries

To learn more about women and children's services at Baylor Dallas or to sign up for our email parenting newsletter, visit BaylorHealth.com/DallasChildbirth.

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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.

Visit BaylorHealth.com or call 1-800-4BAYLOR for information about Baylor University Medical Center at Dallas services, upcoming events, physician referrals, career opportunities and more.

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**BAYLOR**
University Medical Center
at Dallas

Is It Menopause or Your Thyroid?

Common symptoms cause confusion

Fatigue, fluctuating body temperature, mood swings—these are classic symptoms of menopause.

But did you know they're also symptoms of thyroid disease? Many women 35 and older may believe they are experiencing menopause symptoms, when actually the culprit is an undiagnosed thyroid disorder.

"Women are more predisposed to thyroid disorders, particularly as they approach menopause," says Emilia Popa, M.D., an endocrinologist on the medical staff at Baylor University Medical Center at Dallas.

Hence the confusion. Yet, according to a survey by the American Association of Clinical Endocrinologists, only about 25 percent of women who discussed menopause symptoms with their doctors were also screened for thyroid disease.

Thyroid 101

One of the body's endocrine (hormone-secreting) glands, the thyroid is a small, butterfly-shaped gland in the neck. It secretes hormones that regulate body functions and metabolism.

With **hyperthyroidism**, or overactive thyroid, the body produces an excess of thyroid hormones. Just the opposite is the case with **hypothyroidism**, or underactive thyroid, in which the thyroid produces an abnormally low amount of thyroid hormones.

With their opposite nature, these two conditions produce symptoms that are almost diametrically opposed (see chart).

 **SEE A SPECIALIST**
Get the Answers You Need

For a referral to an endocrinologist on the Baylor Dallas medical staff, visit FindDrRight.com or call 1-800-4BAYLOR.

"The symptoms vary with the patient's age, the degree of the hyper- or hypothyroidism, and the duration of the disease," Dr. Popa says.

Thyroid vs. Menopause

Because of the correlation between thyroid and menopause symptoms, a firm diagnosis requires additional testing. If symptoms or blood test results suggest hyper- or hypothyroidism, your primary-care physician may refer you to an endocrinologist for a clinical exam, family history and a testing of thyroid levels.

If hyperthyroidism is suspected, the definitive diagnostic tool is a thyroid uptake scan. "Patients swallow a capsule of radioactive iodine, then come back the next day for a scan of the thyroid to see how much of the iodine has been absorbed," Dr. Popa explains. The test determines the cause of hyperthyroidism and identifies potential lumps, or nodules, within the gland.



Women shouldn't assume their symptoms are from menopause, especially if there's a family history of thyroid disease. And there's no reason to let symptoms linger. Says Dr. Popa, "These conditions are easily diagnosed and treated." ● *By Deborah Paddison*

Symptom Checker: Thyroid Disease and Menopause

SYMPTOM	HYPERTHYROIDISM	HYPOTHYROIDISM	MENOPAUSE
Weight loss	×		
Weight gain		×	×
Heat intolerance	×		×
Cold intolerance		×	
Loose stools	×		
Constipation		×	
Fatigue	×	×	
Menstrual irregularities	×	×	×
Mood swings	×		×
Hot flashes	×		×
Coarse hair, brittle nails, dry skin	×	×	×
Anxiety, irritability	×	×	×
Depression	×	×	×
Sleep disturbances	×	×	×

Sources for thyroid symptoms: Emilia Popa, M.D., and American Association of Clinical Endocrinologists
Source for menopause symptoms: American Congress of Obstetricians and Gynecologists



Summer Vacation? Not for Asthma

For kids, year-round control is important

In the Dallas Independent School District, children with asthma benefit from a school-based asthma-management program developed by the Martha Foster Lung Care Center at Baylor University Medical Center at Dallas.

But what happens during summer vacation? “Sometimes kids not only take a break from school, they take a break from their asthma medications,” says Mark Millard, M.D., a pulmonologist on the medical staff at Baylor Dallas and medical director at the Martha Foster Lung Care Center.

‘The Virus Syndrome’

“Two to three weeks after school starts, many kids get sick with asthma,” says Dr. Millard. He calls it “the virus syndrome,” because once the children are back together in school they start passing around viruses, which then trigger asthma.

But not all kids with asthma experience this flare-up in symptoms. Going

back through the records, Dr. Millard discovered that those kids who got sick shortly after school started were the ones who had skipped their asthma medications over the summer.

“If you don’t treat the underlying inflammation with daily controller therapy, then when ‘the virus syndrome’ comes around, you get sick with asthma,” he says.

Fun and Learning

Daily asthma control is an important message for both kids and parents, and it’s a

major focus in this year’s Camp Airways sessions. Offered for children ages 8 to 12, Camp Airways is a free day camp that teaches kids how to manage their asthma through fun games and activities.

Children attending Camp Airways get creative, writing and performing skits about asthma. Recently, one group of campers got the audience cheering with a rap song about the Rules of Two®, a set of rules developed by Dr. Millard that teaches kids (and adults) to recognize when their asthma is properly controlled.

Hermelinda Olivares, a Baylor Dallas employee in the pulmonary medicine department, found out about Camp Airways through work and has enrolled her son Nicholas, 9, every year.

“He loves it. He thinks it’s the best thing,” she says, “and it’s educated him a lot.”

What does Nicholas like about Camp Airways? “You get to learn stuff that you didn’t know,” he says. Each session also includes a field trip. “I think they’re taking us to this gymnastics place,” where he can’t wait to try out the trampolines. “It’s a lot of fun.”

Olivares adds, “He knows how to check his peak flow rate and what triggers to watch out for. His symptoms have gotten a lot better since he’s been going to Camp Airways.” ● *By Deborah Paddison*

  **REGISTER FOR CAMP**
Ease the Wheeze

Camp Airways summer sessions will be held July 8 and Aug. 5. For more information or to register your child for this free camp, call **1-800-4BAYLOR** or visit **BaylorHealth.com/DallasAsthma**.

Diabetes Patients Make Gains on Weight Loss

Baylor studies drug's potential for overweight people with type 2 diabetes

People who have type 2 diabetes often find themselves caught in a vicious circle of weight gain. Being overweight or obese can contribute to the development of type 2 diabetes, and some medications used to treat the condition can cause more weight gain. In addition, it's often harder for people with type 2 diabetes to lose weight.

Losing weight, and keeping it off, can help people with type 2 diabetes better manage their condition. It can also reduce their risk of other health issues such as high blood pressure and heart disease.

That's why Baylor is participating in a multicenter study to see if a diabetes medication that's already on the market might help people lose weight while controlling their diabetes. The drug has been shown to help people with diabetes manage their blood glucose levels, and other studies have examined how it can help people without diabetes lose weight.

"This new study is going to look at patients with type 2 diabetes and focus on using slightly higher doses than we usually do, to see if we can have a real effect on their weight as well as their blood glucose," says Priscilla Hollander, M.D., Ph.D., an endocrinologist on the medical

BE PART OF THE STUDY

Want to Be Active?

Participants will be enrolled in the study as late as the end of July. For information, call **214-818-7155**.

staff at Baylor University Medical Center at Dallas and the Baylor Endocrine Center.

The drug being tested mimics a peptide hormone that stimulates release of insulin after a meal, which is important in controlling glucose. It also can help control appetite by sending the brain a message that one has just eaten and should not have to eat again. It can also slow the emptying of the stomach and make people feel fuller longer. Patients with type 2 diabetes make less of this hormone than individuals who do not have diabetes.

During the 56-week study, participant groups will be given varying doses of the drug and one group will receive a placebo.

"We're hoping this medication might have a unique advantage in helping people with diabetes lose weight," Dr. Hollander says. "And, hopefully, losing the weight will have a favorable effect on their diabetes and their overall health." • *By Amy Lynn Smith*



The drug being tested mimics a peptide hormone that stimulates release of insulin after a meal, and also can **help control appetite** by sending the brain a message that one has just eaten and should not have to eat again.

Stroke Knows No Age

A 'brain attack' can strike anyone.
Here's how to strike back

Six years ago Dane Taylor of Dallas was working as a makeup artist on a photo shoot in Cancun, Mexico, when a debilitating headache struck. "I had a history of migraines, and this headache went into a second day. By noon I couldn't keep working—I had to go back to my room," she says.

She woke, and noticed trouble moving her right arm and leg, but thought she had slept on them wrong and went back to sleep. The next morning, she tried to return to work but was exhausted. She spoke to her co-workers, but they couldn't understand her jumbled words. They took her to a local hospital and the next day she traveled to Baylor University Medical Center at Dallas, where MRIs determined the then-50-year-old had experienced a stroke. While she didn't have a family history or other known risk factors,



WATCH THE VIDEO

In Dane's Words

To watch Dane's video and get more healthy ideas and stroke-prevention tips, download our digital magazine at BaylorHealth.com/Exclusive.

Recovering from her stroke was made a bit easier for Dane Taylor with help from her therapy dog, Bebe.

the MRI uncovered an unusual vein configuration in her brain.

Stroke affects everyone differently. For Taylor, the trouble with her right limbs passed quickly. “I could walk, and my mobility was fine, but I couldn’t speak,” she says. During rehabilitation sessions three or four times a week, she regained her speech, although she still notices some aftereffects of the stroke, particularly when she is tired. “My memory isn’t what it used to be, and I’m not great at math,” she says. But thanks to her hard work in rehab, she has returned to work and to the activities she enjoys.

Different Causes, Same Symptoms

“Stroke can occur at any age,” points out Dion Graybeal, M.D., medical director of the stroke program at Baylor Dallas. However, the causes of stroke in younger people are often different from those in seniors.

Asher Imam, D.O., medical director of the stroke program at Baylor Regional Medical Center at Grapevine, says, “In people over 55, most of the time the primary cause is disease of the artery.” Younger people are more likely to have a cardiac abnormality or coagulation disorder, in which the blood does not clot properly, that triggers a stroke. Other causes include drug use, aneurysm rupture or a traumatic arterial injury.

But younger people with risk factors such as obesity, high blood pressure and abnormal cholesterol levels, are at risk of stroke triggered by arterial disease, just like their older counterparts.

Jai Kumar, M.D., a neurologist on the medical staff at Baylor Medical Center at Garland, recommends a low-fat, low-salt, low-sugar diet heavy in fruits and vegetables to help reduce stroke risk. “I tell my patients they need to

WHAT’S YOUR RISK?



Quiz yourself on stroke risk factors, get stroke prevention tips and hear a mind-strengthening podcast, all at BaylorHealth.com/HealthCast.

eat all the colors of the rainbow every day,” he says. And he warns to watch for salt in fast food and processed food, where it’s used as a preservative and doesn’t necessarily taste salty.

In people of any age, symptoms are the same. (See “FAST Action.”) If you notice these symptoms in yourself or someone else, get help right away. With the most common type of stroke, clot-busting drugs can help prevent brain damage and long-term effects, but they need to be administered within three hours of the onset of symptoms.

“These drugs can dissolve the blood clot and get you back to a more normal function,” Dr. Graybeal says. “But of the 795,000 strokes in the United States per year, less than 5 percent get help in time.” Knowing the warning signs can improve this percentage—and improve outcomes. ●

FAST Action

The acronym FAST can help you recognize stroke symptoms in yourself or someone else:

- Face:** Look for drooping on one side of the face, particularly when smiling.
- Arms:** When raising both arms, does one drop downward?
- Speech:** Do words sound slurred or unusual?
- Time:** Call 911 if you spot any of these signs. And note the time you first noticed symptoms so medical staff can track how much time has elapsed.

(Source: National Stroke Association)

Now You See It, Now You Don’t

When the stroke alert is activated at Baylor University Medical Center at Dallas, medical staff at the hospital know that a patient is on the way who needs immediate treatment to clear a blocked artery or stop bleeding in the brain. Dedicated emergency physicians, neurosurgeons, stroke neurologists and interventional neuroradiologists stand ready to answer the call.

Through the Stroke Program at Baylor Dallas, patients have access to advanced treatment options, including the clot-busting drug tPA and endovascular procedures in the interventional neuroradiology department.

In the emergency department, CT imaging visualizes the maze of blood vessels in the brain and shows the neurology team the cause of the stroke. If a blockage is clearly visible, an IV dose of tPA may be given to restore blood flow to the brain. This usually is successful, and a clot that used to be clearly visible just vanishes.

But the team has even more tricks up its sleeve. “If the patient is not a candidate for IV tPA therapy, or if early attempts to resolve the blockage with tPA are unsuccessful, we can take it from there,” says Kenneth Layton, M.D., interventional neuroradiology specialist on the medical staff at Baylor Dallas.

One option: threading a microcatheter from the groin up to the brain and delivering the clot-busting drug directly to the blood clot. Or, in mechanical thrombectomy, the physician threads a corkscrew device through the catheter to snare the clot and pull it out, or pulls it out with another tool that works like a tiny vacuum.

“We can use these endovascular techniques individually or in combination,” Dr. Layton says. “If we’re able to get to and clear the blockage early enough in the process, before permanent damage has occurred to the brain, we can make a significant impact on the patient’s outcome.”



STRIKE OUT AT STROKE Treatment at Baylor Dallas

For questions about stroke or the Baylor Stroke Program, visit BaylorHealth.com/DallasStroke or call 1-800-4BAYLOR.

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Community Calendar

July & August 2011

SPECIAL EVENTS

Art for Asthma

July 15–Oct. 5

If you have or know a child, grades 1–12, who has asthma and enjoys art, he or she can express how asthma control or an asthma attack feels in this annual competition. For more details and an application, visit **BaylorHealth.com/ArtforAsthma**.

ONGOING PROGRAMS

Saturday Mammogram Clinics

Baylor Breast Imaging Centers. For dates and to schedule an appointment, call **1-800-4BAYLOR** or visit **BaylorHealth.com/DallasBreastImaging**.

Free Skin Cancer Screening Clinic

Friday, July 15 & Aug. 19
Baylor Charles A. Sammons Cancer Center, Oncology Outpatient Clinic, Suite 250
Call **214-820-8577** to schedule an appointment.

Cancer Support Group

Baylor Charles A. Sammons Cancer Center, Cvetko Education Center, Suite 200
Call **214-820-2608** for topics, dates and registration.

Diabetes Support Group

Ruth Collins Diabetes Center at Baylor Dallas.
Call **214-820-8988** for dates and locations.

Newborn and Parenting Classes

Women's and Children's Services Classes held all year on a variety of topics. Seating is limited. Registration required. Call **1-800-4BAYLOR**.

Weight Loss Surgery Seminars

July 12, 27 & Aug. 9, 24, 6 to 7:30 p.m. Baylor Health Center at North Dallas. Seating is limited. Call **1-800-4BAYLOR** for a reservation.

Weight Loss Surgery Support Group

July 14 & Aug. 11, 6:30 to 8:30 p.m. Baylor Health Center at North Dallas. Seating is limited. Call **1-800-4BAYLOR** for a reservation.

LINK: Connecting Cardiovascular Health and Wellness Across Generations

July 23 & Aug. 17
Baylor Heart and Vascular Hospital, Ground Floor, Cree Auditorium. Call **1-800-4BAYLOR** for times and information.

Leap for Life®

July 21, 23 & Aug. 25, 27
Baylor Heart and Vascular Hospital, Cree Auditorium, Classroom A & B. Call **1-800-4BAYLOR** for more information.



“Asthma held me back until Baylor joined my team.”

Avi Frias, 14, loves to play soccer. But when an asthma attack struck during a game, she was afraid to play. “It was really scary because I couldn't breathe, and I felt this huge pressure on my chest. I started panicking,” she says. At the Martha Foster Lung Care Center at Baylor Dallas, Avi was diagnosed with exercise-induced asthma. “The people at the asthma center were really caring. They took great care of me to make sure that I could function again.” Now, Avi uses an inhaler twice a day and keeps a rescue inhaler on hand for emergencies. “Thanks to Baylor, I can get back to what I love doing every single day.”

For more information about asthma care services, call **1.800.4BAYLOR** or visit us online at **BaylorHealth.com/DallasAsthma**.

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 **BAYLOR**
Martha Foster Lung Care Center
Baylor University Medical Center at Dallas

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