

July 2011

Baylor Health

GARLAND 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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SUMMER SAFETY
Make sure your summer is fun with these stay-safe tips page 4

Seals of Approval

Baylor Garland earns national quality care certifications

“Accredited Chest Pain Center.” “Accredited Heart Failure Center.” These designations are more than just banners hanging on a hospital wall. They represent a concerted effort to provide the community with evidence-based, quality care. And Baylor Medical Center at Garland has been working hard to earn them.

The idea behind accreditations is that following standardized treatment protocols improves patient outcomes. The accrediting body develops detailed treatment criteria, and a hospital must show that it has adopted them to earn the accreditation.

“Residents of Garland and the surrounding communities should be very proud that their hospital is receiving these awards,” says Janice L. Walker, chief nursing officer/chief operating officer for Baylor Garland.

Accreditations Achieved

CHEST PAIN CENTER

Awarded by: Society of Chest Pain Centers

Details: Among other criteria, this accreditation involves “door-to-balloon” time: how long from the time EMS first



sees a heart attack patient until the blocked coronary artery is reopened with balloon angioplasty in the hospital’s cardiac catheterization lab. The benchmark time is 90 minutes, but the Baylor Garland emergency department’s average time is much faster.

“We have collaborated with EMS to install the LIFENET® system, which allows [EMS] to transmit detailed,

real-time EKGs directly to the emergency department from the field,” says Amy Albus, R.N., chest pain coordinator for invasive cardiology at Baylor Garland. “We’ve also decreased our cath lab activation time, getting the lab and staff ready to receive the patient and reopen the blocked artery on average 30 to 60 minutes faster.”

Accredited: March 31, 2011

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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 Medical Center at Garland services, upcoming events, physician referrals, career opportunities and more.

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HEART FAILURE

Awarded by: Society of Chest Pain Centers



Details: Treatment for heart failure patients starts in the ambulance and continues through the emergency department, the inpatient stay, discharge and home care. “One of our goals in pursuing this accreditation is to reduce the readmission rate for our heart failure patients,” says Ron Norris, director of radiology and cardiology for Baylor Garland.

Heart failure is a chronic condition, so patient education is vital. As part of fulfilling the accreditation criteria, Walker notes, “we’ve added a dedicated nurse educator for heart failure patients and a nurse practitioner to make home visits and check medication compliance for the at-risk population.”

Baylor Garland is the first hospital in the Baylor Health Care System to attain this accreditation.

Accredited: March 31, 2011

Accreditations in Progress

PATHWAY TO EXCELLENCE®

Awarded by: American Nurses Credentialing Center

Details: Just as aging baby boomers are boosting the demand for medical care, there’s a nursing shortage to deal with. That’s why it’s important to attract

BAYLOR GARLAND A ‘BEST HOSPITAL’

U.S. News & World Report has named Baylor Medical Center at Garland a Best Hospital in its first-ever Dallas/Fort Worth Metro Area rankings. Baylor Garland joins five other Baylor Health Care System hospitals on the list.

“The number of Baylor hospitals on this list is proof of our commitment to provide advanced, quality care to all the communities and patients we serve,” says Joel Allison, president and CEO, Baylor Health Care System.

Of 116 hospitals in the metro area, only 19 were ranked. Baylor Garland was recognized for specialty expertise in gynecology.



highly qualified nurses. The Pathway to Excellence program helps hospitals create a working environment in which nurses can flourish, by seeking and valuing their input in patient care and processes and making action plans to address areas that need change.

“Earning this designation means a hospital meets specified criteria in its policies, procedures and management that promote job satisfaction and retention among nurses,” Walker says. The process includes a confidential survey of the nursing staff, so “it’s our nurses winning the award for us.”

Status: In progress

PRIMARY STROKE CENTER

Awarded by: The Joint Commission

Details: Because the first thing you need to determine is whether a stroke

is ischemic (blood clot blocking an artery) or hemorrhagic (bleeding in the brain), a hospital must meet the guideline of 25 minutes from emergency room door to reading the CT scan. Then the patient is either ruled in or ruled out to receive tPA, the clot-busting drug. The guideline is 60 minutes from door to tPA. Educating the community about stroke symptoms is also required.

“Currently, all of our stroke patients walk in; achieving this designation will also allow us to receive stroke patients from EMS,” says Margie Hughes, R.N., stroke coordinator in the emergency department at Baylor Garland.

Status: In progress

BABY-FRIENDLY HOSPITAL

Awarded by: Baby-Friendly Hospital Initiative (World Health Organization and UNICEF)

Details: The Baby-Friendly Hospital designation is based on the model of “couplet care,” with mother and baby together in the same room with the same nurse. This encourages bonding and helps establish breastfeeding, which decreases infant pediatrician visits and hospitalizations.

Status: In progress

● By Deborah Paddison



GET QUALITY CARE
See How We Measure Up

For a referral to a physician on the medical staff at Baylor Garland, call **1-800-4BAYLOR** or visit **FindDrRight.com**.



Fun in the Sun

7 tips to keep you safe this summer

Picnics in the park. Barbecuing after 7 p.m. Playing in the pool. When you think of summer, fun comes to mind. But what about the hazards that warm weather brings? Follow these seven tips from Becky Chandler, M.D., a family medicine physician at Baylor Medical Center at Garland, to ensure safe fun all summer long.



1 Slather up. Always apply a broad-spectrum sunscreen 30 minutes before going outside. Choose one with an SPF of 30 or greater and reapply 1 ounce at least every two hours.

2 Stay hydrated. Sip water throughout the day, whether you're thirsty or not, and always carry a bottle with you.

3 Look before you mow. Check the lawn for holes, glass, rocks and other objects before mowing.

4 Never swim solo. Use the buddy system when going to the pool or the lake. And enroll in a CPR class—just in case an emergency happens.

5 Assign an adult. It goes without saying to watch kids around water, but accidents can happen even when multiple adults are around. Assign one adult to stay near the pool to keep an eye on the kids at all times.

6 Wash it off. If you come in contact with poison ivy, poison oak or sumac, immediately wash the affected area as well as your clothing with laundry detergent to prevent the rash from spreading.

7 Pack a first-aid kit. Whether heading out for a long drive, hike or camping trip, always have a first-aid kit handy.

BE PREPARED!
Better Safe Than Sorry

If you experience any type of emergency this summer—big or small—head to Baylor Medical Center at Garland's emergency department. Call **1-800-4BAYLOR** or visit **BaylorHealth.com/GarlandEmergency** to learn more.

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*



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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?

Stroke Smarts

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)

Every Minute Counts

Stroke is a leading cause of disability in the United States, so time to treatment is critical.

“The sooner the patient can get to the hospital, the more we can do to stop the stroke and limit the long-term damage,” says Jared Wolf, M.D., emergency medicine physician on the medical staff at Baylor Medical Center at Garland. “We have a three-hour window to start our stroke protocol.”

In the emergency department, treatment begins right away with an IV, blood work and a CT scan to diagnose the cause of the stroke.

“A hemorrhagic stroke means they’ve had a bleed in the brain,” says Dr. Wolf. But if the scan shows no blood in the brain, that’s an ischemic stroke, meaning a blood clot in one of the arteries has cut off the blood flow. The standard treatment for ischemic stroke is the potent drug tPA, which dissolves the blood clot.

If a patient has had recent surgery, is taking blood thinners or has had a recent stroke, the risk of complications from tPA outweighs the benefits. But most patients meet the criteria to receive the drug, Dr. Wolf says.

Stroke patients in the Baylor Garland emergency department benefit from the collaboration among all the hospitals in the Baylor Health Care System, because the stroke protocol includes transfer to Baylor University Medical Center at Dallas. Through the Stroke Program at Baylor Dallas, patients have access to advanced treatment options, including endovascular procedures in the interventional neuroradiology department.

Whether the tPA is administered at Baylor Garland or they wait until the patient is at Baylor Dallas “depends on how close the patient is to falling out of that three-hour window since their symptoms started,” Dr. Wolf says. Baylor Garland is currently working toward accreditation for its own stroke program.
By Deborah Paddison



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A Message You Can Take to Heart



We hope you never experience a heart-related emergency. But if the unexpected should occur, it's comforting to know that Baylor Medical Center at Garland is both an Accredited Chest Pain Center and an Accredited Heart Failure Center. In fact, Baylor Garland is one of fewer than 40 hospitals nationwide to achieve the Heart Failure Center accreditation. At Baylor Garland, your heart can rest easy knowing that you will receive advanced, evidence-based treatment from caring, compassionate professionals.

For a physician referral or for more information, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/GarlandHeart.

2300 Marie Curie Drive, Garland, TX 75042

 **BAYLOR**
Medical Center
at Garland

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