

July 2011

Baylor Health

FORT WORTH 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**
All Saints Medical Center
at Fort Worth

 **BAYLOR**
Medical Center
at Southwest Fort Worth
Baylor All Saints Medical Center



THERE WHEN YOU NEED HER MOST
Our nurse navigator provides support for gynecologic cancer patients page 2



Guiding You Through Cancer

Gynecologic cancer is devastating. Let a nurse navigator help

For a woman, finding out you have gynecologic cancer is one of the most personal, devastating moments in your life. Luckily for many women, there's a new layer of support. And it can be found at Baylor All Saints Medical Center at Fort Worth.

"Hearing you have gynecologic cancer is a scary time," says Noelle Gillette Cloven, M.D., a gynecologic oncologist on the medical staff at Baylor Fort Worth. That's why having Maureen

Madewell, R.N., a gynecologic oncology nurse navigator, on staff is so important. The first thing she does is meet with the patient and her family, show them around the department and answer questions.

Madewell sees great value in her role. "As good as the doctors on our medical staff are—and we have excellent doctors on our medical staff—sometimes when patients come out, they're shell-shocked," she says. "So we re-explain things and hold their hand. We meet their comfort needs as well as their emotional needs."

What She Can Do for You

A lot of Madewell's job is just being there to offer support and to answer questions. But that's not all.

"I'm there from diagnosis to wellness," Madewell says. "I can help with education, coordinating appointments, arranging transportation, explaining treatment options, discussing nutrition needs, recommending a support group or directing you to a Look Good, Feel Better® class where you can learn how to look pretty on the outside to help make you feel better on the inside."

A Big Success

The program was made available full time thanks to a generous donor. "It is so evident that there is a great need," Madewell says. "Feedback from patients has been extremely positive."

So what's next? Madewell says she wants to expand the program. "I'd like to see the program grow to educate people out in the community about gynecologic cancer. It's such an important message." ● *By Shelley Flannery*

HELP WANTED Need a Nurse Navigator?

If you're facing gynecologic cancer, talk to your doctor about speaking with a nurse navigator. To learn more about the program, call **1-800-4BAYLOR** or visit **BaylorHealth.com/AllSaintsWomensCancer**.

Baylor All Saints Medical Center at Fort Worth
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817-926-2544

Baylor Medical Center at Southwest Fort Worth*
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*Baylor Southwest is a hospital location of Baylor All Saints Medical Center.

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BaylorHealth is published six times a year for friends and supporters of Baylor All Saints

Medical Centers and is distributed by the Marketing Department of Baylor All Saints Medical Centers.

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Fun in the Sun

7 tips to keep you safe this summer

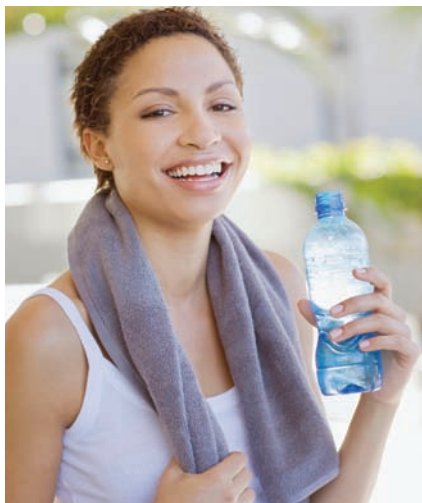
Picnics in the park. Barbecuing after 7 p.m. Playing in the pool. When thinking about summer, fun comes to mind. But what about the hazards that warm weather can bring?

“Summer is a time when people are outside and more active,” says LaPonna Irvine-Moore, D.O., a family practice physician on the medical staff at Baylor Medical Center at Southwest Fort Worth. “And often, people haven’t prepared well for being in the elements.”

But that doesn’t mean your summer should be spent indoors. Follow these seven tips to help ensure safe fun all summer long.

1 SLATHER UP. Apply sunscreen 30 minutes before heading outside. “Choose one with an SPF of 30 or greater and reapply every two hours,” Dr. Irvine-Moore says. Babies under 6 months should be kept out of the sun entirely.

2 STAY HYDRATED. Heat and being active can dehydrate you quickly. Sip water throughout the day, whether you’re thirsty or not, and always carry a bottle with you, Dr. Irvine-Moore says.



3 EASE INTO SPORTS. If you’re taking up a summertime sport, don’t overdo it. Warm up and stretch ahead of time, and stop if you experience pain.

4 NEVER SWIM SOLO. Use the buddy system when going to the pool or the lake. And leave the alcohol at home. “Water and alcohol just don’t mix,” Dr. Irvine-Moore says.

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 keep an eye on the kids at all times. Rotate duties so everyone gets a chance to relax.

6 WASH IT OFF. If you come in contact with poison ivy, oak or sumac, immediately wash the affected area and your clothing to help prevent the rash from spreading.

7 PACK A FIRST-AID KIT. Whether heading out for a long drive, a hike or a camping trip, always have a first-aid kit handy. • *By Shelley Flannery*

IN CASE OF EMERGENCY **Better Safe Than Sorry**

If you experience a minor emergency this summer, head to Baylor Southwest’s emergency department. Call **1-800-4BAYLOR** or visit **BaylorHealth.com/SouthwestED** to learn more.



A Tough Pain to Swallow

Head and neck cancers aren't highly publicized, but they happen—and they are treatable

Evan D. Peterson, 60, found a lump in his neck almost by accident. “I was washing my face after working out one day when I felt it.” But the lump didn't hurt, so he put off making an appointment. Finally, a friend persuaded him to go.

“I was playing golf with a doctor friend of mine, and I asked him about it,” Peterson says. “He said it was probably nothing but that I should go see my doctor as soon as possible to get it checked out.

“Later, he told me that he knew right there on the golf course that I had cancer.”

After a CT scan and biopsy confirmed what Peterson's friend suspected, “the process started really fast,” Peterson says.

About Head and Neck Cancers

You don't often hear about head and neck cancers, but they make up roughly

5 percent of all cancers, says Yadro Ducic, M.D., a head and neck and facial plastic surgeon on the medical staff at Baylor All Saints Medical Center at Fort Worth.

“They historically affected people in their 60s and 70s, and 90 percent had a history of tobacco or alcohol use. Now, however, the disease is affecting younger, nonsmokers and nondrinkers.” Of which, Peterson is one.

Survival Mode

Peterson's tumor was at the back of his tongue. He underwent 30 daily sessions of radiation and five weekly sessions of chemotherapy to shrink it enough to have surgery.

“I couldn't talk or eat because of the radiation,” Peterson says. “Today, you couldn't tell I had cancer.” At least not physically. But his attitude and outlook on life are forever changed.

“When I was told I had cancer, it was daunting. It will scare the most stoic person on earth,” says Peterson, who is the headmaster at Fort Worth Country Day School. “But in the end, it made me appreciate the moment. I don't sweat the little stuff anymore. In fact, I rarely sweat the big stuff anymore!” ●

By Shelley Flannery

  **DON'T DELAY**
Get It Checked

If you have a new or suspicious lump, get it checked immediately. It could mean the difference between life and death. For a physician referral or to learn more about head and neck cancers, call **1-800-4BAYLOR** or visit **BaylorHealth.com/AllSaintsCancer**.

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

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.

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)

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. ●



For Her Heart

Just as it was previously thought that stroke was reserved for older adults, many people still wrongly assume that heart disease only affects men. But that’s not the case. As with men, heart disease is the No. 1 killer of women, and it’s important to know how to protect yourself.

That’s why Baylor All Saints Medical Center at Fort Worth is hosting a free women’s heart seminar series at the Martin Tower. On Aug. 13, you are invited to learn more about heart disease and women. Come between 7:30 and 9 a.m. for free blood glucose screenings and blood pressure tests. Fasting before the glucose test is required, so a heart-healthy breakfast will be served after the screenings. Then, stick around to hear doctors on the medical staff at Baylor discuss peripheral artery disease and the importance of knowing your family heart health history.

HELP YOUR HEART



Ladies, are you at risk for heart disease? Attend this free seminar on Aug. 13 to learn more. Registration is required. Call **1-800-4BAYLOR** or visit BaylorHealth.com/AllSaintsWomensHeart to reserve your spot.



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Through the Health Care Maze.

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- **Cancer:** Coping With Losses
- **What You Need to Know:** Multiple Medications and the Elderly
- **Advance Care Planning:** What Happens When You Don't Have a Plan? Assistance with completion of advance directives will be provided.
- **Identity Theft, Cons & Scams:** Safety Needs for People With Dementia

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