

July 2014

Baylor Health

PLANO EDITION

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REAL PATIENTS. REAL STORIES.

A New Lease on Life

PATRICIA LANGLEY is proof that living well with congestive heart failure is possible **PAGE 6**



GOT JOINT PAIN? Register for a free seminar to learn your treatment options **PAGE 2**

Free Joint Pain Seminar



Feeling achy and uncomfortable? People with arthritis in their knees and hips who want to learn more about their treatment options can attend a free joint pain seminar at Baylor Regional Medical Center at Plano. You'll learn about:

- Arthritis basics
- Nonoperative treatment options such as medication, exercise and injections
- The right time for joint replacement
- The pros and cons of replacing one or two joints
- Minimally invasive surgical procedures
- The materials used in replacement knee and hip joints
- The joint replacing process, from preadmission to the hospital stay to rehab

"It's good for people to know what they're getting into. After the seminar they are armed with information," says Simon Mears, MD, medical director of orthopedic research and quality at Baylor Plano.

Sign Up Today!

Joint pain seminars are held monthly. To register for the next one, visit BaylorHealth.com/PlanoEvents or call **1.800.4BAYLOR**.

GET CONNECTED

Online patient portal comes to Baylor Plano

With the new FollowMyHealth™ patient portal, which is an Allscripts™ solution, you can now view and manage your personal health record from any device with Internet access.

FollowMyHealth lets you connect with participating health care providers in a secure, online environment where you can import (or request that your provider export) into your account important parts of your medical record, including:

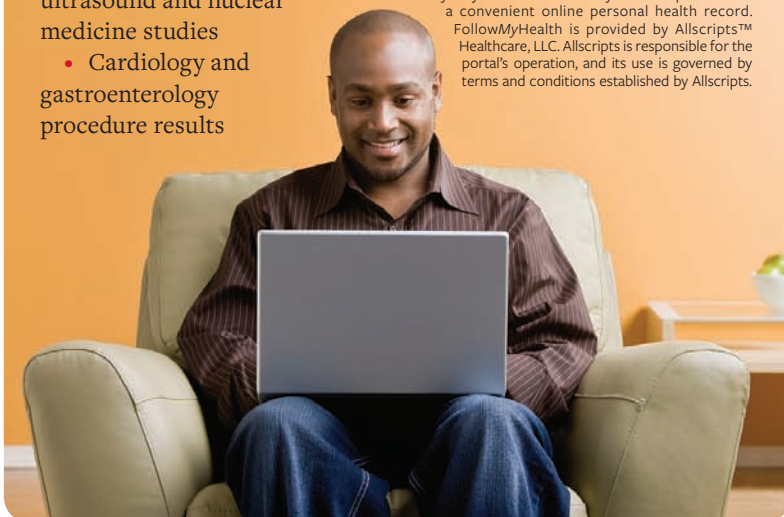
- Most lab studies
- Radiology tests, such as X-rays, MRIs, CT scans, ultrasound and nuclear medicine studies
- Cardiology and gastroenterology procedure results

• Other clinical information, such as allergies, immunizations and ExitCare instructions

If you're discharged from Baylor Regional Medical Center at Plano, you'll receive an email invitation to create an account with this convenient, secure service. You can also visit BaylorHealth.com/FollowMyHealth to request access.

Patients who want to use the FollowMyHealth portal enter into an online agreement directly with Allscripts.

FollowMyHealth™ is a patient portal made available by Baylor Health Care System to patients as a convenient online personal health record. FollowMyHealth is provided by Allscripts™ Healthcare, LLC. Allscripts is responsible for the portal's operation, and its use is governed by terms and conditions established by Allscripts.



Baylor Regional Medical Center at Plano, 4700 Alliance Blvd., Plano, TX 75093. 469-814.2000. Giving Opportunities/Baylor Health Care System Foundation: 214.820.3136. 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. President and CEO, Baylor Health Care System: Joel Allison.

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Is It a Concussion?
 Visit BaylorHealth.com/SportsCare for a referral to an ImPACT-certified physician on the Baylor medical staff. ImPACT (immediate post-concussion assessment and cognitive testing) is the most-widely used computerized concussion evaluation system.

Kids and Concussions

As the concussion discussion continues, parents shouldn't sit on the sidelines. In fact, summertime—when high school students are practicing for fall sports—is a great time to talk to your kids' coaches about procedures for identifying a concussion.

One recent study suggests that a simple one-minute, rapid number-reading screening, called the King-Devick Test, identified 100 percent of concussions among participating University of Florida athletes.

And don't forget to do your part by watching for the following warning signs. If you notice these symptoms in your child, seek treatment immediately.

- Behavior changes
- Blank or dazed look
- Balance, coordination or reaction time changes
- Delayed or slowed spoken or physical responses
- Disorientation
- Unconsciousness
- Loss of memory
- Slurred or unclear speech
- Trouble controlling emotions
- Vomiting

DID YOU KNOW?

100

That's the number of heart transplants Baylor University Medical Center at Dallas has performed since adding a new surgical heart transplantation team to its medical staff in 2013.

This makes it the **largest heart transplant program in Texas** by volume. And it also means that the highest-priority patients wait a median of 14 days, compared with 24 days before the team was added.

SAFE SWIMMING

Kids and pools are inseparable come summer, requiring constant vigilance on the part of adults. Play it safe with these steps:

- ≈ Supervise children. Never let them be in or around a pool alone.
- ≈ Learn CPR.

≈ Install four-sided fencing around pools.

≈ Enroll children as young as 1 in swimming lessons.

≈ Outfit young children or inexperienced swimmers in life jackets (not water wings or inner tubes).



Keep 'Em Healthy

For a free referral to a physician on the Baylor medical staff who can help keep your kids in swimming shape, visit FindDrRight.com today.

More than a Mammogram?

Do you know how dense your breasts are? The answer could change your recommended breast cancer screening schedule

HENDA'S LAW passed in Texas in 2011. Named after Dallas Realtor and breast cancer survivor Henda Salmeron, the law requires radiologists to grade the density of women's breasts when they evaluate their mammograms. The breast tissue is graded on a scale of one to four, with one representing the least-dense tissue.

The grading helps differentiate between breasts that have more fatty tissue and those that have more fibrous tissue, says Lisa Hooper, MD, medical director of the Women's Imaging Center at Baylor Regional Medical Center at Plano. Breasts with more fibrous tissue are harder to evaluate through a mammogram, she explains, and additional screening may be beneficial.

But because the law is fairly new, women don't always know what to

do with this information. Here are Dr. Hooper's recommendations.

KNOW YOUR GRADE

If your breasts are dense (grade three or four), talk to your primary care physician about your other risk factors. Depending on your overall risk, your doctor may recommend a breast ultrasound or breast MRI.

KNOW YOUR INSURANCE

If additional testing is recommended, talk to your insurance company so you understand the potential cost. While most screening mammograms are covered at 100 percent, the cost of breast ultrasound may apply toward your deductible. And breast MRIs are often not covered by insurance, Dr. Hooper adds.

KNOW YOUR SCREENING SCHEDULE

No matter your density grade, you should still perform self-exams starting at 20, have a yearly clinical breast exam beginning at 30 and start annual mammograms at 40.

Dr. Hooper is hopeful that in the future, recommendations will be in place to better guide women with dense breast tissue in decisions regarding their care.

"Someone with extremely dense breasts and a lot of risk factors might benefit from a yearly MRI. For someone else who is barely grade three with no other risk factors, even a yearly ultrasound might be too much. We're hoping to develop an algorithm," she says.

Are You Overdue?

To schedule your screening mammogram, visit BaylorHealth.com/PlanoBreastImaging or call 469.814.5500.





Gut Check

For a referral to a gastroenterologist on the Baylor Plano medical staff, visit BaylorHealth.com/PlanoDigestive or call **1.800.4BAYLOR**.

Researchers are unsure what causes the disease. “There’s something in the patient’s intestine that is causing the inflammation,” says Jeff Hurley, MD, a colorectal surgeon on the medical staff at Baylor Medical Center at Irving. “We’re zeroing in on the factors through research, but we still don’t know exactly what causes the inflammation to occur.”

And while there is no cure for Crohn’s, the symptoms can be managed through lifestyle, medical and surgical options.

HOW TO HANDLE IT

If you’ve been given a diagnosis of Crohn’s disease, take control with these steps.

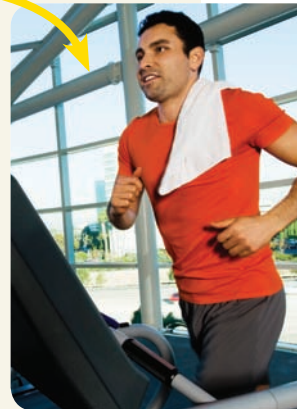
Watch what you eat. Crohn’s isn’t caused by food, but certain things can exacerbate symptoms. Keep a food diary and avoid items that cause flare-ups.

Chill out. Again, stress doesn’t cause Crohn’s, but it can aggravate it. Adopt healthy coping techniques, such as exercise, to lower stress levels and don’t smoke.

Get a prescription. Today’s medications for Crohn’s are much more effective than previous anti-inflammatories. “Newer, biologic medications can actually reduce certain molecular inflammatory

pathways,” Dr. Hurley says. “They’ve really reduced the number of people who have to have surgery.”

Consider surgery. There’s good news for people who require surgery as well. “In the old days, we had to make a big incision,” Dr. Hurley says. “In the majority of cases today, we can do minimally invasive surgery, which usually means less pain, less time in the hospital and a quicker return to work and activity.”



CONQUERING CROHN’S DISEASE

This condition affects nearly 700,000 Americans. Are you one of them?

Nobody likes to talk about digestive problems. But the fact is, chronic issues affect all aspects of your life—from dealing with painful cramps at work to trying to avoid embarrassing social situations.

For as many as 700,000 Americans, these issues are caused by Crohn’s disease, an inflammatory bowel disease characterized by frequent diarrhea, abdominal cramps, rectal bleeding and an urgent need to use the bathroom.

Failure Is Not an Option

Sticking to *doctor's orders* can help congestive heart failure patients live well

When Irving resident Patricia Langley went to the emergency department in 2007, she was basically drowning in her own body. Her heart couldn't pump hard enough to rid her body of fluids. "My organs were starting to shut down, which only made my heart work harder," she says. "I almost didn't make it. I let it go too far."

Her symptoms, which included weight gain, fatigue, shortness of breath and bloating, pointed to congestive heart failure (CHF), which occurs when the heart can't keep up with the body's workload. Since the diagnosis, Langley holds her symptoms at bay by keeping a food diary, eating a healthy diet and walking 30 minutes a day on her treadmill.

"It's not easy at first. You've got to learn ways to reconfigure your life because the old way of life is gone," says 63-year-old Langley, who has lived with CHF for seven years. "But if you just keep going, sooner or later you'll find the pace that's right for you."

Langley is proof that living well with CHF is possible. Here, Michael Rothkopf, MD, medical director of cardiovascular services at Baylor Medical Center at Irving, offers five smart steps for people with CHF.

Seven years after a trip to the emergency department for congestive heart failure, Patricia Langley is loving life.



Get Your Blood Pressure Checked

For a referral to a physician on the Baylor Plano medical staff, visit BaylorHealth.com/Plano or call **1.800.4BAYLOR**.

STEP #1 TAKE YOUR MEDS

From diuretics to anticoagulants to beta blockers, most CHF patients are prescribed medications to help with fluid retention and heart function. But they can't work if you don't take them.

"It's important to take your medicines as directed. It's also important to talk with your doctor about different strategies for taking them to find the right balance," Dr. Rothkopf says.

For example, when the heart isn't pumping enough blood to the kidneys, you start to retain fluids. Determining your "dry weight"—your weight when you're feeling good and your heart failure is being managed—can help you identify sudden weight spikes that excess fluids might be causing. This can help guide diuretic dosage.

STEP #2 PASS (ON) THE SALTSHAKER

Your body wants to retain sodium when you have heart failure. "The kidneys get the signal, 'We're not getting pumped the way we need to, so we need to hold on to salt and water,'" Dr. Rothkopf says. Simply put the saltshaker away. "If you add salt to food, you will retain fluid and a diuretic will be much less effective."

Drinking only when thirsty can also help regulate fluids.

STEP #3 KEEP MOVING

Light to moderate exercise is good for people with CHF. "It will not necessarily make their heart stronger, but their bodies and muscles will use oxygen more efficiently," Dr. Rothkopf says. He recommends walking, stationary cycling, light resistance training or yoga.

STEP #4 WATCH YOUR BP

If you have high blood pressure, it's important to lower it, and that might mean taking medication. "High blood pressure aggravates heart failure because the heart is pumping against the resistance of blood vessels. If you have a weak heart and high blood pressure, it's a bad one-two combination," he says.

STEP #5 BEWARE OF DEPRESSION

With any chronic diagnosis, it's only natural to feel down. But when you feel down *and* out, it's time to talk to your doctor. "If you have no interest in life, if you don't want to go out, if you experience no joy from relationships or activities, that definitely should be discussed with your physician," Dr. Rothkopf says.

Langley admits her diagnosis was tough at first. "It's OK to mourn your old life. But it's important to realize you can still have a wonderful new life," she says. "There are happy times. You just learn to cherish them more."

Beating Heart Failure

What's the top cause of congestive heart failure? Untreated high blood pressure, says Hania Alaidroos, MD, a family medicine specialist on the medical staff at Baylor Regional Medical Center at Plano.

With high blood pressure, the heart works harder with each heartbeat to pump blood.

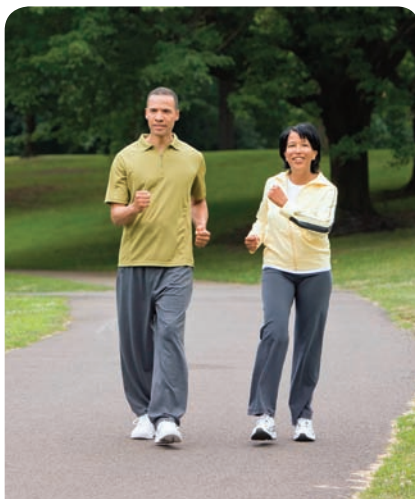
"The heart has to work against that pressure, and as it works harder the walls of the heart thicken," she explains. Plus, the pressure causes the heart to expand and weaken.



HOW TO FIGHT BACK:

Get an annual physical that includes a blood pressure check, and if you have been diagnosed with high blood pressure, follow treatment instructions.

"Many times people associate taking a pill every day with a personal failure, so they choose not to take it," she says.



6 Cancer-Fighting Superfoods

Adding these items to your grocery cart may lower your risk

Can you really eat your way to a cancer-free future? “It has never been proven that diet can change or alter cancer outcomes, but that doesn’t mean it can’t help,” says Carolyn Matthews, MD, medical director of integrative medicine at Baylor University Medical Center at Dallas. We asked her to tell us which foods are smart to stock up on—and which to skip.

Quality Cancer Care

For a referral to an oncologist on the Baylor Plano medical staff, visit BaylorHealth.com/PlanoCancer or call 1.800.4BAYLOR.

STOCK UP ON:

Green Tea

It’s chock-full of the plant-derived antioxidants known as catechins, which have proved to be more effective than vitamins C and E in halting oxidative damage to cells. Plus, studies have found a link between drinking green tea and a reduced risk for several cancers, such as breast, lung and colon cancers.

→ **TRY THIS:** Make an iced version, add an orange wedge and sip throughout the day.



STOCK UP ON:

Cruciferous Vegetables

Yes, you really do need to eat your veggies—specifically broccoli, cauliflower and kale, which are packed with antioxidants and phytochemicals, like sulforaphane. Sulforaphane may stimulate enzymes that help detoxify potential carcinogens. In short, it might increase the death of cancer cells.

→ **TRY THIS:** Sauté kale with garlic, onion and a dash of low-sodium chicken broth for a flavorful side dish.



STOCK UP ON:

Pomegranate Juice

Guys, this one’s for you: Studies in rodents have shown that consuming pomegranate juice can decrease the rate of development, growth and spread of prostate cancer.

→ **TRY THIS:** Not a juice guy? Whip up a smoothie starring pomegranate juice, strawberries, blueberries and low-fat yogurt.



STOCK UP ON:

Tomatoes

Everyone's favorite "fregetable" (read: fruit that tastes like a vegetable) is packed with the phytochemical lycopene, which can prevent cellular damage and abnormal cell replication and growth. And raw tomato-haters, don't worry: Lycopene is best absorbed in cooked tomatoes. If you prefer your fruit on the fruitier side, turn to red grapefruit and watermelon, which also contain lycopene.

→ **TRY THIS:** Roast a batch of cherry tomatoes for a fresh, summery side dish.



STOCK UP ON:

Garlic & Onions

Your breath may not be minty fresh, but the benefits of garlic and onion far outweigh the aromatic downside. These two flavorful veggies contain the phytochemical allicin, which acts as an antiviral, antifungal and antibacterial agent, and may zap toxins related to cancer development.

→ **TRY THIS:** Toss both garlic and onion into everything from omelets to soups to pasta dishes.

Cancer Myths Busted

There are a lot of misconceptions surrounding cancer. Here, Philip Kovoov, MD, an oncologist on the medical staff at Baylor Regional Medical Center at Plano, debunks some of the most common.

DOES SUGAR MAKE CANCER WORSE?

Cancer doesn't develop or progress because of sugar consumption. Cancer cells do consume more glucose than normal cells, but generally cancer will consume any calories you take in.

IS CANCER CONTAGIOUS?

No study has found that cancer is contagious. Some infections are linked to cancer development, and these infections themselves can be contagious, but the cancers they can cause are not.

DO ARTIFICIAL SWEETENERS CAUSE CANCER?

Researchers have found no evidence that artificial sweeteners cause cancer.

DO CELLPHONES CAUSE CANCER?

Research has not found that the energy emitted by cellphones causes the damage or mutation that can lead to cancer.

CAN HERBS CURE CANCER?

Research has not shown that herbal treatments can cure cancer. Some herbs, however, can help diminish the side effects of cancer treatments.

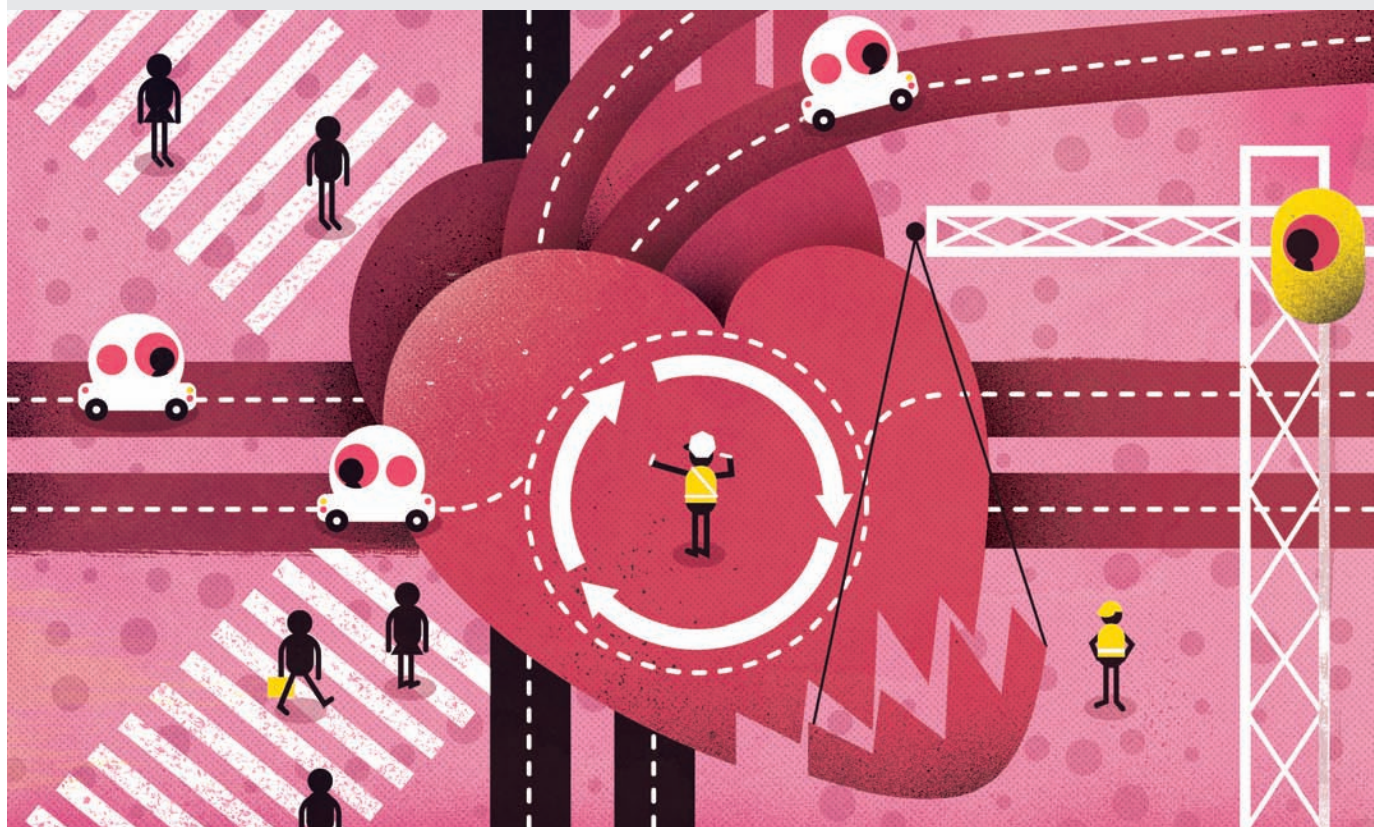
SKIP IT:

Anything Processed

When it comes to a cancer-fighting diet, you want to make more room on your plate for nutrient-dense foods, not filler foods that don't have much to offer. "I always encourage a diet that includes foods with loads of vitamins per calorie and fewer processed foods," Dr. Matthews says.

Plus, passing on things like chips and cookies will help you maintain a healthier weight, which, in turn, can help you avoid a cancer diagnosis down the road. "Several cancers are related to obesity, and being overweight can affect both the risk level and the prognosis," she adds.

The most important thing, though, is to be consistent: "No one food is the end-all, be-all cancer fighter. A healthy overall dietary pattern is the most essential element."



THE ANSWER INSIDE

A new investigational treatment for advanced heart disease may lie within us

WHEN HEART DISEASE is diagnosed early, individuals have many treatment options—from lifestyle changes to medications to surgery. But for people with advanced heart disease, options are limited.

“Patients with advanced heart disease have damaged heart muscle and decreased heart function,” says Cara East, MD, medical director of the Soltero Cardiovascular Research Center at Baylor Research Institute (BRI). “In these cases, transplant or an artificial heart may be the only choices.”

But an exciting new investigational treatment could offer another option.

THE BODY’S TRAFFIC COPS

To understand this new investigational treatment, you first need to know how adult stem cells work. Found throughout the body, but especially in bone marrow, stem cells are activated during a trauma, like breaking a bone. “Then, they act like traffic cops—directing some cells to clear

out dead cells and others to repair and rebuild,” Dr. East says.

The cells live for up to 90 days and then die, turning off the cycle of repair. In most cases, it’s just the right amount of time to complete the job without overgrowing bone or tissue. But after a heart attack, “blood flow may be poor due to blockages, so that process is often slowed, impaired or incomplete,” Dr. East explains.

A SECOND CHANCE AT HEALING

By taking stem cells from another part of the body, that process can begin again—and that’s exactly what vascular stem cell treatment attempts to do.

“We take stem cells from a patient’s hip and use a special treatment to activate them,” Dr. East explains. “The cells are then injected into the heart to stimulate a new cycle of repair.”

Over the past eight years, BRI has been involved in six Food and Drug Administration-approved clinical trials on vascular stem cell treatment, which have included more than 100 patients.

“In some cases, new tissue grew, damage was repaired and inflammation was reduced,” she says. “And the safety data has been very good so far.”

ON THE HORIZON

Dr. East says her research is far from complete—trials are ongoing and FDA approval of the treatment may be five or more years away.

“We’re still trying to figure out which stem cells work best, the best way to harvest and activate them, and how to get the best repair,” she says. “There are a lot of great minds working to answer these questions.”

Though it may be far off, Dr. East says she’s excited about the future of vascular stem cell treatments. “This shows great promise as an effective and low-risk treatment option for individuals with advanced disease.”

Help Wanted

Visit BaylorHealth.com/AdvancingMedicine to find out how you can participate in future research trials.

Get the Exclusive

Visit BaylorHealth.com/Exclusive for more health and wellness content!

📌 DID YOU KNOW?

Get Him to the Doctor

If you can't remember the last time the man in your life had a checkup, it's time for a firm nudge.

Go to BaylorHealth.com/Exclusive and click "Get the Facts" to find five stat-driven reasons he needs to make his health a priority today.



Return to the activities you love!

Get Better and Get Back Out There

📌 INJURED? We can help with everything from shoulder to foot pain. To learn more about the sports medicine services available at Baylor Plano, visit BaylorHealth.com/PlanoSports today.

RECIPES 📌

Keep It Light

When it's hot out, the last thing you want is a heavy meal. Visit BaylorHealth.com/Recipe to browse a wealth of nutritious recipes that won't weigh you down—from salads to smoothies to salmon.



📺 VIDEO

LEAVING TOWN?

Watch our "Safe Travels" video at BaylorHealth.com/DigitalShort before you head out on vacation. After all, you don't want to spend your downtime down and out.



📌 QUICK TIPS

Extreme Makeover: Sleep Edition

Tired? It could be your bedroom's fault. Visit BaylorHealth.com/Exclusive and click "Live Better" to discover the small changes you can make to sleep well tonight.



COMMUNITY CALENDAR

July & August 2014 Events

To register, visit BaylorHealth.com/PlanoEvents or call **1.800.4BAYLOR** unless otherwise noted.

MAMMOGRAPHY **Saturday Mammography**

Services 8 a.m. to noon. Register for a screening mammogram at BaylorHealth.com/PlanoBreastImaging or call **469.814.5500**. Most insurance plans are accepted.

July 12 and 26; Aug. 9 and 23: Women's Imaging Center at Baylor Plano
July 19 and Aug. 16: Baylor Plano's Elizabeth Jekot MD, Breast Imaging Center

SEMINARS AND SUPPORT GROUPS

Diabetes Support Group
Aug. 4, 7 to 8 p.m. Conference Room A & B on the Garden Level of Baylor Plano.

Pass the Hat July 28; Aug. 25, 1:30 to 3 p.m. Classroom A, Garden Level at Baylor Plano. Knit chemotherapy hats for cancer patients.

Cancer Survivorship Program July 22; Aug. 26, 6 to 8 p.m. Education Center 1-4 on the Garden Level of Baylor Plano. Light dinner will be served.

Weight Loss Surgery Support Group July 9; Aug. 13, 6:30 to 8:30 p.m. Education Center 1 & 2, Garden Level at Baylor Plano. To register, call **469.814.5677**.

Joint Pain Seminar
July 16; Aug. 20, 6 to 7 p.m. Education Center 1, Garden Level at Baylor Plano.

Look Good, Feel Better®

July 8, 6 to 8 p.m. Classrooms A & B on the Garden Level of Baylor Plano.

ONGOING EVENTS **Diabetes Self-Management Program**

This program assists people of all ages in managing diabetes. Classes are offered at various times. To register, call **469.814.6896**.

Medical Nutrition Therapy Baylor Plano offers appointments and classes at various times. To schedule an appointment, call **469.814.4483**.

MammaCare® Breast Self-Exam Class Learn to feel the difference between the texture of normal tissue and lumps. To register, call **469.814.5768**.



REAL PATIENTS. REAL STORIES.

“Since my *Balloon Sinuplasty* at Baylor, I can breathe again!”



Most people take breathing for granted. Not Christina Allen. After years of sinus congestion, she looked into surgery, only to be put off by the prospect of a long recovery. Then she learned about Balloon Sinuplasty at Baylor, a procedure that expands airways without cutting into tissue and bone. Because it's minimally invasive, recovery is typically quick. "Even right after surgery, I didn't have any pain," says Christina, who was back to caring for her family the next day. Now that her airflow is better, so is her sleep. "I wake up refreshed," says Christina. "I have new energy."

For a physician referral or for more information about ear, nose and throat services, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/Frisco.

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Frisco, TX 75034

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