

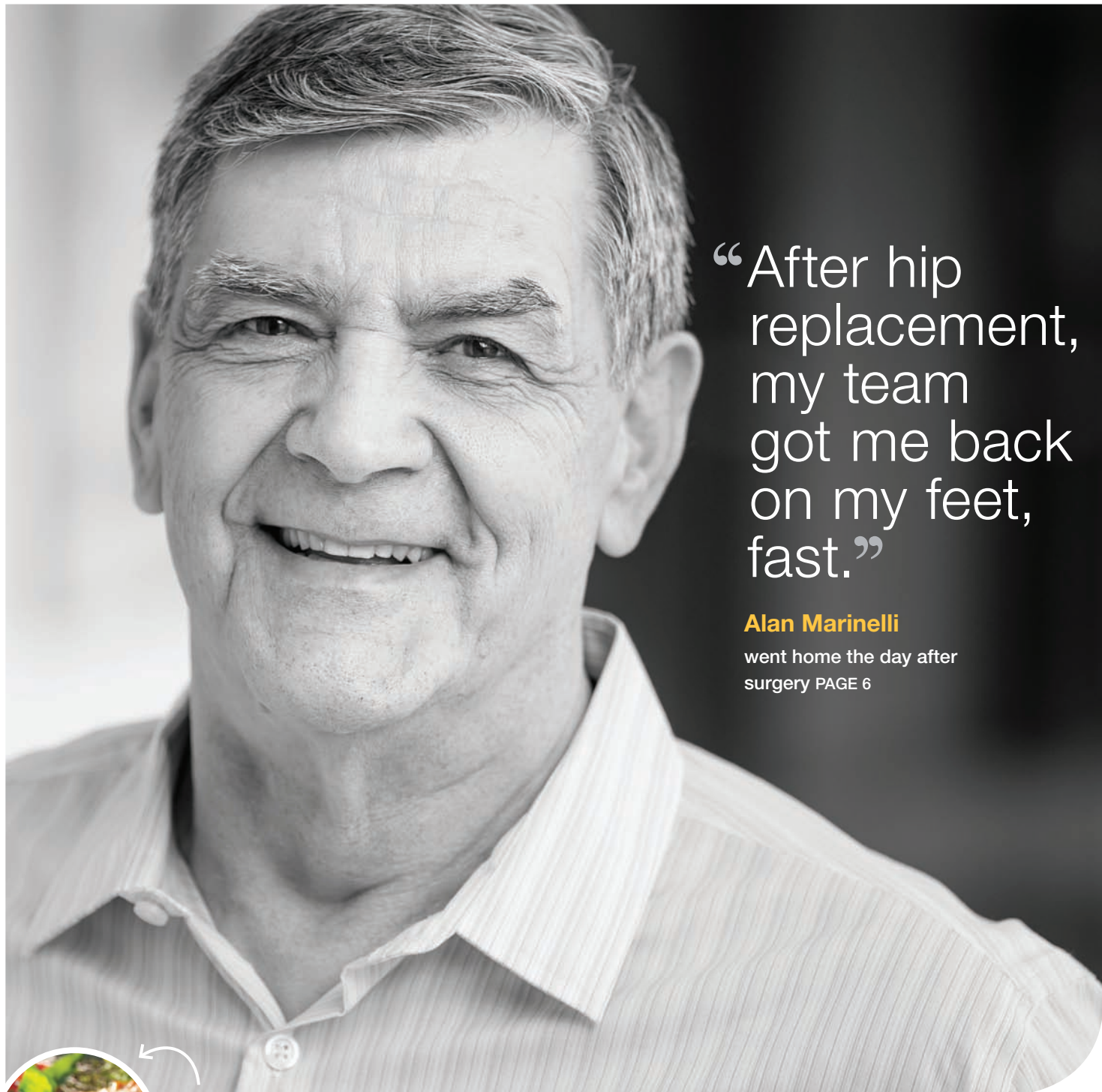
Baylor Scott & White

Health

Baylor Health Care System is now
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BaylorHealth.com/[Grapevine](#)

July 2015



“After hip replacement, my team got me back on my feet, fast.”

Alan Marinelli

went home the day after surgery PAGE 6



SUMMER SIZZLE

Simple tips for avoiding heartburn this season PAGE 2

 **BAYLOR**
Regional Medical Center
at Grapevine
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Summer Sizzle

Stay a step ahead of the season's heartburn triggers

This weekend it's a barbecue, next weekend it's a picnic and in between are baseball games on the schedule. Add those weeknight grilled dinners when it's too hot to cook indoors and you have a recipe for a season full of foods that can cause heartburn and indigestion.

Some of the top heartburn-triggering culprits are:

- ▶ Ketchup
- ▶ Mustard
- ▶ Vinegar
- ▶ Fried and fatty foods
- ▶ Mint
- ▶ Carbonated beverages
- ▶ Citrus fruits and juices
- ▶ Alcohol

If the burn is bothering you, limit these foods. And avoid overeating. Heartburn occurs when food and acid from the stomach back up into the sensitive esophagus. When you

BEAT THE BURN

Need help treating your heartburn? The gastroenterologists on the medical staff at Baylor Regional Medical Center at Grapevine can help. For a referral, visit BaylorHealth.com/Grapevine or call **1.800.4BAYLOR**.

overeat, the stomach becomes full and you force the acid out. Fatty foods also cause trouble because the fat is digested more slowly, so fatty foods stay in the stomach longer.

If steering clear of triggers doesn't help, try over-the-counter antacids, such as Rolaid[®] or Tums[®], or acid-reducing medications, such as Pepcid[®] or Zantac[®]. Talk to your doctor if your heartburn strikes more than twice a week and over-the-counter remedies don't help.

SMART STARTS FOR SCHOOL

Don't look now but the first day of school isn't far off. Get yourself and your children off to a strong start with these tips.

1 Back up bedtime. If your kids are sleeping in, move back their bedtime 15 minutes a day until they are waking in time for the start of the school day.

2 Get going. Have your kids eat breakfast, brush their teeth and get dressed—shoes too—in the mornings before school starts.

3 Know where to go. New school? New classroom? New bus stop? Reduce first-day jitters by showing your children where they'll be going ahead of time.

4 Pack it up. If your child has a back-to-school shopping list, now's the time to hit the stores. If not, pick up pens, pencils and a notebook for a confident start.



Stay on Schedule

Remember to make appointments for school and sports physicals. If you need a pediatrician, visit BaylorHealth.com/Grapevine or call **1.800.4BAYLOR**.

Baylor Regional Medical Center at Grapevine, 1650 W. College, Grapevine, TX 76051

West Region Director of Marketing: Dee Dee Ogrin; Manager of Marketing/PR: LaKisha Howard; Physician Liaison: Chris Orona; Community Outreach Consultant: Rachel Nobles

Baylor Grapevine Main Number: 817.481.1588; Baylor Grapevine Physician Referral: 1.800.4BAYLOR (1.800.422.9567); Educational Programs: 817.329.2878; Baylor Grapevine Diagnostic Imaging Center: 817.305.5010; Baylor Diagnostic Imaging Center at Keller: 817.482.2000; Baylor Grapevine Women's Center: 817.424.4500; 24-Hour Emergency: 817.329.2523; Baylor Therapy Center: 817.329.2524; Clinical Nutrition Programs: 817.329.2569; Baylor Grapevine Volunteer Services/Auxiliary: 817.329.2665

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

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3 Steps to a Safer Crib

Your new bundle of joy will be spending a lot of time in the crib (infants can sleep 18 hours a day!), so you'd better make sure it's the safest spot in the house.

1 It's all about location.

Position the crib away from windows—you don't want blinds or drapes posing hazards. The same goes for large furniture that could be pulled over or used to climb on.

2 Only baby goes in the bed. Soft bedding (covers, pillows, bumper pads) and toys increase

the risk for suffocation. Also, the mattress should fit snugly in the crib frame—no gaps where the infant could get caught.

3 Check the bars.

Planning to use a hand-me-down crib? Make sure the bars are no more than $2\frac{3}{8}$ inches apart. Any bigger and there's a risk that your little one could get stuck.



MORE

Your Baby Questions Answered

Which crib? Which shots, and when? Your doctor can help you every step of the way. To find a physician in your area, visit FindDrRight.com today.

52%

Of all the people with high blood pressure, **only about half** have it under control. That's a scary statistic because hypertension increases the risk for heart disease and stroke. **Get your blood pressure checked every year, and, if it's high, work with your doctor on a game plan.** That could mean lifestyle changes or medication, or both.

PACK A BETTER PICNIC

Nothing ruins a picnic faster than spoiled food. Follow these dos and don'ts for a safer spread.

DO rethink the picnic basket.

Cold foods should be stored in a cooler at 40 degrees to keep bacteria at bay. Save the basket for paper products, crackers, chips and the like.

DON'T thaw out your meat.

Pack your grillables while they're still frozen to keep them cooler longer. That includes chicken, fish and steak. And make sure they're

wrapped up tightly so there's no chance of cross-contamination.

DO take two coolers—one for food and one for drinks. This protects your perishable items from losing coldness as folks open and reopen the cooler to grab beverages.

DON'T forget to rinse. Give fruits and veggies a good wash before packing them up.

NOSH ON THIS

From appetizers to main dishes, we have nutritious options for your next picnic. Visit BaylorHealth.com/Recipe to find something healthy for any course.



Hot, Hot, Hot!

Understanding the dangers of heat exposure

Too much exposure to hot weather isn't good for anyone. But certain age groups are prone to particular heat hazards. Learn how to keep your family, friends, neighbors and pets safe this summer.

KIDS AND PETS: **Get Out of the Car**

It doesn't take much heat to be life-threatening—especially when you're talking about children in vehicles.

The temperature inside a vehicle parked in direct sunlight can rise 20 degrees in just 10 minutes. When it's 100 outside, the interior can be 172. And yet 14 percent of parents admit to leaving a young child alone in a parked vehicle despite knowing about the dangers of heatstroke (when body temperature is 104 degrees or higher), according to a 2014 study by Safe Kids Worldwide.

"That's why it's so important to never leave your kids in the car and to prevent them from getting in the car when you don't want them to," says Susan Burchfield, trauma injury prevention outreach coordinator at Baylor Scott & White Health. "Keep the vehicle locked when it's parked at home and store keys out of reach of children."

And don't forget Fido: Never leave your pet alone in the car, either.

TEENS: Play It Safe

For teens playing in the summer heat, hydration is key.

"They need to be drinking water often throughout the day," Burchfield says. "Coaches and athletic trainers need to build that into the schedule."

It's also critical to know the signs of heatstroke, such as confusion, dizziness or fainting, dilated pupils, headache, nausea and weakness. Seek immediate medical care if your child experiences any of these symptoms.

ADULTS: Work Smart Outdoors

People working outside, such as roofers and road construction workers, should take a water break at least every 15 to 20 minutes. Burchfield also recommends they use misters and fans and seek shade as frequently as possible to prevent sunburn.

"Everybody needs to be watching out for each other, so that if you are developing heatstroke symptoms, someone is aware and can get emergency help for you," she says.

SENIORS: Avoid Prescription Problems

Older adults are at greater risk for heat-related illnesses because their bodies

can't adjust to sudden temperature changes like when they were younger and because they are more likely to take certain prescription medicines.

"There are medications that can change the way that the heart beats, for example, so people need to be asking their health care providers if their medication will affect how they handle hot weather," Burchfield says.

You can help keep the seniors in your family and around your neighborhood safe by ensuring they stay hydrated and have a place to cool off.



MORE

Keep Your Cool

For more sun safety tips from Baylor Regional Medical Center at Grapevine, visit [BaylorHealth.com/GrapevineHeatSafety](https://www.baylorhealth.com/GrapevineHeatSafety) today.



9

Ways to Head Off a Headache



➔ For many people, the familiar twinge of an impending headache can spoil the best of days. Maybe it doesn't have to be that way. The two most common headache types—tension and migraine—can be relieved and possibly prevented by addressing three major contributors: stress, sleep and diet. Chaouki Khoury, MD, medical director of the Comprehensive Headache Center in Dallas, offers these tips for tempering the pain in your temples.

GET AHEAD OF THE PAIN

If these shortcuts aren't helping, you may need to seek expert care for your headaches. For a referral to a neurologist on the medical staff at Baylor Regional Medical Center at Grapevine, visit BaylorHealth.com/Grapevine or call **1.800.4BAYLOR**.

1. Manage your stress. Bypass a full-blown headache with stress management techniques like yoga, meditation, Pilates, acupuncture and massage therapy.



2. Get your ZZZs. Regular sleep can decrease the frequency of migraines. "Try to keep your sleep schedule on the weekends as close as possible to your sleep schedule during the week," Dr. Khoury says.



3. Stay hydrated. Dr. Khoury recommends drinking plenty of water, and not just when you're thirsty. Set a goal of at least eight 8-ounce glasses daily.



4. Keep clear of tobacco smoke. Firsthand and secondhand smoke can trigger or exacerbate headaches.



5. Limit your screen time. All those hours fixed to TVs, computers, tablets and smartphones can cause headaches and disrupt sleep-wake cycles. Dr. Khoury recommends switching off screens an hour or two before bedtime.



6. Sidestep food triggers. "Not everybody has a food trigger, but if you see a connection between something you're eating or drinking and your migraines, you want to avoid it," he says. The most common culprits are alcohol, artificial sweeteners and nitrates in cured meats.



7. Avoid medication overuse. "Though many people need over-the-counter medications, if they are taken 15 days or more a month they can worsen your headache," Dr. Khoury says. If you rely on over-the-counter medication most days and also have headaches, talk to your doctor.

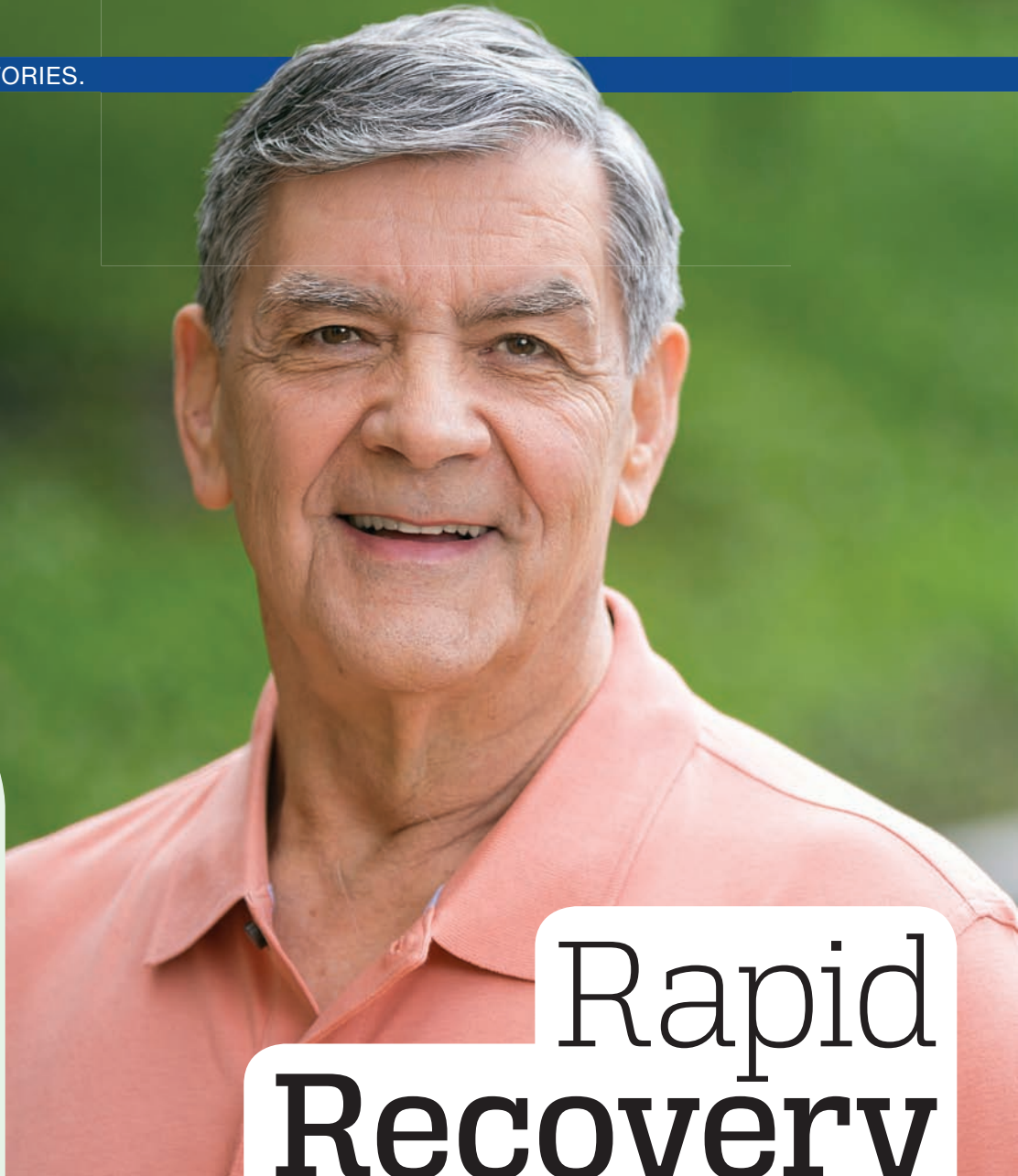


8. Cut out caffeine. "Drinking daily caffeine has a similar effect on headaches as medication overuse," he says. Caffeine also disrupts sleep and causes dehydration, which contribute to headaches, too.



9. See your doctor or a headache specialist if these techniques don't work or if headaches increase in frequency or intensity.





Living Well with Arthritis

If you're not ready for surgery to relieve arthritis, there are other steps you can take.

The principal step is to lose weight if you're overweight, says Jay Mabrey, MD, chief of orthopedics at Baylor University Medical Center at Dallas. Your primary care provider can help you determine lifestyle changes necessary to achieve your goals.

It's also important to keep moving, he says, as being sedentary can cause more pain and stiffness. But modifications might be needed.

"I tell a lot of people to change their exercise routine," Dr. Mabrey says. "Instead of walking, which may be painful, I suggest the elliptical or bicycle or water aerobics."

Rapid Recovery

Baylor Scott & White's one-day joint replacement discharge program gets you back on your feet

→ ALAN MARINELLI IS AN AVID EXERCISER. At age 71, he swims and rides his bike regularly. Plus, he's been going to the gym five or six days a week for 30 years. So when he started having problems lifting his knees during one of his classes, he was concerned. As the pain got progressively worse, he saw his doctor.

Over about 18 months, Marinelli did three rounds of physical therapy

and took various medications for his pain.

"It was a cycle of feeling better and then getting worse," he recalls. In February 2014, an MRI of Marinelli's right hip showed bone-on-bone arthritis, and he made an appointment with an orthopedic surgeon on the medical staff at Baylor University Medical Center at Dallas.

"By that point, I was walking with a cane," he adds.

“I came through this in very good shape.”

—Alan Marinelli

their lifestyle. If it's bad enough that it's affecting your golf game, and that's what you enjoy doing, then surgery may be the right choice.”

Marinelli's arthritis was preventing him from doing the activities he loved, and other, more conservative treatments had failed. So when he discussed joint replacement with an orthopedic surgeon, he was confident it was the right move. Then he learned about a program that would have him home quickly.

GETTING GOING AGAIN

With Baylor Scott & White's one-day joint replacement discharge, people can have knee or hip replacement surgery one morning and go home the next day. To be eligible, a person should be in good overall condition and be at a healthy weight. In addition, there should be a support person at home who can help.

“They also need to be motivated,” Dr. Mabrey says. Physical therapists work with patients to get them moving right after surgery, and the patients need to be ready for that.

But remember: The one-day discharge program is just one option, Dr. Mabrey notes. “It's not necessarily for everyone,” he says. “It's not a requirement that you go home the next day. If you are apprehensive, then you can stay an extra day and make sure you're ready.”

Marinelli went home the day after his surgery. He was cautious his first week, but soon he was riding his bike again and chasing after his 9-year-old granddaughter, Alison. And within three months, he was back to his high-intensity gym workouts.

“I really felt that I came through this in very good shape,” Marinelli says.

GRINDING TO A HALT

Osteoarthritis, the most common form of arthritis, results from wear and tear on a joint. The pain can be debilitating, making daily life a challenge.

“It eventually can slow people down to the point where they can no longer exercise,” says Jay Mabrey, MD, chief of orthopedics and an orthopedic surgeon on the medical staff at Baylor Dallas. “Then, they tend to gain more weight, which worsens the arthritis.”

Dr. Mabrey first asks his patients to try nonoperative treatments, such as anti-inflammatory medication and physical therapy.

But, he says, “people should consider surgery if the pain is interfering with

CASING THE JOINT

When your joints are sore or achy, it can be tough to tell what you can treat at home and what warrants medical attention. Michael L. Nguyen, MD, an orthopedic surgeon on the medical staff at Baylor Regional Medical Center at Grapevine, offers these tips:

- ▶ If your pain stems from a trip or fall and the joint is swollen, see someone right away to make sure there aren't any fractures. If there's little or no swelling, you can wait seven to 10 days to see whether the pain eases. If the pain is the same or worse, seek medical care.
- ▶ For chronic joint pain, if the pain is affecting your daily activities, wakes you up at night or keeps you from your leisure activities, talk to your doctor or an orthopedic surgeon.

MORE

Take the Next Step

To learn more about knee replacement surgery, visit [BaylorHealth.com/GrapevineKneeGuide](https://www.baylorhealth.com/grapevinekneeguide) to download the Baylor Grapevine guide.

Protect the Home Team

5 plays for keeping your whole family healthy and safe

➔ Everyone in the family has a role. As a parent, you're the coach of the decisions that most affect your team's health: diet, exercise and doctor appointments.

Although each family member may have specific health needs, there are certain plays you can make that will keep everyone in the game.

KEY PLAY 1: EAT HEALTHY (MOSTLY)

Unless your family has special dietary needs, healthy eating can be simple. You don't need to have a master's degree in nutrition. Just aim to eat meals made with natural foods—whole fruits, vegetables, grains and proteins—most of the time.

"We often think about and are concerned with the side effects of medication," says John Joseph, MD, a family medicine physician at Scott & White Clinic – Killeen. "But very seldom do we take a look at the side effects of the food and drink we put in our body two, three, four times a day."

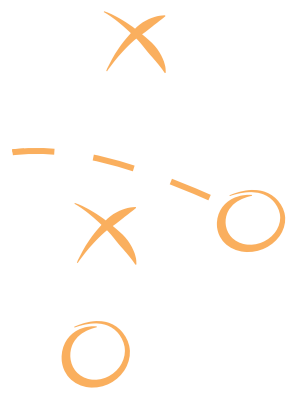
KEY PLAY 2: BE ACTIVE TOGETHER

Physical activity is essential at every age. But rather than trying to squeeze a trip to the gym into an already hectic day, why not simply be more active as a family?

"When your kids go out to play, go with them," Dr. Joseph suggests. "It not only sets a good example, but you'll also bond as a family."

The next time your kids complain that there's nothing to do, break out the bikes, head to a park or start a game of capture the flag in the backyard. You'll cure boredom and set a positive example of fitness at the same time.





FINDING DR. RIGHT

If you're looking for a family practice or primary care physician to care for you and your family, Saira Jamal, MD, a family medicine physician on the medical staff at Baylor Regional Medical Center at Grapevine, suggests you start by searching online and asking friends and colleagues for recommendations.

Narrow the list based on any gender, language and geographic preferences you have, and be sure potential doctors accept your insurance.

Once you find a doctor, set up a "meet and greet" appointment to see

whether you're a good match. "It's very helpful for both you and the doctor to have an introductory meeting, since it's a long-term relationship," Dr. Jamal says. Your family medicine physician may care for your family for decades.

MORE

Look for a Match

Baylor Grapevine can help you start the search for a family medicine or primary care physician. Visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com/Grapevine) or call **1.800.4BAYLOR**.

KEY PLAY 3: SEE THAT EVERYONE GOES TO THE DOCTOR

That means you, too, parents. It's easy to put off doctor visits when you're an adult and you feel well, but they're too important to skip. You don't fall behind on your child's checkups—why would yours be any less significant?

"Annual visits are all about prevention," Dr. Joseph says. "It's much better to prevent disease than to treat disease."

Mark your calendar for yearly exams for everyone in the family. You might even make a day of it, when the whole family goes to the doctor in the morning and then does something fun together in the afternoon as a reward.

KEY PLAY 4: GET IMMUNIZED

If you follow the previous play, this one should be a gimme because your doctor will recommend an immunization schedule. Of course, it's up to you to follow it. And don't let the immunization debate of recent years deter you.

"Immunizations are incredibly important, and the recent outbreak of measles stresses just how important," Dr. Joseph says. "Not only do immunizations protect your child and yourself, but they also help protect those who are medically

unable to be immunized." Staying on top of immunizations includes annual flu shots for everyone 6 months and older.

"The flu vaccine is one of my favorite ones," Dr. Joseph says. "I strongly encourage it. Why allow your child to suffer with an illness you can easily prevent?"

KEY PLAY 5: KEEP SAFETY IN MIND

You learned after watching your toddler continually talk on his pretend cellphone that kids model what their parents do. So set a safe example whenever you can.

Wear helmets when you ride bikes. Always buckle up, no matter how short a distance you're traveling. And take the proper time to heal after you get hurt. Be on the lookout

for injuries in your children, too, particularly concussions.

"Concussions are more detrimental than what we originally believed," Dr. Joseph says. "Don't ever try to hide a concussion. Get treated and wait the required period of time before returning to sports. It could save your child's life."



The Spice of Life

A component of turmeric could help improve the effectiveness of chemotherapy for people with colon cancer



If you've ever had the pleasure of enjoying Indian cuisine, you've probably tasted turmeric. This fragrant, golden spice is made from the roots of the turmeric plant and is commonly found in Indian dishes. But its benefits extend far beyond the kitchen.

Turmeric has been used in medicine for thousands of years, and it is purported to have both antioxidant and anti-inflammatory properties.

In the past few decades, researchers have taken a special interest in the spice, specifically a substance found in it called curcumin.

"Studies have been done on curcumin for almost every disease you can think of, and the vast majority have found it to be beneficial," says Ajay Goel, PhD, director of the center for gastrointestinal cancer research and the center for epigenetics, cancer prevention and cancer genomics at Baylor Research Institute.

ABOUT THE STUDY

Exploring Curcumin as an Adjunctive Treatment for Colon Cancer

When combined with chemotherapy, curcumin (found in the spice turmeric) may help stop colon cancer from spreading, enhancing the effectiveness of treatment.

Key Researcher:
Baylor Research Institute

AIDING EXISTING TREATMENTS

But if you ask Dr. Goel, the most exciting use for curcumin is its potential to help treat cancer. Last fall, he and his colleagues completed a one-year study that looked at curcumin as a treatment for colon cancer in combination with a traditional chemotherapy program.

"Part of what makes advanced colon cancer so difficult to treat is a process that allows cancer cells to migrate through the bloodstream and spread to other parts of the body," Dr. Goel explains.

In this two-part study, the Baylor Research Institute team administered curcumin to colon cancer cells along with chemotherapy, first in live cultures and later in animal studies. "What we found," he says, "is that when curcumin was administered, the cancer cell migration was inhibited, making chemotherapy much more effective in these experimental models."

GREAT PROMISE

The results of the study were published in the February online edition of the journal *Carcinogenesis*, and Dr. Goel says he's hopeful these findings will be used to help develop more effective colon cancer treatments in the near future.

"We've known for a long time that curcumin is beneficial, but with this study we've finally shown one of the most important mechanisms behind how it works," he says. "I believe the next generation of cancer treatments will target and influence the way genes express themselves, and curcumin has shown great promise for possible use in these kinds of treatments."

MORE

Pushing Medical Boundaries

Want to see more of the research discoveries happening at Baylor Scott & White? Visit BaylorHealth.com/AdvancingMedicine and researchers.sw.org today.

WHAT'S ONLINE

→ [BaylorHealth.com](https://www.baylorhealth.com)



QUIZ

Test Your Alzheimer's Knowledge

If someone you love has a lot of trouble remembering things or gets confused easily, it could be a sign of Alzheimer's disease. See how much you know about the symptoms and risk factors of this degenerative disorder.

→ Go to [BaylorHealth.com/AlzheimersQuiz](https://www.baylorhealth.com/AlzheimersQuiz) and take our quiz.

VIDEO

FEELING THE URGE?



If you have urinary incontinence, you should know that you're not alone. These strategies can help you regain control.

→ Go to [BaylorHealth.com/DigitalShort](https://www.baylorhealth.com/DigitalShort) to watch the three-minute video.



ONLINE

Live Chat with Baylor Grapevine

Use live chat to instantly connect with an advisor who can help you find a physician, register for a class, an event or a support group, or answer your questions about services at Baylor Regional Medical Center at Grapevine.

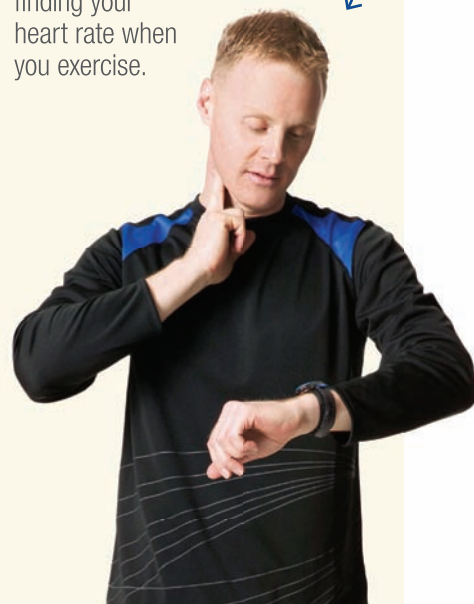
→ Visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com/Grapevine) and click "Chat online with an advisor" to get started.

CALCULATOR

Get in the (Heart Rate) Zone

As you're aiming for the recommended 30 minutes of moderate-intensity exercise most days of the week, make sure it's doing your heart the most good—by maintaining a heart rate between 50 and 85 percent of your maximum.

→ To learn your target heart rate, go to [BaylorHealth.com/HeartRateCalculator](https://www.baylorhealth.com/HeartRateCalculator) and enter your age and fitness level. You'll also get tips for finding your heart rate when you exercise.

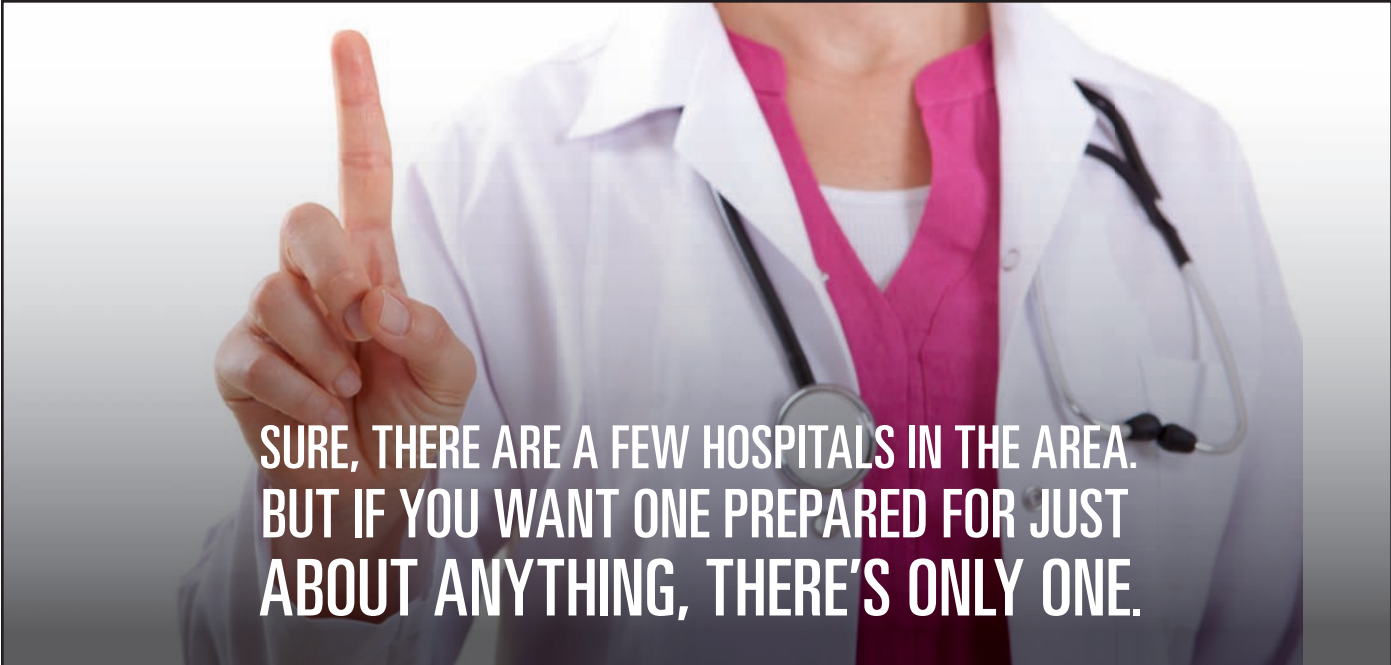


RECIPE

BOW-TIE PASTA WITH PEAS, PROSCIUTTO AND SPINACH

Paired with nutrient-rich spinach and peas, plus savory prosciutto cooked in heart-healthy olive oil, this farfalle (bow-tie) pasta dish is a winner for the whole family.

→ To find this and many other good-for-you recipes, visit [BaylorHealth.com/Recipe](https://www.baylorhealth.com/Recipe) today.




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BUT IF YOU WANT ONE PREPARED FOR JUST
ABOUT ANYTHING, THERE'S ONLY ONE.**



The only 24-hour full service Emergency Room for many serious cases.

Our ER is among the top 10% in patient satisfaction. Nationwide. And this award-winning facility includes both accredited chest pain and dedicated stroke facilities to help you get the right treatment as quickly as possible. So if you ever have an emergency, please remember you have a choice. Choose Baylor Regional Medical Center at Grapevine.

For a facility comparison visit BaylorHealth.com/GrapevineCompare.

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Now part of Baylor Scott & White Health

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