

September 2013

Baylor Health

GARLAND EDITION

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REAL PATIENTS. REAL STORIES.

Support System

PHIL WAIGAND turns to the things he loves—his wife, Beverly, music and support groups—to beat colorectal cancer

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GIVING BACK
Volunteer nurses are making a difference in the lives of patients **PAGE 2**



ONE WEEK TO BETTER SLEEP
These tips will help you get a good night's rest **PAGE 4**



Nightingale Volunteer Program

If you're a retired or an inactive registered nurse with at least two years of experience under your belt, a unique and rewarding volunteer opportunity awaits you at Baylor Medical Center at Garland.

The Nightingale Volunteer Program, named after Florence Nightingale, the mother of modern nursing, provides an extraordinary environment for retired or inactive nurses to partner with active RNs. Volunteers will learn about new treatments, practices and technology while sharing their professional expertise and experience by providing compassionate care to patients.

Though volunteers will not perform tasks that require certification or

We Want You

If you're a former or an inactive registered nurse, consider becoming a Nightingale volunteer at Baylor Garland. To learn more, call **972.487.5520**.

licensure, they may:

- Assist patients with daily needs by delivering meals, refilling water and providing comfort measures

- Serve as a liaison between health care team members and the patient and family

- Assist nursing staff with daily needs in the work area

- Participate in orientations for new Nightingale volunteers

Nightingales are required to volunteer at least one four-hour shift per week, and there are opportunities to serve in several departments, including medical/surgical, oncology, day surgery, telemetry and ICU, women's services, heart and vascular, and GI lab.

THE SUPPORT YOU DESERVE

Dealing with the emotional ups and downs, treatment side effects and confusing insurance issues that follow a cancer diagnosis can be truly exhausting—and Baylor Medical Center at Garland's Cancer Resource Center can help.

Open Mondays, Wednesdays and Fridays between 10:30 a.m. and 2 p.m., the center is staffed with an American Cancer Society volunteer who can assist with:

- Community resources and referrals
- Educational materials
- Wig fitting, scarves, hats and comfort items
- Computer and Internet access (for online information)

We're Accredited

With accreditation from both the Commission on Cancer and the National Accreditation Program for Breast Centers, Baylor Garland can arm you with the treatments and resources you need to beat your disease. To learn more, call **1.800.4BAYLOR**.

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'Best Hospitals' Recognition Is a Baylor Tradition

For the 21st consecutive year, *U.S. News & World Report* has listed Baylor University Medical Center at Dallas in its "America's Best Hospitals" issue.

Baylor Dallas is ranked among the nation's top 50 hospitals in diabetes and endocrinology; gastroenterology and gastrointestinal surgery; gynecology; nephrology; neurology and neurosurgery; orthopedics; and pulmonology. Baylor Dallas rated high-performing in five other specialties: cancer; cardiology and heart surgery; ear, nose and throat; geriatrics; and urology.

Also receiving regional rankings for the Dallas-Fort Worth area are Baylor Regional Medical Center at Plano and Baylor All Saints Medical Center at Fort Worth.

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



Exercise Giving You a Headache?

While working out is a surefire way to maintain overall good health, for some people with chronic headaches, it can seem to worsen the pain. Ward off exercise-induced headaches with these tips:

- Warm up before working out with light calisthenics and stretching.
- Drink plenty of water before, during and after exercise.
- Fuel up properly, and don't skip meals.

If you still can't get relief, talk to your doctor about developing a personalized treatment plan.

Get Help for Headaches

Visit FindDrRight.com for a referral to a physician who specializes in headache care.

BEAT BACK PROBLEMS

There's good news for the millions of teenagers affected by scoliosis: A simple genetic test can now help determine whether an adolescent with scoliosis is at risk for a worsening curve of the spine. For teens whose scoliosis is unlikely to become a serious medical problem, this can mean the end of wearing a brace and reduced doctor visits. Or if it is clear that the condition will progress, this knowledge can help doctors take a proactive approach.

5-7 Million

The number of Americans affected by scoliosis, many of whom are teenagers.





Get Sleep Support

To learn how we can help you get a better night's sleep, visit us online at [BaylorHealth.com/GarlandSleep](https://www.baylorhealth.com/garlandsleep) today.

7 DAYS TO BETTER SLEEP

You'll be racking up more ZZZs in one week's time with these no-nonsense tips

ARE YOU GETTING THE RECOMMENDED seven to nine hours of shut-eye every night? Most likely not, says David L. Luterman, MD, medical director of the Baylor University Medical Center at Dallas Sleep Center. Here, he offers seven tips to help you improve your sleep one day—and night—at a time.

DAY 1

ALLOW ENOUGH TIME FOR SLEEP

This one can be difficult, especially for people with children or those who work long hours, but Dr. Luterman puts it at the top of the list.

"There are all these different things you can do at night that squeeze sleep out, like watching TV, texting or Facebooking. But you've got to try to make the time for sleep," he says.

DAY 2

START A REGULAR WAKE-UP SCHEDULE

Having a normal wake-up time is even more important than a set time to go to sleep.

"If you have a normal wake-up time and you're only sleeping six hours, you'll eventually begin to feel tired and hopefully go to bed earlier so you can get an adequate amount," Dr. Luterman says.

DAY 3

RESERVE YOUR BED FOR SLEEPING

If you're having a hard time sleeping, don't watch TV, read or use your computer in bed, Dr. Luterman says. Get up and do those things elsewhere. Then, when you're sleepy, go back to bed.

DAY 4

AVOID FOOD, ALCOHOL AND CAFFEINE BEFORE BED

Feeling full can keep you awake, as can alcohol and caffeine.

"Although alcohol can put you to sleep, by the time it wears off it messes up the second half of the night's sleep," Dr. Luterman says.

DAY 5

EXERCISE EARLIER IN THE DAY

"Exercise is good, but you shouldn't be exercising before bed. It just revs your system up," Dr. Luterman says. Try

exercising in the morning or afternoon—at least several hours before bedtime.

DAY 6

LIMIT AFTERNOON NAPS

"Napping will accumulate hours and cut the amount of time you need for sleep at night," Dr. Luterman says. "So if you're having a hard time sleeping and you're taking naps, you may want to cut those back."

DAY 7

FIND WAYS TO RELIEVE STRESS

According to Dr. Luterman, many people actually *learn* insomnia during times of high stress, but when it lessens, they can't kick the insomnia habit.

"You have to try to relearn sleep," he says. "Relaxation techniques like biofeedback, yoga, stretching and deep breathing may help some people be able to shut down, but others may need professional help to learn how to do that."

Mammograms Matter

A by-the-numbers look at this lifesaving screening



EACH WEEK, a new headline heralds this-or-that study questioning the value of screening mammograms. Should you start screening at age 40 or 50? Every year or every other year?

It's tough to cut through the clutter.

"Right now a lot of women are confused," says Elizabeth Jekot, MD, medical director of the Elizabeth Jekot MD Breast Imaging Center at Baylor Regional Medical Center at Plano. "As a breast cancer survivor and a dedicated breast imager, I cannot say it any more straightforwardly than this: Early detection saves lives."

Dr. Jekot advocates monthly self-exams, annual clinical breast exams, annual mammograms and adding annual breast MRI for high-risk patients. Talk to your doctor about your personal risk.

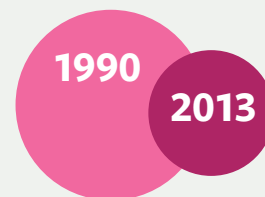
A Clear Advantage

Digital mammography is faster, more accurate and rarely requires repeat imaging. To schedule your digital mammogram at Baylor Garland's Breast Center, call **972.487.5293**.

NEED-TO-KNOW NUMBERS

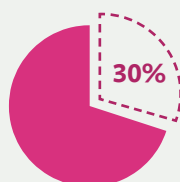
It's time to demystify mammography. Simple stats make the case.

Mammography has helped reduce breast cancer mortality by a whopping **ONE-THIRD** in the U.S. since 1990.



ONE IN SIX breast cancers occurs in women in their 40s.

40 is the age women should begin annual mammograms, according to the American Cancer Society, the American College of Radiology and the Society of Breast Imaging.



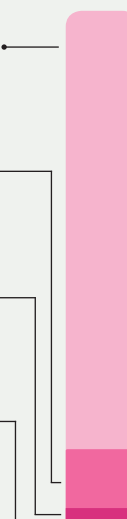
Even for 50-plus women, skipping a year between mammograms can result in up to **30 PERCENT** of cancers being missed.

For every **1,000** women who have a screening mammogram:

100 are called back for more tests

20 are referred for a needle biopsy

5 are diagnosed with breast cancer



3/4 **THREE-QUARTERS** of breast cancer patients have no family history and are not considered high risk.

[The Ultimate] Cancer Survival Guide

Many of the same habits that can help **prevent the big C** can also aid in warding off a recurrence

For Phil Waigand, a cancer diagnosis wasn't part of the game plan. In 2009, Waigand, now 65, was living his dream, running a therapeutic horse-riding program that helps people with disabilities gain greater independence. He and his wife were getting ready to celebrate 36 years of marriage, and he was

looking forward to more trips to China to visit his daughter and two grandkids. But all of this came to a screeching halt when he discovered blood in his stool.

"I immediately made an appointment with a colorectal

doctor at Baylor Dallas," Waigand says. "From there I had a colonoscopy, they found cancer, and I went back in for colorectal surgery. It was my first stay in a hospital, so I was apprehensive, to say the least."

But thanks to the surgery and follow-up care he received at Baylor University Medical Center at Dallas, Waigand is now cancer-free and focused on making sure he stays that way.



Watch Phil's Story

Visit [BaylorHealth.com/GarlandCancer](https://www.baylorhealth.com/GarlandCancer) **Exclusive** to hear Phil share more about his experience.



Don't Go It Alone

To learn more about the advanced cancer treatments available at Baylor Garland, visit us online at **BaylorHealth.com/GarlandCancer** or call **1.800.4BAYLOR**.

Hope Ahead

While an advanced-stage colon cancer diagnosis is a tough situation, treatment advances in the past five years offer new hope.

"We've been able to lengthen patients' lives by offering them complementary treatments and tailoring existing therapies to individual patients," says Gavin Melmed, MD, an oncologist on the medical staff at Baylor Medical Center at Garland. He shares some of the most exciting new therapies available:

Xeloda®. "This pill is used in place of an IV drug that was previously our only option. It's just as effective while allowing patients to spend less time in treatment."

Eribitux®. "This is an IV drug that we used to give most patients, but today we're able to identify patients who will benefit from it while allowing those who won't to move on to more effective treatments."

Stivarga®. "This newly approved pill can be effective in cases where other therapies have failed."

"During my treatment, I learned a lot about how to keep my body strong and healthy," he says. "It is so important to stay positive and relaxed when battling cancer, so I turned to the things I love—my wife, Beverly, music and support groups—to help me do just that." He participated in programs like FitSteps for Life® and music therapy at the Baylor Charles A. Sammons Cancer Center that helped him learn to live healthier.

Take a page from Waigand's playbook and make lifestyle changes to reduce your risk of cancer. Start with these four strategies.

[STRATEGY 1]

Kick the Sticks

If you're a smoker, there are few changes you can make that are more important than giving up cigarettes for good. About 30 percent of all cancer deaths and 87 percent of all lung cancer deaths are related to tobacco use. Smoking is also linked to many other cancers, including those affecting the upper throat, lips, esophagus and bladder.

"Quitting smoking is so important for cancer prevention," says Roberto Rodriguez-Ruesga, MD, a colorectal surgeon on the medical staff at Baylor Dallas.

[STRATEGY 2]

Stay Up to Date on Screenings

"After a diagnosis and treatment, the No. 1 thing you can do to stay healthy is to survey for early recurrences and to have the exams recommended by your doctor," Dr. Rodriguez-Ruesga says.

That holds true for people who haven't had cancer, too. Early diagnosis is a major factor in successful treatment, he says, so don't skip out on screenings like colonoscopies, mammograms and Pap tests.

If you have a family history of cancer, ask your doctor whether you

may benefit from early screenings. "Family history may increase the risk for a diagnosis, so we typically recommend that patients start screening 10 years before the age at which their relative was diagnosed," Dr. Rodriguez-Ruesga says.

[STRATEGY 3]

Clean Up Your Diet

If the majority of your meals come from the drive-thru, it may be time for a diet makeover. That's because one of the best ways to ward off cancer and other illnesses is to eat well.

"A low-fat, high-fiber diet that is based on fruits, vegetables, whole grains and good fats, eaten regularly, can help lower your risk," Dr. Rodriguez-Ruesga says.

[STRATEGY 4]

Practice Sun Safety

Did you know that skin cancer is the most common cancer? According to the American Cancer Society, more than 4 million cases are reported each year.

To reduce your risk, be smart about spending time in the sun. Avoid exposure between 10 a.m. and 4 p.m. when ultraviolet rays are at their strongest, and always wear a sunscreen with an SPF of at least 30, even when it's cloudy.



Thanks to help from Baylor and support from his wife, Beverly, Phil Waigand is living cancer-free.



HEART Hazards

Get the scoop on four lesser-known cardiac conditions and how to protect yourself

We hear a lot about heart attacks—from how to reduce your risk to recognizing the signs and symptoms. But that’s not the only thing that could be putting your heart in the line of fire. Here, we explain four other heart hazards to watch for and offer tips to help you avoid them.

The Path to Prevention

Feeling overwhelmed by the road bumps that could lie ahead? Take heart: A few preventive measures can reduce your overall cardiac risk and help keep your heart healthy for the long run.

“Prevention, rather than intervention, is key,” says Trieu Ho, MD, an electrophysiologist on the medical staff at Baylor Regional Medical Center at Grapevine. To keep your heart functioning at top speed, follow this advice from our experts:

▶ **Know your numbers.** Watch your cholesterol and

blood pressure levels, and keep them in a healthy range through medication, diet and exercise.

▶ **Relax.** Find healthy ways to deal with stress, such as taking a stress management or yoga class or meditating.

▶ **Be active.** “Shoot for 30 minutes of cardiovascular and strength-training activity five days a week,” says Jake Chemmalakuzhy, MD, an interventional cardiologist on the medical staff at Baylor Medical Center at Carrollton and Baylor Medical Center at Irving.

▶ **Stay slim.** Get to your ideal weight and keep your body mass index in a healthy range.

▶ **Eat well.** Focus on nutrient-dense, high-fiber foods like fresh produce, whole grains, beans and legumes, and limit foods that are high in salt, cholesterol and saturated fat.

▶ **Kick bad habits.** Limit alcohol consumption, which can increase blood pressure, to one drink per day for women and two

for men. And if you smoke, quit. “Smokers have twice the risk of heart attack as nonsmokers,” Dr. Ho adds.



Don't Wanna Go to Rehab?

Recovering from a cardiac event is an exhausting process, and we don't blame anyone who just wants to go home and forget the whole affair. But following doctor's orders—and completing your cardiac rehabilitation program—is a critical step in your recovery that you don't want to miss.

Here, Biren Parikh, MD, a cardiologist

on the medical staff at Baylor Medical Center at Garland, shares three reasons you should *want* to go to rehab:

YOU'LL BE MORE ACTIVE. “Rehab includes a supervised exercise program that helps you build to your previous activity level in a monitored setting so you can be more active when you go home,” Dr. Parikh explains.

YOU'LL BE HEALTHIER.

“Completion of a structured cardiac rehab program reduces the chances of a future hospitalization from heart attack,” Dr. Parikh says. “We also do a complete evaluation of risk factors, from diet to smoking to depression.”

YOU'LL LIVE LONGER. “Patients who attend cardiac rehab are less likely to suffer another cardiac event,” Dr. Parikh says.



Cardiomyopathy

WHAT HAPPENS: “The heart muscle becomes enlarged, thick and rigid, so it can't pump effectively,” explains Jake Chemmalakuzhy, MD, an interventional cardiologist on the medical staff at Baylor Medical Center at Carrollton and Baylor Medical Center at Irving. “The condition can be mild and almost unnoticeable to severe, leading to arrhythmias and even heart failure.”

SYMPTOMS: Shortness of breath, swelling and fatigue.

WHO'S AT RISK: Those with a family history of cardiomyopathy, heart failure or sudden cardiac arrest are at increased risk. Also at higher risk are those who have had a heart attack or other heart-damaging disease; those with coronary artery disease (CAD), diabetes or high blood pressure; and those who are obese, Dr. Chemmalakuzhy says.

Arrhythmia/Atrial Fibrillation

WHAT HAPPENS: “The heart's rhythm is disturbed, and the heart beats too fast, too slowly or irregularly,” explains Trieu Ho, MD, an electrophysiologist on the medical staff at Baylor Regional Medical Center at Grapevine.

One of the most common types of arrhythmia is atrial fibrillation, which causes the heart's chambers to quiver instead of pump and “can lead to blood clotting and pooling, resulting in an increased risk of stroke,” Dr. Ho says.

SYMPTOMS: A fluttering sensation in the chest, racing or slow heartbeat, lightheadedness, shortness of breath or fainting.

WHO'S AT RISK: Individuals with CAD or a congenital heart defect, and those who have had a previous heart attack are at higher risk for arrhythmia. “People who smoke, drink excessively, have high blood pressure, are obese or who have sleep apnea also have an increased risk,” Dr. Ho adds.

Congestive Heart Failure (CHF)

WHAT HAPPENS: “The heart loses its ability to pump efficiently, and excessive fluid begins to build up in the body as a result,” Dr. Chemmalakuzhy says.

SYMPTOMS: Body swelling, shortness of breath and extreme fatigue.

WHO'S AT RISK: People with existing CAD and those who have a weakened heart due to prior heart attack are at higher risk for CHF, Dr. Chemmalakuzhy says. Also at increased risk are individuals who are obese, have diabetes or have severe emphysema.

Sudden Cardiac Arrest (SCA)

WHAT HAPPENS: “The electrical impulse of the heart malfunctions and the heart suddenly, unexpectedly stops beating,” Dr. Ho explains.

SYMPTOMS: Sudden collapse and unconsciousness, with no pulse or breathing. Fatigue, shortness of breath, fainting, dizziness, heart palpitations and vomiting may occur before the onset of SCA.

WHO'S AT RISK: People who smoke, have high cholesterol or an enlarged heart, or have a family history of SCA are at increased risk. Individuals with CAD or who have had a previous heart attack are at especially high risk, Dr. Ho says. “Seventy-five percent of people who suffered SCA have experienced a previous heart attack.”

Have a Heart-to-Heart

To find a cardiologist on the medical staff at Baylor Garland, visit **FindDrRight.com/Garland** or call **1.800.4BAYLOR**.





A Brighter Tomorrow for Children with Juvenile Arthritis

An exciting new treatment makes its way to young patients—and it's all thanks to Baylor research

FOR PARENTS OF CHILDREN with systemic-onset juvenile idiopathic arthritis (sJIA), the normalcy of a worry-free childhood is often traded for years of extensive testing, difficult treatments and long hospitalizations. But a new treatment discovered by Baylor researchers is changing all that.

A DEVASTATING DISEASE

sJIA affects approximately 30,000 children in the United States alone, and accounts for about 10 percent of all childhood arthritis cases.

"Children with sJIA suffer from pain, limited mobility and potential joint damage that may result in long-term disability," explains Virginia Pascual, MD, director for the Centers of Inflammation and Genomics at the Baylor Institute for Immunology Research (BIIR), a part of the Baylor Research Institute.

As a pediatric rheumatologist, Dr. Pascual had seen the results of traditional sJIA treatments like steroids, which caused "significant morbidity, including vertebral

compression fractures, cataracts and severe growth retardation." So in 2005, she piloted a clinical trial at BIIR using an exciting new treatment approach.

STRIKING GOLD

"When we combined healthy white blood cells with a patient's own serum [plasma with clotting elements removed], we observed the activation of inflammatory molecules that could explain the development of arthritis," Dr. Pascual explains. "So we attempted to block these molecules with drugs that were already available."

It worked. "Seven of the nine children we treated went into full remission," she says. The results of the study, which utilized a drug called anakinra to achieve its results, were published in *The Journal of Experimental Medicine*—but more extensive trials would be needed to prove the treatment's effectiveness.

THE REAL MCCOY

In 2011, BIIR conducted the first randomized clinical trial using anakinra in sJIA patients in collaboration with the Necker Hospital in Paris. And in December 2012, the results of two large trials with hundreds of participants from multiple centers around the world were published in *The New England Journal of Medicine*. "In every case, up to 70 percent of patients went into remission," Dr. Pascual says.

The results confirmed Baylor researchers' initial observations—they had discovered a new treatment. And today, it is being used worldwide. "Because of our discovery, thousands of children with sJIA will go into full remission," she says. "We're incredibly proud of that."

And the pioneering work doesn't end there. Today, BIIR researchers are using a similar approach to find new treatments for lupus. "We are excited about ongoing clinical trials, also based on our findings, that may bring about similar success for patients with lupus in the future," Dr. Pascual says.



Want to Get Involved?

Visit BaylorHealth.com/AdvancingMedicine today to learn about research trials at Baylor seeking participants.

Get the Exclusive

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



QUIZ

What's Your Sleep IQ?

Did you know that cutting out computer time before bed can help you sleep better? Put your sleep savvy to the test and take our quiz at BaylorHealth.com/Exclusive today.



Is It Time for a Colonoscopy?

QUIZ Though most people should begin at age 50, certain individuals should begin having this screening sooner. To find out whether you should schedule yours, talk to your doctor. To learn more about your risk for colon cancer, visit us online at BaylorHealth.com/Garland and click "Take a Risk Assessment" under "Colonoscopy Screening Saves Lives."

TIPSHEET

Supplement Smarts

Find out which vitamins do what and where you can find them by downloading our tipsheet at BaylorHealth.com/Exclusive today.



VIDEO

BREAST CANCER: GET THE FACTS



Visit BaylorHealth.com/DigitalShort to learn what could put you at risk for breast cancer and the steps you can take to prevent it.

RECIPE

Scrumptious Salmon Dish

Finding nutritious and delicious dinner options can be tricky. But our Salmon with Avocado Salsa and Capers is sure to be a hit. Visit BaylorHealth.com/SalmonRecipe for the recipe.



COMMUNITY CALENDAR

September & October 2013 Events

PREPARED CHILDBIRTH AND BASICS OF BABY CARE

This class meets on Thursday for four weeks from Sept. 5 through Sept. 26, 7 p.m. to 9:30 p.m. The class helps prepare the expectant mother and her support person for the birth of the baby. Classes should start during the sixth or seventh month of pregnancy. The class fee is \$85/couple. To register, visit BaylorHealth.com/Garland or call **1.800.4BAYLOR**.

INFANT/CHILD CPR

An infant CPR class will be offered on Sept. 7 and Oct. 19, 10 a.m. to 12:30 p.m. This class is designed for expectant parents, parents of infants and children, and others who work with infants and children. The course includes infant/child health and safety issues, as well as CPR standards set by the American Heart

Association. The class fee is \$25. To register, visit BaylorHealth.com/Garland or call **1.800.4BAYLOR**.

SUPPORT GROUPS

Breast Cancer Survivor Group First Tuesday of the month, 7 to 8 p.m. First United Methodist Church, 801 W. Ave. B, Garland. Call **972.272.3471**.

The Baylor Garland Cancer Resource Center

Offering cancer patients and their families a wide range of resources, including community resource referrals, educational materials, computer and Internet to access educational information, access to an American Cancer Society volunteer, as well as wig fitting, scarves, hats and comfort items. Open Monday, Wednesday and Friday from 10:30 a.m. to 2 p.m. For more details, call **972.485.3194**.

Find Dr. Right,TM right now.



Today the number of leading physicians partnering with Baylor Medical Center at Garland is more than 580 strong. And like Baylor Garland, they all are dedicated to delivering the quality, compassionate care you'd expect from the health care system that has served North Texas for more than a century. From cancer care to cardiovascular care, we've got you covered. So if you're looking for a great physician, trust us to connect you.

For a physician referral visit
FindDrRight.com/Garland
or call **1.800.4BAYLOR**.



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at Garland

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2300 Marie Curie, Garland, TX 75042

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