

September 2013

Baylor Health

PLANO 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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GAME ON
How to protect yourself from common sports injuries **PAGE 4**

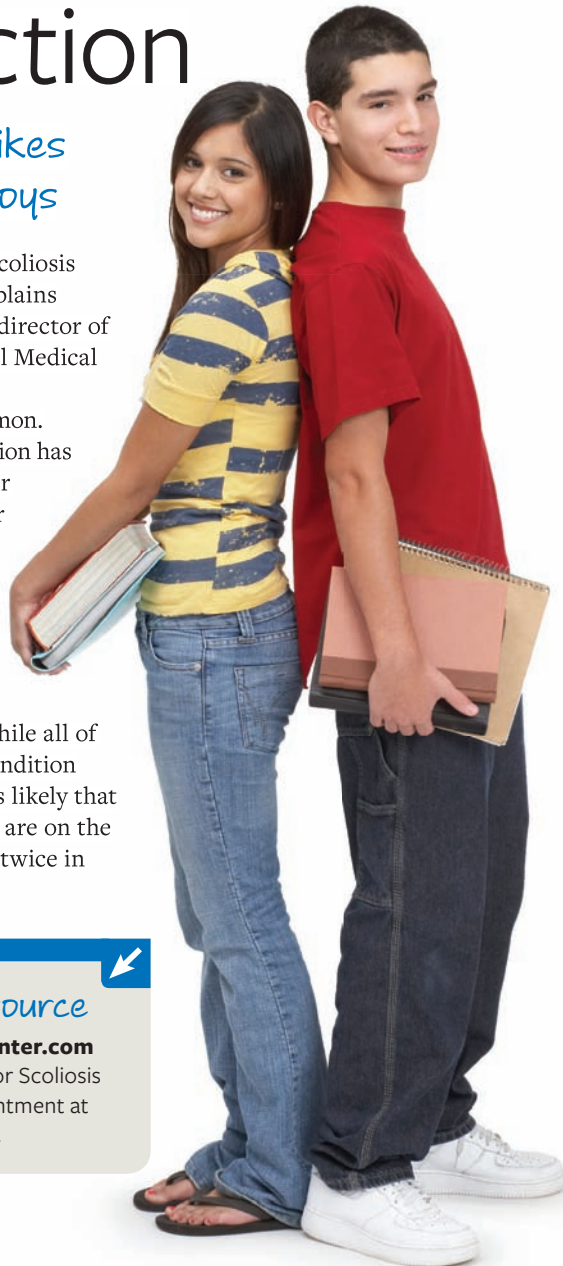
The Genetics Connection

Why scoliosis strikes more girls than boys

Girls are more likely to have scoliosis than boys. Why? Genetics, explains Richard Hostin, MD, medical director of orthopedics at Baylor Regional Medical Center at Plano.

“Small curves are very common. About 3 percent of the population has them,” he says. In these smaller curves, 1.4 girls are affected for every boy. But bigger curves of 30 degrees or more that might require treatment are eight times more common in girls than boys.

Scoliosis is largely influenced by genetics. And while all of the genetic markers for the condition haven't been identified yet, it's likely that some of the responsible genes are on the X chromosome, which occurs twice in females and once in males.



Your Scoliosis Resource

Visit **TheBaylorScoliosisCenter.com** to learn more about the Baylor Scoliosis Center. To schedule an appointment at the center, call **972.985.2797**.



WHAT IS OSTEOPOROSIS?

If you took a cross section of one of your bones, it would look like a hard shell on the outside with a spongy filling on the inside. “The sponge is where the strength lies,” explains Hania Alaidroos, MD, a family medicine physician on the medical staff at Baylor Regional Medical Center at Plano. “The more sponge you have the stronger your bones are.”

As you age, the holes in the sponge can grow larger, making the bone weaker, which is why your doctor may recommend a bone density scan to look for signs of bone loss starting at age 50. Depending on how your bones compare with those of others your age, your doctor can tell whether you have osteoporosis or osteopenia (earlier stages of bone loss). If needed, medication can prevent further bone loss.

Those at the highest risk for osteoporosis are Asian and Caucasian women.

Schedule Your Scan

Make an appointment for a bone density scan at one of Baylor Plano's two convenient locations by calling **469.814.5500**. A physician's order is required.

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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'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.



AVOIDING SPORTS INJURIES

Are you a weekend warrior? Protect yourself so you don't lose any playing time

AS A FORMER NFL team physician, Robert Berry, DO, medical director of sports medicine at Baylor Regional Medical Center at Plano, has seen a lot of sports injuries over the years. But even if you're not a professional linebacker, you still risk injury on the field or the court. Here are the sports injuries he most commonly sees:

Shoulder

Athletes at every level are prone to dislocated shoulders, labral tears and rotator cuff tears. These injuries often occur with collision or contact.

- Dislocated shoulders need to be repositioned correctly. Sometimes this injury requires surgery.
- Labral tears often require surgery, and most people can return to their previous level of play after they recover.
- Rotator cuff tears can occur with contact or in players who perform repetitive overhead throwing motions, such as baseball pitchers and tennis and volleyball players. Partial tears can heal with conservative treatments, while full or complete tears usually require surgery.



Knee

In this joint, athletes can sustain ACL (anterior cruciate ligament) tears, meniscus tears and cartilage injuries.

- ACL injuries often stem from contact and may be linked with other knee injuries. Most people with torn ACLs can return to their previous level of play after surgery and recovery.
- Meniscus tears often are caused by a twisting motion and can range in size. Surgery can help, though not every tear can be repaired. Untreated meniscus tears can lead to long-term arthritis.
- Cartilage injuries in the knee are often associated with ligament injuries. Procedures to clean the cartilage, cartilage transplants and marrow stimulation techniques can help heal them. Like meniscus tears, untreated cartilage injuries can lead to arthritis.

Ankle

Ankle sprains are common in basketball players and other athletes who jump and roll their ankles. Rehabilitation is critical because otherwise the joint can become unstable and injury can recur.

Get Back in the Game

For a referral to a physician specializing in sports medicine on the Baylor Plano medical staff, visit [BaylorHealth.com/PlanoOrtho](https://www.baylorhealth.com/PlanoOrtho) or call **1.800.4BAYLOR** and ask to speak to the Baylor Plano SportsCare representative.

150,000

The number of ACL injuries that happen each year. **Women who play soccer or basketball** are two to eight times as likely to experience an ACL injury as men.



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.

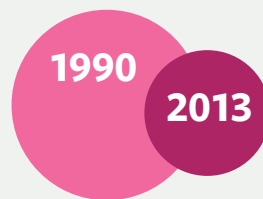
Book Your Mammogram Today

Don't wait another minute to schedule this lifesaving screening. Schedule your screening mammogram online at BaylorHealth.com/PlanoBreastImaging or call 469.814.5500.

NEED-TO-KNOW NUMBERS

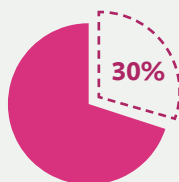
It's time to demystify mammography. Simple stats make the case.

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.



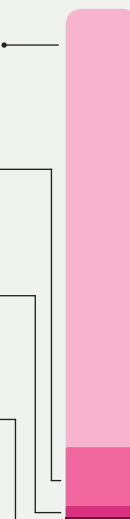
Even for 50-plus women, skipping a year between mammograms can result in up to **30 PERCENT** of cancers being missed.

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/](https://www.baylorhealth.com)
Exclusive to hear Phil share
more about his experience.



Take a Step to Stop Cancer

To schedule a lung cancer screening, call **469.814.4417**.

Breathe Easier

Lung cancer claims more lives than any other cancer in the United States, which is why early detection is so crucial. Now, people at high risk for lung cancer can be screened via low-dose CT scan for early signs of the disease. Candidates for the scans may include people who:

- Have smoked for at least 30 years, even if they have quit within the last 15 years
- Have been exposed to a lot of secondhand smoke
- Have worked with certain heavy metals

The CT scans are much more sensitive than X-rays, so they can identify nodules in the lungs when they are smaller and more treatable, explains Robert Hebel, MD, medical director of thoracic surgery at THE HEART HOSPITAL Baylor Plano.

Suspicious scans can lead to:

- More frequent screening
- A more discriminating, higher-dose CT scan

- A biopsy where surgeons remove the nodules, have them tested for cancer and recommend a treatment plan

“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.



A Dangerous Combination

People with diabetes are at higher risk of developing another serious health condition—heart disease. Diabetes can contribute to the buildup of plaque inside the body’s blood vessels and can cause injury to the smaller blood vessels that serve the heart, explains Alvin Huang, MD, an endocrinologist on the medical staff at Baylor Regional

Medical Center at Plano.

If you have diabetes, you can reduce your risk of heart disease by keeping your blood sugar and lipid levels in normal ranges. These steps can help:

- Don’t smoke.
- Aim to exercise for 30 to 45 minutes four times a week and increase your overall activity level.

- Choose a diet based on vegetables, fruits, nuts, legumes, whole grains and olive oil, such as the Mediterranean diet.

Dr. Huang points out that people with diabetes may not experience classic symptoms of chest pain with heart disease, so they should see a doctor if they have shortness of breath or unexplained fatigue.



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.”

Take Control of Your Diabetes

Call **469.814.6896** to learn more about Baylor Plano’s Diabetes Self-Management Program.





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.



Bullied or Bullying?

PODCAST Learn how to tell whether your child is being bullied—or whether he or she might be bullying someone else—and what you can do about it. Go to BaylorHealth.com/Podcast to listen to the podcast.

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

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.

Sept. 7 & 21; Oct. 5, 12, 19 & 26: Women's Imaging Center at Baylor Regional Medical Center at Plano
Sept. 14; Oct. 5, 12 (Spa Day), 19 & 26: Baylor Regional Medical Center at Plano's Elizabeth Jekot MD Breast Imaging Center

SEMINARS AND SUPPORT GROUPS

Diabetes Support Group Sept. 12; Oct. 10, 7 to 8 p.m. Conference Room A & B on the Garden Level of Baylor Plano.

Pass the Hat Sept. 23; Oct. 28, 1:30 to 3 p.m. Classroom A, Garden Level at Baylor Plano. Knit chemotherapy hats for cancer patients.

Women's Incontinence Seminar For dates and times, please visit BaylorHealth.com/Plano or call **1.800.4BAYLOR**.

Endometriosis Seminar For dates and times, please visit BaylorHealth.com/Plano or call **1.800.4BAYLOR**.

Cancer Survivorship Program Sept. 24; Oct. 22, 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 Sept. 11; Oct. 9, 6 to 8:30 p.m. Education Center 1 & 2, Garden Level at Baylor Plano. To register, call **469.814.5677**.

Joint Pain Seminar Sept. 18; Oct. 16, 6 to 7 p.m. Education Center 1, Garden Level at Baylor Plano.

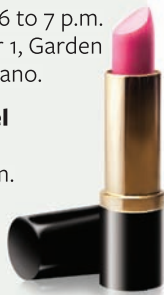
Look Good, Feel Better® Oct. 15, 6 to 8 p.m. Classrooms A & B on the Garden Level of Baylor Plano. This program provides information to women undergoing cancer treatment to look and feel more comfortable with changes in their appearance.

ONGOING EVENTS

Diabetes Self-Management Program Classes are offered at various times. To register, call **469.814.6896**.

Medical Nutrition Therapy Classes are offered at various times. Call **469.814.4483**.

MammaCare® Breast Self-Exam Class Practice on lifelike breast models that allow you to feel the difference between texture of normal tissue and lumps. To register, call **469.814.5768**.



Ten years of caring. That's commitment.

When you care for as many members of a community as long as we have, you can't help but care for the whole community. Over the last decade, we at Baylor Medical Center at Frisco have become deeply involved in the life of this community. With over 400 physicians on our medical staff, our quality and range of services for the family continue to grow substantially. Beyond that, we've contributed more than 2,000 volunteer hours to Frisco in 2011 alone. So while we'll continue providing the advanced patient care you've come to expect of us, please know that whether you're inside or outside our hospital, we're always working for your health.

~ Celebrating 10 years of award-winning commitment. ~

For a virtual tour or for more information, go to BaylorHealth.com/Frisco or call **1.800.4BAYLOR**.

5601 Warren Pkwy.
Frisco, TX 75034

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