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Baylor Health

FORT WORTH EDITION

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REAL PATIENTS. REAL STORIES.

A Brighter Future

Genetic testing helps PAOLA GERBER take a proactive approach to her health

PAGE 6

Paola Gerber with her husband, Ian, and their children, Nyah and Liam



PROSTATE CANCER TESTING
Smarter screening means smarter treatment **PAGE 4**



STAY SAFE OUT THERE
How to avoid the most common sports injuries **PAGE 8**

THE BENEFITS OF BREASTFEEDING

Beyond giving moms and babies a chance to bond, breastfeeding provides optimal nutrition for newborns. But the benefits don't stop there.

Breastfeeding moms have lower risk for:

- + Postpartum depression
- + Type 2 diabetes
- + Breast cancer
- + Ovarian cancer

Breastfed babies have lower rates of:

- + Ear infections
- + Diarrhea
- + Lower respiratory infections
- + Atopic dermatitis (a type of skin rash)
- + Asthma
- + Obesity
- + Type 1 and type 2 diabetes
- + Childhood leukemia
- + Sudden infant death syndrome (SIDS)



We're Here for Women

For more information on the women's and children's services offered at Baylor Fort Worth's Andrews Women's Hospital or for a referral to an Ob-Gyn on the Baylor Fort Worth medical staff, visit BaylorHealth.com/AllSaintsWomen or call **1.800.4BAYLOR**.

Don't Miss a Beat

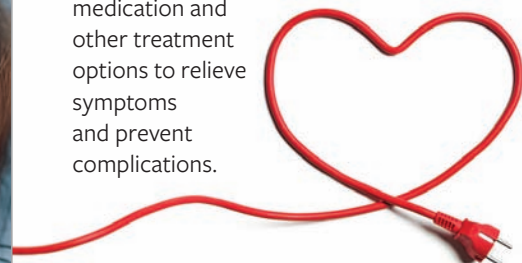
You hear a lot about heart disease caused by narrowed or blocked blood vessels. You can think of that as a plumbing problem. Did you know that the heart can have electrical problems, too?

An arrhythmia is a rapid or irregular heartbeat caused by erratic electrical impulses in the heart. Atrial fibrillation (a-fib for short) is the most common type. In addition to feeling as if your heart is skipping or racing, you may feel dizzy, breathless or tired.

In a-fib, blood doesn't move properly from the upper atria to the lower ventricles of the heart. Untreated, a-fib can lead to:

- Heart and valve diseases
- Sleep apnea
- Chronic fatigue
- Congestive heart failure
- Stroke

Ask your doctor about medication and other treatment options to relieve symptoms and prevent complications.



Be Heart Smart

Visit BaylorHealth.com/Heart to take our heart health quiz and to learn more about the conditions we treat.

Baylor All Saints Medical Center at Fort Worth, 1400 Eighth Ave., Fort Worth, TX 76104, 817.926.2544. Visit BaylorHealth.com or call 1.800.4BAYLOR for information about Baylor All Saints Medical Center services, upcoming events, physician referrals, career opportunities and more. Marketing/Public Relations Director: Dee Dee Ogrin.

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.

All Saints Outpatient Diagnostic Center: 817.922.7780. All Saints Health Foundation: 817.922.7707. Behavioral Health Services: 817.922.1162. Carter Rehabilitation & Fitness Center: 817.922.1139. Diabetes Center: 817.922.1794. Lymphedema Center: 817.922.2530. Neuroscience Program: 817.922.2385. Pain Management Program: 817.922.PAIN. Transplantation Services: 817.922.4650. Volunteer Services: 817.922.2376. Wound Management Program: 817.922.2430.

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'Best Hospitals' Recognition Is a Baylor Tradition

For the 22nd 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 the No. 1 hospital in Dallas and among the nation's top 50 hospitals in diabetes and endocrinology; gastroenterology and gastrointestinal surgery; nephrology; neurology and neurosurgery; orthopedics; and pulmonology. Baylor Dallas rated high-performing in six other specialties: cancer; cardiology and heart surgery; ear, nose and throat; geriatrics; gynecology; and urology.

Also receiving regional rankings for the Dallas-Fort Worth area are Baylor Institute for Rehabilitation, Baylor All Saints Medical Center at Fort Worth, Baylor Regional Medical Center at Grapevine, Baylor Medical Center at Irving and Baylor Regional Medical Center at Plano. Scott & White Memorial Hospital - Temple was named the No. 10 hospital in the state.

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

See Where We Rank

Visit BaylorHealth.com/BestHospitals to see a full list of our *U.S. News & World Report's* "Best Hospitals" rankings.



FACT
Mosquitoes that spread West Nile virus are more likely to bite between dusk and dawn.

Fight Bug Bites

Mosquitoes. They're one of the perils of living in a hot and humid climate, and we've got plenty of them. But what makes them more than just annoying is the fact that they may carry West Nile virus. While most people will never feel the effects of the virus, it can cause serious, even fatal, symptoms in some. Here's how to protect your family from mosquito bites:

- Wear long sleeves, pants and socks when outdoors.
- Apply insect repellent containing DEET, picaridin or IR3535 to exposed skin before going outside. If clothing is thin, apply repellent to clothing as well, but not underneath.
- Drain standing water around your home,

including from swimming pool covers, birdbaths, flowerpots, pet dishes and gutters.

- Repair torn screens to keep mosquitoes out.
- Report dead birds to the Texas Department of State Health Services (**1.888.963.7111**), as dead birds can signal West Nile virus in the area.

Having a Serious Reaction?

If a bug bite is accompanied by difficulty breathing, a swollen face or throat, or red, itchy hives, see your doctor immediately. For a free physician referral, visit FindDrRight.com or call **1.800.4BAYLOR**.

SHINING A LIGHT ON BLOOD CANCERS

Leukemia, lymphoma and myeloma: These are the three main types of hematologic (blood) cancers. And while they are less common than breast and prostate cancers and don't get a lot of media attention, they are very real and affect lives just the same. In fact, 1.13 million people in the United States are living with or in remission from a blood cancer.

 **4 MIN**

Someone in the United States is diagnosed with a blood cancer about every four minutes.

Pinpointing Prostate Cancer

Advances in testing make treatment more personalized



Find a Urologist

For a referral to a urologist on the medical staff at Baylor Fort Worth, visit [BaylorHealth.com/AllSaintsUrology](https://www.baylorhealth.com/AllSaintsUrology) or call **1.800.4BAYLOR**.

NEW TECHNOLOGY AND TESTING are changing the way prostate cancer is diagnosed and treated.

The prostate-specific antigen (PSA) test measures a protein produced by the prostate. A higher PSA or one that goes up over time can be a sign of prostate cancer. Since the PSA was introduced as a screening tool in 1986, the number of men dying from prostate cancer has decreased by about 30 percent.

“PSA testing was a factor that helped us identify prostate cancer earlier and treat those patients,” says Gonzalo Lievano, MD, a urologist on the medical staff at Baylor All Saints Medical Center at Fort Worth.

However, using PSA testing to screen for prostate cancer in the general population has become controversial. Cancer isn’t the only condition that can cause an elevated PSA, and PSA tests don’t catch all prostate cancers.

Also, some prostate cancers are less aggressive than others. “Over the last 20 to 30 years, we might have overtreated people with prostate cancer because we didn’t know which cancers were life-threatening,” Dr. Lievano says.

SMARTER TESTS FOR SMARTER TREATMENT

Thanks to the human genome project, making prostate cancer treatment decisions has become more sophisticated. “Now we can look at the genes of a particular cancer to see how aggressive it is,” Dr. Lievano explains. “We can treat the patients at higher risk and watch those with lower risk.”

With watchful waiting, patients with small, slow-growing cancers can avoid the potential side effects and complications of treatment. “If a treatment was harmless, everybody would get it,” Dr. Lievano says.

With treatment advances, screening recommendations have become less aggressive, Dr. Lievano says. “We used to follow every patient every year with a digital rectal exam and a prostate-specific antigen test. Now we can follow patients every two years instead of every year.”

DO I NEED A PSA TEST?

Talk to your doctor about prostate-specific antigen (PSA) testing if you are:

- Older than 50
- Older than 45 and African-American OR have a family history of prostate cancer
- Older than 40 and African-American AND have a family history

Screening vs. Symptoms

A screening test is designed to detect cancer in someone *without* symptoms. A man who has symptoms that could mean prostate cancer shouldn’t wait for a scheduled screening but should see his doctor right away. These warning signs include:

- Painful urination
- Blood in the urine
- Difficulty starting or stopping urination
- Pain with ejaculation
- Lower back pain

GET SOME REST

What's keeping you up at night? Revamp your routine to nod off easier tonight

SLEEP IS A PRECIOUS COMMODITY—just ask any new parent. But if a newborn isn't the reason you're losing shut-eye, what is? Learn what to say yes—and no—to before bedtime so you can finally catch those ZZZs.

✔ SAY YES TO:

A Bedtime Routine

“The biggest sleep problem people have is that they're simply not getting enough of it,” says David Luterman, MD, medical director of the Sleep Center at Baylor University Medical Center at Dallas. “The majority of people need seven to nine hours a night.” Going to bed and waking up at the same time every day can improve the quality of your sleep—and ensure you're sticking to the number of hours you really need.

✘ SAY NO TO:

Electronics in the Bedroom

TVs, smartphones, tablets, laptops—don't even bring them into the room with you. “If you're cutting into sleep time to work, read or play video games, turn them off. They can make you too distracted to sleep,” Dr. Luterman says.

✔ SAY YES TO:

Everyday Exercise

What *can't* exercise do? Getting in a good sweat session on a regular basis (ideally 30 minutes a day, five times a week) can help you sleep more soundly.

✘ SAY NO TO:

Working Out Right Before Bedtime

A workout boosts energy and may make it hard to go to sleep right away. Plus, your body temperature increases during exercise, and the body needs time to cool. Schedule your workouts more than two hours before bedtime.

✔ SAY YES TO:

Quality Bedding

A good mattress and quality sheets may be a bit of an investment, but it's money well spent. If you're not comfortable in bed, you're less likely to sleep well.

✘ SAY NO TO:

Late-Night Snacking

Avoid eating two hours before bedtime. A blood sugar spike may affect sleep.

✔ SAY YES TO:

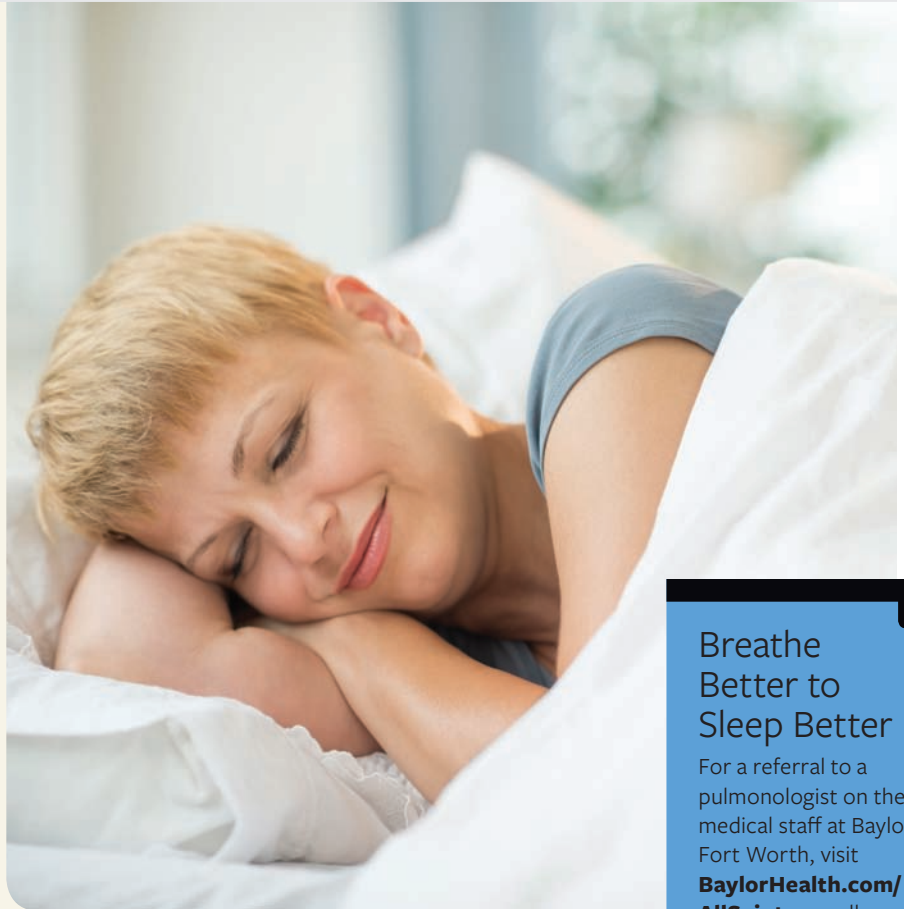
Ambient Noise

If noises outside your room are keeping you counting sheep, try a white-noise machine or a fan. “Some people need absolute quiet, while others do better with a little background noise,” Dr. Luterman says.

✘ SAY NO TO:

Ignoring the Problem

If you still are having trouble falling asleep or are waking up exhausted, it may be time to talk to your doctor about treatment options.



Breathe Better to Sleep Better

For a referral to a pulmonologist on the medical staff at Baylor Fort Worth, visit BaylorHealth.com/AllSaints or call 1.800.4BAYLOR.

Taking Control

Know *your options* when it comes to these three women's cancers

When 36-year-old Paola Gerber, a model, wife and mother of two, found a lump in her breast in September 2012, she was terrified. "I have three women in my family who were diagnosed with breast cancer before the age of 40," she recalls. "I thought, 'I'm next.'"

Though the tumor turned out to be benign, Gerber was gripped with fear about her future.

At her doctor's urging, she underwent genetic testing at Baylor Regional Medical Center at Plano. "I was diagnosed with the BRCA1 genetic mutation, which gave me an 87 percent chance of developing breast cancer and a 50 percent chance of developing ovarian cancer," she recalls.

Gerber opted to undergo preventive surgery—a hysterectomy at Baylor Regional Medical Center at Grapevine in November 2012 and a double mastectomy at Baylor Plano in January 2013. She returned to Baylor Plano for breast reconstruction five months later.

"All of my surgeons did a beautiful job, but the most beautiful thing is that the

surgeries dropped my risk of both cancers dramatically," she says. "I have peace knowing I will be here to see my children grow."

Preventive surgery isn't for everyone, but we can all take a cue from Gerber's proactive approach. Here, Lynn Canavan, MD, a surgical oncologist on the medical staff at Baylor Plano and Baylor Medical Center at McKinney, discusses three women's cancers and what to watch for.

Paola Gerber with her husband, Ian, daughter, Nyah, and son, Liam.





BREAST CANCER

 **Women diagnosed in their lifetime:**
About 1 in 8


 **Stage-one five-year survival rate:** 98%

“Women who have been identified as having the BRCA1 and BRCA2 gene mutations are at a much greater risk of developing breast and ovarian cancers,” Dr. Canavan says. “For these women, preventive surgeries can drastically reduce the risk of developing these cancers.”

 **Watch for:**
Lumps, swelling, pain, skin irritation or dimpling, nipple retraction or discharge, or appearance changes in the nipple or skin. “But many women don’t experience symptoms in the earlier stages,” Dr. Canavan says.


 **Get screened:**
Experts recommend that women 40 and older undergo a mammogram once a year. “I still recommend monthly breast self-exams, despite conflicting recommendations,” Dr. Canavan says.


CERVICAL CANCER

 **Women diagnosed in their lifetime:**
About 1 in 143


 **Stage-one five-year survival rate:** 91%

The majority of cervical cancer cases are caused by human papillomavirus (HPV), a sexually transmitted disease. “You can reduce your risk of HPV by getting a vaccine in adolescence and boosters in young adulthood,” Dr. Canavan says.

 **Watch for:**
Bleeding between periods, after intercourse or after menopause; pain in the lower abdomen; pain during intercourse and unusual discharge.


 **Get screened:**
Experts recommend that women 21 through 29 get a Pap test once every three years (if the results are normal) and that women 30 through 64 get a Pap and HPV test once every three to five years. “This recommendation may vary based on your personal risk,” Dr. Canavan explains.


OVARIAN CANCER

 **Women diagnosed in their lifetime:**
About 1 in 71

 **Stage-one five-year survival rate:** 92%

“Unfortunately this disease quickly becomes deadly,” Dr. Canavan says. “The survival rates drop dramatically once the disease has spread.”

 **Watch for:**
Bloating, abdominal pain, difficulty eating or feeling full quickly, or increased urgency or frequency of urination.

 **Get screened:**
No screening is recommended for women at average risk, other than an annual pelvic exam. For women at increased risk due to family or personal health history, a transvaginal ultrasound and/or testing for the CA-125 protein (found in many ovarian cancers) may be recommended.

“We’re limited in our ability to detect ovarian cancer early,” Dr. Canavan says. “For this reason, high-risk women who are done having children should consider preventive surgery to remove the ovaries and fallopian tubes.”

Reach Out

For information on the cancer support groups offered at Baylor Fort Worth, visit BaylorHealth.com/AllSaintsCancer or call **1.800.4BAYLOR**.

Let It All Out

It’s common for people with cancer to keep their emotions to themselves to try to protect their family and friends, says Scott Lennox, clinical case manager of behavioral health services at Baylor All Saints Medical Center at Fort Worth.

“But it takes energy to hold your emotions in,” Lennox says. “When you can talk about it, you free up energy to use in your recovery.”

Support groups give people coping with a cancer diagnosis a place to connect with others who understand their journey.

Lennox frequently invites people who say they’re too private to talk in front of other people to attend a support group and simply listen. “Often, the next thing I know, they’re talking,” Lennox says. “They say, ‘I had no idea that there was somebody who could understand me.’”



Playing It Safe

Whether you're an early morning jogger or the parent of a high school football player, this rundown reveals the injuries you need to watch for



The family that plays together stays together. After all, sports are a great way to bond and for parents to set a positive example of physical activity for their children. But the last thing you want is for that bond—or legs or arms—to be broken by not taking the proper safety precautions.

“It’s great to promote a healthy and active lifestyle as a family,” says Lance Winter, DO, an orthopedic surgery and sports medicine physician on the medical staff at Baylor Medical Center at McKinney. “Just be sure not to exceed anyone’s abilities and properly train for events.”

Read on to discover how to protect you and your family from the most common injuries of these popular activities.

SOCCKER

Body part most affected: Lower leg

► **Avoid injury:** Soccer is a close-contact sport with lots of bumping and pushing. The most common cause of lower-leg injury is inadequate shin guards, according to the American Academy of Orthopaedic Surgeons. Always ensure players have proper gear and opt for shoes with molded cleats rather than the kind that screw in, unless playing on a wet or slippery field.

BASKETBALL

Body part most affected: Knee

► **Avoid injury:** Basketball is a high-agility sport with a lot of stop-and-go action and twisting. “Knee injuries are common in these types of sports,” Dr. Winter says. “Female high school and college athletes are most prone to ACL injuries.” The ACL, or anterior cruciate ligament, is one of the knee’s main tissues.

Avoiding knee damage is largely a matter of education for both sexes, he adds. “We can do jump-stop analyses to assess how athletes are landing, and then recommend techniques and stabilization exercises.”

BASEBALL

Body parts most affected: Elbow and shoulder

► **Avoid injury:** Pitchers are most at risk for these injuries, which can be difficult to rehabilitate once they occur. Ensure your child adheres to the maximum pitch counts as set by Little League Baseball, and insist upon appropriate rest days in between pitching. Rotating positions can also help prevent overuse of any one body part.



Make Time for Playtime

Families that value physical activity reap many health benefits, says Jennifer Smart, MD, a family practice physician on the medical staff at Baylor All Saints Medical Center at Fort Worth. An active lifestyle promotes healthy weight, prevents diabetes and keeps your heart healthy and your joints flexible as you age.

For parents, “early morning before everyone wakes up may be the best time to fit in exercise,” Dr. Smart says. But don’t miss other opportunities to get moving: Instead of sitting in the bleachers, walk around while you watch your child’s game.

So instead of spending the weekend in front of the TV or computer, look for active ways to have fun together, Dr. Smart suggests. Take a family hike or bike ride, go swimming or kayaking, or just walk the dog and toss a Frisbee together.

Find a Local Doctor

For a referral to a primary care physician on the medical staff at Baylor Fort Worth, visit BaylorHealth.com/AllSaints or call **1.800.4BAYLOR**.

FOOTBALL

Body parts most affected: Knee, shoulder, ankle, head

► **Avoid injury:** Proper gear should be worn at all times and proper tackling techniques should be learned. To prevent long-term damage, it’s imperative that football players do not return to play until an injury has fully healed, especially concussions.

TRACK/RUNNING

Body parts most affected: Ankle, shin, knee

► **Avoid injury:** First and foremost, get properly fitting running shoes, and replace them every 300 to 500 miles, depending on wear. Also, run on flat ground whenever possible; running tracks are much easier on the joints than pavement.

CHEERLEADING

Body parts most affected: Wrist, shoulder, ankle, head, neck

► **Avoid injury:** Cheerleading doesn’t have a high number of injuries compared with other



sports, but it does tend to have the most catastrophic ones. Stunts should never be performed outside of sport regulations, and mats should be used in practice as well as competition. Cheerleaders should never attempt stunts when they are ill, fatigued, injured or otherwise unsure of their abilities.

WEEKEND WARRIORS

Body part most affected: Depends on the activity

► **Avoid injury:** Adults are more likely than kids to be weekend warriors—sitting at desks all week and then hitting the course, court or field on their days off.

“They go too hard, too fast,” Dr. Winter says, “and end up rupturing their Achilles tendon, spraining an ankle or getting tendinitis.”

Protect yourself by not waiting for the weekend to exercise. “Maintain a consistent program of exercise rather than being sedentary Monday through Friday and then doing strenuous activity on the weekends,” he says. “You don’t need to train like an Olympic athlete, but do work on building strength and flexibility.”



Want to Know More?

Visit BaylorHealth.com/AdvancingMedicine to learn more about our innovative research.



PLANT POWER

A plant-derived compound could enhance current treatments for patients with type 1 diabetes and chronic pancreatitis

FOR THOUSANDS OF YEARS, people in Asia and the Middle East have relied on the Ashwagandha plant for its anti-inflammatory and antioxidant properties to promote better sleep, balance the nervous system and restore strength and vitality. Today, researchers at Baylor Research Institute (BRI) are finding even more uses for this powerful plant, and one of them was recently awarded a U.S. patent.

But to understand how they're using it and the importance of their findings, you first have to understand a little about islet transplantation.

ALL ABOUT ISLETS

Islets are clusters of cells within the pancreas that aid in the production of the hormones insulin and glucagon, which are important in maintaining healthy glucose levels. Islet transplantation is an experimental treatment used in people with type 1 diabetes, and an accepted therapy in those with chronic pancreatitis.

"Many people develop type I diabetes as a result of autoimmune destruction of islet cells," says Bashoo Naziruddin, PhD, director of research at Baylor University Medical Center at Dallas' Islet Cell Lab. "A promising treatment is to replace them with islet cells from deceased donors."

Another group of patients that benefits from islet transplantation are those diagnosed with chronic pancreatitis. "We remove the pancreas and extract the islet cells, then transplant them into the liver," Dr. Naziruddin explains.

THE POWER TO PROTECT

Unfortunately, this treatment is often compromised by inflammation, which damages the islet cells during or after transplantation and can render them ineffective. In an effort to protect islets from the damage caused by inflammation, Baylor researchers applied an anti-inflammatory compound called withaferin A (WA), which is derived from the Ashwagandha plant, to the islet engraftment process.

"Over the last five years, we have experimented with this particular compound," says Marlon Levy, MD, principal investigator for the islet team at BRI. "We found that when we added the compound to the islets in the lab, it protected them from cell damage caused by inflammation and improved the success of transplantation as well as transplanted islet survival."

HOPE AHEAD

The team's exciting findings were published in the British medical journal *Diabetologia* in January 2013, and BRI was granted a U.S. patent for the compound in January 2014.

"It's our hope that this can be used with existing techniques to increase the chances of successful islet transplantation in patients with diabetes and chronic pancreatitis," Dr. Levy says.

Get the Exclusive

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UPCOMING EVENTS

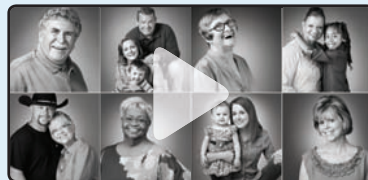
Get Ready for Baby!

Baylor Fort Worth offers everything from maternity tours to breastfeeding and childbirth classes. Visit BaylorHealth.com/AllSaintsEvents to register.

HEALTHY INFO

10-Second Tips

Learn the benefits of quinoa, the keys to a better night's sleep, and more when you visit BaylorHealth.com/Exclusive and click "Live Better."



VIDEO

Patient Stories

Who better to give insight than someone who's been through it? To watch real Baylor patients tell their stories, visit *BaylorHealth Exclusive* and click "My Story Videos."

QUIZ

What Do You Know About Preventing Cancer?

Take our quiz to see whether you know the steps you can take to reduce your risk. Go to BaylorHealth.com/Exclusive and click "Quizzes."



RECIPE

SAVOR SEASONAL FLAVORS

Autumn vegetables like squash and pumpkin deliver a delicious dose of antioxidants and fiber. Visit *BaylorHealth Exclusive* online and click "Recipes" for ideas, like Pumpkin Cranberry Muffins.



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GRATEFUL

to all our people whose compassionate care made this possible

& HONORED

to serve so many wonderful communities



U.S. News & World Report examines hospitals for their annual “Best Hospitals” report. We’re proud to announce that for 2014-15 Baylor All Saints Medical Center at Fort Worth has been **recognized for excellence state-wide in three specialties**—Gastroenterology & GI Surgery, Nephrology and Urology. And we realize, we have to re-earn this reputation every day, with every patient.

For a physician referral or for more information, call **1.800.4BAYLOR**
or visit us online at **BaylorHealth.com/AllSaints**.

1400 Eighth Avenue, Fort Worth, TX 76104

See USNews.com/BestHospitals for complete listings.

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