

November 2011

Baylor Health

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REAL PATIENTS. REAL STORIES.

Twice *the* Success

BETHANY LILES and her mother, PAULA, have lost a total of 199 pounds after weight loss surgery
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ARE YOU AT RISK?
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Is It the Flu?

Identifying influenza can be tough, but knowing can help you recover faster

It's one of those age-old questions. Soup or salad? Beach or mountains? ...

Is it a cold or is it the flu?

Both are prevalent in winter. "Kids have been in school long enough to transmit diseases, and when it's cold, people

congregate more in close quarters," says John Wiprud, M.D., a family practice physician on the medical staff at Baylor Medical Center at Garland.

But sick is sick, right? Does it matter if it's a cold or the flu? Yes, Dr. Wiprud says. "The flu is more likely to cause complications like pneumonia or bronchitis."

How Do You Tell?

Colds and flu share many of the same symptoms, including coughing, sneezing, headache, nasal congestion and fever. Colds tend to last a week or less and bring on lower-grade fevers than the flu, which often lasts seven to 10 days.

But the main difference between colds and flu is severity at onset, Dr. Wiprud says. "With flu, you usually go from well to very sick in a much shorter period of time," he says.

What to Do

If it's a cold, rest, take medications to lessen the symptoms and let it run its course. But with the flu, see your doctor within 48 hours. He or she can prescribe an antiviral. It won't cure you, but it can shorten the length and severity of illness.

If you do develop signs of pneumonia—shortness of breath or pain when taking a deep breath—or an earache, see your doctor again right away.

● *By Shelley Flannery*

Cold and Flu Prevention Tips

- Wash your hands frequently and keep hands away from your eyes, nose and mouth.
- Use hand sanitizer when hand washing isn't possible.
- Avoid contact with those who are ill.
- Eat a healthy diet rich in fruits, vegetables and whole grains.
- Exercise regularly.
- Get plenty of sleep.



PROTECT YOURSELF

Schedule Your Flu Shot Today

The best way to protect yourself against the flu is to get vaccinated. Call your doctor to get a flu shot. Don't have a physician? Call **1-800-4BAYLOR** for a referral or visit **FindDrRight.com**.

Baylor Medical Center at Garland
2300 Marie Curie Blvd., Garland, TX 75042

President: Tom Trenary

Marketing/Public Relations Director:
Michael Smith

Editor: Eva Hummel

Baylor Garland Main Number:
972-487-5000

Parent Education Classes:
1-800-4BAYLOR (1-800-422-9567)

Baylor Senior Health Center-Garland:
972-487-5444

Baylor Garland Diabetes Program:
972-487-5483

Baylor Breast Center: 972-487-5293

Baylor Garland Physician Referral:
1-800-4BAYLOR (1-800-422-9567)

**Baylor Garland Volunteer Services/
Auxiliary:** 972-487-5520

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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.

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The logo for Baylor Medical Center at Garland, featuring a stylized blue flame or drop shape to the left of the text "BAYLOR Medical Center at Garland".



A Partner on the Journey

Baylor Garland opens Cancer Resource Center

What people fear most about cancer is simple: the unknown. This month, Baylor Medical Center at Garland is fighting the unknown with a pair of scissors—by cutting the ribbon on its new Cancer Resource Center, operated in conjunction with the American Cancer Society.

“We wanted to have a dedicated space where patients, family members and the community can get the most up-to-date information on cancer from reliable sources,” says Sashidhar Reddy, M.D., hematologic oncologist on the medical staff at Baylor Garland and chair of the Baylor Garland Cancer Committee.

The center is on the first floor at Baylor Garland. “We found a wonderful

location that is very accessible and offers high visibility,” says Lakeye Hurd, community manager for health initiatives for the American Cancer Society North Texas Region. Hurd worked with Baylor Garland on developing the center and recruiting its volunteer staff.

A One-Stop Shop

“The volunteers are trained to provide resources and support to help cancer patients manage their day-to-day treatment,” says Tammy Hoepner, LMSW, social worker on the staff at Baylor Garland. That includes:

- Printed literature. The library offers everything from brochures on different types of cancer to cookbooks for chemotherapy patients.
- Internet access. Computer stations offer online research at doctor-recommended websites like cancer.org (American Cancer Society) and cancer.gov (National Cancer Institute).
- Accessories. A selection of scarves, hats and wigs provided by the American Cancer Society is available, “and the volunteers can assist with fitting,” Hoepner adds.
- Connections. Volunteers will refer visitors to support groups and resources for other needs, such as respite care or transportation assistance.

Continual Improvement

The Cancer Resource Center is something the team at Baylor Garland wanted to offer as part of its mission of providing quality cancer care and education. It also represents another step forward.

“Baylor Garland has done a wonderful job developing the Cancer Resource Center,” notes Laura Siciliano, manager of the Baylor Health Care System Cancer Registry. “Baylor Garland, and all the hospitals in the Baylor Health Care System, are working toward getting their cancer programs nationally accredited by the Commission on Cancer.” ● *By Deborah Paddison*

COMING TOGETHER TO FIGHT CANCER



I Can Cope®

I CAN COPE

Baylor Medical Center at Garland now offers the American Cancer Society’s “I Can Cope”™ series of educational classes for cancer patients and their families and caregivers. Led by Baylor Garland professionals, the classes address the many aspects of living with cancer, from treatments and side effects to nutrition and mind/body wellness.

For information on class times and locations, or to enroll, call Tammy Hoepner, LMSW, social worker on the staff at Baylor Garland, at **972-487-5184**.

NEW LIFE, NEW HOPE

The New Life New Hope Breast Cancer Survivors Group empowers women with breast cancer through education and support. It not only offers a welcoming environment for women at all stages of the breast cancer journey to comfortably share their experiences, but it also regularly hosts knowledgeable guest speakers, including physicians and cancer care professionals.

For newly diagnosed patients, the chance to meet women who have “already walked their walk,” as founder Lynda Dyer says, provides an emotional boost. “I think they come away with a better self-image seeing cancer survivors who are healthy, thriving and active. And we learn from them, as well.”

New Life New Hope Breast Cancer Survivors Group

Day: First Tuesday each month

Time: 7 p.m.

Place: First United Methodist Church, 801 W. Ave. B, Garland, Room 103

Information: 972-272-3471 or bcsgr@verizon.net

READY TO HELP

Support When You Need It

The Baylor Garland Cancer Resource Center is open to the community. For location and hours of operation, call **1-800-4BAYLOR**.



Keeping a Watchful Eye on Heart Patients

Baylor Medical Center at Garland recently opened an 11-bed chest pain and congestive heart failure observation unit on the third floor. The unit is specially equipped for patients who come to the emergency department with cardiac symptoms but whose condition does not require immediate emergency care.

“Someone with chest pain may show no changes on an electrocardiogram in the emergency department, but that doesn’t mean something serious couldn’t develop over the next several hours,” says Mary Womack, R.N., manager of 3 West and the cardiac catheterization lab at Baylor Garland.

Instead of having these patients occupy beds in the emergency department or admitting them to the hospital, they come to the unit for up to 24-hour observation, where hospitalists and nurses monitor them with telemetry. Lab and cardiac stress testing also are available in the unit. A cardiologist will then be able to make an informed decision about whether to admit or discharge a patient, typically after 12 to 18 hours.

The new unit is another “best practice” inspired by Baylor Garland’s recent Heart Failure and Chest Pain accreditations from the Society of Chest Pain Centers.

Double Trouble

Take steps to prevent cardiovascular disease and peripheral vascular disease

Like its infamous relative, cardiovascular disease (CVD), peripheral vascular disease (PVD) results from plaque buildup in the arteries, aka atherosclerosis. But with PVD, the affected arteries are in the neck and legs.

“Your arteries are all connected, so the same way atherosclerosis affects the arteries in your heart, it also affects the arteries in your legs and neck,” says Biren Parikh, M.D., a cardiologist on the medical staff at Baylor Medical Center at Garland.

The primary warning sign for PVD is claudication, pain in the calf or thigh when walking that is relieved with rest.

Risk factors for PVD are essentially the same as for CVD. They include:

- Older age
- Diabetes
- Smoking
- High cholesterol
- High blood pressure

PVD treatment begins with a symptom and family history assessment. “Using noninvasive Doppler ultrasound, doctors can obtain high-quality images of blood flow in the arteries and determine the location and extent of the blockages,” says James Hayhurst, M.D., a vascular surgeon on the medical staff at Baylor Garland.

Most people with minor claudication from PVD don’t require surgery. “If they

stop smoking, start a walking program and take medication, their symptoms should improve significantly,” says Dr. Hayhurst. Interventional vascular procedures involving open surgery, balloons and stents are reserved for patients who do not respond to conservative treatment or those who have severe acute or chronic symptoms.

Because about 80 percent of people with PVD have no symptoms, screening is important. “Having PVD doubles or triples your risk of dying from cardiovascular disease,” says Dr. Parikh.

● *By Deborah Paddison*

  **SEE AN EXPERT**
Help for Your Heart

No matter your risk factors, Baylor can help you take care of your heart. For a referral to a cardiologist on the Baylor Garland medical staff, call **1-800-4BAYLOR** or visit **FindDrRight.com**.

Protecting Innovation

Baylor secures patents for intellectual property

You may have heard how much it costs to bring a new medicine or medical advance to the public, and it's true. As these innovations are in development, the ideas—also known as intellectual property—are patented so no one else can claim them as their own.

Baylor Research Institute (BRI) is currently working on hundreds of novel inventions, and is securing patent protection for the intellectual property and research developments that go into them.

"The kind of innovation we do involves an expensive development process, which no one would fund without a guarantee that their innovation is protected for at least a period of time," says Bernard Brignonet, chief operating officer of BRI. "And without that, our innovations would have no chance of ever reaching the marketplace and patients."

Research Portfolio

The innovations Brignonet refers to include therapeutics, diagnostics and medical devices that encompass a wide range of research areas. Right now, BRI has a master portfolio of over 590 issued and pending patents. These span more than 97 patent families related to cancer, diabetes, organ transplantation and immunology, to name just a few areas of research.

In addition to supporting BRI's mission—to translate medicine from the research bench to the bedside—BRI's commitment to patent protection could lead to more opportunities to innovate.

"The goal is to form partnerships with companies or start up new companies and develop these

innovations into FDA-approved products that can reach the whole community," says Irene Rombel, Ph.D., MBA, managing director of Biomedical Intelligence LLC, one of the experts BRI is working with on patent protection.

"No one in the industry will give you a second look if you don't have intellectual property protection on a drug you're developing," adds Karen Lowney, senior staff attorney at Hunton & Williams LLP, another expert working with BRI.

Instilling Confidence

Brignonet says he considers BRI's intellectual property protection strategy essential to the work of its researchers. What's more, the confidence that patent protection inspires in investors may help BRI with another goal: being a self-funding research entity.

"Clearly, intellectual property is the name of the game for us," Brignonet says. "If it can help us fund more research in the future, so be it. But first and foremost, the goal is to give our innovations the protection they need to someday be made available to patients." • *By Amy Lynn Smith*

DID YOU KNOW?

Baylor Research Institute has a master portfolio of over **590** pending and issued patents spanning more than 97 patent families.

RESEARCH AT BAYLOR

Are You a Candidate for a Clinical Trial?

To learn more about research trials at Baylor that are seeking participants, visit BaylorHealth.com/AdvancingMedicine.



Is Weight Loss Surgery the Answer?



Diana Golestani has lost 110 pounds since having weight loss surgery in 2010.

Diet and exercise don't always solve the problem By Stephanie Thurrott

Diana Golestani, 48, of Arlington, battled obesity for more than 20 years. She started gaining weight in high school, peaking at 175 pounds before graduation. Since then, her weight has averaged 250 pounds. "At one point I was able to lose 60 pounds because I have some discipline and healthy eating habits," she says. "But I could not stay at one weight."

After having weight loss surgery in 2010, she's now 110 pounds lighter. And even though she travels a lot, she doesn't let that interfere with her success.

"Recently we stayed with family in Iran. I could watch my portions, but I wasn't in control of what I ate," she says. "And it was very hot, but when it cooled off I tried to do some walking."

To compensate, when she returns home she relaunches her healthy lifestyle, restocking her fridge and pantry with the foods she needs and easing back into her exercise routine.

Like Mother, Like Daughter

Like Golestani, Bethany Liles, 21, of Midlothian, always struggled with her weight. But her high school softball workouts helped keep the extra pounds in check. That changed when a fractured back sidelined her exercise.

Her mother, Paula Liles, 42, had long struggled with weight, too. "I had tried all kinds of diets. I lost 30 pounds on my own, but then I hit a brick wall. I tried Zumba and loved it, but still could not get the weight off," she says.

Her weight peaked in 2010 at 293 pounds. Bethany was 235 pounds. Then the two decided to have weight loss surgery.

"It was a great support system. We knew exactly what the other was going through," Bethany says.



WATCH THE VIDEO

See Diana's Story

To hear more about Diana Golestani's success with weight loss surgery, watch her story at BaylorHealth.com/MyStory.

And both women are seeing incredible results. In September, Bethany weighed 157 pounds and expects to reach her goal of 125 pounds. Paula's goal is 152 pounds and she was well on her way in September at 172 pounds.

The Power of Weight Loss Surgery

"Weight loss surgery can improve your quality of life and extend your life expectancy," says Andre Graham, M.D., a bariatric surgeon on the medical staff at Baylor Medical Center at Waxahachie.

Obesity is linked with high cholesterol and triglycerides, high blood pressure, heart disease, diabetes, sleep apnea, menstrual irregularities, reflux, incontinence, depression, and back and joint pain.

Golestani was prediabetic before her surgery, which scared her since her brother lost part of his foot to complications from diabetes. Now, her prediabetes has cleared and her doctors say she's unlikely to develop diabetes.

"For every pound you lose, you gain days of life," says Sina Matin, M.D., a weight loss surgeon on the medical staff at Baylor Regional Medical Center at Grapevine.

People with a body mass index (BMI) of 35 or more and people with a BMI of 30 or more with other health problems may be candidates for weight loss surgery. For most, this translates to being overweight by 75 to 100 pounds or more.

Surgical Solutions

"Diet alone is usually not effective for long-term weight loss," says Matthew V. Westmoreland, M.D., a surgeon on the medical staff at Baylor Regional Medical Center at Plano.

While weight loss surgery is not a magic bullet, it is an effective tool that can help people who haven't been able to lose weight through diet and exercise. If you decide to undergo weight loss surgery, you'll likely have three options.

GASTRIC BYPASS is the oldest, most established surgical procedure. During this surgery, doctors staple your stomach and attach it to the small intestine in a way that limits the number of calories that are absorbed.

With a **SLEEVE GASTRECTOMY**, your stomach is stapled to make a small pouch while the connection between the stomach and small intestine is unchanged.

The **GASTRIC BAND** is an inflatable strap placed around your stomach to make you feel full sooner.

All the procedures have their pluses and minuses, and your doctor can recommend the best one for you.

"So many people think surgery is dangerous and you shouldn't do it until everything else had failed," says Frank Felts, M.D., a bariatric surgeon on the medical staff at Baylor Medical Center at Carrollton. "Weight loss surgery needs to be considered frontline, mainstream treatment for weight loss." ●

Bethany Liles and her mom, Paula, both had weight loss surgery and, so far, have lost a combined total of 199 pounds.



? TAKE OUR QUIZ Are You a Candidate?

To find out if you may be a candidate for weight loss surgery, take our quiz at BaylorHealth.com/HealthCast.

Taking Control of Diabetes

"You have type 2 diabetes." Every year, thousands of Americans hear those words. They wonder, "What does that mean, and how is it going to affect my life?"

No doubt, a diabetes diagnosis is tough to wrap your head around—particularly if it comes as a surprise. It helps to have someone guide you through the experience so you know what to expect and can learn the steps you can take to manage your diabetes.

That's exactly the kind of help available from the Diabetes Education Center at Baylor Medical Center at Garland. Dietitians and certified diabetes educators provide outpatient nutrition counseling and education for both children and adults who have diabetes.

The Type 2 Diabetes Self-Management Program covers a broad range of topics:

- Monitoring blood sugar levels
- Designing meal and exercise plans
- Taking diabetes medications
- Preventing diabetes complications

Although the idea of injecting yourself with insulin provokes anxiety, some people who have diabetes require only oral medication, and many can manage their disease through diet, exercise and weight loss.

To lower your risk of developing type 2 diabetes, take these steps:

- Lose weight.
- Exercise daily.
- Stop smoking.
- Eat more fruits and vegetables, lean meats, low-fat dairy, and high-fiber breads and cereals.

● By Deborah Paddison

DIABETES HELP Never Stop Learning

The Diabetes Education Center at Baylor Garland is accredited by the American Diabetes Association. Enrollment is through physician referral. For a referral to a primary care physician on the medical staff at Baylor Garland, call 1-800-4BAYLOR or visit FindDrRight.com.



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Articles • Videos • Recipes • Quizzes • Tips

Community Calendar November & December 2011

Prepared Childbirth and Basics of Baby Care

This class meets on Mondays for five weeks from Nov. 7 through Dec. 5, 7 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, call **1-800-4BAYLOR** or register at BaylorHealth.com/Garland.

Infant/Child CPR

This class will be held Nov. 19, 10 a.m. to 12:30 p.m. It 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 and CPR standards set by the American Heart Association. The class fee is \$25. To register, call **1-800-4BAYLOR** or register at BaylorHealth.com/Garland.

SUPPORT GROUPS

Stroke Support Group: First Tuesday of the month, 6 to 8 p.m. Baylor Garland, Baylor Medical Plaza I, Suite 201. Call Linda Offutt at **972-487-5315**.

Alzheimer's Support Group: Every third Saturday of the month, from 10 to 11 a.m., at the Baylor Senior Center, conference room, 800 N. Shiloh Road, Garland. For more information, call **972-487-5444**.

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**.

I Can Cope: A free educational program for adults facing cancer. Meets the second Tuesday of the month, noon to 1 p.m. at Baylor Garland, 2300 Marie Curie. Call Tammy Hoepner to enroll at **972-487-5184**.

SATURDAY MAMMOGRAPHY APPOINTMENTS

Can't find time during your busy week for a lifesaving screening? We've made time for you! Baylor Breast Center, located at Baylor Garland, is offering Saturday mammography appointments. Appointments are available beginning at 7:30 a.m. Call **972-487-5293** to schedule your mammogram today. It could save your life!



Recognized in 3 Specialties— Nephrology, Orthopedics and Urology

After a complete examination of 5,000 hospitals nationwide, *U.S. News & World Report* ranked Baylor Medical Center at Garland 8th in the Dallas Metro Area and recognized in three specialty areas—nephrology, orthopedics and urology.

Visit BaylorHealth.com/Garland or call **1.800.BAYLOR** for more information, to register for an upcoming event or for a physician referral.

2300 Marie Curie Drive
Garland, Texas 75042



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