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Baylor Health

PLANO EDITION

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Her Weight Is Over

Weight loss surgery helped DIANA GOLESTANI lose 110 pounds—and regain her life
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 **BAYLOR**
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at Plano

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CONVENIENT EXPERTISE
Breast imaging center helps detect cancer sooner page 3

On the Run?

Three ways to prevent Achilles tendinitis

Running is great exercise. And avoiding injuries can keep you out on the road enjoying that runner's high. Dominique Nickson, M.D., a foot and ankle specialist on the medical staff at Baylor Regional Medical Center at Plano, offers these tips to help avoid Achilles tendinitis, one of the most common injuries to plague runners.

1. STRETCH. You should warm up and stretch before your run, and cool down and stretch afterward. Be sure to stretch with your knee straight as well as bent, so you stretch the entire Achilles tendon—both where it connects to the bone and in its middle. Work on building flexibility in your hamstrings as well, since tight hamstrings can lead to Achilles tendinitis.

2. WEAR APPROPRIATE SHOES. Endurance runners in particular risk wearing out shoes, since they run a lot of miles. Old shoes don't give you the support you need. If your feet tend to pronate, or turn inward at the ankle, you may be more likely to develop Achilles tendinitis. Appropriate shoes can help align your feet properly and reduce your risk.

3. BUILD YOUR MILEAGE GRADUALLY so you're not overstressing the tendon. You might be able to add a mile a week or every other week. Listen to your body—as long as you're comfortable, without significant pain, you should be able to up your distance. Beginning runners need to build up more slowly. If you've been running for months or years, you can likely add more mileage with less risk.

If your Achilles tendon starts to flare up, you'll notice pain in the tendon and sometimes cramping in the calf muscle. You can treat Achilles tendinitis with rest, ice, compression, elevation and anti-inflammatory medications. If you have a history of tendinitis, you may want to take an anti-inflammatory before you run so you don't have a flare-up. ● *By Stephanie Thurrott*



  **MAKE THE CALL**
Get Help Today

For a referral to an orthopedic specialist on the Baylor Plano medical staff, call **1-800-4BAYLOR** or visit **BaylorHealth.com/PlanoOrtho**.

Baylor Regional Medical Center at Plano
4700 Alliance Blvd., Plano, TX 75093
469-814-2000

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 **BAYLOR**
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Convenient Expertise

Baylor Plano acquires breast imaging center

Earlier this year, Baylor Regional Medical Center at Plano acquired the Elizabeth Jekot, MD Breast Imaging Center.

Elizabeth Jekot, M.D., a radiologist on the Baylor Plano medical staff, serves as medical director of the center. Dr. Jekot says, “The union of these two forces—the patient-centered, love-based practice and the vision and strength of Baylor Plano—brings countless benefits to the women of the community.”

From All Angles

Dr. Jekot stresses the importance of a three-pronged early detection strategy—breast self-exams, annual physician exams and screening mammograms. She notes that higher-risk patients may merit additional screening studies, such as breast MRI.

She also emphasizes minimizing risk with healthy lifestyle choices. Exercise regularly, keep a diet of mostly fruits, nuts, vegetables and lean meats, and minimize alcohol intake.

WHY GO DIGITAL?

Digital mammograms offer certain benefits over their film counterparts, including:

- Better visibility of dense breasts and microcalcifications
- A lower dose of radiation per image
- Images that can be manipulated and adjusted for easier reading
- No delay in developing time


Services for You

The center offers digital mammography, breast sonography, breast needle biopsy, breast MRI and bone density scans.

On certain Saturdays, Baylor Plano offers mammography spa days, which can help alleviate some of the stress surrounding a mammogram, particularly a first one. The spa days feature chair massages, music, refreshments and a gift, so women can sit and spend time in a relaxed environment.

“The quality imaging services provided by this new outpatient facility will help meet the medical needs of our community,” says Jerri Garison, president of Baylor Plano. “We look forward to continuing to provide Richardson and neighboring communities the quality health care and breast imaging services that the Elizabeth Jekot, MD Breast Imaging Center has a reputation of providing.” ●

By Stephanie Thurrott

 **CALL TODAY**
Schedule Your Mammogram Spa Day

Call **1-800-4BAYLOR** to schedule your digital screening mammogram spa day—and for more information about Baylor Plano, visit us online at **BaylorHealth.com/PlanoWomen**.





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. "When it's cold, people stay indoors more and there's more close contact," says Linda S. Bang, M.D., an internal medicine physician on the medical staff at Baylor Regional Medical Center at Plano.

But sick is sick, right? Does it matter if it's a cold or the flu? Yes, Dr. Bang says. "There are many different viruses that cause the common cold, and they are less severe," she says. "The flu tends to be much more severe and can lead to complications like pneumonia, which is particularly worrisome in older adults."

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.



How Do You Tell?

Both colds and the 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. Bang says. "Flu has a much more sudden onset—usually generalized weakness, muscle aches, fever and cough all within 48 hours of each other," she says.

What to Do

If it's a cold, rest, take over-the-counter 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 illness and prevent complications.

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

PROTECT YOURSELF
  **Call for a 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** or visit **FindDrRight.com** for a referral to a physician on the Baylor Plano medical staff.

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.

Ready to Learn More?

Weight loss surgery seminars at Baylor Plano can teach you more about what to expect from the procedure. During the seminar, a weight loss surgeon will explain the three types of operations and outline why certain procedures might be preferable for certain people.

While all the operations have similar weight loss results, with some you'll drop the pounds more quickly. Others are reversible or adjustable. One procedure may be best for a young woman who hopes to have children one day, for example. And the nutritional requirements can vary based on the procedure.

"Without the diet component these operations are not as successful as you would like them to be. You have to be on board with what's required, and that's a little different from operation to operation, so that can drive the choice a little," says Matthew V. Westmoreland, M.D., a surgeon on the medical staff at Baylor Regional Medical Center at Plano.

The seminars also cover the health and weight requirements for surgery, as well as insurance reimbursement. Anyone 18 or older who is considering weight loss can attend, and you are welcome to bring guests with you.

Upcoming seminars are slated for these Tuesdays at 6:30 p.m.

- Nov. 1
- Nov. 15
- Nov. 29
- Dec. 13



REGISTER TODAY!

Free Weight Loss Surgery Seminar

To register for a free weight loss surgery seminar at Baylor Plano, call **1-800-4BAYLOR** or visit BaylorHealth.com/PlanoEvents.

 **Free. Online.
All the time.**

At BaylorHealth.com/Exclusive you'll find health information for you and your family you can't get anywhere else, including:

Articles • Videos • Recipes • Quizzes • Tips

Community Calendar November & December 2011 Events

To register: Call **1-800-4BAYLOR** or visit BaylorHealth.com/PlanoEvents.

CLASSES & FREE SEMINARS

Living Well with Diabetes Seminar

Nov. 14, 5:30 to 7 p.m., Plano Conference Rooms A & B. Presented by Neelay Gandhi, M.D., family physician on the medical staff at Baylor Plano.

Back on Your Feet Bunion Seminar

Nov. 14, noon to 1 p.m. Presented by Dominique Nickson, M.D., foot and ankle specialist

Joint Pain Seminar

Nov. 16 & Dec. 21, 6 to 7 p.m., Education Room 1, Garden Level

Breathe Easier

Chronic Obstructive Pulmonary Disease Seminar. Nov. 23, noon to 1 p.m., Education Center Rooms 1 & 2, Garden Level. Presented by Gary E. Erwin, M.D., pulmonologist on the medical staff at Baylor Plano.

HEALTH FAIRS

Your Health This Month™

Nov. 22, 7:30 to 9:30 a.m., Plano Conference Rooms A & B, Garden Level. Cholesterol/glucose testing for \$10.

SUPPORT GROUPS

Support for People with Oral Head & Neck Cancer

Nov. 1, 6 to 8 p.m., Plano Conference Rooms A/B, Garden Level.

Breast Cancer Risk Assessment and Prevention Clinics

Nov. 3 & 17 and Dec. 1 & 15, 4:30 to 6:30 p.m., Women's Imaging Center. Clinical breast exam, MammaCare® education, personalized risk assessment results and risk reduction strategies. For more information, please call **469-814-5768**.

Mammacare® Breast Self Exam Class

Nov. 4 & Dec. 2, 10 to 11:30 a.m.

Weight Loss Surgery Support Group

Nov. 9 & Dec. 14, 6 to 8:30 p.m., Education Center 1 & 2, Garden Level.

Diabetes Support Group

Nov. 10, 5:30 to 7 p.m.

Breast Cancer Support Program

Nov. 14, 5:30 to 7:30 p.m., Education Center 1 & 2, Garden Level.

Us Too! Prostate Cancer Support Group

Nov. 28, 6:30 to 8:30 p.m., Plano Conference Rooms A/B, Garden Level.



Walk-ins of all kinds accepted.

Baylor Frisco's Urgent Care Center is now open at FieldhouseUSA, in Sports Village. The quality care that Baylor is known for is available for sport-related injuries as well as minor injuries or illnesses requiring prompt attention. So, bring us your cuts, sprains, earaches and pains. Skilled physicians on our medical staff are ready to provide the treatment you need, when you need it most. With easy access and short wait times for FieldhouseUSA patrons and guests alike, we're here to help – whatever your age, for whatever ails you.

Urgent Care at FieldhouseUSA

No appointment required | Extended hours

Mon - Thurs: 3 pm - 10 pm, Fri - Sat : 8 am - 10 pm, Sun: 8 am - 6 pm

For more urgent care information call **214.407.5310**, **1.800.4BAYLOR** or visit BaylorHealth.com/Frisco

6155 Sports Village Rd.
Frisco, TX 75034
(Southeast of the Frisco St.
and All Stars Ave. intersection)



Urgent Care Center - Sports Village

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