

November 2011

# Baylor Health

**CARROLLTON EDITION**

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**REAL PATIENTS. REAL STORIES.**

## *Her* Weight Is Over

Weight loss surgery helped DIANA GOLESTANI lose 110 pounds—and regain her life  
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# Let's Get Physical

When was the last time you got checked out?

What's the most important step you can take to ensure good health? Drinking eight glasses of water? Eating an apple a day? Neither. It's getting an annual physical examination.

"I can't tell you the number of lives that have been saved and the number of strokes, heart attacks and cancers that have been prevented in patients who simply came in for a physical," says Richard Honaker, M.D., a family medicine physician on the medical staff at Baylor Medical Center at Carrollton.

## Spotting the Red Flags

Many common health problems don't exhibit symptoms until they become severe, which is why a yearly checkup is so important. You don't "feel" conditions like high blood pressure, high cholesterol or high blood sugar, but left unchecked, they can lead to nasty consequences: diabetes, cardiovascular disease, heart attack and stroke.

"I also can recall many patients in whom we've discovered early leukemias, colon cancers, and bladder and kidney cancers," Dr. Honaker says. "Treating them earlier often means those patients can live healthy, fulfilling lives."

In addition to testing blood, urine and stool samples, an annual physical exam typically includes an electrocardiogram and chest X-ray to evaluate heart and lung function, as well as the recommended adult vaccinations (see sidebar).

Dr. Honaker adds that although gynecologists do a great job ensuring women

get regular women's health screenings and mammograms, women shouldn't rely solely on their gynecologists to cover the full spectrum of health care.

## Advice for Healthy Living

Is caffeine good or bad? What about supplements? Should you take a baby aspirin every day? That annual visit with your physician is a great way to make sense of conflicting health advice.

Plus, scheduling a regular physical with your doctor will help you establish a bond and feel comfortable calling whenever one of those "Is this normal?" questions arises. It helps to have someone to talk with about sensitive personal issues, such as smoking cessation, weight and eating disorders, substance abuse, anxiety and depression.

"Everything starts with the physical," Dr. Honaker says. "If you don't get a physical, you are risking your life, in so many ways." ● *By Deborah Paddison*



## Get Your Shots!

Keep these adult vaccines in mind when you schedule your next checkup.

- Flu: Annually
- Hepatitis A and B: Anytime, if you have a specific risk factor or simply want to be protected from this disease. Ask your doctor.
- Pneumonia: Over age 65, or under age 65 with a chronic medical condition (diabetes, heart disease, anemia, immune diseases)
- Tdap (tetanus, diphtheria, pertussis) or Td (tetanus, diphtheria): Booster every 10 years
- Varicella (chickenpox): Anytime, if you've never had chickenpox
- Zoster (shingles): Over age 60

Source: Centers for Disease Control and Prevention

**BE PROACTIVE**  
**Schedule Your Annual Physical Today**  
To find a physician on the medical staff at Baylor Carrollton, call **1-800-4BAYLOR**.

### Baylor Medical Center at Carrollton

4343 N. Josey Lane  
Carrollton, TX 75010  
972-492-1010

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# Reclaim Your Life

## Don't let heavy periods get in the way

There's good news for the millions of women in the United States who suffer with heavy or prolonged menstrual bleeding. Until recently, options for relief have been limited to hormonal contraceptives, surgery or simple pain relievers. But recently, the Food and Drug Administration approved two oral medications that significantly reduce menstrual blood flow.

### A Dynamic Duo

The first, tranexamic acid, is a non-hormonal medication that works by stabilizing a protein that helps blood to clot. Not only is it a good option

for women who want to avoid the side effects of hormones, but it also starts working immediately.

"You take it only during your period, for up to five days. In one or two days, you start to see decreased blood flow," says Nedra Rice, M.D., OB/GYN on the medical staff at Baylor Medical Center at Carrollton. "And if it's not going to work for you, you also know that right away."

The second medication is norethindrone/ethinyl estradiol, a new formulation of a common hormonal contraceptive that combines a very low dose of estrogen (10 micrograms) with iron.

"That's half the dose of the previous low-estrogen pill, which is a pretty big deal because estrogen is what's behind a lot of the side effects," Dr. Rice says.

The added iron helps correct anemia caused by excessive blood loss.

These medications can reduce monthly bleeding significantly, making enough of a difference that women no longer have to curtail their activities or rearrange their lives around their period.

### Surgical Solutions

Medication isn't the only option for dealing with heavy bleeding. A hysterectomy eliminates menstruation by removing the uterus. And with uterine ablation, the physician applies heat, cold or electric current to the uterine lining, permanently interrupting its ability to grow and thicken.

"The goal with ablation is to reduce or eliminate the monthly period," Dr. Rice says. This office-based procedure avoids a hospital stay.

Each treatment option has risks and benefits. But now women have more choices than ever. ● *By Deborah Paddison*



SEE AN EXPERT

**We Can Help**

For a referral to an OB/GYN on the medical staff at Baylor Carrollton, call **1-800-4BAYLOR** or visit **FindDrRight.com**.



## Monthly Bleeding: How Much Is Too Much?

If you experience any of these symptoms, talk with your doctor.

- Period lasts more than seven days.
- Saturate pads or tampons every hour or two.
- Need double protection (two pads, two tampons or a pad with a tampon).
- Severe cramping and passing large blood clots.
- Symptoms of anemia (fatigue, dizziness, weakness, headache).
- Ruining clothing or having anxiety about accidents.
- Missing work, school, church or other activities.



## Is It the Flu?

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

It's one of those age-old questions, like soup or salad? Beach or mountains? Is it a cold or is it the flu?

Both are prevalent in winter. "When it's cold and people stay indoors more, there are more chances to pass germs," says Tami Roberts, M.D., a family medicine physician on the medical staff at Baylor Medical Center at Carrollton.

So does it matter if it's a cold or the flu? Yes, Dr. Roberts says. "Colds tend to be localized to the head and are less severe," she says. "The flu can be much more severe and even lead to complications like pneumonia, especially in older adults."

### How Do You Know?

Both colds and the flu share many of the same symptoms, including coughing,

## 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.



sneezing, headache, nasal congestion and fever. While colds tend to last a week or less and bring on lower-grade fevers, the flu often comes with a high fever and lasts seven to 10 days.

But the main difference between colds and flu is severity at onset, Dr. Roberts says. "The flu comes on much more quickly and affects the entire body, resulting in a general run-down feeling, extreme fatigue and body aches," she says.

### What Can You Do?

If it's a cold, rest up, 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 medication. 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 guard 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**.

# 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](http://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*

**D**iana 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](http://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](http://BaylorHealth.com/HealthCast).

## A Brighter Future

Courtney Sandhu struggled with weight most of her life. When she looked down the road, she didn't like what she saw.

"I was concerned about what might happen in the next 10 to 20 years, like diabetes, heart problems and knee problems," she said.

Sandhu decided to undergo bariatric surgery at Baylor Medical Center at Carrollton, choosing the gastric sleeve procedure because it wouldn't adversely affect the health of a future pregnancy.

"With sleeve gastrectomy, we take about 85 percent of the stomach out, leaving a portion about the size and shape of a banana," says Frank Felts, M.D., bariatric surgeon on the medical staff at Baylor Carrollton.

But it doesn't begin and end with the operation. "It's a three-legged stool," explains Dr. Felts. "The first leg is the surgery, the second is diet and exercise, and the third is the psychology of eating. How well a patient does with all three directly determines how successful they are with their weight loss."

Sandhu has lost more than 150 pounds and lowered her blood pressure. She exercises regularly and attends support group meetings.

"It's been a great experience," she says. "I feel like nothing can stop me now." ●

By Deborah Paddison



Courtney Sandhu



## COURTNEY SPEAKS In Her Own Words

Hear more about Courtney Sandhu's experience with weight loss surgery at Baylor Carrollton by watching her video at [BaylorHealth.com/CarrolltonCourtney](http://BaylorHealth.com/CarrolltonCourtney). To see if you're a candidate for weight loss surgery, call the RN Program manager at 972-394-2332.



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Articles • Videos • Recipes • Quizzes • Tips

# Community Calendar

## November & December 2011

Registration required for all events unless otherwise indicated. Call **1-800-4BAYLOR** to register.

### Health Screenings

#### Know Your Numbers

Free screenings for blood pressure, weight, BMI, oxygen level and body fat. Plus, cholesterol panel and glucose testing for \$15. Nov. 16, 7 to 9 a.m., front lobby.

#### Screening Mammograms

An annual screening mammogram can help detect breast cancer at its earliest stage. Recommended for women 40 and over, screening mammograms do not require a physician's order. Call **972-394-1080** today to schedule this lifesaving exam. Saturday appointments are also available.

### Support Groups

#### Breast Cancer Survivor Support Group

Open to breast cancer survivors at any stage. Dinner provided. Call **214-820-9277** to register. Nov. 1 and Dec. 6, 6 to 7:30 p.m., Conference Room 2.

#### Infertility Support Group

This group is designed to encourage and empower women who are struggling with infertility. Spouses and significant others are also welcome. Nov. 7 and Dec. 5, 7 p.m., Conference Room 1.

#### Weight Loss Surgery Support Group

Led by a certified bariatric nurse who is also a successful weight loss surgery patient. Nov. 1 and Dec. 6, 6:30 p.m., Conference Room 1.

#### Women's and Children's Education Preparation for Childbirth,

six weekly sessions beginning Nov. 7, from 6:30 to 9 p.m. Now available at no charge.

**Weekend Childbirth Seminar**, is a two-day version of Preparation for Childbirth, Nov. 12 and 19 or Dec. 10 and 17. Now available at no charge.

**Beyond the Basics: A Baby Owner's Manual**, teaches infant care and development, Nov. 3 or Dec. 8, 7 to 9:30 p.m. \$25

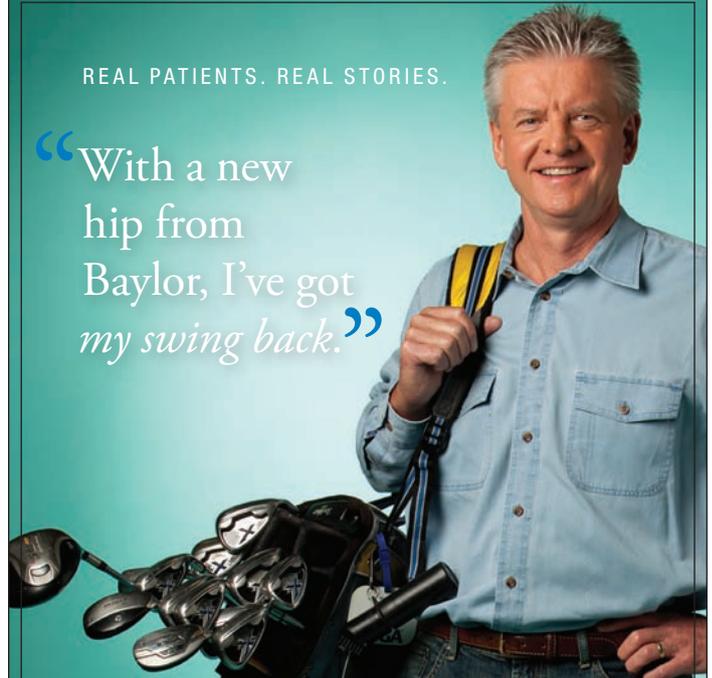
**Infant and Child CPR**, teaches basic skills but is not a certification course, Nov. 16 or Dec. 14, 7 to 10 p.m. \$25

**Big Kid's Club**, designed to help siblings, ages 3½ to 8, adapt to a new baby, Nov. 6 or Dec. 4, 2:45 p.m. \$15

All maternal/child health information classes will be held in Classroom 202.

REAL PATIENTS. REAL STORIES.

“With a new hip from Baylor, I've got my swing back.”



Larry Wolowicz was playing golf when he felt a sharp pain in his leg. Initially diagnosed as a muscle pull, a follow-up MRI showed that the top of his femur had cracked and split into little pieces. Hip replacement was his only option. At Baylor Medical Center at Carrollton, Larry took a pre-surgery class where he learned what to expect throughout the process, from pre-registration to post-surgery physical therapy. “I had never been in a hospital overnight, so they took all the worry out of it.” After discharge, Larry participated in three weeks of outpatient physical therapy. Eight weeks later, he was back on the golf course. “The care at Baylor was very attentive, and the nurses were fabulous. I'm feeling great.”

For a physician referral or more information about orthopedic services, call **1.800.4BAYLOR** or visit us online at [BaylorHealth.com/CarrolltonOrtho](http://BaylorHealth.com/CarrolltonOrtho).

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