

November 2012

Baylor Health

MCKINNEY EDITION

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REAL PATIENTS. REAL STORIES.

Everything to Gain

VICKIE BROWN is living life to its fullest after weight loss surgery

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Vickie Brown's incredible weight loss is setting a healthy example for the younger generations in her family, including her daughter Kelsie.

 **BAYLOR**
Medical Center
at McKinney



STOP YOUR SNEEZING!

Five ways to stay healthy this holiday season **PAGE 3**



DECODING PVD

What is it and could you be at risk? **PAGE 7**

Compassionate Cancer Care

Baylor McKinney provides a comforting, advanced environment for those battling the big C

IF YOU OR A LOVED ONE is facing a cancer diagnosis, you want it all—advanced technology, effective treatments, skilled physicians and considerate care providers. Thankfully, residents of Collin County don't have to go far to get it.

"Baylor Medical Center at McKinney offers comprehensive, compassionate cancer care, close to home," says Lydia deJong, RN, director of nursing at Baylor McKinney.

Here's what you can expect:

INNOVATIVE TECHNOLOGY

"Patients are able to take advantage of all the technology available on one campus, from diagnostic radiology to minimally invasive surgery," deJong says.

ACCESS TO GROUNDBREAKING CLINICAL TRIALS

"As we expand our services, we will be working with the Baylor Charles A. Sammons Cancer Center at Dallas to participate in more clinical trials at our hospital," deJong says.



HIGHLY TRAINED CARE PROVIDERS

"Several of our nurses have extensive experience in oncology care, and they've helped to train our entire nursing and care staff about the emotional and medical needs of cancer patients," deJong says.

A BEAUTIFUL, FAMILY-FRIENDLY CAMPUS

"We've received a lot of positive feedback about the warmth and beauty of the décor; it doesn't feel like a hospital environment," deJong says. "We've also taken extra steps to make support persons and family members more comfortable, from in-room twin beds and a children's play area to open visiting hours."

Get Screened

"Staying on top of scheduled screenings can help catch cancer in its earliest, most treatable stages," says Nandita Rao, MD, medical oncologist and hematologist on the medical staff at Baylor Medical Center at McKinney. Here's a description of common screenings and when to schedule them.

Mammogram is a breast X-ray that detects tissue abnormalities that may indicate breast cancer. It is recommended once a year for most women ages 40 and up.

Colonoscopy uses a flexible tube with a camera to detect abnormalities that may indicate or lead to colon cancer. Schedule your first exam at age 50.

Lung cancer screening is now recommended by the National Cancer Institute for smokers. "CT scan is preferred over chest X-ray to detect lung abnormalities," Dr. Rao says. "They've proven to be more effective at detecting changes earlier and ultimately reducing lung cancer mortality in smokers."

"Talk to your doctor about your personal risk factors for a more personalized screening schedule," Dr. Rao adds.

Facing Cancer? Let Us Help

If you or someone you love is dealing with a cancer diagnosis, Baylor McKinney can help. To find an oncologist, call **1.800.4BAYLOR**.

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'TIS THE SEASON FOR SNEEZIN'

5 ways to stay healthy this holiday season

THERE'S SOMETHING ABOUT ALL THE HOLIDAY FANFARE, from the shopping to the overindulgent work parties, that seems to be a recipe for disaster—or at the very least, illness. So what's the deal? And how can you stay well?

“Being in close contact with others increases the risk of catching an illness, so the fall and winter seasons are prime time for falling ill,” says Heather Bass, MD, a family practitioner on the medical staff at Baylor Medical Center at McKinney. “But taking a few simple precautions can drastically reduce your risk of getting sick.”

1 Get the flu shot. These vaccines are a safe, easy way to protect yourself from the most common flu viruses.



2 Practice good hygiene. Beyond washing your hands frequently, remember to wipe down shopping carts with antibacterial wipes.

3 Snack smart. Avoid sampling dips where people might have double-dipped, or eating from bowls of food where many hands have been. Instead, opt for items that are individually wrapped or served with silverware or toothpicks.

4 Watch your drink. At social gatherings, keep your cup away from places where others might accidentally grab or sip from it and, if possible, mark it with your name.

5 Take care of yourself. Healthy habits, like eating well and getting regular exercise and enough rest, tend to take a nose-dive this time of year. But maintaining these good practices can help boost your immunity.

Is It a Cold or the Flu?

Knowing what you're dealing with can help you take action early and may help reduce the severity and duration of your illness.

“The main difference between cold and flu is that the flu tends to have more severe symptoms such as muscle and body aches and is usually accompanied by a fever,” says Heather Bass, MD, a family practitioner on the medical staff at Baylor Medical Center at McKinney.

If you think you have the flu, use healthy hand-washing practices to avoid spreading it to others and seek medical treatment right away. There are medications that can help lessen the severity of your symptoms and prevent the spread of infection.

Fend off the Flu

Talk to your doctor about whether getting a flu shot is right for you. To find a physician on the medical staff at Baylor McKinney, visit FindDrRight.com or call **1.800.4BAYLOR**.

Everything to Gain

Weight loss surgery isn't just for looks. It can treat a whole host of medical conditions, including **diabetes** and **high blood pressure**



Ten pills and one insulin shot. That was Vickie Brown's daily regimen before undergoing weight loss surgery at Baylor All Saints Medical Center at Fort Worth. The medication was necessary to manage her diabetes, high blood pressure and high cholesterol levels, and depression. These days, her medicine cabinet is looking sparse.

"After the surgery, I went back to the doctor and they checked my blood pressure," says the 54-year-old Fort Worth resident. "When they said 120/60, I got scared. I had never seen my blood pressure that low." (Her blood pressure was in the healthy range.)

Brown's health issues were a big part of the reason she opted for weight loss surgery, but so were her five children. "I have a 7-year-old, and there were things I couldn't do with her because I could hardly walk," she says. "Now I have a lot of energy. I can go to the mall or the park and walk all day."

Hear More from Vickie

To learn more about Vickie's weight loss journey, visit [BaylorHealth.com/Exclusive](https://www.baylorhealth.com/exclusive) today.

Vickie Brown (seated) is able to do the things she loves with her family after weight loss surgery. From left: her daughter Kelsie, husband Cleveland, daughter Clevetta and granddaughter JaKayla.

If you are overweight—80 pounds or more for women, 100 for men—you may qualify for weight loss surgery. You may also be a candidate if you struggle with diabetes, heart disease or sleep apnea. Read on to find out how weight loss surgery might be able to help you get certain chronic conditions under control.

DIABETES

More than 80 percent of people who have type 2 diabetes are overweight or obese.

Brown is just one of many people with diabetes who have benefited from weight loss surgery. In fact, two recent studies showed that obese or overweight patients with type 2 diabetes who underwent the procedure fared better than those who stuck to diet, exercise and medicine only.

“Gastric bypass is shown to have a direct effect on metabolism and is shown to have a positive effect for those with diabetes even before weight loss occurs,” says Sina Matin, MD, medical director of the Baylor Weight Loss Surgery Center at Grapevine.

That’s because the surgery changes the way your body processes food, meaning you don’t absorb all the fat and calories you eat. Many patients, like Brown, are able to stop most or all diabetes medications.

HIGH BLOOD PRESSURE

Obesity and high blood pressure are markers for heart disease.

Excess weight forces the heart to work harder, which is why high blood pressure and obesity often go hand in hand, says Manuel Castro, MD, medical director of weight loss surgery at Baylor University Medical Center at Dallas.

The reverse is also true—a lower number when you step on the scale can equal a lower number when

you put on the blood pressure cuff. “Management becomes easier, and most people can stop most blood pressure medications,” Dr. Matin says.

And as the pounds come off, weight loss surgery patients find that exercise—a major factor in lowering your blood pressure—becomes easier.

JOINT PAIN

For every pound gained, you put four pounds of pressure on your knees and six on your hips.

Not only can weight loss surgery take the pain out of your joints (by lessening the amount of pressure placed on them), but it also can delay the need for a joint replacement. “And once a person gets a knee replacement, for example, it lasts longer,” Dr. Matin says.

Before the surgery, Brown’s back and knee pain kept her from walking more than a mile at a time. “Now I go four to five miles without stopping,” she says. “It made a big change in my life.”

ADDITIONAL HEALTH BENEFITS

Weight loss surgery helps other conditions you might not expect.

The list of medical conditions that can be treated by weight loss surgery goes on and on, and also includes high cholesterol levels, sleep apnea, acid reflux, some cases of urinary incontinence and certain types of migraines. It can lower your risk of cancer, heart attack and stroke, and even out hormonal imbalances, too, Dr. Castro says.

And let’s not forget how weight loss affects the way we see ourselves and our quality of life.

“Weight loss surgery patients gain the ability to travel again, to go places,” Dr. Matin says. “They have the ability to do things in society that were limited before.”

Get Help Making Healthier Choices

For a referral to a dietitian on staff at Baylor McKinney, visit **BaylorHealth.com/McKinney** or call **1.800.4BAYLOR**.

Lose Weight Naturally

If you’ve got a few extra pounds to lose, don’t stress. The battle of the bulge doesn’t necessarily have to be, well, a battle.

“There are simple changes you can make that will help your body naturally get to a healthy weight,” says Sarah K. Rhodes, RN-BC, CDE, a certified diabetes educator at Baylor Medical Center at McKinney.

Here, Rhodes shares a few simple tips for slimming down.

Fill up on healthy foods.

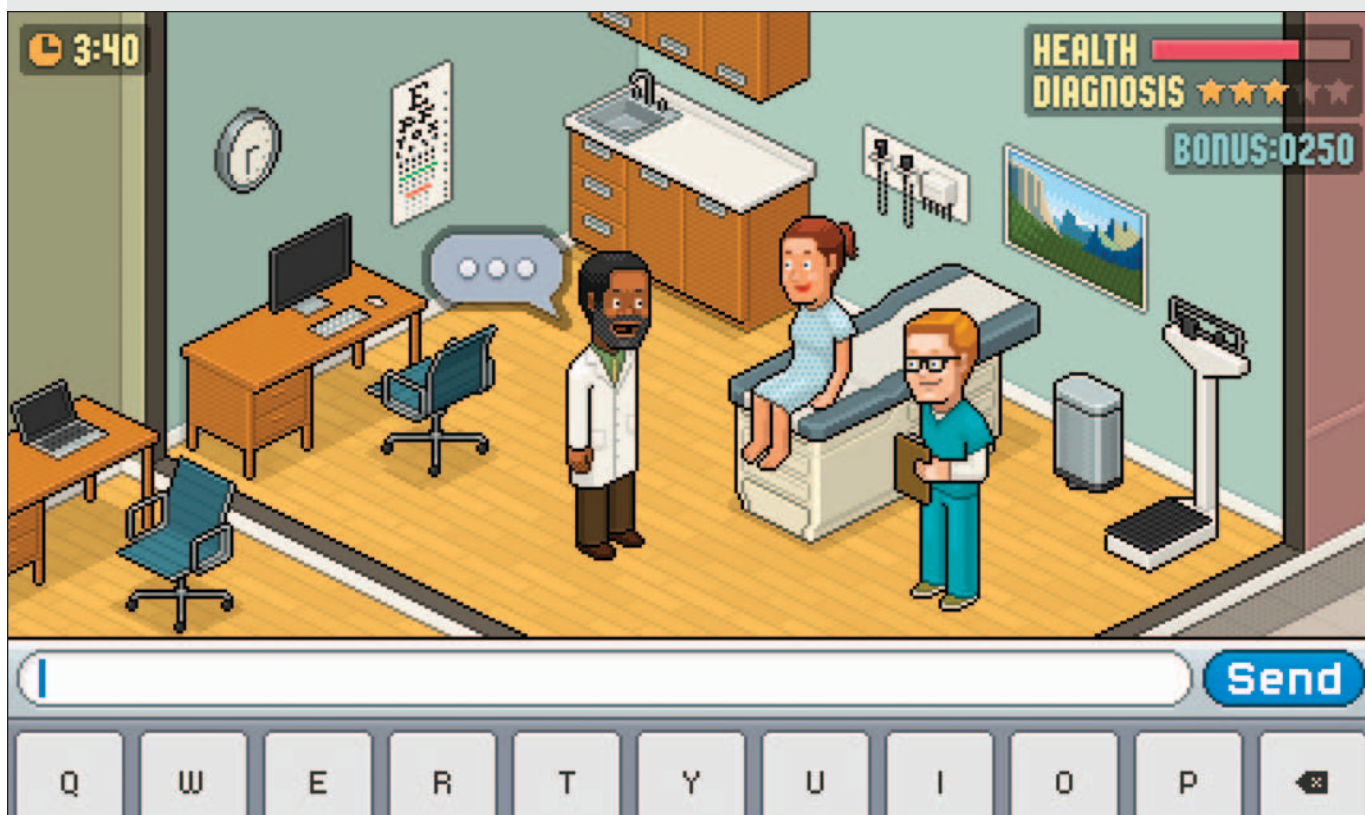
“Fresh produce packs a big nutrient punch without the calories,” Rhodes says. And because it’s heavy on fiber, it can fill you up so you eat fewer calories overall.



Limit liquid calories. Colas, juices and fruit drinks contain hidden calories that can expand your waistline. “Many people are able to lose pounds simply by cutting out the soda,” Rhodes says.

Exercise more. Being active doesn’t have to be a huge commitment of time and money. “It can be as simple as taking more walks, taking dancing lessons, exploring gardening as a hobby or making the most of your housework.”

Eat more slowly. “Use chopsticks and make conversation during your meal. Find ways to make mealtimes last longer and you’ll find that you’re full with less calories,” Rhodes says.



Playing to Win

Baylor studies gaming technology as a tool for improving communication and patient care

EVERYONE KNOWS that misunderstandings can cause trouble. But miscommunication in a health care setting can lead to serious risks.

That's why researchers at Baylor Health Care System are joining forces with University of Texas at Arlington and the University of Texas at Dallas (UTD) to study how physicians and nurses can use video game-like simulators to improve communication skills.

"Miscommunication can lead to failure in the delivery of safe care, so it's extremely important to innovate and develop more effective ways to help our clinicians improve their communication skills," says Yan Xiao, PhD, director of patient safety research at Baylor Health Care System. He is co-leading the Baylor research team with Susan Houston, PhD, RN, FAAN, NEA-BC, director of nursing research at Baylor Health Care System.

Although it's similar in theory to a video game, the learning tool uses

even more sophisticated technology to create a simulated health care environment. Nurses and physicians will engage in scenarios they might encounter on the job, role-playing in real time to appreciate the perspectives of others.

Participants will control and interact with physician and nurse avatars and master interdisciplinary, patient-centered communication skills. During the training, participants take turns playing both roles.

"We think this perspective-sharing will be instrumental in helping clinicians

understand the best way to communicate interprofessionally," says Louann Cole, MHA, a research analyst for Baylor's Institute for Health Care Research and Improvement.

Part of the research has involved in-depth interviews with physicians and nurses, as well as an exhaustive review of communication strategies. This information was synthesized by game developers at UTD.

"Effective communication techniques are embedded in the game," Dr. Houston explains. "You get points for using those techniques when you're put into a patient situation."

The researchers hope the three-year study, which is funded by a grant from the Agency for Healthcare Research and Quality, will demonstrate the value of the technology.

"This is a fun and engaging way to learn," Dr. Xiao says, "and we hope it will help physicians and nurses work better as a team to serve patients."

Get in the Game

This study isn't open to volunteers, but to learn about research trials at Baylor seeking participants, visit BaylorHealth.com/AdvancingMedicine.

BEYOND THE HEART

Think plaque buildup only affects the heart? Think again

YOU KNOW about heart disease—how it's a product of high blood pressure and high cholesterol levels, and how it can lead to a heart attack. But how much do you know about peripheral vascular disease, or PVD? The answer is, more than you think.

"PVD is atherosclerosis, or the hardening of the arteries, that affects blood vessels outside the heart," says W. Todd Gray, DO, an interventional cardiologist on the medical staff at Baylor Medical Center at McKinney. It's the same disease process as heart disease. It's just occurring in other areas of the body.

WHO'S AT RISK?

Anyone at risk for heart disease is also at risk for PVD. Risk factors include:

- High blood pressure
- Diabetes
- High cholesterol

- Smoking or history of smoking
- Family history of coronary artery disease or PVD

And risk is cumulative. In other words, the more risk factors you have, the more likely you are to have PVD. But having no risk factors doesn't necessarily mean you're in the clear. That's why you should alert your doctor if you have any symptoms, particularly pain in your legs when you walk that goes away with rest.

Screening also is available. Talk to your doctor about whether it's right for you. "Up to 60 percent of people with known coronary disease have PVD and should be screened," Dr. Gray says.

TREATMENT OPTIONS

As with heart disease, most cases of PVD are treatable or even avoidable with lifestyle changes. The first and most important step is to quit

Do You Have PVD?

To find a vascular surgeon on the medical staff at Baylor McKinney, visit **BaylorHealth.com/McKinneyHeart** or call **1.800.4BAYLOR**.

smoking. Next, be physically active. Aim for 30 to 45 minutes of exercise five days a week or more. Eating a healthy, plant-based diet and taking medication for diabetes and high blood pressure and high cholesterol levels as necessary also are key.

If a blockage occurs, you may need to undergo a minimally invasive procedure such as angioplasty, stent placement or clot removal. In the event these procedures are not possible, bypass surgery may be required.



Alert your doctor if you have pain in your legs when you walk that goes away with rest.

COMMUNITY CALENDAR

November & December 2012

Registration required for all events unless otherwise indicated. Call **1.800.4BAYLOR** to register.

CHILDBIRTH AND FAMILY EDUCATION

Prepared Childbirth

encompasses four weekly sessions beginning Nov. 6 or Dec. 4, from 6:45 to 9:30 p.m. No charge.

Basics of Baby Care

teaches infant care and development. Nov. 7, Nov. 21, Dec. 5 and Dec. 19, 6:45 p.m. to 9:30 p.m. No charge.

Breastfeeding is designed to discuss the many benefits of breastfeeding your baby. Nov. 15, Nov. 29, Dec. 13 and Dec. 20, 6:45 to 9:30 p.m. No charge.

Infant Safety and CPR teaches basic skills but is not a certification course. Nov. 10, Nov. 24, Dec. 8 and Dec. 22, 9 a.m. to noon. \$35



Our roots are deep. Our commitment strong.

The level of care in McKinney is growing higher and stronger than ever. Our 469,000-square-foot, full-service facility offers access to medical and surgical services, including the delivery of McKinney's first Level III Neonatal Intensive Care Unit with private suites. As the community grows, so will our hospital, with the potential capacity to reach 400 beds, multiple adjacent medical office buildings and an expanding number of leading physicians and health care professionals. Together we'll just keep growing healthier.

~ **NOW OPEN** ~

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

5252 West University Drive
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 **BAYLOR**
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THREE PATIENTS. THREE CANCERS. **ONE HOPE.**