

November 2014

Baylor Health

GRAPEVINE EDITION

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REAL PATIENTS. REAL STORIES.

Surviving a Stroke

JAN REINHART makes a full recovery after stroke thanks to help from her brother, Steve

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 **BAYLOR**
Regional Medical Center
at Grapevine



EXERCISE, THERAPY OR SURGERY?
See what's best for your injury **PAGE 2**



CHOLESTEROL REALITY CHECK
Know the facts on these important numbers **PAGE 4**



Exercise, Therapy or Surgery?

Has an injury sidelined you? Take our quiz to find the right course of action to make a full recovery

1. How long ago did the injury occur?

- a. Just recently, and it was the first injury I've had like it.
- b. Recently, but it's recurring.
- c. A few months ago, but I still have difficulty.

2. How severe is your injury?

- a. Light or no bruising and mild pain.
- b. Bruising, swelling or pain lasting six weeks or less.
- c. Severe bruising, swelling and pain lasting several weeks or more.

3. What effect has the injury had on your life?

- a. Not much; it's getting better with rest, ice, compression and elevation.
- b. It's getting in the way of doing things I love.
- c. I modify my activities around my injury.

Get It Checked

Still unsure of the next steps for healing your injury? The orthopedic experts at Baylor Regional Medical Center at Grapevine can help. To find a physician, visit FindDrRight.com or call **1.800.4BAYLOR**.

YOUR RESULTS:

Mostly A's: EXERCISE

After the initial injury symptoms subside, return to exercise as you feel comfortable. Call your doctor if something doesn't feel right.

Mostly B's: THERAPY

Repeat injuries usually mean a prior injury wasn't treated properly. Physical therapy is likely your best bet.

Mostly C's: SURGERY

Injuries this severe usually should have received more aggressive treatment in the past. An orthopedist can help you plan treatment.

3 WAYS TO STAY HEALTHY THIS WINTER

These tips can help you stay well so you can enjoy the season's cooler days and cozy evenings.

1. Stay ahead of the cold and flu:

- Wash your hands frequently; use hand sanitizer when water isn't available.
- Get a flu shot.
- Avoid people who are coughing or appear sick.
- If you're sick, stay away from other people for at least 24 hours after feeling better.

- Take antibiotics only if your doctor recommends them, and be sure to finish the prescription.

2. Control your allergies. Allergies can strike even in winter. Left untreated, they can increase the likelihood that you'll get another infection such as a cold, bronchitis or pneumonia.



3. Check your smoke detector monthly.

During the winter, you're more likely to use the fireplace, burn candles and cook indoors.

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Don't Overdo It

It's easy to overindulge this time of year. But if you want to avoid heartburn, constipation and an upset stomach, follow these three tips:

1. Pace yourself. Don't eat too much too quickly. Stuffing yourself in one sitting only leads to stomachaches and heartburn. Eating slowly allows you to better heed cues from your body telling you're full.

2. Cozy up to the veggie tray. Lots of holiday foods are full of fat and sugar but light on nutrients and fiber. Loading half your plate with fruits and vegetables will help keep your digestive system on track.

3. Slow down on the spirits. Dehydration negatively affects digestion. Drink plenty of water, and watch your alcohol and caffeine intake.

A Lighter Green Bean Casserole

For a simple, healthy take on this traditional holiday side, visit BaylorHealth.com/GreenBean today.



HOW TO SURVIVE THE HOLIDAYS

The holidays are stressful. There's pressure from all around to buy the perfect gifts, make the perfect meal, host the perfect party. But you feel anything but perfect. Here's how to escape the pressures of the holiday season.

DO: Remember what the season is truly about. Make spending time together as a family

the main focus rather than the food or the gifts.

DON'T: Succumb to Pinterest pressure.

It's great that some people make their own wreaths and bake cupcakes in the shape of snowmen, but you don't have to.

DO: Make time for exercise. Whether you go to a yoga class

or simply walk the neighborhood to see the lights, physical activity is an excellent stress reliever.

DON'T: Overcommit.

Party-hopping sounds like a good idea when you RSVP three weeks out, but save yourself the stress and limit social events to one per weekend.

DID YOU KNOW?

1 in 6

Osteoporosis, a condition in which bones become brittle, is a debilitating disease. One in six women will experience a hip fracture at some point in their lives, and most cases are attributed to osteoporosis.

Although peak bone mass occurs in your 20s, there are steps you can take to help slow bone loss: Eat a healthy

What's Your Osteoporosis IQ?

Visit BaylorHealth.com/BoneQuiz to take our quiz and learn more about the condition that affects 200 million women worldwide.

diet, get plenty of vitamin D, perform regular weight-bearing exercises, and avoid smoking and heavy drinking.

Source: International Osteoporosis Foundation



GET CHECKED!
Adults 20 and older should be tested every five years.

Cholesterol Reality Check

How much do you really know? It's time to separate fact from fiction

YOU KNOW THAT keeping your cholesterol levels in a healthy range is important, but what do you *really* know about what causes them to become elevated? We separate myth from reality to help you understand how to manage your cholesterol and protect your health.

MYTH: Cholesterol is something older people need to worry about.

REALITY: "With a western lifestyle that includes being sedentary and a high intake of calories, fatty foods and carbohydrates, even younger people may have elevated cholesterol levels and not know it," says Haojie Wang, MD, a cardiologist on the medical staff at Baylor Jack and Jane Hamilton Heart and Vascular Hospital.

All adults 20 and older need to have their cholesterol levels checked at least every five years and more frequently for those with other risk factors for heart disease, such as smoking, diabetes or high blood pressure, Dr. Wang says.

MYTH: I take my cholesterol medication, so I can eat what I want.

REALITY: The cholesterol in your blood comes from two sources: what your body takes in through your diet and what your liver produces. Some medications block cholesterol absorption, while others block production.

"Either way, it's not 100 percent," Dr. Wang says. "If you're eating more cholesterol or fatty foods or even carbohydrates [than you should], the liver will use whatever it can get to build the cholesterol."

MYTH: Cholesterol is a bigger concern for men.

REALITY: While women's hormones do offer a good deal of protection against heart disease premenopause, after menopause their risks quickly catch up to men's, Dr. Wang says.

"Heart disease is the No. 1 killer of women, so they can't ignore this or their cholesterol," he says. "An awareness of this cannot be emphasized more."

MYTH: My cholesterol numbers are good, so I'm not at risk for heart problems.

REALITY: "There's a lot more to cholesterol than just a number," Dr. Wang says. "We have tools to investigate the *quality* of the cholesterol, especially for individuals with a strong family history, and can treat them more aggressively to reduce future risk."

Know Your Numbers

See your doctor to have your cholesterol checked. Need a physician referral? Visit [BaylorHealth.com/Grapevine](https://www.baylorhealth.com/grapevine) or call **1.800.4BAYLOR**.

LUNG CANCER UNCOVERED



A by-the-numbers look at lung cancer—and what you can do about it

CONSIDERING LUNG CANCER is the most common cancer worldwide, it doesn't get the media attention it deserves.

"There's not nearly as much awareness surrounding lung cancer detection and screening as there is around breast and prostate cancer," says Himalaya Lele, MD, a thoracic surgeon on the medical staff

at Baylor Regional Medical Center at Grapevine. "But this is a disease that has a much better prognosis when caught early, so it's really something people need to be aware of."

Don't let lung cancer fly under your radar. These statistics will get you up to speed.

THE CAUSES



The vast majority (90 percent) of lung cancer cases are attributed to active smoking. Other causes include exposure to radon, occupational carcinogen and air pollution.

23x

The increased likelihood that men who smoke will develop lung cancer compared with nonsmoking men. Women are 13 times more likely to develop the disease.

THE TAKEAWAY:

Smoking increases your risk. You've heard it before, but it's still true: If you smoke, you need to quit for good.

THE COST

#1

Lung cancer is the No. 1 cancer killer of both men and women in the U.S. It causes more annual deaths than the next three most common cancers (breast, colon and pancreatic) combined.

>50%

More than half of all individuals diagnosed with lung cancer die within one year.



The number of Americans estimated to die from lung cancer in 2014.

THE TAKEAWAY:

Lung cancer claims many lives, making prevention and screening crucial.

THE SURVIVORS

54%

The five-year survival rate for individuals diagnosed with lung cancer while it is still localized in the lungs (stage one).



About 1 in 7 lung cancer cases is diagnosed while still in stage one.

16.6%

The average five-year survival rate for individuals diagnosed with lung cancer (all stages).

THE TAKEAWAY:

The sooner lung cancer is caught, the better the odds.

THE POWER TO PREVENT

30–50%

The decrease in lung cancer risk after being smoke-free for 10 years.

Age 55

The age at which current or former smokers (who have quit within the past 15 years) should begin screening. "A low-dose CT scan is currently recommended for lung cancer screening," Dr. Lele explains.

THE TAKEAWAY:

A low-dose CT scan is the only screening shown to reduce the risk of death from lung cancer, Dr. Lele says.

Screening Time

If you are a smoker or former smoker, talk to your doctor about whether lung cancer screening is right for you. To find a physician on the medical staff at Baylor Grapevine, visit FindDrRight.com or call **1.800.4BAYLOR**.

Sources: American Cancer Society, American Lung Association and U.S. Preventive Services Task Force

Sneak Attack

Jan Reinhart *never thought* a stroke could happen to her, but she was wrong

When you think of a stroke patient, what picture comes to mind?

Jan Reinhart never pictured herself.

“To me, strokes only happened to old people,” she says. “I was only 58 when it happened to me. It wasn’t even on my radar.”

Fortunately, on the night of Reinhart’s stroke, her brother was visiting.

“We were watching TV, and all of a sudden, it was like the TV speaker was blaring in my head,” she says. “I was trying to grab the remote control to turn down the volume, and I went into a seizure. I couldn’t speak, walk or move.”

Reinhart’s brother called 911, and Reinhart was transported to Baylor Regional Medical Center at Grapevine, where it was determined that she was having a stroke.

“Grapevine didn’t have a neurologist there that night, so they contacted a [neurologist] at Baylor University Medical Center at Dallas, and all of a sudden he was on this screen in my room talking to me,” Reinhart says. “The nurses told me that he could zoom in and look at my pupils and everything. It was like he was standing right there.”

Thanks to telemedicine and the fast-acting Baylor team, Reinhart has made a full recovery.

“My doctors weren’t able to determine why it happened,” she says. “My cholesterol was great, my blood pressure was great, and I’m not obese. I didn’t have your typical risk factors.”



Thanks to her brother, Steve, who called 911, Jan Reinhart is fully recovered after having a stroke.



Find Out More

To learn more about stroke and heart attack care at Baylor Grapevine, visit BaylorHealth.com/Grapevine or call **1.800.4BAYLOR**.

It wasn't until after her stroke that Reinhart learned more about the condition. And she's not alone. Surveys show that most Americans are not well-educated on the fourth leading cause of death in the U.S. Are you?

Where in the body does a stroke occur?

- A. Heart
- B. Head
- C. Legs
- D. Anywhere

ANSWER: B. Stroke has many of the same risk factors as heart disease, so many people mistakenly think stroke occurs in the heart. "But it's a brain issue," says Dion Graybeal, MD, a neurologist and medical director of the stroke program at Baylor Dallas. "There are two types of stroke. One is caused by a lack of blood flow in the brain. The other is due to a hemorrhage in the brain."

Which is the least common symptom of a stroke?

- A. Facial droopiness
- B. Weakness in one arm
- C. Slurred speech
- D. Severe headache

ANSWER: D. People who report headache as a symptom of their stroke often describe it as the worst headache of their life. But other symptoms, which tend to

be subtler, are much more common. And remember that being a brain condition, stroke often clouds the patient's judgment.

"Most of the time, patients just try to ignore it," says Muhammad Naeem, MD, a neurologist on the medical staff at Baylor Grapevine. "That's why it's very important for family members to be able to recognize symptoms.

TRUE OR FALSE: The clot-busting drug TPA is effective only if administered within three hours of the first signs of stroke.



ANSWER: TRUE. But that doesn't mean you can wait two and a half hours before seeking treatment. Think about the time it takes to get to the hospital, and then the evaluation, diagnostic scans and the actual administration of the drug. It all boils down to this: You need to get there as quickly as possible. And the best way to do that is by calling 911.

"Think of having a stroke as having a penetrating chest wound," Dr. Graybeal says. "You wouldn't drive yourself to the hospital in that case. You need to call 911."

Being transported by ambulance is not only faster, but it also allows treatment to begin en route and for hospital staff to be alerted and ready for your arrival.



If you suspect stroke, the first thing to do is call 911. Fast treatment can save your life.

STROKES AND HEART ATTACKS

Heart attacks and strokes are among the top killers in the United States. Both can result from blocked blood flow. Asher Imam, DO, a vascular neurologist on the medical staff at Baylor Regional Medical Center at Grapevine, explains the key points behind the two conditions.

In a heart attack, the lack of blood to the heart causes heart muscle to die. Symptoms can include lightheadedness, nausea, shortness of breath, sweating, and pain in the chest, back, neck or arms.

In a stroke, there is a sudden disruption of blood flow to a particular part of the brain that causes injury to the brain. Symptoms can include sudden onset of severe headache, dizziness, vision difficulties, facial drooping, loss of balance or coordination, slurred speech, and weakness on one or more sides of the body. Stroke is a brain attack.

Both require immediate medical intervention to save function and improve recovery.

A Diabetes-Friendly Holiday Season

You've been eating right and taking care of yourself all year—don't let the **upcoming festivities** undo your hard work

The holidays are a diet and exercise minefield for most Americans, especially those with diabetes. We show you how to navigate common situations while safeguarding your health.

SITUATION #1:

Special dinners, like Thanksgiving and Christmas Eve.

Safeguard yourself: "It's OK to indulge a little bit on special days—you don't have to deprive yourself of everything," says Sherry Davidson, a diabetes education coordinator on staff at Baylor Regional Medical Center at Plano. "But keep it to a special day. Don't extend it to a week of indulging."

If there's one food that you really look forward to, like stuffing or pumpkin pie, skip the more mundane items, like cheese and crackers, so you don't totally overdo it.

Most importantly, don't forget to test your blood sugar and make adjustments accordingly. For instance, you may need to compensate with additional activity after a large meal.



SITUATION #2:

The neighbor's holiday party.

Safeguard yourself: Ask if you can bring anything, then come armed with something healthy. You'll be known as a gracious guest, and there will be at least one dish that's not a total sugar-spiker.

"Planning and preparation are key. If you can, always make sure that wherever you're going, there is something you can eat," Davidson says.

But plan responsibly: Don't try to "save up room" by not eating all day—it will only backfire in the end. "Not only do you run the risk of messing with your blood sugar, but you'll also be starving and end up eating everything in sight."

SITUATION #3:

Your co-worker's desk.

Safeguard yourself: There's something about this season that makes people want to bake treats and put out candy for their co-workers. While the intention is nice, it can make it awfully tough to avoid all that extra sugar.



Live Well with Diabetes

Baylor Grapevine offers diabetes self-management classes for all types, including classes on pre-diabetes and diabetes during pregnancy. To learn more, call **1.800.4BAYLOR**.



What's Your Diabetes Type?

All types of diabetes are not created equal. Lorrie Hayes, MD, an internal medicine specialist on the medical staff at Baylor Regional Medical Center at Grapevine, explains the differences.

TYPE 1: The pancreas does not produce any insulin. This type usually starts in childhood and requires insulin for treatment.

TYPE 2: The pancreas produces insulin, but the body can't use it. It typically starts in adulthood, but obesity is making it more common in children. It can be controlled by taking oral medications or insulin.

GESTATIONAL: This type develops in pregnant women and can lead to problems for the mother and baby. Treatment includes lifestyle changes and insulin. Women with gestational diabetes are at risk for developing type 2 diabetes later in life.

PREDIABETES: Also called glucose intolerance, prediabetes is when glucose levels are higher than normal and so risk for developing type 2 diabetes is increased.

“By taking care of yourself—losing weight, exercising and eating better—you can delay or correct prediabetes as well as type 2 and gestational diabetes,” Dr. Hayes says.

Stock your own desk with healthy options like dried fruit and mixed nuts so you're less tempted. And suggest taking a walk outside with a co-worker to discuss a project, rather than perching at his or her treat-laden desk.

“If you know where the treats will be lurking, try to take a different route when walking through the office,” Davidson says. Out of sight, out of mind.

SITUATION #4:

Traveling to the in-laws.

Safeguard yourself:

Airports and highways aren't usually known for their healthy dining options, so arm yourself with snacks.

“Again, it's hugely important to plan ahead when you know you'll be away for a while,” Davidson says. She recommends throwing some granola bars and trail mix in your carry-on for easy (and healthy) munching on the go. “Always aim for a balanced mix of protein and carbohydrates with your snacks.”

Once you've reached your destination,

keep those healthy habits going. “When you're spending time with friends and family, try incorporating exercise and movement into your group activities in a fun way—mix things up with a game of Twister, croquet or Frisbee,” Davidson suggests.

Lastly, hopefully you've packed your medication, but always carry your insurance card and doctor's contact information with you in case you need to have a prescription called in.



SITUATION #5:

Creating New Year's resolutions.

Safeguard yourself:

Moderation should be your mantra by now—apply the same rules you've used throughout the holidays to reset your health goals for the upcoming year. Avoid going on super-strict fad diets, and instead opt for eating well and exercising.

“It's true for the holiday season and beyond: Don't deny yourself all the treats and foods you love, but be reasonable. Have a couple bites, then get right back on track,” Davidson says.



A PIECE OF THE PUZZLE

The cancer treatments of the future could come in vaccine form

SMALL POX. DIPHTHERIA. POLIO. In the past century, vaccines have helped prevent millions of deaths worldwide from these and other diseases, and today, researchers at the Baylor Institute for Immunology Research (BIIR), a division of Baylor Research Institute, and other institutions are investigating whether vaccines could also be effective in preventing and treating cancer.

“Immunotherapy is a major clinical and laboratory interest at BIIR,” says Joseph Fay, MD, director of immunotherapy for cancer at BIIR. “It really is the next frontier in the treatment of cancer.”

HOPE IN A VACCINE

One particularly exciting effort on this front is the Multiple Myeloma Vaccine Trial, a multi-institutional trial partially sponsored

by the National Cancer Institute. Multiple myeloma is the second-most common blood cancer in the U.S. (after non-Hodgkin lymphoma) and has a 69 percent five-year survival rate.

The trial involves vaccinating patients with a personalized cocktail of their own cells to help induce immunity against their cancer.

“We fuse a patient’s myeloma cells to their dendritic cells in order to induce a beneficial therapeutic response,” Dr. Fay says. “We hope that will prevent the progression of the myeloma and potentially cure them of their disease.”

Dendritic cells are “a type of white blood cell that teaches the immune cells how to adapt and respond to a threat,” Dr. Fay explains. By fusing

these cells with the patient’s myeloma cells, they learn how to fight the cancer and can then help the rest of the body’s immune system do the same.

COMMITTED TO THE CURE

The trial, which began screening patients this November, was initiated by the Multiple Myeloma Research Consortium, of which Baylor Research Institute is a member.

“Myeloma is a big focus of ours because of our affiliation with the Multiple Myeloma Research Foundation and the Central Transplant Network,” Dr. Fay says. “We are quickly emerging as a myeloma research center in Dallas.”

Dr. Fay adds that the Myeloma Vaccine Trial is only the first of many to come at BIIR to look at using immunotherapy to treat blood cancers. “If effective, this treatment has great potential,” Dr. Fay says. “In the future, it may be used to treat not only multiple myeloma but countless other cancers like it.”

Give It a Shot

To find out how you can participate in future immunotherapy research trials, visit BaylorHealth.com/AdvancingMedicine today.

Get the Exclusive

Visit BaylorHealth.com/Exclusive for more health and wellness content!

TIPSHEET

Gather Your Family Health Info

Holiday gatherings are the perfect time to ask questions about your family's health history. Download a worksheet at BaylorHealth.com/FamilyHealthTree to get started.



ONLINE

Check Us Out

Get an inside look at everything we have to offer. To take a tour of Baylor Grapevine from home, visit us online at BaylorHealth.com/Grapevine and click "start virtual tour."



Expecting?
Get familiar with our labor and delivery wing without leaving home!

RECIPE

The Perfect Holiday Hostess Gift

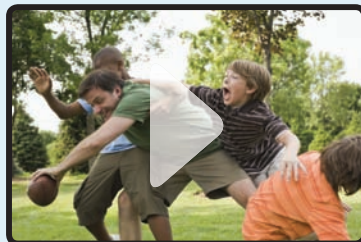
Need an easy party dish you can make ahead of time? Or how about a healthy hostess gift? Mix up a batch of Gingered Fruit and Nut Mix, tie a ribbon around the bag and voila! Get the recipe at BaylorHealth.com/Recipe today.



VIDEO

Safe and Simple Ways to Prevent Back Pain

Want to avoid becoming one of the millions of Americans with back pain? Visit BaylorHealth.com/DigitalShort to watch this video on how to strengthen your back and prevent pain.



ONLINE

10 Seconds to Improve Your Health

When it comes to your health, small changes can lead to big results. Go to BaylorHealth.com/Exclusive and click "Live Better" for 10-second health tips.



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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 Regional Medical Center at Grapevine has been **recognized for excellence state-wide in three specialties**—Gastroenterology & GI Surgery, Geriatrics and Pulmonology. 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/Grapevine.

1650 West College Street, Grapevine, TX 76051

See USNews.com/BestHospitals for complete listings.

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