

November 2014

# Baylor Health

PLANO 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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**LOST YOUR GLOW?**  
How to keep your skin healthy—even in winter **PAGE 4**



## Fitness Tips for Beginners

Starting a fitness plan? Robert Berry, DO, medical director of sports medicine at Baylor Regional Medical Center at Plano, offers these tips:

- 1 See your doctor.** If you haven't exercised in a while, check with your doctor to make sure you're physically ready to begin. You wouldn't want to aggravate an existing condition.
- 2 Find something you like.** You'll be more likely to stick with an activity if you enjoy it.
- 3 Talk to a pro.** Whether you're starting a new gym regimen, joining a hiking club or trying tennis for the first time, an instructor or a personal trainer can provide pointers that can help you succeed.
- 4 Start small.** If you overdo it, you risk fatigue, sore muscles and injuries that can make it harder to stick with your plan.

### Help for Injuries

Is an injury keeping you from exercising? Call **1.800.4BAYLOR** or visit **BaylorHealth.com/PlanoOrtho** to find a sports medicine physician on the Baylor Plano medical staff.

# How Well Do You Know GERD?

Gastroesophageal reflux disease (GERD) is a common condition, affecting nearly a third of all Americans, according to Paul K. Anderson, a gastroenterologist on the medical staff at Baylor Regional Medical Center at Plano.

The most common symptom of GERD is heartburn. Dr. Anderson says that if you have heartburn only once in a while, it's fine to treat it yourself with over-the-counter remedies. But for persistent symptoms you should see your physician, who can determine whether it's GERD, whether you are at risk for complications of GERD, or whether possibly you are suffering from another condition that's causing your symptoms. Based on this evaluation, your doctor can recommend a treatment plan, which may include the following:

- Eating smaller portions and shifting your last meal to an earlier time.

### Tummy Trouble?

For a referral to a gastroenterologist on the Baylor Plano medical staff, visit **BaylorHealth.com/Plano** or call **1.800.4BAYLOR**.

- Minimizing or avoiding triggers, such as spicy and acidic foods, tomato-based products, chocolate, carbonated beverages, and alcohol.
- Losing weight.
- Managing more difficult symptoms with medication either when they flare up or more commonly on a regular basis.

Most people will find relief with these steps. Only a small number of people will eventually need surgery to treat GERD, Dr. Anderson says.



Baylor Regional Medical Center at Plano, 4700 Alliance Blvd., Plano, TX 75093. 469-814.2000. Giving Opportunities/Baylor Health Care System Foundation: 214.820.3136. Baylor Health Care System Mission: 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. President and CEO, Baylor Health Care System: Joel Allison.

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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:

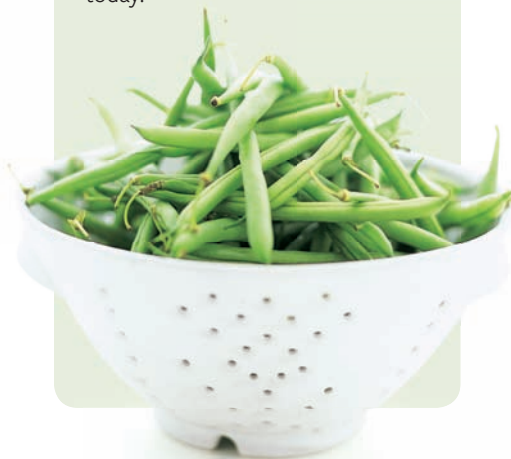
**1. Pace yourself.** Don't eat too much too quickly. Stuffing yourself in one sitting only leads to stomachaches and heartburn. Eating slowly allows you to better heed cues from your body telling you you're full.

**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](http://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](http://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



## Find the Right Moisturizer

Which moisturizer is right for you? It depends.

“What feels good to one person may not feel so good to the next. It takes trial and error,” says Mark D. Thieberg, MD, a dermatologist on the medical staff at Baylor Plano. “A less expensive moisturizer often works as well as a more expensive one. And even the best moisturizers need to be reapplied.”

## Find a Skin Specialist

For a referral to a dermatologist on the medical staff at Baylor Plano, visit [BaylorHealth.com/Plano](https://www.baylorhealth.com/plano) or call **1.800.4BAYLOR**.

# Go for the Glow

## Keep your winter skin at its best—and healthiest

The cold, wind and low humidity of winter can be tough on your skin. But you can keep it healthy and glowing in spite of the weather, says Mark D. Thieberg, MD, a dermatologist on the medical staff at Baylor Regional Medical Center at Plano. Here's how.

**PICK THE RIGHT CLEANSER.** Finding the best one for you might take trial and error, but checking the ingredients can help. Steer clear of antibacterial cleansers and those with added fragrance, which are more likely to dry out your skin.

“The elements are working against your skin in terms of keeping it moisturized, so you don't want to do anything to make the problem worse,” Dr. Thieberg says.

**KEEP THE HEAT LOW.** Add an extra layer of clothing or boost the humidity in your home so you feel comfortable without drying your skin.

**SPEED THE SHOWER.** Long, hot showers and baths dry out the skin. Keep your bathing routine quick and the temperature warm, not scalding.

**DRY RIGHT.** Instead of rubbing the water off of your skin after a shower or bath, pat your skin dry.

**MOISTURIZE.** Apply moisturizer right after a shower or bath to lock in moisture. Fragrance-free moisturizers are less likely to irritate the skin or trigger allergies. Dr. Thieberg recommends looking for a moisturizer that contains ceramides.

**REPEAT.** In winter you might need to reapply moisturizer two or three times a day, especially on your arms and legs. People older than 50 may need to be especially diligent about reapplying moisturizer.

**PROTECT YOUR HANDS.** Wear gloves to protect the sensitive skin on your hands from the elements.

**DON'T FORGET THE SUNSCREEN!** Yes, you can still accumulate sun damage in winter.

**WATCH FOR PROBLEMS.** If your skin becomes red and inflamed, see a dermatologist. You may need medication in addition to moisturizer. Irritated skin can trigger eczema, and scratching itchy skin can cause an infection.

# 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.

## Do You Need to Be Screened?

People at high risk for lung cancer can take advantage of a lung cancer screening program now offered at the Baylor Charles A. Sammons Cancer Center at Plano. Call **469.814.4417** to learn more.

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.



## Study Up on Stroke

For more information about the stroke and neurological services available at Baylor Plano, visit **BaylorHealth.com/Plano** 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.**

## YOU'VE GOT OPTIONS AT BAYLOR PLANO

With a new neurointerventional radiology suite at Baylor Regional Medical Center at Plano, more people who experience stroke can get the fast treatment they need to save their lives and brain function.

Neurointerventional radiology is technology that allows doctors to diagnose and treat life-threatening strokes. With it, doctors can better image the blood vessels in the brain.

Many people with stroke can be treated with a drug called TPA. "But not everyone can receive it. Either they don't arrive soon enough, or they have a contraindication, or they get it and it doesn't work," explains Justin Whisenant, MD, a neurointerventional radiologist on the medical staff at Baylor Plano.

In the past, these people might have been transferred to another hospital, losing precious minutes in the process. "That time is extremely valuable. It's one of the key elements of a good outcome," Dr. Whisenant says. Now, those patients can get the treatment they need right at Baylor Plano.

# 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.



Learn to  
Manage  
Diabetes

To sign up for a diabetes self-management class, call **469.814.6896**.





## Keep Diabetes at Bay

You can't always prevent type 2 diabetes—especially if you have a strong family history of the condition. “But you can definitely delay it,” says Sherry Davidson, a diabetes educator at Baylor Regional Medical Center at Plano.

How? By following these healthy-living tips:

### GET MOVING

“Exercise seems to be the crucial piece that’s most important,” Davidson says. Add steps to your daily activities, and find something—walking, swimming, cycling, dancing—that’s fun for you. Aim for 150 minutes a week.

### EAT RIGHT

Balance your portions and include plenty of fruits and vegetables. If you’re eating well but not losing weight, watch your intake of healthy fats such as avocados and nuts.

### MAINTAIN A HEALTHY WEIGHT

If you’re exercising and eating right you should see your weight moving in the right direction. If not, talk to your doctor.

### MANAGE STRESS

Music, reading and exercise are a few common ways to curb stress.

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](http://BaylorHealth.com/AdvancingMedicine) today.

# Get the Exclusive

Visit [BaylorHealth.com/Exclusive](http://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](http://BaylorHealth.com/FamilyHealthTree) to get started.



## 📄 ONLINE

### Stand Tall

The Baylor Scoliosis Center can help both adolescents and adults. Visit [TheBaylorScoliosisCenter.com](http://TheBaylorScoliosisCenter.com) today to learn more.



## 📄 RECIPE

### The Perfect Holiday Hostess Gift

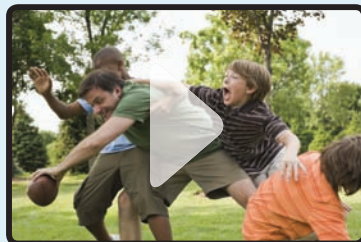
Need an easy party dish you can make ahead of time? Or how about a healthy hostess gift? Mix up a batch of Gingered Fruit and Nut Mix, tie a ribbon around the bag and voila! Get the recipe at [BaylorHealth.com/Recipe](http://BaylorHealth.com/Recipe) today.



## 📄 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](http://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](http://BaylorHealth.com/Exclusive) and click "Live Better" for 10-second health tips.



## COMMUNITY CALENDAR

### November & December 2014 Events

To register, visit [BaylorHealth.com/PlanoEvents](http://BaylorHealth.com/PlanoEvents) or call **1.800.4BAYLOR** unless otherwise noted.

#### MAMMOGRAPHY

##### Saturday Mammography Services

8 a.m. to noon. Register for a screening mammogram at [BaylorHealth.com/PlanoBreastImaging](http://BaylorHealth.com/PlanoBreastImaging) or call **469.814.5500**. Most insurance plans are accepted.

**Nov. 8 and 22; Dec. 6 and 20:** Women's Imaging Center at Baylor Plano  
**Nov. 15; Dec. 13:** Baylor Plano's Elizabeth Jekot MD, Breast Imaging Center

#### SEMINARS AND SUPPORT GROUPS

**Diabetes Support Group**  
Nov. 13, 7 to 8 p.m.  
Conference Room A & B on the Garden Level of Baylor Plano.

**Cancer Survivorship Program**  
Nov. 10; Dec. 8 (Survivor Holiday Dinner), 6 to 8 p.m. Education Center 1-4 on the Garden Level of Baylor Plano. Light dinner will be served.



**Weight Loss Surgery Support Group**  
Nov. 12; Dec. 10, 6:30 to 8:30 p.m.  
Education Center 1 & 2, Garden Level at Baylor Plano.  
To register, call **469.814.5677**.

**Joint Pain Seminar**  
Nov. 19; Dec. 17, 6 to 7 p.m.  
Education Center 1, Garden Level at Baylor Plano.

**ONGOING EVENTS**  
**Diabetes Self-Management Program**  
To register, call **469.814.6896**.

**Medical Nutrition Therapy**  
To schedule an appointment, call **469.814.4483**.



REAL PATIENTS. REAL STORIES.

“Since my *Balloon Sinuplasty* at Baylor, I can breathe again!”



Most people take breathing for granted. Not Christina Allen. After years of sinus congestion, she looked into surgery, only to be put off by the prospect of a long recovery. Then she learned about Balloon Sinuplasty at Baylor, a procedure that expands airways without cutting into tissue and bone. Because it's minimally invasive, recovery is typically quick. "Even right after surgery, I didn't have any pain," says Christina, who was back to caring for her family the next day. Now that her airflow is better, so is her sleep. "I wake up refreshed," says Christina. "I have new energy."

For a physician referral or for more information about ear, nose and throat services, call **1.800.4BAYLOR** or visit us online at [BaylorHealth.com/Frisco](http://BaylorHealth.com/Frisco).

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Frisco, TX 75034

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at Frisco

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