

Baylor Scott & White

Health

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BaylorHealth.com/[Grapevine](#)

November 2015

“I had cancer.
I had surgery.
And I haven’t
looked back.”

Ray Jackson

chose a minimally invasive
robotic procedure to remove
his prostate PAGE 6



ROLE OF A LIFETIME

Actress, wife and mother of two
takes center stage to overcome
cancer PAGE 4



Sending You a Lifeline

Baylor Grapevine honored with cardiac achievement award

Baylor Regional Medical Center at Grapevine has received the American Heart Association's Mission: Lifeline® Silver Receiving Quality Achievement Award. The award recognizes hospitals that implement quality improvement measures for treating people who are having severe heart attacks.

Each year in the U.S., approximately 250,000 people have a severe heart attack, where blood flow to the heart is completely blocked. To prevent death, it's critical to immediately restore blood flow, either by surgically opening the blocked vessel or by giving clot-busting medication.

The Mission: Lifeline program's goal is to reduce barriers to prompt treatment for heart attacks, from the initial 911 call through hospital treatment.

Baylor Grapevine earned the award by meeting criteria and standards of performance for quickly and appropriately treating these patients.

GET HEART SMART

To learn more about cardiac care at Baylor Grapevine, visit BaylorHealth.com/Grapevine or call 1.800.4BAYLOR.

5 Ways to Celebrate Without Gaining Weight

Watching your weight this holiday season? You can treat yourself to more than celery sticks and carrots without overdoing it. The dietitians at Baylor Regional Medical Center at Grapevine offer these tips.

1 Don't skip meals. It's tempting to skip a meal and save the calories for a party. But when you get really hungry, you're more likely to eat quickly and overeat.

2 Slow down. Take 20 minutes to eat and converse, then take a two-minute break. Give your stomach time to tell your brain how full it feels.



3 Watch your portions. You can still enjoy your favorite foods at the buffet. Try using a salad plate instead of a dinner plate, and resist going back for seconds.

4 Get moving. Encourage family and friends to join you for a walk after dinner. If the weather is nice enough, organize a touch football game or break out horseshoes, croquet mallets or bocce balls.

5 Be realistic. Don't aim to lose weight over the holidays. Maintaining your weight is more reasonable.

MORE

Give Your Plate a Makeover

For a referral to a Baylor Grapevine dietitian, call 1.800.4BAYLOR or visit BaylorHealth.com/Grapevine.

Baylor Regional Medical Center at Grapevine, 1650 W. College, Grapevine, TX 76051

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Baylor Grapevine Main Number: 817.481.1588; Baylor Grapevine Physician Referral: 1.800.4BAYLOR (1.800.422.9567); Educational Programs: 817.329.2878; Baylor Grapevine Diagnostic Imaging Center: 817.305.5010; Baylor Diagnostic Imaging Center at Keller: 817.482.2000; Baylor Grapevine Women's Center: 817.424.4500; 24-Hour Emergency: 817.329.2523; Baylor Therapy Center: 817.329.2524; Clinical Nutrition Programs: 817.329.2569; Baylor Grapevine Volunteer Services/Auxiliary: 817.329.2665

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.

Visit BaylorHealth.com or call 1.800.4BAYLOR for information about Baylor Regional Medical Center at Grapevine services, upcoming events, physician referrals, career opportunities and more.

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5,535

That's the number of kidney transplants made possible by living donors in the U.S. last year. **To be considered as a donor for a living kidney transplant**, you need to be age 18 to 65, healthy and a blood-type match with the recipient.



Your Body Wants You to Stop Smoking

Of course you know that smoking is bad for your lungs, but the damage doesn't end there. In fact, hardly an inch of the body escapes unharmed. We take a top-down look at the ill effects.

MORE

It's Quittin' Time

To find the tools and resources you need to quit smoking for good, visit BaylorHealth.com/QuitSmoking today.

EYES

Your chances of getting cataracts increase.

TEETH

Poor dental health, even tooth loss, is a common consequence.

HEART

Your risk of heart disease is two to four times greater than that of a nonsmoker.

LUNGS

It's not just lung cancer. Smoking can also cause emphysema and chronic bronchitis.

MIDSECTION

Smoking can lead to cancer in almost any organ, including the stomach, bladder and colon.

BONES

Weaker bones are a potential side effect for smokers, especially women.

FEET/LEGS

Reduced blood flow from smoking contributes to poor circulation in the skin and lower limbs.

Flu Nonfiction

Influenza season is here, just like every year, and yet misconceptions still exist. Here are three flu stories that need to stop.

STORY #1: Flu germs spread by shaking hands, not by sharing books. Spoiler alert! Those nasty bugs can live on hard surfaces (books, doorknobs, computers, kitchen counters) anywhere from two to eight hours. Grab a disinfectant wipe, stat!

STORY #2: I don't have a fever, so I don't have the flu. Wrong. Symptoms vary, and not everyone who has the flu gets a fever. You could have one or all of these signs: chills, cough, sore throat, body aches, congestion, diarrhea and vomiting.

STORY #3: It's too late to get a flu vaccine. No, it's not. Flu season peaks in January and February and can last until May. Now's the time to make your appointment.



STILL HAVEN'T GOTTEN YOUR VACCINE?

Don't wait any longer to get your annual flu vaccine. Visit FindDrRight.com to find a physician near you.



Clockwise from top: Cara Serber plays the evil queen in a production of *Snow White*; with husband Jeff and daughters Libby (left) and Allie after playing the role of stepmother in *Cinderella*; the family at a live production of *Annie*; with Allie after starring as Glinda in *The Wizard of Oz*.



Role of a Lifetime

Baylor Grapevine helps Cara Serber beat cancer

Performer Cara Serber wasn't feeling well one day in May after she had played Glinda in *The Wizard of Oz* in a matinee at Casa Mañana. At her Southlake home, she passed out and when she came to she wasn't able to stand. When her husband came home he called an ambulance.

The 40-year-old was diagnosed with vertigo and sent home, and at an appointment with her doctor the next day she discovered her hemoglobin was low.

"I couldn't go back to work, and for four days I lay down. I got dizzy if I stood up," she says. She noticed that

her gums were white and went to the emergency room at Baylor Regional Medical Center at Grapevine, where she was admitted to the hospital.

Both her hemoglobin and vitamin B12 levels were low and she needed blood transfusions. Her doctors suspected gastrointestinal bleeding and searched for the source with an endoscopy and a colonoscopy.

FINDING THE CAUSE

It wasn't long before doctors discovered Serber had a malignant tumor, and cauterized it to stem the bleeding. Surgeons operated to remove the tumor and she was able to return home three days later. "It went beautifully. They were able to get the tumor and the margins," she says. "And I was able to avoid chemotherapy."

Serber calls the care she received at Baylor Grapevine "incredible." She says, "Every question we had was answered and we never felt rushed.

My mom, my husband, my sister and my best friend were there and they were treated as attentively as I was."

Just a few weeks later Serber was back onstage again. "It's amazing that something so life-shaking can happen and a month later it's like it never happened," she says.

WHO'S AT RISK?

Ramesh Srinivasan, MD, a gastroenterologist on the medical staff at Baylor Regional Medical Center at Grapevine, says tumors aren't the only cause of gastrointestinal bleeding. Ulcers, esophagitis, inflammation and other conditions can also cause it. Anyone who notices fatigue, especially with exertion, shortness of breath, vomit that looks like coffee grounds, or black, tarry stools should talk to their doctor about their symptoms.

MORE

Need a Doc?
 For a referral to a gastroenterologist on the medical staff at Baylor Grapevine, visit BaylorHealth.com/Grapevine or call **1.800.4BAYLOR**.



In the Clear

Understanding the lesser-known causes of lung cancer

Even if you've never touched a cigarette in your life, it's important to know there are things besides smoking that increase your chances of getting lung cancer.

"Smoking is definitely the number-one risk factor for lung cancer and plays a role in about 90 percent of lung cancers," says David Mason, MD, chief of thoracic surgery and lung transplantation at Baylor University Medical Center at Dallas and medical director of the Chest Cancer Research and Treatment Center at Baylor Charles A. Sammons Cancer Center at Dallas. "But there are also other important risk factors patients should be aware of."

SECONDHAND SMOKE

A large contributor to lung cancer is being around people who are in the habit of smoking. "Secondhand smoke is almost as damaging to the lungs as firsthand smoke," Dr. Mason says. "It depends on proximity and duration of exposure."

Each year, more than 7,300 lung cancer deaths among nonsmokers in the U.S. are attributed to secondhand smoke, according to the Centers for Disease Control and Prevention. And research suggests that people who are regularly exposed to secondhand smoke at home or at work have a 20 to 30 percent greater chance of having lung cancer than others.

RADON

Exposure to radon presents another, lesser risk of lung cancer but one that deserves attention. According to the American Cancer Society, about 11 percent of the 221,000 lung cancer cases expected to be diagnosed in the U.S. in 2015 will be from radon exposure. Radon is an odorless natural gas that's released from rocks and soil in certain areas and can get trapped in homes and other buildings. The Environmental Protection Agency estimates that one in 15 homes has high radon levels. Call the Texas Department of State Health Services at 800-293-0753 to inquire about radon testing.

OTHER CAUSES

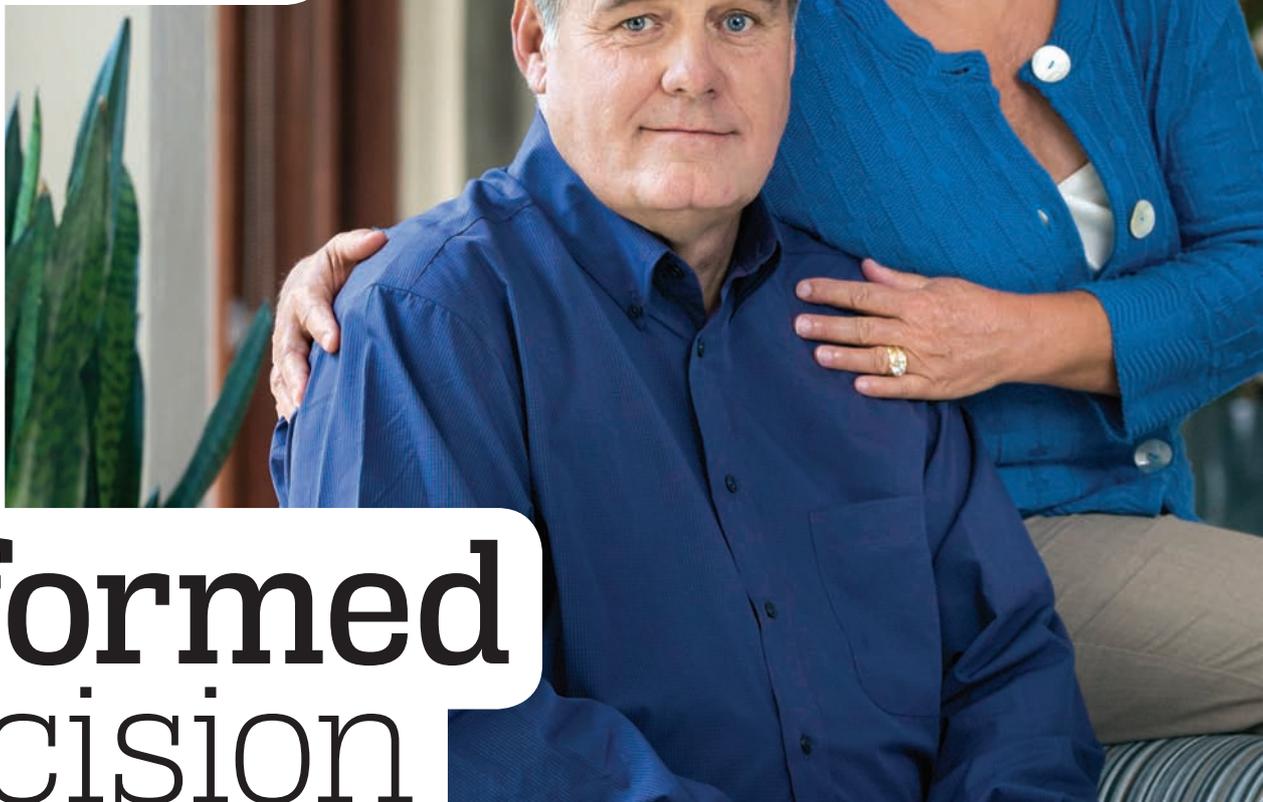
If you are concerned that you've been exposed to asbestos, arsenic or diesel exhaust; have a family or personal history of lung cancer; or previous radiation to the chest, you might want to see a care provider.

"Lung cancer isn't the most prevalent of cancers, but it is one of the most deadly," Dr. Mason says, noting that when it shows symptoms many times it has spread to other parts of the body. "Talk to your doctor about your risk factors and to determine if lung cancer screening is right for you."

WHAT'S YOUR RISK?

To evaluate your chances of developing lung cancer, take our interactive quiz at [BaylorHealth.com/LungRisk](https://www.baylorhealth.com/LungRisk) today.

“The doctor gave me the peace of mind that everything was going to be OK.” —Ray Jackson



Informed Decision

A prostate cancer diagnosis doesn't have to be devastating, but it does mean educating yourself about treatment options

➔ Ray Jackson admits that when his urologist told him, “You have prostate cancer,” he didn't hear anything else after that. So the 58-year-old from Greenville, Texas, appreciated being asked to come back in a couple of days to discuss his options.

After learning about the benefits and risks of each treatment, Jackson decided on minimally invasive robotic surgery to remove his prostate. The shorter recovery time, compared with traditional surgery, was appealing. Within a month of his surgery at Baylor University Medical Center at Dallas in late 2012, Jackson was fully recovered

from the procedure—and has remained cancer-free ever since.

“Being diagnosed with prostate cancer isn't the end of the world,” says W. Scott Webster, MD, chief of urology at Baylor Dallas. “You just need to partner with your doctor to come up with a plan that's suited to you. There's not a one-size-fits-all approach.”

The idea of there being a single treatment that's right for everyone is one of the misconceptions people have about prostate cancer diagnosis and treatment.

Here are a few facts to keep in mind.

MEN USUALLY DON'T NEED A PSA TEST EVERY YEAR.

Screening for prostate cancer begins with a prostate-specific antigen (PSA) blood test and a rectal exam.

"PSA testing is a good tool for screening at-risk populations," Dr. Webster says. "I think select patients who have at least a 10-year life expectancy or a family history of prostate cancer should be screened between the ages of 50 and 65."

Dr. Webster suggests that men get a baseline PSA test around age 50 but says they don't necessarily need a test every year unless they have symptoms such as difficulty urinating, blood in the urine or pain during urination.

Jackson previously had a PSA test, so his doctor noted a change in his PSA

level and ordered a prostate biopsy to confirm the cancer diagnosis.

NOT EVERY CASE OF PROSTATE CANCER REQUIRES IMMEDIATE TREATMENT.

Some prostate cancer is considered low-risk and would spread so slowly that it might never shorten life expectancy. That means doctors don't necessarily need to be aggressive in treating those cancers, and instead they can take a "watchful waiting" or observational approach.

"I tell a lot of men that we don't necessarily have to be really aggressive in treating low-risk prostate cancer," Dr. Webster says. "We just need to keep an eye on it to make sure it doesn't become a high-risk problem."

INCONTINENCE AND IMPOTENCE ARE NOT INEVITABLE AFTER PROSTATE CANCER TREATMENT.

Jackson is proof that these side effects don't happen to everyone. Once his post-surgical catheter was removed, he only needed to wear protective briefs for a few days until he was confident he could control his bladder.

He credits exercises explained to him by the team at Baylor Dallas with regaining function so soon after surgery. "They taught me how to strengthen my pelvic floor muscles, which they said would be weakened by surgery," Jackson says. "They said I'd recover more quickly if I learned how to control them ahead of time, and they were right."

Jackson also started having erections again within about 90 days of surgery. "Everything works great," he says, "just like it did before."

MEN SHOULD CHOOSE THE TREATMENT THAT'S RIGHT FOR THEM.

Although there are some experimental treatments for prostate cancer, Dr. Webster doesn't recommend them. He thinks the five mainstream treatments—observation, surgery, radiation, freezing the prostate with cryotherapy or using hormonal manipulation—give men all the options they need.

"Men should decide if they're comfortable leaving the prostate alone and, if they choose treatment, which potential side effects they're most comfortable with," Dr. Webster says. "Which treatment to choose is an individual decision a man should make in conjunction with his doctor."

3 TIPS FOR CUTTING PROSTATE CANCER RISK

Men can't control many of the risk factors for prostate cancer, including age, race and family history. But there are still things you can do to lower your risk. Bryan C. Bruner, MD, a urologist on the medical staff at Baylor Regional Medical Center at Grapevine, offers these tips:

1 Choose veggies and fruit.

Eat at least two and a half cups a day, and make it a mix of options.

2 Exercise. Being physically active can help lower your risk.

3 Lose weight if you need to. A healthy body weight is best.

Dr. Bruner also recommends talking to your doctor about a daily aspirin dose. It may lower your prostate cancer risk, but more research is needed to determine whether the benefits outweigh the risks.

Supplements with risk-reducing claims, such as vitamin E and selenium, have not been found effective.

MORE

Want to Dig Deeper?

Get your prostate cancer questions answered. Download a prostate cancer tip sheet at BaylorHealth.com/ProstateAnswers today.



Avoid these 5 holiday hazards for a more joyful season

Tidings of Health

➔ It seems as though the holidays are less “peace on earth” and more “stretched to the ends of the earth,” which makes it easy for good habits to fall by the wayside. Use this guide to help you navigate the season, healthfully.

1 HOLIDAY HEALTH HAZARD: WEIGHT GAIN

First, the good news: American adults, on average, gain only about a pound during the fall and winter months. The problem is, few of us ever lose it, meaning those pounds add up over time. And adults who are already overweight typically gain more.

“The holidays tend to be challenging for people who are trying to control their weight because there are more opportunities to eat and overeat,” says Jennifer Flory, MD, a family medicine physician at Scott & White Clinic – Westfield.

Dr. Flory suggests planning family get-togethers around activities rather than food. “Push away from the dinner table,” she says. “Go for a walk, go to the park or take the kids ice skating.”

2 HOLIDAY HEALTH HAZARD: THE BUFFET TABLE

No matter how much you avoid food-focused activities, you’ll likely find yourself in the presence of at least one buffet spread. The first thing you should do is ask the host if you can contribute a dish—that way you’ll know there will be at least one healthy option.

Another tip is to eat before you go, so you’re not as tempted to overindulge at the event, Dr. Flory says. But if you are the type of person who would eat before and then eat again

there, this might not be the best solution for you. Instead, try drinking a tall glass of water to fill you up and using a small plate to limit portions.

For those with chronic conditions such as diabetes, don’t let all the festive fare derail your treatment plan. “If you have a health issue, it’s important to follow the diet your doctor has you on throughout the holidays,” Dr. Flory says. “And continue to take your medications as prescribed, too.”

At gatherings, keep portions small.





GIVE PEACE A CHANCE

Feeling stressed this holiday season? Loren Lasater, MD, a family medicine physician on the medical staff at Baylor Regional Medical Center at Grapevine, offers these calm-inducing suggestions:

Embrace the cold and try exercising outdoors. Exercise releases endorphins, which elevate mood, and light exposure helps in setting your biological clock while boosting mood.

Laugh. Try to enjoy funny shows and movies. Laughter has been shown to be helpful with immunity and with decreasing stress.

Spend time connecting with loved ones. Spend time with your spouse and play with your children. These activities can decrease stress and help to lower blood pressure.

Volunteer. There is something special about helping others. “Volunteers have a more positive outlook and volunteering calms and soothes people,” Dr. Lasater says.

Make time for yourself. Put away the phone and email one day a week and try reading, listening to music or meditating.

Get at least seven and a half hours of sleep a night. Studies show that proper sleep contributes to reducing stress, boosting mood and immunity, and fighting weight gain.

Connect with your religious side and remember the meaning of the holidays. This helps to refocus your priorities in your life.

QUIZ

What Do You Know About Stress?

Visit [HealthSource](https://www.healthsource.com), [BaylorHealth.com](https://www.baylorhealth.com) and search “stress quiz.”

3 HOLIDAY HEALTH HAZARD: SEASONAL DEPRESSION

If this time of year has you feeling blue, don't ignore it.

“Holiday depression is still depression. People need to see their doctor for it,” Dr. Flory advises. “Beyond that, try to get out and do things with family and friends so you're not isolated at home.”

4 HOLIDAY HEALTH HAZARD: TOO MUCH BUBBLY

With a party around every corner, be sure to watch it with the drinks. Even a few weeks of too many toasts can have negative effects on the heart. Alcohol raises blood pressure and the risk for heart failure, according to the American Heart Association. Women should average no more than one drink per day, and men one to two.

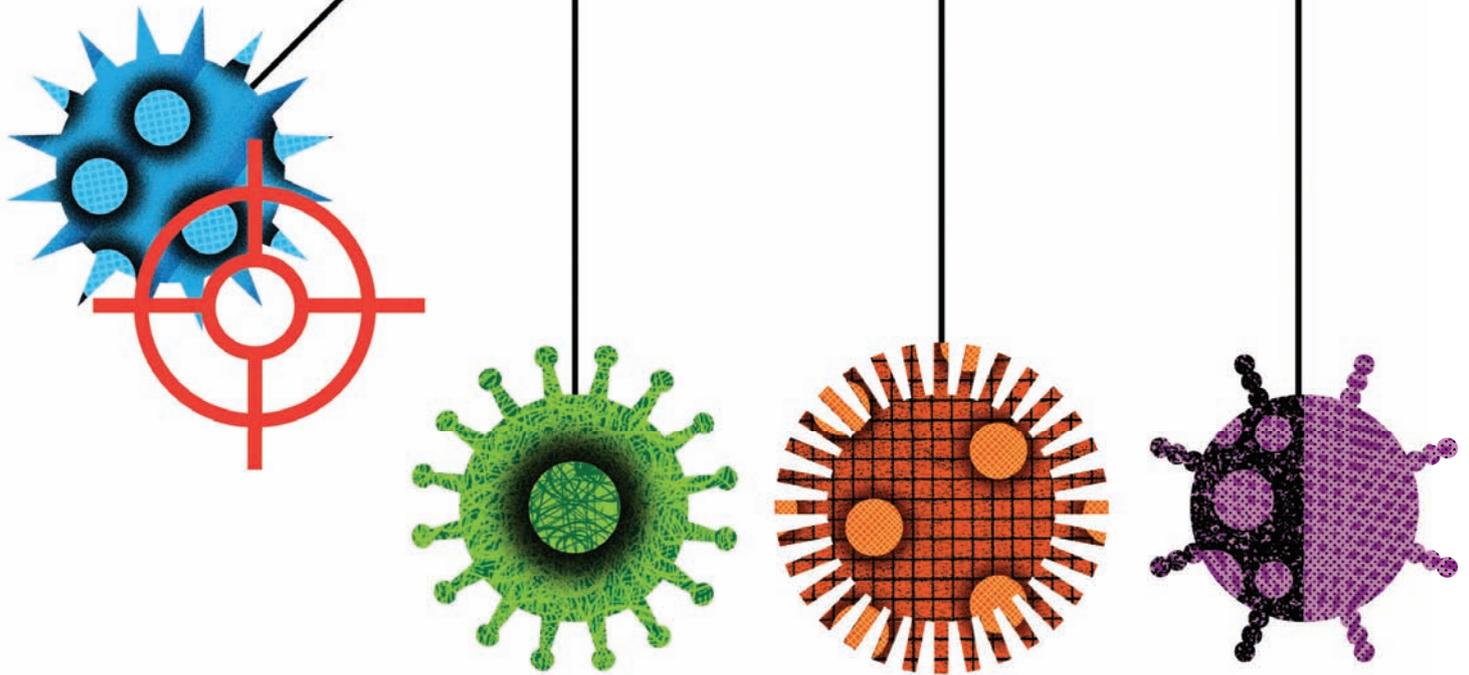
Another reason to cut back on the bubbly? “There's a large source of calories in alcoholic beverages,” Dr. Flory says. “Have only one cocktail. Otherwise, stick to water or spritzers that don't have any calories.”



5 HOLIDAY HEALTH HAZARD: EXCESS STRESS

You know it's coming—party planning, home decorating, gift shopping and other holiday obligations to be squeezed into an already busy lineup. The first step to managing stress is to schedule everything, even your own to-do list, so these extra tasks don't become burdensome at the end of a long day.

Then, practice saying no. You don't owe anyone a reason for not being able to attend another gathering or bake another batch of cookies. But if your schedule is full with the activities you've added, you can confidently say, “Sorry, I already have a commitment that day.”



Moving Target

Monitoring the effectiveness of this year's seasonal flu vaccine is critical to developing the next one

 The seasonal flu vaccine protects millions of Americans a year from influenza, a virus that can lead to hospitalization and even death. Because influenza viruses are constantly evolving, a new vaccine is designed each

year to fight the strains expected to be most common during the upcoming season. The vaccine is the result of a global effort, supported by Baylor Scott & White Health.

HOW THE VACCINE COMES TO BE

The Food and Drug Administration's Vaccines and Related Biological Products Advisory Committee decides which strains will be included in the annual vaccine for the

U.S., relying on recommendations from influenza testing centers all over the world.

Since 2011, Baylor Scott & White Health – Central Division has been one of five U.S. sites that work with the Centers for Disease Control and Prevention to study the effectiveness of the flu vaccine and supply data to the FDA advisory committee. Six Baylor Scott & White clinics in Temple and Belton participate.

“During each flu season, our clinics enroll at least 800 patients ages 6 months and older who may have contracted the flu,” says Manjusha Gaglani, MBBS, section chief of pediatric infectious diseases and principal investigator of the study at Baylor Scott & White. “Then, we collect information about them, such as whether they were vaccinated, which strain they’ve contracted and how severe their illness becomes.”

She adds: “The data are also used by the World Health Organization to

identify new flu strains and anticipate possible pandemics.”

WHAT THE FUTURE HOLDS

Although Baylor Scott & White’s participation in the study for the current grant cycle culminates at the end of the 2015–16 flu season, Dr. Gaglani says the full impact of her team’s research may be yet to come.

“It’s my hope that the information we’ve gathered will ultimately be used to develop more effective flu vaccines,” she says. “I look forward to the day when one vaccine will protect us against a wider range of viruses, for more than just one season.”

ABOUT THE STUDY

U.S. Flu Vaccine Effectiveness Network

Researchers collect data for the Centers for Disease Control and Prevention on how well seasonal flu vaccines are working.

Key Contributors:

Baylor Scott & White Health
Centers for Disease Control and Prevention

MORE

Get the Latest

Visit BaylorHealth.com/AdvancingMedicine and researchers.sw.org to learn about medical research like this at Baylor Scott & White.

WHAT'S ONLINE

→ [BaylorHealth.com](https://www.baylorhealth.com)



RECIPE

Skinny Mashed Potatoes

Chicken broth gives these root veggies flavor with fewer calories than butter. Take as a side to your next holiday party!

→ Visit [BaylorHealth.com/Recipe](https://www.baylorhealth.com/Recipe) for the ingredients and directions.

PODCAST

AMP UP YOUR BRAIN POWER



Who doesn't want to keep a sharp mind? It's easier than you might think. Our three-minute podcast includes tips like playing computer games and puzzles and using your nondominant hand for everyday tasks.

→ Go to [BaylorHealth.com/Podcast](https://www.baylorhealth.com/Podcast) to hear more.

TIPSHEET

Eat, Drink and Be Healthy

Don't let a fear of weight gain keep you from the culinary joys of the holidays. Instead, check out our list for the best food and drink choices to make while you're celebrating.

Download the guide at [BaylorHealth.com/Tipsheet](https://www.baylorhealth.com/Tipsheet) today.



ONLINE

What Sets Us Apart?

→ Visit [BaylorHealth.com/GrapevineCompare](https://www.baylorhealth.com/GrapevineCompare) to see how Baylor Grapevine stacks up against its closest competitors.

QUIZ

HOW MUCH DO YOU KNOW ABOUT DIABETES?

If you have diabetes or think you might be at risk for the disease, it's important to educate yourself.

→ Take a quiz at [BaylorHealth.com/DiabetesQuiz](https://www.baylorhealth.com/DiabetesQuiz), and then share the results with your doctor.



From screenings to surgery



and everything in between.

At Baylor Regional Medical Center at Grapevine, you'll find local care that's backed by the expertise of the largest not-for-profit health care system in Texas. A network of more than 800 hospitals, clinics and patient care locations across our great state, all focused on improving health care for you. So no matter what you need, from screenings to surgery, Baylor Grapevine will be ready for you. Changing Health Care. For Life.™



Part of  **BaylorScott&White** HEALTH

1650 W. College St., Grapevine, TX 76051

For a physician referral or for more information, call **1.800.4BAYLOR** or visit us online at BaylorHealth.com/Grapevine.