

Baylor Scott & White Health

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BaylorHealth.com/Waxahachie

JANUARY 2015

“I wanted to live my life to the fullest—and now I can.”

Janice Collins

didn't let an overactive bladder slow her down

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BRINGING IT HOME

New cancer center allows patients to get the care they need, closer to home PAGE 4

Having a Baby?

If you're expecting, congratulations! Baylor Scott & White Medical Center–Waxahachie is prepared to welcome you with a mix of cozy comfort and quality care.

Jaime Sinclair, director of women's health at Baylor Scott & White–Waxahachie, says the new facility includes:

- ▶ Six labor and delivery rooms with large jetted showers
- ▶ Nine mom/baby rooms that are larger and have hair dryers, makeup mirrors, Wi-Fi, TVs, skyline views and sleeper chairs for significant others
- ▶ Two antepartum rooms
- ▶ Two operating rooms
- ▶ A two-bed recovery room
- ▶ Two comfortable lounges for families, including one with access to computers
- ▶ Online and on-site childbirth classes
- ▶ 24/7 neonatal nurse practitioner coverage
- ▶ A tenured, experienced nursing staff
- ▶ Breastfeeding support

- ▶ Immediate skin-to-skin contact with newborns, even in the operating room
- ▶ Access to all classes within the Baylor Scott & White Health system
- ▶ Care for babies with a gestational age of 35 weeks or older (the team can help stabilize younger gestational-age babies and determine whether they need to be transferred)
- ▶ Wall art featuring the work of local photographers

TAKE A TOUR

If you're expecting and would like to see the labor and delivery department, call **1.800.4BAYLOR** to register for a tour. Tours are offered every Sunday at 4 p.m.



Improving the Odds

Lung cancer is typically detected at late stages, when treatment can be complex and survival is less likely. Now, a new procedure called endobronchial ultrasound (EBUS) can diagnose lung cancer at earlier, more treatable stages.

EBUS is recommended for people who have smoked a pack a day for 25 years or more and for people in occupations with a high risk for lung cancer, says Amir Khan, MD, an interventional pulmonologist on the medical staff at Baylor Scott & White Medical Center–Waxahachie.

During the procedure, doctors thread a special ultrasound tube through the mouth or nose and into the lungs. The device transmits images, and if doctors see an abnormality they can take a tissue sample. It is performed in an outpatient setting, and the patient can generally go home the same day.

MORE

Find a Specialist

For a referral to a pulmonologist on the Baylor Scott & White–Waxahachie medical staff who can evaluate your risk for lung cancer, visit BaylorHealth.com/Waxahachie or call **1.800.4BAYLOR**.

Baylor Scott & White Medical Center–Waxahachie, 2400 N. I-35E, Waxahachie, TX 75165

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1.3 million

The number of annual vehicle crashes that happen because of weather—from rain to snow to ice. As a result, 6,250 people are killed.

This winter, take it slow on the roads and always wear your seat belt.



Source: Federal Highway Administration

The Latest Fitness Crazes

Ready to get in shape this year? See which of the trendiest workouts might be right for you.



TREND: CROSSFIT

- ▶ **WHAT IS IT?** This intense program uses explosive and plyometric (jump training) exercises.
- ▶ **WHO'S IT BEST FOR?** Experienced exercise enthusiasts.
- ▶ **CAUTION:** The intensity of the exercises increases risk of injury.

TREND: BARRE

- ▶ **WHAT IS IT?** Ballet barre-based workouts sculpt lean muscle mass and improve balance, core stability and range of motion.
- ▶ **WHO'S IT BEST FOR?** All fitness levels.
- ▶ **CAUTION:** Classes can be expensive.

TREND: HOT YOGA

- ▶ **WHAT IS IT?** These yoga classes are held in heated rooms with temperatures from 90 to 105 degrees.
- ▶ **WHO'S IT BEST FOR?** Yogis who want the challenge of maintaining focus and exploring postures while dripping with sweat.
- ▶ **CAUTION:** Concerns of dehydration, heat exhaustion and heatstroke steer some to nonheated yoga. Properly hydrate before, during and after class.

A BETTER YOU

Make this year *your* year! Visit BaylorHealth.com/LiveBetter for a host of 10-second tips on nutrition, fitness and living well.

Two to Try

If you want to eat healthier in 2015, add these two foods to your diet—stat!

1 QUINOA: A grain native to South America, quinoa is high in protein and is a good source of iron and magnesium. Sprinkle this superfood on salads, mix it with veggies or substitute it for rice in recipes.

2 BLACK BEANS: Mash them into hamburgers, puree them in winter soups for heartiness, or simply serve them on the side. You'll up your fiber, folate and iron intake.



MORE

Free Healthy Recipes

Let us help plan your next meal. Visit BaylorHealth.com/Recipe to browse our library of healthy recipes.



MORE

Get the Details

People seeking care at the cancer center can refer themselves or ask their doctor for a referral. To learn more about the cancer care services available at Baylor Scott & White–Waxahachie, visit [BaylorHealth.com/Waxahachie](https://www.baylorhealth.com/Waxahachie) or call **1.800.4BAYLOR**.

Cancer Care Close to Home

New center opens in Waxahachie

➔ PEOPLE IN WAXAHACHIE and surrounding communities no longer need to travel one to two hours or more to get the cancer care they need. The new, 16,200-square-foot Baylor Scott & White Charles A. Sammons Cancer Center provides full, multidisciplinary cancer care.

“For people with cancer, radiation treatment may be needed five days a week for several weeks, and chemotherapy can be one or two times a week. Cancer patients do not need the additional stress of traveling and fighting traffic,” says Binu Nair, MD, an oncologist on the Baylor Scott & White–Waxahachie medical staff.

And now they don’t need to thanks to the new facility, which is accredited by the Commission on Cancer, says Lynn Whitehair, director of the cancer center.

WHAT YOU CAN EXPECT:

The center can treat a wide range of cancers. It houses 12 chairs for chemotherapy treatment and a private infusion room. The center also offers many types of radiation treatment, including external beam, IMRT (intensity modulated radiation therapy), brachytherapy and CT simulation.

Because dealing with a cancer diagnosis and treatment can be overwhelming, the center also provides patient navigators. These registered nurses guide patients, families and caregivers through every step.

THE NEW CENTER ALSO OFFERS:

- ▶ Imaging services, including breast imaging
- ▶ Surgical, medical and radiation oncology
- ▶ Inpatient oncology
- ▶ Patient navigation
- ▶ A resource library
- ▶ A boutique and fitting room
- ▶ Tumor boards
- ▶ Cancer committee
- ▶ Genetic, nutrition and psychosocial counseling services
- ▶ Pastoral care
- ▶ Support groups
- ▶ Screening programs and events
- ▶ A cancer registry
- ▶ Research
- ▶ Palliative care

The team aims to schedule next-day appointments, and to answer questions by email quickly, to provide quality care.



People who have a primary care provider tend to seek more preventive care.

Finding the One

A primary care physician will be there for you in sickness and in health. Here's how to choose the best one for you

QUICK, WHO'S YOUR DOCTOR? Don't know or don't have one? You're doing your health a disservice.

Why? Because people who have a primary care provider (PCP) tend to seek more preventive care and therefore fare better than those who don't, says Randy Leach, DO, a family medicine physician on the medical staff at Baylor Scott & White Medical Center—Waxahachie. The key is finding the right provider for you.

Q WHAT TYPE OF PHYSICIAN SHOULD I LOOK FOR?

That depends on your age and convenience factors, Dr. Leach says.

“Children can go to a pediatrician or a family medicine doctor. Adults can go to family or internal medicine physicians,” he says. “If you have a family, do you want one doctor to see everyone in the family? If so, family medicine is the way to go.”

Q WHAT ARE THE MOST IMPORTANT THINGS TO LOOK FOR IN A PHYSICIAN?

You'll want to make sure you choose a physician who takes your insurance. Beyond that, “it's more of a personality thing,” Dr. Leach says. “You need to find someone that you feel comfortable with.”

Start by asking friends and family for referrals and doing some research. “Most practices will have online resources that tell you a little bit about the physician and his or her training background and interests,” Dr. Leach says.

Then schedule an initial appointment to see whether you get along in person. And just as important, do you like the office staff?

“That's a huge part of your interaction with the physician,” Dr. Leach says. “Make sure the staff is friendly and not a barrier between you and your physician.”

Q DO WOMEN NEED A PRIMARY CARE PHYSICIAN IN ADDITION TO AN OB-GYN?

In short, yes. During childbearing years, you may see your Ob-Gyn more frequently than your primary care physician, but it's still important to maintain a relationship with a PCP.

“You can go to your Ob-Gyn for a lot of needs,” Dr. Leach says. “But your PCP can take care of many other medical needs in addition to basic reproductive health.”

THE BEST MATCH FOR YOU

Looking for a doctor who's close to your office? Who accepts your insurance? Who speaks Spanish? We can help you find the perfect match. Call **1.800.4BAYLOR** or visit **FindDrRight.com** to find a physician who's right for you.

Many women will require gynecologic surgery during their lifetime. Here are four common procedures and why you might need them

It's a Girl Thing

→ WHEN JANICE COLLINS, 51, started noticing light bladder leakage about 10 years ago, she opted to undergo transvaginal sling surgery to correct it. But the procedure didn't work the way she'd hoped. "Three weeks later, I still had leakage, and now I also had an overactive bladder."

Collins tried medications and biofeedback to treat her symptoms, but nothing worked. "I now had constant urinary tract infections as well. My symptoms ran my life."

A visit to her physician in June 2014 revealed a new symptom—blood in her urine. She was immediately referred to a urogynecologist on the medical staff

at Baylor University Medical Center at Dallas. "He told me, 'We're going to get to the bottom of this,'" she says. "And I believed him."

Collins underwent surgery, and the source of her problems was discovered—the mesh sling had perforated through her bladder.

Thankfully, her surgeon was able to remove it and repair the damage. Six weeks later, she felt "100 percent better." So good, in fact, she went on a Mexican cruise with her husband

to celebrate their anniversary. "We're empty nesters. Who wants a leaky, overactive bladder slowing you down?" she says.

Like Collins, many women will require gynecologic surgery in their lifetime to make a diagnosis, treat a condition or improve their quality of life. Here, Michael Carley, MD, the medical director of urogynecology on the medical staff at Baylor Dallas, explains four common surgeries and why you might need them.



“I wanted to live my life to the fullest—and now I can.”

—Janice Collins

PROCEDURE: TRANSVAGINAL SLING (BLADDER SLING)

WHO NEEDS IT: Women who experience bladder leakage associated with physical exertion, also called stress incontinence.

HOW IT WORKS: A sling made of a synthetic material or the patient’s own tissue is placed underneath the urethra to help it close during exertion, Dr. Carley explains.

“Although there can be risks associated with it, the bladder sling remains one of the best choices for correcting incontinence,” he says.

PROCEDURE: PELVIC LAPAROSCOPY

WHO NEEDS IT: Women who have ovarian cysts, uterine fibroids, endometriosis or scar tissue that needs to be removed; it may also be used to perform other types of gynecologic surgeries.

HOW IT WORKS: A laparoscope—a narrow, lighted tube with a video camera on the end—is inserted into the abdomen through a small incision just below the belly button. Carbon dioxide is then pumped into the abdomen to improve visibility, and surgical instruments are inserted through other small incisions to complete the procedure. “This minimally invasive procedure is used to diagnose and treat a

variety of conditions with the added benefits of decreased postoperative pain and a quicker recovery for many patients,” Dr. Carley adds.

PROCEDURE: PELVIC ORGAN PROLAPSE REPAIR

WHO NEEDS IT: Women whose uterus, bladder or rectum have fallen out of the correct position because the organs are no longer adequately supported by the pelvic ligaments.

HOW IT WORKS: “It usually involves using sutures to pull weak areas of the vaginal wall together to reinforce it and help keep the pelvic organs in the right place,” Dr. Carley explains.

This can be accomplished through several different surgical approaches, depending on a patient’s specific problem and preferences.

PROCEDURE: HYSTERECTOMY

WHO NEEDS IT: Women who have uterine fibroids, cervical dysplasia (precancerous cervical cells), excessively heavy periods or uterine prolapse.

HOW IT WORKS: The entire uterus is removed, sometimes along with the cervix (called a total hysterectomy), fallopian tubes and ovaries. The procedure may be performed as an open surgery (through an incision in the lower abdomen), vaginally or laparoscopically.

“Although it’s one of the most common gynecologic procedures, hysterectomy is usually only recommended for noncancerous conditions after other treatment options have been unsuccessful,” Dr. Carley says.

FREE WOMEN’S HEALTH EVENT

For Women For Life™ is a free event hosted by Baylor Scott & White Medical Center–Waxahachie that makes it easy for women to focus on their health and well-being.

“It is so important to stay informed about your health and to get regular screenings,” says Valerie Gorman, MD, a general surgeon on the medical staff at Baylor Scott & White–Waxahachie.

Come for the morning and get free screenings to protect against:

- ▶ Abnormal body mass index
- ▶ Abnormal cholesterol levels
- ▶ High blood pressure
- ▶ Skin cancer

The event also includes “Ask the Expert” booths where women can visit with health professionals and ask various health questions.

Date: Jan. 24, 2015

Time: 8:30 to 11:30 a.m.

Location: Baylor Scott & White Medical Center–Waxahachie
2400 N. I-35E,
Waxahachie, TX 75165

MORE

Take a Day for You

For Women For Life™ is a convenient opportunity to get important screenings and talk with physicians about any health concerns you have. To register, visit BaylorHealth.com/FWFL or call **1.800.4BAYLOR**.



1 cm

The incision size for laparoscopic surgery is only 1 centimeter, which means less scarring.



Revamp your lifestyle with your ticker in mind

Extreme Makeover: Heart Edition

➔ EAT HEALTHY. EXERCISE MORE. DON'T SMOKE.

Keep your stress levels in check. There's a reason we've all heard this advice time and time again—it's what works when it comes to maintaining a healthy heart.

But sometimes putting it into practice can seem a little daunting, so we've asked Vikas Jain, MD, a cardiologist on the medical staff at Baylor Regional Medical Center at Grapevine, to help us drill down to the basic changes you can make to healthify your heart.

Nourish

"A balanced diet is one of the keys to a healthy heart," Dr. Jain says. "But that doesn't mean you have to give up all the foods you love—just make some modifications and focus on moderation. Incorporate a Mediterranean diet with fresh fruits and vegetables into your meals. Switch to grilling rather than frying foods and stay away from foods with trans fats."

MAKEOVER MOVE: If your answer to "Would you like fries with that?" is a resounding "Duh!", have no fear. Eating for your heart doesn't mean you have to give up the beloved french fry. Ditch the deep fryer and opt for an oven-baked version instead. Sprinkle the sliced potatoes with your favorite seasoning (watch the salt!), and you'll manage to cut back on fat and calories, not flavor.

PRO TIP: "Opt for sweet potatoes instead of white potatoes," Dr. Jain says. The orange version of everyone's favorite starchy vegetable is a better choice than its more traditional counterpart. It has a lower glycemic index (a measure of how quickly blood glucose levels rise after eating), so it helps you feel full longer.





HELP YOUR HEART

Heart disease isn't inevitable. Controlling your risk factors can help you prevent or delay this top killer. Here, Rohit Parmar, MD, a cardiologist on the medical staff at Baylor Scott & White Medical Center–Waxahachie, offers suggestions for modifying the risk factors that are within your control:

- ▶ Quit using **tobacco**. Smoking increases your risk for heart disease, and using snuff or chewing tobacco may up your risk as well.
- ▶ Get your **blood pressure** checked at least once a year. If it's high, make lifestyle changes and/or take medication to keep it under control.
- ▶ Choose a low-fat, high-fiber diet and have your **cholesterol** levels checked regularly. Take statins if necessary to manage your levels.
- ▶ If you have **diabetes**, keep your blood sugar levels tightly controlled.
- ▶ **Exercise** for at least 30 minutes most days of the week.

MORE

Need a Heart Doc?

To find a cardiologist on the medical staff at Baylor Scott & White–Waxahachie, visit BaylorHealth.com/Waxahachie or call **1.800.4BAYLOR**.

You should be extra vigilant about managing these controllable risk factors if your family history puts you at high risk of heart disease (this applies to you if a family member had heart disease before age 65 for women or 55 for men).

Move

“You want to feel young again? Do what you did when you were young,” Dr. Jain says. “Exercise is the fountain of youth. It improves your lean muscle mass, raises your good cholesterol, and reduces your risk for diabetes, arthritis and memory decline.”

MAKEOVER MOVE: Between commuting, working and helping the kids with homework, who has time for daily exercise? You do. Wake up 10 minutes earlier and sneak out for a brisk walk or jog. Take 10 minutes out of your lunch hour to break away from your desk and climb office stairs. Wind down after dinner with 10 minutes of yoga (YouTube is full of free instructional videos). Voila—30 minutes of movement!

PRO TIP: “If you work at a desk, try sitting on an exercise ball chair,” Dr. Jain says. “Long-term sitting with poor posture contributes to lower back pain.”

Relax

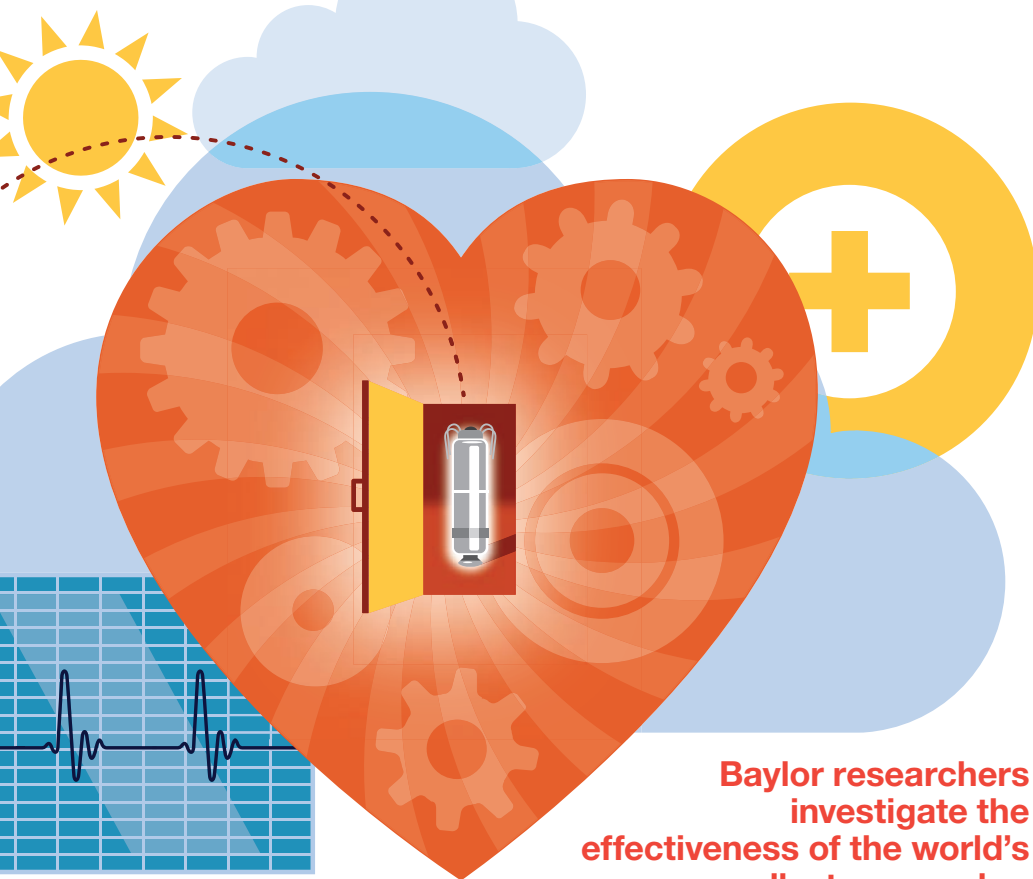
“We all deal with stress—it’s unavoidable. But when stress is excessive and unmanaged, it can lead to health problems like high blood pressure,” Dr. Jain says. “It’s how you manage it that can make a difference. Look at a picture, listen to a song, or find a keepsake that makes you smile or laugh when you see it.”

MAKEOVER MOVE: It’s easy to turn to less-than-healthy habits for instant stress relief—drinking alcohol, overeating and working through the night are all signs that you may not be managing your stress effectively.

Next time you check your email at 9 p.m. and want to begin firing back responses right away, try pausing and taking a deep breath. Then do it again. And again. Studies show that taking a few quiet minutes each day may help lower your risk of cardiovascular disease. Trust us. Those emails can wait till morning.

PRO TIP: “Schedule short breaks daily and tell a joke,” Dr. Jain says. “When you laugh and others laugh, your stress level is immediately reduced.”





Baylor researchers investigate the effectiveness of the world's smallest pacemaker

Tiny Technology

EVERY YEAR, MORE THAN a million people around the world have a pacemaker implanted. This incredible device automatically corrects slow or

irregular heart rhythms by sending electrical impulses to the heart. Developed in the late 1950s, the first implantable pacemaker was about the size of a can of shoe polish, but today, the newest version is no bigger than a multivitamin.

Just one-tenth the size of other pacemakers, the Medtronic Micra™ Transcatheter Pacing System (TPS) is the world's

smallest pacemaker. And as part of a study by Medtronic, Baylor Jack and Jane Hamilton Heart and Vascular Hospital is one of 50 institutions worldwide participating in a trial that could help bring the device to the masses.

PINT-SIZED POWER

Don't let its small size fool you: The TPS features all the advanced technology of traditional pacemakers in a pint-sized package. But unlike traditional pacemakers, which must be implanted through open surgery, the TPS is implanted directly into the heart through a catheter inserted into the femoral vein in the groin. This minimally invasive approach means there are no visible external scars or signs of implantation, and could translate into fewer complications.

"In the past, we had to make a surgical incision in the chest and

create a kind of pocket under the skin to place the pacemaker, and that was a potential source of problems like infections and bleeding," explains Robert C. Kowal, MD, PhD, the principal investigator for the trial at Baylor Hamilton Heart and Vascular Hospital. "But with the TPS, that's no longer necessary."

INNER WORKINGS

Once positioned, the device is attached to the inner wall of the heart, where it's connected using small tines and an electrode that delivers electrical impulses as needed.

"Other pacemakers use wires, or leads, that have to be implanted into the heart," explains Cathy Headley, RN, a research nurse at Baylor Research Institute. "But if this method proves to be equally effective, it could help avoid complications like infections and leads failures associated with standard pacemakers."

While the trial won't be completed until the end of 2015, Dr. Kowal says the results look promising. "While it's still just an investigational device, the small size and incredible technology housed inside of the TPS make it a potential game-changer," he says. "This could revolutionize how we approach future pacing and defibrillator technology."

ABOUT THE STUDY

The Transcatheter Pacing System Trial

The world's smallest pacemaker could mean fewer complications for patients.

Key Players

Baylor Research Institute

Baylor Hamilton Heart and Vascular Hospital

Medtronic

MORE

We're Breaking New Ground

Visit BaylorHealth.com/AdvancingMedicine to see how else we're bringing advanced technology to you.

WHAT'S ONLINE

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



TIPSHEET

A Healthy Start

Don't reach for doughnuts in the morning. Find a healthy alternative that will start your day right.

→ Visit [BaylorHealth.com/Tipsheet](https://www.baylorhealth.com/tipsheet) to learn how to build a tasty (and good for you) morning meal.

ONLINE

JUST THE FACTS

When it comes to your health, knowledge is power.

→ Learn what matters most on a variety of health topics in one quick look at [BaylorHealth.com/GetTheFacts](https://www.baylorhealth.com/getthefacts) today.



NEW LOCATION

Cardiac Rehab: New Location

We're moving! Cardiac rehabilitation services will begin at our new location, 2460 N. IH 35E, on Feb. 2.

→ To learn more about the services offered, visit [BaylorHealth.com/Waxahachie](https://www.baylorhealth.com/waxahachie) today.

VIDEO

Tone and Tighten in 10 Minutes

Did you make a resolution to get in shape this year? Ease your way into fitness with 10 minutes of core-strengthening Pilates moves.



→ Check out our video for guidance at [BaylorHealth.com/DigitalShort](https://www.baylorhealth.com/digitalshort).

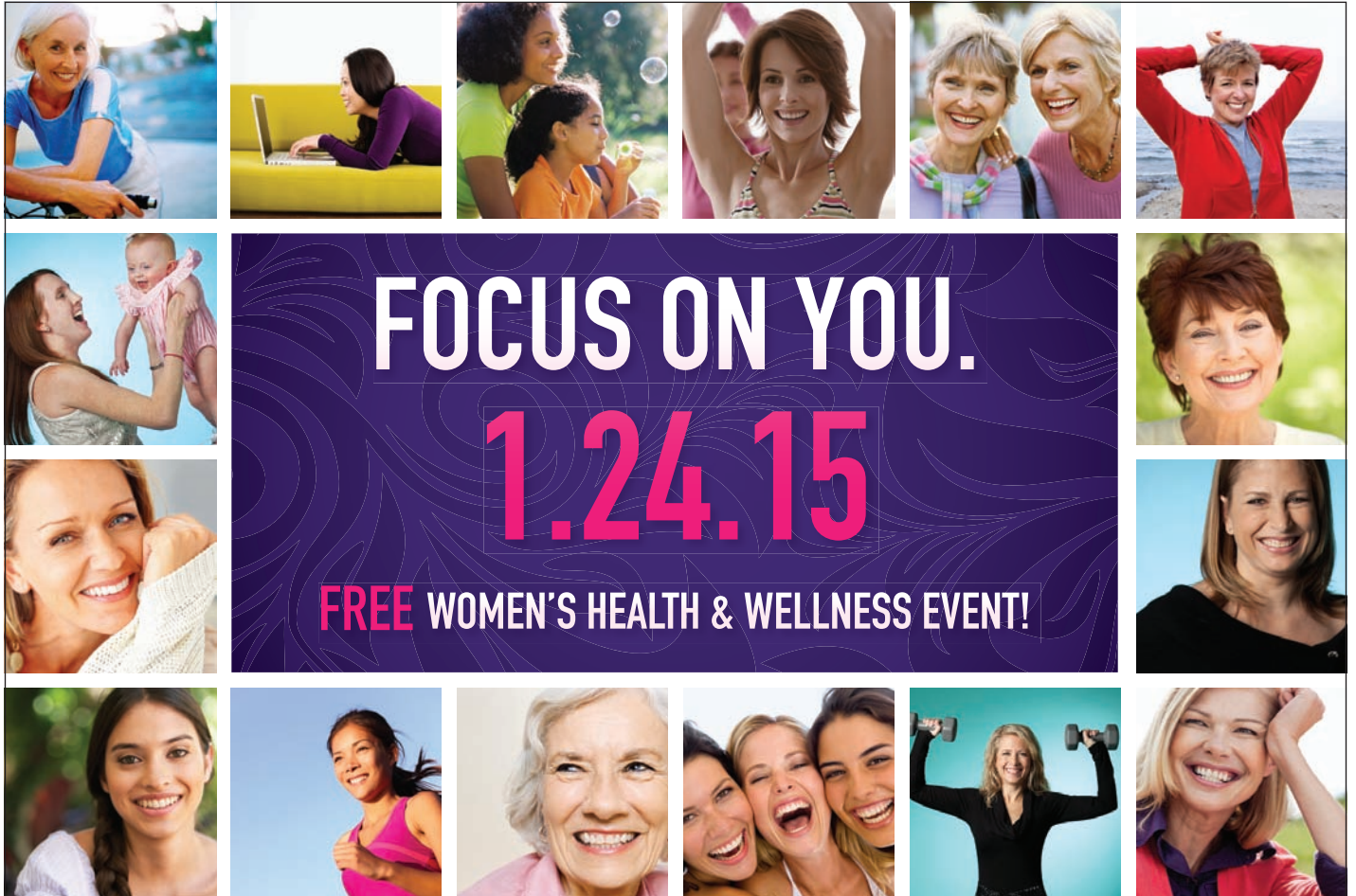
RECIPE

COZY UP WITH CHILI

This white chicken chili is the perfect cool-weather dish. Mixed with garlic, onion and jalapeño, this mouth-watering dish is overflowing with flavor but is low in fat. And it's easy to reheat, too, so make a batch tonight and have some for lunch tomorrow.

→ Get the recipe at [BaylorHealth.com/Recipe](https://www.baylorhealth.com/recipe).





FOCUS ON YOU.

1.24.15

FREE WOMEN'S HEALTH & WELLNESS EVENT!

HEALTHY COOKING DEMONSTRATION • CHOLESTEROL SCREENING* • BLOOD PRESSURE • BODY COMPOSITION ANALYSIS

SATURDAY, JANUARY 24, 2015 • 8:30 - 11:30 AM

Take care of your health at our annual women's health event, **For Women For Life™**. Enjoy a **healthy cooking demonstration**, **chair massages** and **free health screenings**. And **ask health questions** at the "Ask the Expert" booths.

Get your girlfriends together and register today!

Go to BaylorHealth.com and **keywordsearch: ForWomen9**
RSVP at 1.800.4BAYLOR

**Fasting is required for accurate cholesterol readings.*



EVENT LOCATION:
BAYLOR SCOTT & WHITE MEDICAL CENTER WAXAHACHIE
2400 N. I-35E, Waxahachie, TX 75165

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