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WOMEN'S  
HEALTH  
QUARTERLY

Winter 2012

**Q&A:**

**Why Can't I Lose Weight?** P4

**Body After  
Baby:**  
Is Surgery the  
Answer?

P2

# Get Your Back Back

P3

## Plus HealthQuicks

- Olive Oil Can Help the Body Fight Cancer P2
- Cholesterol Screenings Recommended Every Five Years
- Can Cold Air Improve Your State of Mind?

 **BAYLOR**  
Regional Medical Center  
at Plano

 **BAYLOR**  
Medical Center  
at Frisco

**The Benefits of Breast MRI  
and Colonoscopy** P2

## A Peek Inside

Diseases like ulcerative colitis, Crohn's colitis, or a family history of colon cancer may put patients at risk for colorectal cancer. Physicians usually recommend every adult have a colonoscopy starting at age 50.

**Preparation.** The most difficult part of the colonoscopy may be the prep—"drinking a bowel solution" to empty the colon. "It's not nearly as bad as people think," says Shibu Oommen, M.D., a gastroenterologist on the medical staff at Baylor Plano. Why is it necessary? The cleaner the colon, the less likely that something small might get missed.

**Exam.** The exam itself is the easiest part, says Dr. Oommen. "With sedation, there's no discomfort." During the procedure, the physician inserts a long, flexible tube with a tiny video camera into the body. The camera sends images to a monitor, allowing the physician to get a good look around.

**Evaluation.** What are doctors looking for? Inflammation, bleeding, ulcers, and polyps, which are small growths of tissue. Although most polyps are noncancerous, they are generally endoscopically removed and sent for analysis—just to be sure. "We're looking for anything that might mean a digestive disorder or early signs of cancer," says Dr. Oommen.

If you're age 50 or older or if you have a family history of colorectal cancer, it may be time to schedule a colonoscopy. For a referral to a gastroenterologist or colorectal specialist, call **1-800-4BAYLOR** or visit [BaylorHealth.com/PlanoDigestive](http://BaylorHealth.com/PlanoDigestive). [W](#)

## Advanced Technology: Breast MRI

Breast Magnetic Resonance Imaging (MRI) is used in addition to mammography to help detect breast cancer, but does not replace mammograms. It is most often used to screen for breast cancer in high risk women and to help determine the extent of cancer in the breast in patients recently diagnosed with breast cancer.

When a breast MRI is performed, a contrast agent (dye) is injected through and IV line in the arm, travels through the veins and enhances or "lights up" potentially significant abnormalities in the breasts. This makes MRI more sensitive than the mammogram.

"Breast MRI helps us to make sure we are not over or underestimating the extent of disease in the breast which allows for better planning for the patient's breast cancer treatment," says Elizabeth Jekot, M.D., medical director of the Baylor Regional Medical Center at Plano Elizabeth Jekot, M.D. Breast Imaging Center.



"Breast MRI is invaluable in finding unsuspected cancers in our high risk patients," says Jekot.

For women with a lifetime risk for developing breast cancer of greater than 20%, the American Cancer Society recommends annual breast MRI in addition to an annual mammogram. Do you know your lifetime risk for developing breast cancer?

Register for your annual mammogram by calling **1.800.4BAYLOR**, and download a breast cancer risk assessment at [BaylorHealth.com/PlanoCancer](http://BaylorHealth.com/PlanoCancer). [W](#)



## Body After Baby:

### Could Weight Loss Surgery Be the Answer?

Many new mothers after giving birth are concerned with their body image. But how do new moms tell the difference between that hard to shed "baby weight" and obesity?

"Weight gain is common with pregnancy, but new mothers should be back to pre-pregnancy weight in six months or so," said Dr. Stephen Hamn, a bariatric surgeon on the medical staff at Baylor Medical Center at Frisco. "If it persists or increases after children, and diet with exercise is not enough, then weight control with surgical help could be appropriate."

Morbid obesity is linked to other serious medical problems, including diabetes, hypertension and sleep apnea, and these conditions can pose serious threats to new mothers. Insurance providers are beginning to recognize the threat of obesity and offer reimbursement for patients. Most providers require a three to six month weight loss program and a BMI of more than 35.

"Weight loss surgery can result in the complete remission or significant improvement of Type 2 diabetes," said Deborah Thetford, RN, bariatric clinical coordinator on the medical staff at Baylor Medical Center at Frisco.

If you are concerned with your weight and are considering surgery, talk to your physician or visit [BaylorHealth.com/Frisco](http://BaylorHealth.com/Frisco). [W](#)

# Get Your Back Back

Freedom From Back Pain



Back pain is a common problem, and is one of the leading causes for doctor visits, hospital admissions, missed work, and disability. If you are among those with back pain, keeping up with the kids or playing your favorite sport may not be as easy as it once was. Despite the intensity of chronic back pain, many patients are wary of surgery because currently most surgeons use open procedures that require larger incisions. Fortunately, there are other options for patients besides a large spine surgery. For example, medications, physical therapy, behavioral techniques, and other advances in modern medicine can sometimes effectively treat pain and allow the patient to avoid spine surgery.

## Technique: PHYSICAL THERAPY

**How it works:** Stretching relieves muscle tension and increases circulation; exercises in the gym and swimming pool strengthen weak back muscles and help patients regain needed strength and energy. Other examples include changes in posture and muscle retraining. Tension associated with daily activities and certain types of employment can cause a person to lean forward and hold the muscles of the stomach, shoulder, and neck in tension” says Christopher Duntsch, M.D. Ph.D., a neurosurgeon on the Baylor Plano medical staff who is fellowship trained in minimally invasive spine surgery.

## Technique: OCCUPATIONAL THERAPY AND ERGONOMIC TRAINING

**How it works:** Occupational therapists train patients to accomplish daily tasks in a way that puts less stress on the back and neck. They also teach pacing, or avoiding the cycle of overdoing something and paying for it the next day. Dr. Duntsch says, “We encourage moderate activity levels, so in the long run, patients have better quality of life and are more productive.”

## Technique: MEDICAL MANAGEMENT

**How it works:** Physicians prescribe anti-inflammatory medicines and medicines for pain relief.

## Technique: BEHAVIORAL TECHNIQUES

**How it works:** Mental and emotional health is vital to overall health and plays a role in the healing process. Patients can learn to consciously relax their muscles to relieve stress and pain. They also can learn to reduce the fear of movement and the worry and discouragement that comes with pain. Baylor Plano’s new Behavioral Health Center helps provide a caring and understanding atmosphere where you can experience emotional as well as physical healing.

## Technique: MINIMALLY INVASIVE SPINE SURGERY

**How it works:** With traditional spine surgery, larger incisions are used and can lead to unnecessary damage to the soft tissues and spine. Microsurgical techniques, combined with minimally invasive approaches and the use of surgical microscopes, allow for smaller incisions for surgical treatment. Patients typically have less pain, less scarring, a faster recovery time, a better outcome and a lower risk of complications. Minimally invasive spine surgery is an option for people with the following conditions who don’t get relief from medication, physical therapy, or pain procedures.

**Herniated disc:** A portion of a spinal disc bulges or ruptures, pinching a nerve in the lower back and causing back or leg pain. With a one to two-hour operation, called

a lumbar discectomy, Dr. Duntsch says there is a good likelihood of decreasing the pain. Patients, (who are generally 30 to 55 years old), typically go home that day and recover in four to six weeks.

**Myelopathy:** A general problem with the spinal cord that makes walking, balance and coordination all challenging. Often, bone spurs and other degenerative changes will lead to a very painful, squeezing of the spine. This causes significant, chronic and progressive pain in the neck and back. Surgeons on the medical staff at Baylor Plano can relieve the pressure on the nerves in the spinal cord through minimally invasive surgery.

**Spinal stenosis:** A combination of arthritis and disc changes, with symptoms such as back pain, difficulty walking, leg pain, weakness or numbness. Surgeons on the medical staff at Baylor Plano can surgically remove the arthritis deposits that are pinching the nerves in an operation called a lumbar laminectomy. Patients often have just a one-inch incision and can go home that same day.

For a referral to a physician on the medical staff at Baylor Plano who is trained in minimally invasive spine surgery, call **1.800.4BAYLOR** or visit **BaylorHealth.com/PlanoNeuro**. To schedule an appointment at the Baylor Plano Behavioral Health Center, call **469.814.4850** or visit **BaylorHealth.com/PlanoBehavior**. [W](#)

## HEALTHQUICKS NEWS YOU CAN USE!

Researchers have discovered that specific compounds in extra-virgin olive oil can help the body fight damaged cells that can develop into cancer. [W](#)

Managing your cholesterol is essential to maintaining long-term health. The National Cholesterol Education Project (NCEP) recommends the first cholesterol screening at age 20, and then every five years. [W](#)

Winter blues? Not according to researchers at the University of Michigan. They say that cold temperatures can improve your mood. Their studies found that blowing cold air up people’s noses improved their state of mind more than blowing up blasts of hot air. [W](#)

**QA** **BAYLOR  
PLANO  
HAS THE  
ANSWERS**

**Why Can't I Lose Weight?**

Millions of women struggle to lose weight, but they just don't seem to see results, so what are women doing wrong? Matthew Westmoreland, M.D., weight loss surgeon on the Baylor Plano medical staff gives women a few hints on successful, long-term weight loss.

**Do a little math:** The basics of weight loss come down to burning more calories than you eat. "I usually recommend creating a calorie deficit of 500 each day by eating less and exercising more," says Dr. Westmoreland. This should lead to a 1-2 pound weight loss per week.

**Stop the starches:** It's not just about how much you eat, but what you eat too. "Successful weight loss is 90% what you eat," says Dr. Westmoreland. "So if you're not seeing the results you'd like, you probably need to make more changes to your diet." Limiting your intake of salt, starches and sugars will help you lose more weight. Focus on eating lean protein, fruits, vegetables and egg whites.

**Check with your doctor:** If you're exercising, eating right, and you're still not seeing the results you'd like, see your doctor. There could be an underlying health condition that could be causing your weight gain or weight retention, or medications you're taking could be contributing to the problem.

Learn more about weight loss surgery and register for a free seminar at [BaylorHealth.com/PlanoWeightLoss](http://BaylorHealth.com/PlanoWeightLoss) or by calling **1.800.4BAYLOR.** 



**CALENDAR OF EVENTS**

*February & March 2012*

All programs held at Baylor Regional Medical Center at Plano unless otherwise noted. For more information or to register for a program, please call **1.800.4BAYLOR (422.9567)** or visit [BaylorHealth.com/PlanoEvents](http://BaylorHealth.com/PlanoEvents).

*Classes & Free Seminars*

**Weight Loss Surgery Informational Seminar**  
Tuesdays, Feb. 7 & 21; Mar. 6 & 20.  
6:30 to 8:30 p.m.

**Battling the Burn – Acid Reflux Seminar**  
Thursday, Feb. 9. Noon to 1 p.m. Presented by Rassa Shaheidzadeh, M.D., gastroenterologist on the Baylor Plano medical staff. *Lunch provided.*

**Back in Action – Back & Spine Pain Seminar**  
Friday, Feb. 10. Noon to 1 p.m. Presented by Christopher Duntsch, Ph.D., M.D., neurosurgeon on the Baylor Plano medical staff. *Lunch provided.*

**Joint Pain Seminar**  
Wednesdays, Feb. 15 & Mar. 21. 6 to 7 p.m.

**Foot Pain Seminar: Bunions & Hammer Toes**  
Wednesday, Feb. 22. Noon to 1 p.m. Presented by Dominique Nickson, M.D., orthopedic surgeon on the Baylor Plano medical staff. *Lunch provided.*

**Understanding Your Options – Advance Directives and Living Wills Seminar**  
Tuesday, Mar. 20. Noon to 1 p.m. Conference Room A/B, Garden Level. Presented by Alfred Levy, M.D., family physician on the medical staff at Baylor Plano. *Lunch provided.*

**Beating the Bloat Seminar**  
Wednesday, Mar. 28. Noon to 1 p.m. Conference Room A/B, Garden Level. Tips for beating bloating and when it could be a sign of a digestive disorder. Presented by Rassa Shahidzadeh, M.D., gastroenterologist on the medical staff at Baylor Plano. *Lunch provided.*

*Health Fairs*

**Your Health This Month™**  
Tuesday, Feb. 21; Thursday, Mar. 22. 7:30 to 9:30 a.m. Includes free screenings and health education as well as cholesterol/glucose testing for \$10.

*Support Groups*

**Support for People with Oral Head & Neck Cancer**  
Tuesdays, Feb. 28 & Mar. 27. 6 to 8 p.m.  
*Light dinner served.*

**Mammacare® Breast Self Exam Class**  
Thursday, Feb. 2 & Mar. 1. 5 to 6:30 p.m.

**Diabetes Support Group**  
Thursdays, Feb. 9 & Mar. 8. 5:30 to 7 p.m.

**Breast Cancer Support Program**  
Tuesdays, Feb. 28 & Mar. 27. 6 to 8 p.m.

**Breast Cancer Risk Assessment and Prevention Clinics** Thursdays, Feb. 16 & Mar. 15. Baylor Plano offers a monthly clinic for the risk assessment and prevention program. Clinics include: clinical breast exam, MammaCare® education, personalized risk assessment results and risk reduction strategies. To register or for more information, please call 469-814-5768.

**Weight Loss Surgery Support Group**  
Wednesdays, Feb. 8 & Mar. 14. 6 to 8:30 p.m.  
To register call 469-814-5677.

**Us Too! Prostate Cancer Support Group**  
Tuesdays, Feb. 28 & Mar. 27. 6 to 8 p.m.  
*Light dinner provided.*

**Convenient Mammography**  
Most insurance plans are accepted. Early morning (7:30 a.m.) weekday appointments are also available.

**Spa Days**  
Advanced digital screening mammography that includes a Bath & Body Works® gift set, five-minute chair massage and refreshments.

**Saturday, Feb. 11.** Baylor Diagnostic Imaging Center at Craig Ranch, 8080 St. Highway 121, Ste. 100, McKinney.

**Saturday, Feb. 18.** Women's Imaging Center, Medical Pavilion II, Suite 100.

**Saturday, Feb. 25.** Baylor Regional Medical Center at Plano Elizabeth Jekot, M.D. Breast Imaging Center, 3301 E. Renner Rd, Suite 100, Richardson. Appointments begin at 8 a.m.

**Saturday Mammography Services**

**Saturday, Mar. 17.** Women's Imaging Center, Medical Pavilion II, Suite 100.

**Saturday, Mar. 17.** Baylor Regional Medical Center at Plano Elizabeth Jekot, M.D., Breast Imaging Center, 3301 E. Renner Rd, Suite 100, Richardson.

**Saturday, Mar. 24.** Baylor Diagnostic Imaging Center at Craig Ranch, 8080 St. Highway 121, Ste. 100, McKinney.

Appointments begin at 8 a.m.

*Ongoing Events*

**Diabetes Self Management Program**

Assists people of all ages in managing diabetes. Classes offered at various times. To register or for more information, call 469.814.6896.

**Medical Nutrition Therapy**

Appointments and classes offered at various times. To schedule an appointment call 469.814.4483. 