

MammaCare® Classes

MammaCare® is the internationally recognized standard for breast self examination. Participants practice on lifelike breast models to feel the difference between the texture of normal tissue and lumps.

All classes are free and are taught by a MammaCare®-certified registered nurse. Day and evening classes are offered, and registration is required. Register online at BaylorHealth.com/PlanoEvents or by calling 1.800.4BAYLOR.



BE YOUR BEST WITH BAYLOR PLANO

A Guide to Women's Services

Three convenient locations serving Plano, Allen, McKinney, Richardson, and other communities in North Texas.

Baylor Regional Medical Center at Plano

4716 Alliance Blvd., Pavilion II, Ste. 100, Plano, TX 75093

Baylor Diagnostic Imaging Center at Craig Ranch

8080 St. Highway 121, Ste. 210 A, McKinney, TX 75070

Baylor Regional Medical Center at Plano

Elizabeth Jekot, M.D. Breast Imaging Center

3301 Renner Rd., Ste. 100, Richardson, TX 75082



For scheduling, please call **469-814-5500**

For more information about our services, or for a referral to a physician on the medical staff at Baylor Plano, call us at **1-800-4BAYLOR** or visit our Web site at BaylorHealth.com/PlanoWomen.

Physicians are members of the medical staff at one of Baylor Health Care System's subsidiary, community or affiliated medical centers and are neither employees nor agents of those medical centers, Baylor Regional Medical Center at Plano or Baylor Health Care System. Photographs may include models or actors and may not represent actual patients. © 2011 Baylor Health Care System BRMCPL_691_2011_AB.

Your Health. It's Our Focus.

The Women's Services Department at Baylor Regional Medical Center at Plano was created with a woman's health concerns in mind. We recognize that women experience unique health care needs at various stages of life, and the Baylor Plano Women's Services department is here to walk with you through those transitions.

Dealing with a health condition is challenging enough. Finding your way through the system shouldn't be. Our Women's Services Nurse Navigator helps women—both inpatients and outpatients—through the care process with:

- A one-on-one personal touch
- Follow-up care
- Recovery services
- Education
- Support groups and services

She's there to assist you on your journey. And she will offer a familiar face—and a hand to hold—during treatment.

Many of the physicians on the Baylor Plano medical staff specialize in women's health care, expanding the scope of what is traditionally considered women's services to include the full breadth of gynecological, breast, hormone and aging issues concerning adult female patients.



Breast Care

Whether monitoring breast health with regular screenings, dealing with breast cancer or seeking options for breast enhancement or reduction, the services provided at Baylor Regional Medical Center at Plano can fully address your needs. We offer advanced technology combined with extensive surgical and non-surgical options for screening, treatment and reconstruction.

To schedule a screening mammogram or to obtain more information on our breast care offerings, call 469-814-5500.

Women's Imaging

Baylor Plano offers women's imaging services at three convenient locations: The Women's Imaging Center on the Baylor Plano Campus, Baylor Diagnostic Imaging Center at Craig Ranch in McKinney and Baylor Regional Medical Center at Plano Elizabeth Jekot, M.D. Breast Imaging Center in Richardson.

- Warm, relaxed environments dedicated to mammography and bone density screenings
- The Women's Imaging Center is accredited by the American College of Radiology, and the Baylor Diagnostic Imaging Center at Craig Ranch is accredited by the FDA appointed Texas Department of State Health Services accreditation body
- All-digital, high-resolution mammography
- Computer-aided detection for review of screening and diagnostic mammograms
- Stereotactic core biopsy
- Bone density - up to 450 lbs. at Craig Ranch
- On-site certified mammography technologists, radiologists and physician specialists
- Craig Ranch is the only facility in Texas to offer dual-head molecular breast imaging (MBI), which can visualize tumors less than 1 cm in size from two camera angles

Surgical Options

- Minimally invasive surgery
- Breast reconstruction, augmentation and reduction

Breast Cancer Treatment

Baylor Plano provides advanced diagnosis and treatment for cancer – close to home.

- MRI-guided breast biopsy for improved diagnosis
- Dedicated medical oncology, radiation oncology, surgical oncology, and reconstruction services provided on our campus
- Lymph node mapping for reduced damage to healthy tissue during radiation treatment
- Plastic surgery reconstruction following breast cancer surgery
- Emotional Support provided through patient care nurse navigator and oncology support programs

Gynecology Services

- From well-woman screening examinations to diagnosis and treatment for common conditions like uterine fibroids and gynecological cancers, Baylor Plano uses advanced diagnostic imaging and surgical technology to help address women's unique health concerns
- Assessment and management of pelvic infections, endometriosis and other genitourinary issues
- Baylor Plano provides advanced diagnostics and treatment for gynecologic cancer, including ovarian, cervical and uterine cancer
- The FDA-approved da Vinci S® Surgical System enables uterine fibroid removal and hysterectomies to be performed less invasively, typically leading to shorter hospital stays and faster recoveries

Dermatology

- Skincare treatments to reverse signs of aging
- Advanced care for skin cancer
- Skin tag and mole removal
- Non-surgical therapies for skin rejuvenation, hair removal, varicose veins, birthmark or tattoo removal, rosacea, brown spots

Cosmetic Surgery

- Eye, brow and face lifts
- Tummy tucks
- Nose reconstruction and reduction
- Scar revision surgery
- Facial trauma and disfigurement repair
- Breast enhancement or reduction

Urogynecology

Therapy, medications and surgical options for pelvic floor disorders:

- Incontinence
- Prolapsed uterus, bladder, vagina or rectum
- Vaginal reconstruction
- Chronic pelvic or bladder pain
- Sexual dysfunction
- Emptying disorders

Orthopedics

- Scoliosis
- Neck and back pain
- Total joint replacements
- Hip, knee and shoulder replacements
- Comprehensive education program
- In patient and out patient physical medicine and rehabilitation services

Healthy Aging

- Osteoporosis diagnosis and treatment
- Diabetes risk assessment and management
- Menopausal and perimenopausal therapies

Migraine Treatment

Neurologic specialists on the Baylor Plano medical staff can help tailor a personalized treatment plan for your chronic headache pain. Visit BaylorHealth.com/PlanoWomen to take a self-evaluation to help determine if your symptoms may be migraine-related.

Sleep Disorders

At the Sleep Center at Baylor Plano, we understand that when sleep problems persist, your quality of life suffers.

Our experienced, caring sleep specialists are here to help. Located

on the second floor of Baylor Regional Medical Center at Plano, the Sleep Center offers confidential diagnosis and treatment of a range of sleep problems, including:

- Sleep apnea
- Teeth grinding
- Circadian-rhythm disorders
- Insomnia
- Narcolepsy
- Restless leg syndrome
- Sleep walking
- Shift work sleep disorder
- Snoring

