Real Patients. Real Stories.

Eddie Hernandez was active and appeared healthy, but his wife, Amy, urged him not to ignore his symptoms, and that saved his life.

Heart to Heart

EDDIE HERNANDEZ

Visit BaylorHealth.com/Plano for informative videos, health tips, online event registration, driving directions and more.

WHAT'S YOUR RISK?
The Cancer Risk Assessment Clinic at Baylor Plano provides answers.
Low-Tech Tools for Weight Loss

How going ‘unplugged’ can lead to a fitter, trimmer you

Everyone can use a little help when it comes to being healthy. But you might be surprised to learn how helpful everyday items can be when it comes to reaching weight loss goals.

In fact, if your smart-phone apps or other gadgets haven’t gotten you in shape, maybe it’s time to unplug with these low-tech weight loss tools.

**BREAKFAST BOWL** The National Weight Control Registry tracks the characteristics and habits of more than 5,000 Americans who have lost weight and kept it off. Interestingly, 78 percent of them eat breakfast every day. “Ask any dietician and they’ll tell you that eating three meals a day—starting with breakfast—is important,” says Nick Nicholson, M.D., a bariatric surgeon on the medical staff at Baylor Regional Medical Center at Plano and medical director of the Baylor Plano Weight Loss Surgery Center.

**LEASH** Take your dog for a walk 30 minutes a night. “If you don’t have a dog, get one,” Dr. Nicholson quips. “You’d be amazed at how many extra walking paces you can get in.”

**SALAD PLATE** Whether your mother chided you into becoming a member of the “clean plate club” as a kid or whether you naturally pile your big plate with big amounts of food, a smaller plate may help you get portions under control. “There’s good evidence that a smaller plate works,” Dr. Nicholson says. Even smaller utensils may help. “People get tired of the repetitive motion of eating,” he says.

**LEASH** Take your dog for a walk 30 minutes a night. “If you don’t have a dog, get one,” Dr. Nicholson quips. “You’d be amazed at how many extra walking paces you can get in.”

**LUNCHBOX** “For a lot of patients, the problem becomes that because their work is so hectic, they skip a meal. Then they overeat in mini-binges,” Dr. Nicholson says. Research shows you can avoid that phenomenon by actually eating lunch. A healthily packed lunchbox can also help you plan ahead and control your portions. ♦ By Laurie Davies

**We Can Help with Weight Loss**

If lifestyle changes alone are not enough to make your weight loss goals, learn more about the Weight Loss Surgery program at Baylor Plano at a free seminar. Visit BaylorHealth.com/PlanoEvents or call 1-800-4BAYLOR to register. You can also check your BMI with our online calculator at BaylorHealth.com/PlanoWeightLoss.

The material in BaylorHealth is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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Abnormal curving in the spine, called scoliosis, is common, appearing in 3 to 4 percent of the population. Yet in most cases the curves won’t cause any problems. But one case in 5,000 will require treatment. Doctors keep a close eye on many children with scoliosis, watching for those who will need treatment. Now a genetic test called the ScoliScore™ AIS prognostic test can help them identify those at risk. Richard Hostin, M.D., medical director of the Baylor Scoliosis Center, explains more about the test.

Q What is the ScoliScore?
A: It’s a test of a saliva sample that can identify 53 genetic markers associated with spinal curves that require treatment. Scores come back on a scale of 0 to 200. The score is accurate for Caucasian girls and boys age 9 to 13 with mild spinal curves.

Q What do the scores indicate?
A: Scores less than 50 mean the child is unlikely to develop a curve that needs bracing or surgery. Knowing the score means we can see the child less frequently. Every case is different, but we might see a child with a low score a year later, and not require X-rays unless there’s a noticeable change. Because the odds are in our favor, most scores come back in this low range.

For children with scores over 180, the majority will need surgery even if they use a brace. So the physician will evaluate whether they need brace treatment or growth-plate procedures.

Q How does the ScoliScore help children with scoliosis?
A: Before the ScoliScore, the physician would typically have children return for office visits and X-rays every four months. This vigilance helped identify the children who needed braces or surgery, but required unnecessary office visits, X-rays and worry for children whose curves didn’t worsen.

Because children are screened for scoliosis at school, there’s potential for a lot of false positives. With the ScoliScore, physicians can avoid overtreating children whose curves are unlikely to cause problems.

By Stephanie Thurrott

Tracing the Curves
Genetic test helps identify scoliosis that requires treatment

FIND OUT MORE ABOUT THE TEST
What’s the Score?
To learn more about the ScoliScore AIS prognostic test and scoliosis treatment options at the Baylor Scoliosis Center, call 1-800-4BAYLOR or visit TheBaylorScoliosisCenter.com.
Risks & Rewards

New Cancer Risk Assessment Clinic will give people answers and options

Over the past 25 years, breast cancer’s survival rate has climbed to 87 percent thanks to impressive treatment advances. While work on treatment continues, Lynn Canavan, M.D., medical director of breast surgery on the medical staff at Baylor Regional Medical Center at Plano, says it’s important to focus on prevention, too. And to prevent breast cancer and other cancers, doctors need to know who’s at high risk.

To help identify those people, Baylor Plano will soon open a Cancer Risk Assessment Clinic. Joseph Brown, administrative director of oncology services at Baylor Plano, says, “In recent years, many genetic and diagnostic tests have come out that can help predict someone’s susceptibility to having cancer in the future. This clinic will begin servicing those at risk for breast cancer first but will soon offer tests for other cancers to both men and women.”

Here’s how it works.

**STEP 1: Identifying women at high risk**

Women may request a risk assessment form from our Women’s Imaging Center at 469-814-5768, or when women come in for routine mammograms, the Baylor Plano team asks them to fill out a questionnaire. The answers tell staff whether follow-up might be warranted.

**STEP 2: Testing**

Women who are deemed as high risk have a number of testing options to consider. Many people are familiar with genetic testing for BRCA 1 and BRCA 2, which can point to an inherited tendency toward breast cancer. Dr. Canavan says additional tests can look for genetic abnormalities that are too common to call mutations, but that can point to increased breast cancer risk if enough of them are present. Tests of nipple discharge can find microscopic levels of abnormal cells before they can be seen on a mammogram, and molecular breast imaging can find lumps as small as 2 to 3 millimeters in diameter in younger women with dense breast tissue.

**STEP 3: Evaluating options**

Women whose testing confirms their high risk can make decisions based on the knowledge they’ve gained. Most will choose surveillance programs where doctors look for signs of cancer regularly so that if cancer does develop it can be treated early. Some women might consider alternatives to hormone replacement therapy. And some may choose to have one or both breasts removed surgically.

The clinic is piloting its risk assessment program with breast cancer. In time, the staff hopes to screen people for many different types of cancers, such as melanoma, lung cancer and cancer of the gastrointestinal tract.

By Stephanie Thurrott
Tackling Tuberculosis

Baylor researchers identify the genetic signature of TB

Baylor researchers have discovered a pattern of gene activity that shows up in people with an active tuberculosis (TB) infection. This genetic signature could help improve diagnosis and treatment of TB, which is one of the world’s 10 leading causes of death, killing nearly 2 million people annually.

“Millions of people are exposed to the bacteria that causes TB, yet only a small percentage go on to actually get sick,” says Damien Chaussabel, Ph.D., associate investigator, Baylor Institute for Immunology Research, a component of Baylor Research Institute. While about one-third of the world’s population is infected, only 10 percent develop symptoms. “It is difficult to identify an active versus a dormant infection,” Dr. Chaussabel says. Current skin and blood tests for TB identify anyone who has been exposed, but they can’t predict who will develop the active disease.

The Power of Prediction

The telltale genetic signature Baylor researchers have identified could change the way tuberculosis is managed and treated. This pattern of gene activity showed up in patients with active disease, reflecting the extent of the disease in the lungs and disappearing after successful treatment.

This genome activity was also present in 10 percent of people with latent TB. “As of now, we have no way of knowing if that 10 percent of people will ever develop TB, but we are planning additional studies to try and determine that,” Dr. Chaussabel says. If research demonstrates that the genetic signature can predict who will become sick from TB, it could have a big impact on preventing the spread of tuberculosis. “If we could treat people before their disease is clinically active, it would mean people would not become contagious,” Dr. Chaussabel says.

The distinctive pattern of gene activity in affected people also gives researchers new information about how the body reacts to the infection, particularly the response of a certain type of white blood cell. Follow-up research could lead to more effective vaccines and treatments.

Baylor researchers made this discovery in collaboration with researchers at MRC National Institute for Medical Research in England. They published their findings in the journal *Nature* in August 2010. *By Teresa Caldwell Board*

LEARN MORE

Visit BaylorHealth.com/AdvancingMedicine to learn more about research at Baylor.
High cholesterol and high blood pressure spell double trouble for your heart
By Teresa Caldwell Board

When you think of a heart attack waiting to happen, these two men weren’t the usual suspects: in their mid-40s with reasonably active, healthy lifestyles. No obvious risk factors like smoking, obesity or diabetes. Just a little past history of cholesterol and blood pressure problems, along with some uncles with a history of heart disease.

So when 45-year-old Eddie Hernandez of Flower Mound woke up at 1:30 a.m. this past August not feeling quite right, the possibility of a heart attack didn’t even enter his mind. He went running regularly, frequented the gym and ate right. To him, it felt like indigestion.

“I had been wakeboarding two weeks before and had trouble catching my breath when I got back in the boat,” says Hernandez. “I felt like that again when I woke up that night. My wife convinced me to go get checked.” The trip to Baylor Regional Medical Center helped save his life.

It was his fellow officers who got 48-year-old police officer Fred Curry to Baylor Medical Center at Garland last June when he developed nausea, sweating and shortness of breath after boxing practice. He was training for an annual fundraiser in which police officers spar against firefighters.

“I felt like I was dehydrated,” Curry says. “I thought I’d just pushed myself a little too hard in my training.”

Both men were surprised to be diagnosed with a heart attack. Each received several stents to open blocked arteries. Because they acted fast, they avoided heart damage.
Double Trouble
On its own, high cholesterol raises your risk of heart disease, and so does high blood pressure. When you have both risk factors, it takes a double toll on the health of your blood vessels. “The higher they are, the worse it is,” says Stuart R. Lander, M.D., a cardiologist on the medical staff at Baylor All Saints Medical Center at Fort Worth.

Blood pressure measures the force on the walls of your arteries when your heart pumps blood. It’s affected by the size and flexibility of the arteries. When there is too much cholesterol in the blood, it can build up on blood vessel walls, causing artery-narrowing deposits called plaque.

“Plaque in the arteries is usually stable, but sometimes it ruptures—the ‘roof’ of the plaque breaks off,” says Biren H. Parikh, M.D., a cardiologist on the medical staff at Baylor Garland.

“When the plaque ruptures, it triggers a cascade of events which clog blood vessels and lead to an acute heart attack.” High blood pressure, as well as other cardiac risk factors, can cause plaque to rupture.

Protect Your Heart
To prevent heart disease, it’s important to have a healthy lifestyle—eat right, stay active, manage your weight and don’t smoke. Still, it may take medication to get your blood pressure and cholesterol numbers in a healthy range. “The vast majority of individuals will fall short of meeting their goals through lifestyle alone,” says David Scherer, M.D., a cardiologist on the medical staff at Baylor Grapevine.

“Unfortunately, a lot of cardiac risk factors can be hereditary,” Dr. Parikh says. Genetics have an especially strong influence on cholesterol levels.

“If you’re born with blond hair and you want red, you have to do something and keep doing it to change it,” Dr. Scherer says. It’s the same with an inherited tendency to high cholesterol, he explains. “You have to alter your metabolism of cholesterol through medication.”

In general, healthy adults should have a blood pressure of less than 120 over 80. Total cholesterol should be under 200, with LDL (“bad”) cholesterol of less than 130. However, “the more risk factors you have, the more aggressively you need to treat each one,” Dr. Lander says. So your doctor may set lower goals to protect your cardiovascular health.

“I would have been on medication years ago if I knew what I know now,” Hernandez says.

After Curry’s heart attack, there was a big spike in the number of area police officers taking advantage of the city’s free physicals. “You always think it will happen to somebody else,” Curry says, “until it happens to you.”

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TAKE TIME FOR YOU
Women are often so busy taking care of the people in their lives that they neglect to care for themselves. “For Women For Life™” is a free event hosted by Baylor Regional Medical Center at Plano and THE HEART HOSPITAL Baylor Plano where women can take a morning to focus on their health, wellness, beauty and lifestyle.

At the event, sessions will cover various topics of interest to women, including seminars on “A Healthy Weigh of Life” and “Health on the Run: Seven Steps to a Heart-Loving Lifestyle.” Attendees also can get screenings—for free—to look for signs of:

- Skin cancer
- Low bone density
- Abnormal body mass index
- Hearing problems
- Scoliosis
- Insufficient lung volume
- Abnormal cholesterol levels
- High blood pressure
- High glucose levels

A shuttle will transport women between the two hospitals so they can take advantage of the offerings at both locations.

Date: Jan. 22
Time: 7 a.m. to noon
Locations: Baylor Plano and THE HEART HOSPITAL Baylor Plano

MAKE PLANS TO BE THERE

For more information, call 1-800-4BAYLOR or visit BaylorHealth.com/PlanoEvents.
Community Calendar
January & February 2011

All programs held at Baylor Regional Medical Center at Plano unless otherwise noted. For information or to register, call 1-800-4BAYLOR or visit BaylorHealth.com/PlanoEvents.

Classes & Free Seminars
Weight Loss Surgery Informational Seminar
Tuesdays, Jan. 4, 18 & 25; Feb. 8 & 22, 6:30–8:30 p.m.
Joint Pain Seminar
Wednesdays, Jan. 19 & Feb. 16, 6–7 p.m.
Cooling the Burn
Gastroesophageal reflux disease seminar. Thursday, Feb. 24, noon–1 p.m. Lunch provided.
Aching Back Seminar
Friday, Feb. 18, noon–1 p.m. Lunch provided.
Diabetes Self-Management Program
Classes are offered at various times. To register, please call 469-814-6896.
Medical Nutrition Therapy
Appointments and classes offered at various times. To schedule an appointment, please call 469-814-4483.
Saturday Mammmography
Jan. 8 & 22, Feb. 5 & 19
Women’s Imaging Center, Medical Pavilion II, Suite 100
Jan. 15 & 29, Feb. 12 & 26
Baylor Diagnostic Imaging Center at Craig Ranch, 8080 St. Highway 121, Ste. 100, McKinney
Health Fairs
For Women For Life™ Saturday, Jan. 22, 7 a.m.–noon
See details at right.

Your Health This Month
Thursday, Feb. 17, 7:30–9:30 a.m. Free screenings and health education as well as cholesterol/glucose testing for $10.

Support Groups
Support for People with Oral, Head & Neck Cancer
Tuesdays, Jan. 4 & Feb. 1, 6–8 p.m.
Weight Loss Surgery Support Group
Wednesdays, Jan. 12 & Feb. 9, 6:30–8:30 p.m. To register, call 469-814-5677.
Diabetes Support Group
Thursdays, Jan. 13 & Feb. 10, 5:30–7 p.m.
Breast Cancer Support Group
Mondays, Jan. 17 & Feb. 21, 5:30–7:30 p.m. Join us to discuss nutrition, exercise, stress management, emotional responses, and recovery techniques such as journaling, art and relaxation. Light dinner provided.

Look Good ... Feel Better
Tuesday, Jan. 18, 6–8 p.m.
This program, held in conjunction with the American Cancer Society, helps cancer patients feel more comfortable with the changes in their appearance.

Us Too! Prostate Cancer Support Group
Tuesdays, Jan. 25 & Feb. 22, 6:30–8:30 p.m. Dinner provided.

FOCUS ON YOU.

SAT, JAN. 22, 2011 - 7:00 A.M. TO NOON

Take care of your health, inside and out, at Baylor Regional Medical Center at Plano and THE HEART HOSPITAL Baylor Plano’s annual women’s health event, For Women For Life™. Receive free health screenings, visit exhibitor booths and attend health presentations by physicians and other health professionals. There is no charge for admission, so get your girlfriends together and register today!

• Event Locations:

Baylor Regional Medical Center at Plano
4700 Alliance Blvd.
Plano, TX 75093

Five-star treatment for your heart. And you.

RSVP by calling
1.800.4BAYLOR

Bone Density Screening*
Blood Pressure Screening
Cholesterol/Glucose Screening
Lung Volume Screening*
Hearing Screening*
Body Fat/BMI assessments
Osteoporosis, Acid Reflux Disease and Migraine assessments
Skin Cancer Screening*

*Limited screening time available due to popularity of these screenings.
Sign-in required at screening location.

Go online to learn more & watch the event video:
BaylorHealth.com/FWFL.