

# BaylorHealth

September 2007 BaylorHealth.com 1-800-4BAYLOR

adults can get  
**asthma**  
too—page 3

learn cart  
**smarts**  
at the grocery  
store—page 10

think  
pink

What every woman  
needs to know about  
breast cancer—page 6

 **BAYLOR**  
University Medical Center  
at Dallas

# PRONE TO STONES?

## TIPS FOR PREVENTING PAINFUL KIDNEY STONES

Painful kidney stones begin as crystals that form in the urine, a chemical concoction of water, calcium, citrate, oxalate, uric acid, proteins and other products of metabolism. More of one ingredient, or less of another, may tip the balance enough for the crystals to accumulate into stones.

For Howard Heller, M.D., an endocrinologist on the medical staff at Baylor University Medical Center at Dallas, preventing kidney stones is a matter of adjusting these ingredients to alter urine chemistry and interrupt the stone-formation process.

The key is to obtain a kidney stone analysis and a 24-hour urine collection from the patient, analyzing the volume, pH and composition of the urine. Once the makeup and underlying cause of the stone are determined, treatment approaches include dietary changes, increased fluid intake and medications.

"Most kidney stones are composed of calcium oxalate or calcium phosphate, and stone formers typically have a high level of calcium in their urine," Dr. Heller says. "But there are several different treatable risk factors for stones. There are three medications that have been clinically proven to prevent stone formation. Without treatment, more than 50 percent of patients will suffer another stone."

Dietary modifications, such as limiting oxalate-containing foods including spinach, chocolate and nuts, or cutting back on animal protein, also may alter urine composition enough to keep stones at bay.

While smaller stones can pass from the body unnoticed, anyone who has had a larger kidney stone will never forget the symptoms: severe pain on one side of the body, radiating toward the groin, sometimes with painful and burning urination. Fever or intractable pain or vomiting, Dr. Heller says, could be a sign that the stone has caused a serious infection or is obstructing the urinary tract—both of which require urgent evaluation.

Bottom line, drink plenty of water.

Low urine volume is the major risk factor for kidney stones. "The greater your fluid intake, the less likely the salts in your urine will be able to crystallize and form stones," Dr. Heller says. *By Deborah Paddison*

■ For a referral to an endocrinologist on the medical staff at Baylor Dallas, call 1-800-4BAYLOR.



## On the Cover

Early detection and aggressive treatment at Baylor helped Marsha Johnson of Rowlett beat breast cancer in her early 40s.

### 4 A Year of Living Less Dangerously

Annual tests for men and women that can help keep you healthy.

### 5 Take the Sting Out

With advances in insulin delivery, life with diabetes can be sweeter.

### 6 Think Pink

What every woman needs to know about breast cancer.

### 8 A Decade of Discovery

In just 10 years, Baylor Institute for Immunology Research has helped change the direction of medicine.

### 10 Shopping Smart

Healthfully navigating the aisles of your grocery store is easier than you think.

### 11 Health Briefs

**Baylor University Medical Center at Dallas**  
3500 Gaston Ave., Dallas, TX 75246

**President and CEO, Baylor Health Care System:**  
Joel Allison

**President, Baylor University Medical Center at Dallas:** John B. McWhorter III

**Marketing/Public Relations Director:** Jana Pope  
**Editor:** Marsha Green

**Baylor Health Care System Managing Editor:**  
Lauren Law

**Baylor University Medical Center at Dallas Board of Trustees:**

Michael L. Graham, Chair; Dighton C. Packard, M.D., Vice Chair; W.W. Aston; C.T. (Sparky) Beckham; Paul W. Cardarella; Judge P. Oswin Chrisman; James H. Gray, M.D.; John B.

McWhorter III; Robert Mennel, M.D.; Ronald (Ron) D. Murff; J. Kent (Kent) Newsom; T.L. Owens; Michael Ramsay, M.D.; Reverend Rudy Sanchez; Gretchen Williams; Donald H. Wills

**Ex-Officio Members (Medical Staff Officers):**  
Sue Bornstein, M.D.; Richard Joseph, M.D.; John Preskitt, M.D.

**Patient Information:** (214) 820-0111

**Volunteer Opportunities:** (214) 820-2441

**Giving Opportunities/Baylor Health Care System Foundation:** (214) 820-3136

**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](http://BaylorHealth.com) or call 1-800-4BAYLOR for information about Baylor University Medical Center at Dallas services, upcoming events, physician referrals, career opportunities and more.

*BaylorHealth* is published six times a year for friends and supporters of Baylor University Medical Center at Dallas by McMurry. © 2007 Baylor Health Care System

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.

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 University Medical Center at Dallas or Baylor Health Care System.

Photographs may include models or actors and may not represent actual patients.

If you are receiving multiple copies, need to change your mailing address or do not wish to receive this publication, please send your mailing label(s) and the updated information to Robin Vogel, Baylor Health Care System, 2001 Bryan St., Suite 2800, Dallas, TX 75201, or e-mail the information to [robinv@baylorhealth.edu](mailto:robinv@baylorhealth.edu).

  
**BAYLOR**  
University Medical Center  
at Dallas



IT'S NOT FOR CHILDREN ONLY

# when adults get asthma

Everything's fine and then suddenly you're coughing, wheezing and struggling to catch your breath. But it can't be asthma—only children get that, right?

Wrong. Asthma symptoms can first appear at any age.

Judi McCann, of Mesquite, was 21 when she first experienced it. "I had moved from New Jersey to Oklahoma, and on my second night I was in the emergency room with an asthma attack," she recalls. Severe allergies and a hyper-reactive airway turned out to be a bad combination for McCann in her new environment, leading to frequent emergency room visits and even a weeklong hospitalization.

Adult-onset asthma may result when an adult suddenly becomes allergic to something in the environment. "Another theory is that children with asthma outgrow it, but then the symptoms return years later," says Mark Millard, M.D., medical director of the Baylor Martha Foster Lung Care Center at Baylor University Medical Center at Dallas.

## TRACKING TRIGGERS

Finding out what's causing adult asthma is vital to a successful treatment strategy. Dr. Millard reviews a checklist of possible triggers:

- Allergens—animal dander, dust, mold, pollen
- Irritants—tobacco smoke, air pollution, cold air, strong odors
- Others—Aspirin, gastroesophageal reflux disease (GERD), infections, exercise, workplace chemicals

Once triggers are identified, avoidance is key. Dr. Millard also

recommends all asthma patients take anti-inflammatory medication to prevent progression of the disease.

"With asthma, what you don't know *can* hurt you," he says. "Uncontrolled asthma can damage the airways in a process called remodeling, which causes scarring and stiffness. Stiff airways don't respond as well to medication, so eventually asthma symptoms become chronic and you lose lung function."

## FOLLOW THE PLAN

McCann, a nurse who eventually relocated to Dallas, says her asthma wasn't well controlled until she became a patient at the Baylor Asthma Center, now the Baylor Lung Care Center. Her doctor there developed a detailed self-treatment protocol for her, outlining specific medication doses to take based on her peak-flow readings. Following the plan religiously, she has been able to maintain excellent control of her asthma and avoid the attacks that once left her so incapacitated.

"I keep my rescue inhaler with me, but the last one actually expired before I used any of it," she says with pride. Her advice: "Stay proactive—you can't pay attention to your asthma only when you have a flare-up."

If you have prolonged or repeated bouts of bronchitis, coughing or wheezing, ask your doctor for a baseline spirometry breathing test. *By Deborah Paddison*

■ For a referral to a pulmonologist on the medical staff at Baylor Dallas or at the Baylor Martha Foster Lung Care Center, call 1-800-4BAYLOR.

## REMEMBER THE RULES OF TWO®

- Do you use a quick-relief inhaler more than TWO TIMES A WEEK?
- Do you wake up at night with asthma more than TWO TIMES A MONTH?
- Do you refill the inhaler more than TWO TIMES A YEAR?
- Do you measure your peak flow at less than TWO TIMES 10 (20 PERCENT) FROM BASELINE with asthma symptoms?

If you answered "yes" to any of these questions, ask your physician whether long-term medication might provide better control of your asthma.

® All rights reserved. Rules of Two® is a federally registered service mark of Baylor Health Care System.

# a year of LIVING LESS DANGEROUSLY



It can seem impossible to keep track of all the screenings you're supposed to have. This list can get you started on 12 months of healthy living. Start with a phone call to your doctor. He or she can recommend self-tests and help you set up the screening tests that can help you uncover health problems early, when they're most treatable.

Your doctor may recommend earlier or more frequent screenings for you, based on your family history or other risk factors.

## UNDER 40 MEN AND WOMEN:

**Blood pressure.** Age 18 and older, every two years if normal.

**Cholesterol.** Start at age 20, at least every five years.

**Skin cancer.** Adults 20 to 39, every three years. Self-test: Once a month, look over your skin for any changes.

**Diabetes.** "If you have any of the following risk factors for developing diabetes, you should include a fasting glucose test as part of your physical, at least once a year," says Qing Jia, M.D., an endocrinologist on the medical staff at Baylor Medical Center at Garland.

- Family history of diabetes
- Personal history of gestational diabetes
- Overweight with sedentary lifestyle

## Screen Test

If you would like recommendations on what types of screenings you need, visit [BaylorHealth.com](http://BaylorHealth.com) and choose Health Library under Health Information, then click on Tests. For a referral to a primary care physician on the medical staff at Baylor who can help you keep tabs on your health, call **1-800-4BAYLOR**.

## ANNUAL TESTS THAT CAN HELP KEEP YOU HEALTHY

- Alaskan Eskimo, American Indian, African American, Hispanic/Latin American, Asian American or Pacific Islander
- History of polycystic ovarian syndrome (PCOS), cardiovascular disease or impaired fasting glucose from previous testing

### WOMEN:

**Breast self-exam.** Once a month, check your breasts for any abnormalities. "It's amazing how many women do not do this every month," says Daryl Greebon, M.D., a gynecologist on the medical staff at Baylor Regional Medical Center at Plano.

**Clinical breast exam by a physician.** Every three years.

**Mammogram.** Have a baseline mammogram between ages 35 and 40.

**Pap smear (cervical cancer).** Annually starting at age 18 or as soon as sexually active.

### MEN:

**Testicular self-exam.** Once a month, check each testicle for any lumps or swelling.

## OVER 40

### MEN AND WOMEN:

Continue self-tests and screenings recommended for those under 40 and add:

**Skin cancer.** After age 40, once a year.

**Colorectal cancer.** Have a sigmoidoscopy with digital rectal exam every five years starting at age 50, or consider the more thorough colonoscopy every 10 years starting at age 50. You also should consider having a fecal occult blood test annually after age 50. "This test is linked with a 33 percent reduction in mortality—that's impressive for a test that's very easy to do," says Jason Nordstrom, M.D., an internal medicine specialist on the medical staff at Baylor Medical Center at Waxahachie.

### WOMEN:

**Clinical breast exam by a physician.** Annually after age 40.

**Mammogram.** Annually starting at age 40.

**Bone density scan.** Ask your doctor whether you should have a bone density scan. If you're over 65, you should have your bone density tested.

### MEN:

**Prostate cancer.** The American Cancer Society recommends a digital rectal exam and a prostate-specific antigen (PSA) blood test annually for men 50 and older. If you're African American and/or have a family history of prostate cancer, you should have a digital exam and PSA annually starting at age 40. *By Stephanie Thurrott*



# take the sting out

WITH NEW ADVANCES, LIFE WITH DIABETES CAN BE SWEETER

If you have diabetes and depend on insulin to control your blood glucose, then you know the drill: daily finger-stick tests, insulin injections, carb counting, oral medication. It's not easy, but you do it because it's important to maintain tight control of blood glucose to avoid serious complications (see "Diabetes Head to Toe" below). Still, wouldn't it be nice if diabetes care could be a little less intense? It can be.

### HIGH-TECH, LOW-TOUCH

Smaller and more portable, today's blood glucose monitors make needle-sticks more comfortable. Some can work with a smaller blood sample taken from the forearm, sparing sensitive fingertips.

When it comes to infusing insulin, technology has advanced beyond the syringe. Insulin pens are now available, and insulin pumps, pager-size devices worn underneath the clothes, inject insulin through a port on the skin. They deliver insulin in short bursts around the clock and can deliver booster doses at mealtimes.

"By pushing a few buttons, you can program a pump to increase your basal insulin rate overnight or administer a dose every three hours—all without a needle stick," says Darren Lackan, M.D., an endocrinologist on the medical staff at Baylor Medical Center at Southwest Fort Worth.

### TAKE A BREATH

Needle-phobes should know there is another way to get insulin into the body—through the lungs. "Inhalable insulin in powder form doesn't eliminate the need to inject long-acting insulin, but it can be a welcome alternative to injections at every meal," says Jason Nordstrom, M.D., an internal medicine specialist on the medical staff at Baylor Medical Center at Waxahachie.

However, "It's not for people with asthma, emphysema or COPD, and pulmonary function testing is required," says Terry Exstrum, M.D., an endocrinologist on the medical staff at Baylor Regional Medical Center at Plano.

### ON THE HORIZON

How about eliminating blood glucose monitoring and insulin injections altogether? The solution may be biological or technological—or both.

The biological approach: transplanting insulin-producing islet cells from a donor pancreas. While still rare, such experimental procedures are being performed

at the Pancreatic Islet Cell Transplant Program at Baylor University Medical Center at Dallas.

The technological approach is a "closed-loop system," an implantable device under development that performs continuous blood-glucose monitoring, insulin dose calculation and automatic insulin delivery—in short, an artificial pancreas. "It will be a huge step forward, but it's still at least five to 10 years away," Dr. Lackan estimates.

While it's easy to get caught up in these advances, Priscilla Hollander, M.D., medical director of the Baylor Ruth Collins Diabetes Center and a physician on the medical staff at Baylor Dallas, reminds diabetes patients not to lose sight of the essentials. "The key to successful long-term diabetes management still is a healthy lifestyle—weight control, healthy eating and exercise." *By Deborah Paddison*

■ Diabetes education classes are available throughout Baylor Health Care System. To find a class near you, visit [BaylorHealth.com](http://BaylorHealth.com). For a referral to an endocrinologist on the medical staff at Baylor, call 1-800-4BAYLOR.

## DIABETES HEAD TO TOE

Left uncontrolled, diabetes affects every system in the body. Here's a rundown of what to watch out for. The good news? If you pay close attention to your body and practice tight blood glucose control, many of these symptoms and complications can be avoided.

eyes	blurry vision, cataracts, possible retina damage, glaucoma and blindness
teeth	gum disease
blood vessels [in neck]	stroke
heart	cardiovascular disease
skin	bacterial and fungal infections, itching
kidneys	kidney damage
lower legs, feet	poor circulation, skin changes (brown patches, shiny skin, thickened toenails), chronic sores

Source: American Diabetes Association

# think pi

## WHAT YOU NEED TO KNOW ABOUT BREAST CANCER

Laurie Alexander of McKinney was just 38 when a routine mammogram uncovered breast cancer. With a strong family history of the disease (her mother died of breast cancer when Laurie was only 16), she had started mammograms early. Marsha Johnson of Rowlett, now 45, felt a suspicious lump two years ago that turned out to be breast cancer.

Early detection, surgery and chemotherapy are helping both women keep their cancers at bay. "The most important thing is detecting it at an early stage. Stage I breast cancer is typically very treatable—people do well," says Rachel Zent, M.D., a breast cancer surgeon on the medical staff at Baylor University Medical Center at Dallas. That's why it's important to watch for signs of the disease so it can be caught and treated before it's had a chance to spread. Here's how:

**Monthly breast self-exams.**

Check your breasts every month after your

menstrual cycle, or

on a date you'll remember, such as the first of every month.

**Clinical breast exams.** Your doctor should examine your breasts every three years up to age 40 and yearly after that, or as recommended based on your risk factors.

**Mammograms.** Doctors recommend a baseline mammogram between age 35 and 40 and yearly mammograms starting at age 40, or sooner if your risk is higher.

**Breast ultrasound.** This test can help evaluate abnormalities that show up on mammograms.

MARSHA JOHNSON



## GOING DIGITAL

Digital mammography is now available at several facilities in the Baylor Health Care System, including locations in Dallas, Grapevine, Keller, Garland, Coppell, Red Oak and Plano. "In layman's terms, digital technology computerizes the X-rays," explains Lynn Canavan, M.D., a breast surgeon on the medical staff at Baylor Regional Medical Center at Plano. For most women, digital and film mammograms give similar results. But digital mammography is better than traditional mammography for women who are under age 50, those who have dense breasts, and those who are pre- or peri-menopausal.

Recent studies show that fewer women are getting mammograms today than were getting them five years ago. That's discouraging news, since doctors stress that the most important thing for women age 40 and older is to have regular mammograms, whether film or digital.

Digital mammography offers these benefits:

- The radiologist can adjust the brightness, contrast, and zoom.
- The images are ready in seconds.
- The images typically aren't under or overexposed.
- The images are easy to store, access and retrieve electronically.
- Digital mammograms use a lower dose of radiation.

Donations raised at the Celebrating Women 2006 breast cancer fundraising luncheon allowed Baylor to convert screening facilities at two Baylor hospitals to digital mammography.

## A FEW NUTRITION RULES OF THUMB

Maybe you're eating right as part of an overall healthy-living strategy. Or perhaps you're battling cancer and trying to pack a solid nutritional punch into every bite.

"Numerous studies suggest the benefits of eating a high-fiber, plant-based diet rich in fruits, vegetables, whole grain foods, beans and nuts to aid in reducing cancer risk," says Connie Yates, director of public affairs and home economist for Tom Thumb Supermarkets, presenting sponsor of the annual breast cancer fund-raising luncheon Celebrating Women.

She recommends including a fruit or vegetable with every meal and snack you eat, and choosing richer colors and foods in season for more nutritional punch.

For more tips on healthy grocery shopping, see "Smart Shopping" on page 10.

**Join the fight against breast cancer by attending Baylor's annual Celebrating Women breast cancer fund-raising luncheon on Oct. 16 at the Hilton Anatole's Khmer Ballroom. For more information, see Health Briefs on page 11 or call (214) 820-4500.**

**Breast MRI.** This scan can screen women who are newly diagnosed with cancer and those with a 20 percent to 25 percent lifetime risk of the disease.

If you have a suspicious mass, your doctor may recommend a biopsy—taking a sample from the lump to check for signs of cancer.

If your biopsy reveals cancer, doctors will determine how invasive it is and how likely it is to have spread. You'll work with your doctor to develop a treatment plan, which might include chemotherapy before and/or after surgery, radiation therapy, surgical removal of the lump, or surgical removal of some or all of the breast.

While there's no way to prevent breast cancer, there are ways to reduce your risk, and they match the healthy-living advice you hear for just about every condition:

- Maintain a healthy weight.
- Exercise.
- Don't smoke.
- Eat less fat, especially saturated fat.
- If you eat meat, choose lean cuts.

There are also other factors within your control that can decrease your breast cancer risk, such as:

- Having your first child before age 30.
- Reducing your use of birth control pills.
- Avoiding hormone replacement therapy.
- Breastfeeding for one and a half to two years.
- Limiting alcohol to less than one drink a day.

With aggressive treatments, Laurie Alexander and Marsha Johnson have seen no further signs of their cancers. "I go to different support groups and hear people stand up and say they are 30-year or 40-year cancer survivors. That's inspiring to me, and that gives me hope," Johnson says. *By Stephanie Thurrott*

■ **To schedule a mammogram at a Baylor Breast Imaging Center near you or for a referral to a physician on the medical staff at Baylor who can help diagnose and/or treat breast cancer, call 1-800-4BAYLOR.**

Watch for more information on dealing with a cancer diagnosis in the November issue of *BaylorHealth*.

# a decade of discovery

IN JUST 10 YEARS, BAYLOR HAS CHANGED THE DIRECTION OF MEDICINE

In its first decade, the Baylor Institute for Immunology Research (BIIR), a department of Baylor Research Institute, has made many scientific discoveries that are shaping the future of medical treatment.

BIIR focuses on developing new therapies to treat conditions that involve the immune system, such as autoimmune diseases, cancer, infectious diseases and organ transplants. “Researchers in every area of BIIR share discoveries with each other, which is a very powerful system,” says Jacques Banchereau, Ph.D., director of BIIR.

“Within the next decade, I believe we’ll see changes in the way many diseases are diagnosed and treated as a result of the work of Baylor’s world-class immune system researchers,” adds Michael Ramsay, M.D., president of the Baylor Research Institute.

In celebration of BIIR’s 10th anniversary, here is a look at some of its major achievements and ongoing projects.

## CANCER VACCINES

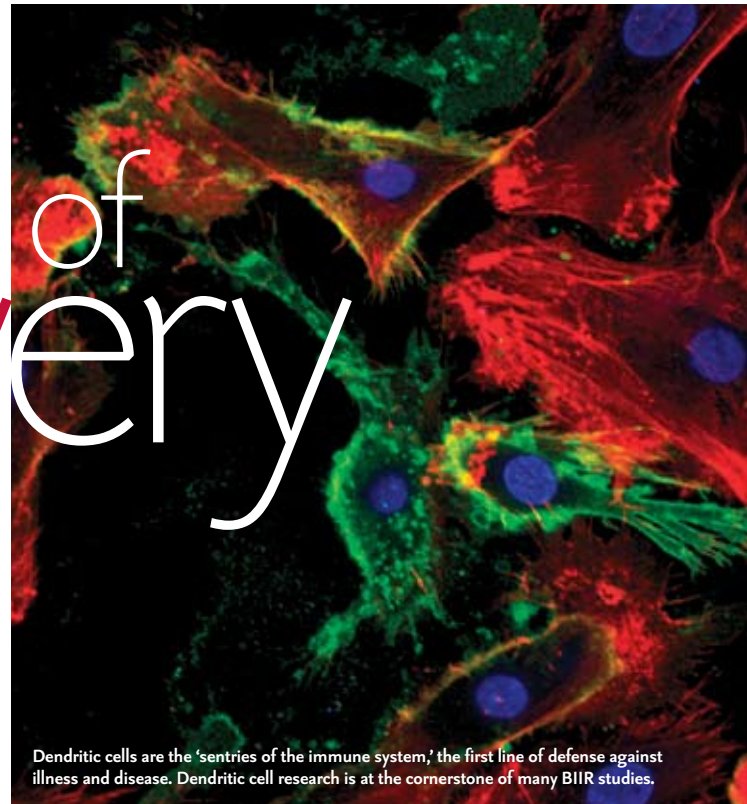
BIIR researchers have developed a cancer vaccine that fortifies the patient’s own disease-fighting immune cells. “Applied so far to patients with metastatic melanoma, the deadliest form of skin cancer, the vaccine has shown great promise,” says Karolina Palucka, M.D., Ph.D., an investigator at BIIR and holder of the Ramsay Chair in Cancer Immunotherapy.

Researchers at BIIR are now exploring ways to further improve the vaccine. They also are preparing to test similar vaccines for prostate cancer and breast cancer.

“I am convinced this will become a therapy for patients worldwide with advanced cancer,” Dr. Palucka says, “and this is all in the very foreseeable future.”

## CENTER FOR LUPUS RESEARCH

Late last year, the National Institutes of Health (NIH) awarded a \$6.2 million grant to establish a Center for Lupus Research at BIIR.



Dendritic cells are the ‘sentries of the immune system,’ the first line of defense against illness and disease. Dendritic cell research is at the cornerstone of many BIIR studies.

Researchers at BIIR have already identified an immune system protein in lupus patients that is much higher than normal during periods of severe lupus symptoms. A primary goal of the center is to further study the ways lupus alters cells of the immune system, says Virginia Pascual, M.D., director of the Center for Lupus Research.

“The work we’re doing is going to help doctors determine how sick each patient is,” Dr. Pascual says, “and how aggressive the therapy should be.”

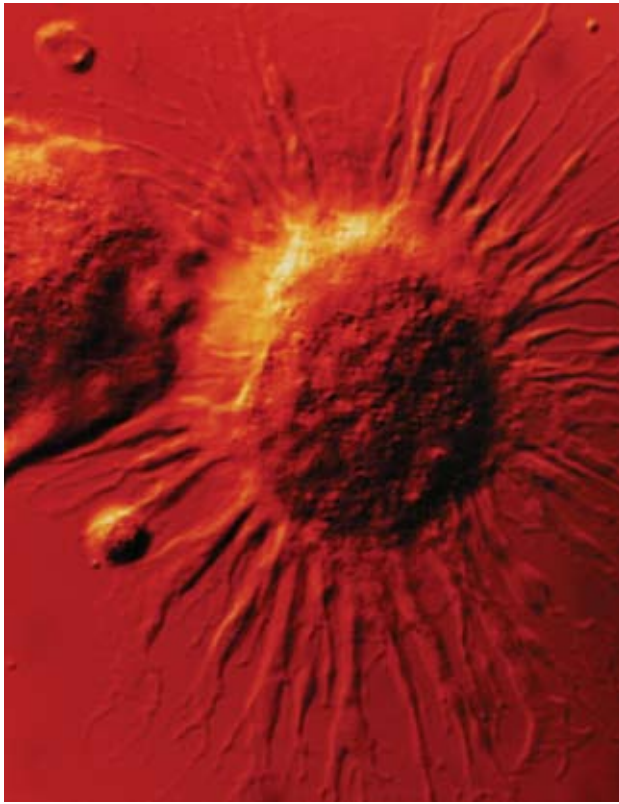
## JUVENILE ARTHRITIS

BIIR researchers found that children with systemic arthritis, one of seven types of juvenile arthritis, had high levels of an immune system protein (different than the one that is high in lupus patients). The discovery came using the same technique that found the highly expressed protein in lupus patients.

These children do not respond to the normal arthritis therapies, and they often suffer from permanent joint damage that leaves them confined to wheelchairs.

“Once we found out which protein was responsible, we discovered that there was already a drug on the market that blocked this protein. We gave the children the drug, and in a few days the symptoms began disappearing and most of the children had complete recovery,” Dr. Pascual says.

“I consider the juvenile arthritis project to be one of my greatest accomplishments in more than 30 years of research,” Dr. Banchereau says. “We found the cause of this specific disease and the treatment. Now many thousands of children will not have to suffer from the high fevers and joint destruction that systemic arthritis causes.”



#### ISLET CELL TRANSPLANTS

Within the next year, BIIR and the Baylor Regional Transplant Institute (BRTI) plan to make two major advances in Baylor's already successful Pancreatic Islet Cell Transplant Program. Currently, insulin-secreting islet cells are removed from a deceased donor's pancreas and injected into the liver of a patient with type 1 diabetes, where the cells can anchor and begin producing insulin.

BRTI and BIIR are in the process of introducing technology to improve the rate of success in isolating donor islet cells. Once that technology is in place, BRTI intends to begin using islet cells from a living donor—a procedure first performed in 2005 by Shinichi Matsumoto, M.D., Ph.D., director, Baylor All Saints Islet Cell Research and director, BIIR Islet Cell Transplantation Research.

"Using a living donor who is biologically close to the patient, such as a parent, is an advantage," he says, "and also makes more islet cells available to treat more patients."

#### BIODEFENSE PROJECT

Building on its success with cancer vaccines, BIIR is exploring the use of similar targeted therapies to combat emerging pathogens.

Armed with a \$14.6 million NIH grant, BIIR's ultimate objective is "to study how pathogens affect human immune cells and gain the knowledge necessary for the development of improved vaccines," says Dr. Banchereau.

BIIR researchers also are using this technique to explore possible treatments for HIV. Human studies in this area could begin within two years.

#### BIRD FLU PROJECT

In a similar endeavor, BIIR is working to develop a more potent vaccine against the bird flu. Currently available vaccines must be administered in extremely high doses to be effective.

BIIR's goal is to develop a vaccine that will stimulate a powerful immune response by sending the vaccine directly to specialized cells in the body that start the immune reaction. Studies of such a vaccine in mice that have been grafted with a human immune system have, so far, been promising, using only a very small dose of the vaccine.

"Developing this kind of technology for use in the human setting would have implications for the development of a novel set of vaccines, including a possible HIV vaccine," says Gerard Zurawski, Ph.D., program director, molecular biology and biochemistry.

#### PSORIASIS PROJECT

Since playing a major role in the discovery of the first gene for psoriasis in 1994, clinicians and researchers at Baylor, under the direction of Alan Menter, M.D., director, Baylor Psoriasis Research Center and division director of dermatology at Baylor University Medical Center at Dallas, have helped Baylor remain a pioneer in the field of psoriasis research.

Psoriasis, once considered a skin disease, is actually a genetic systemic inflammatory disease that appears to be related to a metabolic syndrome in some patients with moderate to severe disease. This group of patients is probably at higher risk for coronary artery disease, hypertension and diabetes. BIIR investigators helped develop this theory and also have served as principal investigators in multiple studies that have resulted in FDA approval for psoriasis drugs.

"Our objectives are to further understand the various trigger factors for psoriasis," Dr. Menter says. "From there, we can determine which drug will help which patient the most—and perhaps develop others that target specific subsets of psoriasis and psoriatic arthritis more effectively."

#### GENES OF HEALTH INITIATIVE

BIIR researchers are using advanced technology to study the immune system at the genetic level. The goal is to gain a better understanding of how diseases develop and to determine improved diagnostic and treatment options. For example, the technology can be used to monitor disease progression and response to treatment in patients with systemic lupus, or to quickly differentiate between a viral and bacterial infection.

The technology also was used in BIIR's Genes of Health initiative, which analyzed blood samples from 100 members of a single family.

"Our overall goal with this technology is to identify early differences in molecular profiles," says Damien Chaussabel, Ph.D., an assistant investigator with the translational genomics group. "Identifying those differences could be used for early disease detection and treatment."

*By Amy Lynn Smith*

■ **To support ongoing research efforts at Baylor, please contact Jana Sharpley, director of development, Baylor Health Care System Foundation, at (214) 820-3136.**

# shopping smart

HEALTHFULLY NAVIGATING THE AISLES OF YOUR GROCERY STORE IS EASIER THAN YOU THINK



When you're trying to manage your weight, a grocery store can offer plenty of tempting treats. But there are many healthy options to find as well. Next time you go shopping, arm yourself with these simple strategies:

**Plan ahead.** Think about healthy meals you can prepare for the coming week and use a shopping list so you'll stick to healthful ingredients, says Pam T. Davis, R.D., L.D., a certified diabetes educator at Baylor Medical Center at Garland. "And don't shop when you're hungry or in a hurry," she adds. "When people make this mistake, they tend to impulse buy."

**Beware of advertising.** "Any time you see something that is interesting and new, remember that the front of the package is just advertising and marketing," says Elizabeth Schaub, R.D., L.D., a certified diabetes educator at Baylor Regional Medical Center at Plano. "You need to flip it over and review the nutrition information and the ingredients." Even foods touting low fat or low sugar can be high in calories.

**Get the facts straight.** With a nutrition label, note how many servings are in the package. "The information listed on the label reflects a

one-serving portion," says Paige Vogl, R.D., L.D., a certified diabetes educator at Baylor Medical Center at Southwest Fort Worth. "So if you consume the entire package and there is more than one serving per package, you have to figure that into the total calories, fat and other nutrient values."

**Try new fruits and veggies.** "Sometimes we get into a rut and tend to purchase the same things over and over," Vogl says. "Each fruit and vegetable is going to have a little bit different nutrient composition. If you're only eating bananas and green beans, you're going to be missing out on the nutrients that other produce might offer. Have some variety—ideally from day to day, but weekly at least."

**Buy fresh.** Favor fresh foods over prepackaged convenience items, which are typically found in interior aisles, Schaub advises. An exception: If you're short on time, frozen vegetables are easy additions to a meal, Davis says, and you can quickly prepare them by steaming or microwaving. *By Tom Weede*

## DINING SMART

When eating out, follow these guidelines:

- Choose whole-wheat bread instead of white.
- Ask for sauces and dressings on the side.
- Order food steamed, grilled or broiled, not fried or sautéed.
- If main portions are large, order an appetizer or side dish as your entrée, or share a dish with a friend.
- Choose fruits for dessert.
- Opt for menu items rather than "all-you-can-eat" buffets.

# a pain in the backpack

Back-to-school time means back to pain time for some kids who carry too much weight in their backpacks. When that happens, they tend to hunch over and the mid- and lower-back muscles can become overworked. The weight can cause pain in the neck, back or shoulders and even tingling in the arms and hands.

- Don't let your child carry more than 10 percent to 15 percent of his or her body weight.
- Encourage your child to wear both shoulder straps, instead of just one. Help adjust the straps so the weight of the pack rests against his or her body.
- Choose a well-designed backpack with thick, padded straps, a padded back and a waist belt.
- Help your child learn to pack the heaviest items in the center of the bag and to carry only what's essential.



## Join Us in Celebrating Women

**What:** Celebrating Women Luncheon  
Benefiting breast cancer research, community outreach and expanded technology at Baylor Health Care System.

**When:** Tuesday, Oct. 16, 2007

**Where:** Hilton Anatole Hotel, Dallas

**Keynote Speaker:** Lynn Redgrave

For more information, call (214) 820-4500.



## TEEN STEROID USE

Whether it's to run faster, jump higher or lift more weight, the use of performance-enhancing drugs is all too common among U.S. athletes. Anabolic steroids—which in the body, turn into the male sex hormone testosterone—are just one of many readily available and harmful

substances teens are using to look and perform better. The Centers for Disease Control and Prevention estimates that 6.2 percent of high school students have tried using steroids at least once. Talk with your teen about the health risks of taking steroids.



## 15 Years and Counting

For the 15th year in a row, Baylor University Medical Center at Dallas was honored in *U.S. News & World Report's* annual "America's Best Hospitals" guide. Baylor Dallas is ranked among the nation's top 50 hospitals in seven of 16 specialty areas: digestive disease (ranked 31st); endocrinology (31st); gynecology (28th); kidney disease (29th); orthopaedics (23rd); respiratory disorders (33rd); and urology (44th). Baylor Institute for Rehabilitation is ranked 15th among the nation's top 25 rehabilitation facilities.

# community calendar

SEPTEMBER/OCTOBER 2007  
EVENTS/SCREENINGS

## FREE PROSTATE CANCER SCREENING

**Saturday, Sept. 15, 9 a.m. to noon**

Men age 50 and older are eligible for a free prostate cancer screening that includes a blood test and a physical exam by a urologist on the medical staff at Baylor University Medical Center at Dallas. Men ages 40 to 49 are eligible if they fall into a high-risk group, such as being African-American or having a family history of prostate cancer. Appointment required.

Baylor University Medical Center at Dallas, 3500 Gaston Ave., 2nd floor Hobbitt Hospital, Dallas. Free parking in visitor parking areas. \*No physical activity prior to screening is requested. Call 1-800-4BAYLOR to register.

## PUBLIC OPEN HOUSE FOR BAYLOR MEDICAL PAVILION

**Saturday, Sept. 29, 10 a.m. to 1 p.m.**

The public is invited to tour the new Baylor Medical Pavilion building on the southeast corner of Washington Avenue and Junius Street. Entrance is on Junius. Included in the tour are new locations for Baylor Diagnostic Imaging Center and Baylor Breast Imaging Center, as well as several physicians' offices. Free parking in adjoining visitor parking garage. Refreshments, prizes and drawings provided. **Please call 1-800-4BAYLOR for more information.**

## BREAKTHROUGHS IN MEDICINE

**Sponsored by KRLD and presented by Baylor University Medical Center at Dallas.**

**Saturday, Oct. 13, 8 a.m. to 1:30 p.m.**

Free health screenings and presentations by physicians and health educators. Complimentary luncheon with keynote speakers at noon. Public is invited.

Hilton Dallas Lincoln Center at southeast corner of LBJ Freeway and Dallas North Tollway. Garage parking is \$3.

**Call 1-800-4BAYLOR to register. Listen to KRLD (1080 AM Radio) for more detailed information.**



**We're Searching for a Cure  
in More than 150 Different Places.**

At Baylor Sammons Cancer Center, we're changing the lives of people with cancer. We have more than 150 clinical trials in progress to study ways to treat breast, bladder, colorectal, esophageal, kidney, lung, ovarian, pancreatic and prostate cancers, as well as melanoma, multiple myeloma, leukemia and lymphoma.

If you know or suspect you have a family history of cancer, we offer risk assessment and genetic testing and counseling for breast, ovarian and colorectal cancers.

Our focus on developing novel and innovative therapies is allowing more people to live with and survive cancer. Because at Baylor, we're dedicated to giving you reasons for hope.

**BAYLOR**  
Charles A. Sammons  
Cancer Center at Dallas

For more information on cancer research at Baylor, call 214-820-3535.

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 Charles A. Sammons Cancer Center or Baylor Health Care System. Photographs may include models or actors and may not represent actual patients. CE-6.07

Baylor Health Care System  
2001 Bryan Street  
Bryan Tower, Suite 2200  
Dallas, TX 75201

NON-PROFIT ORG.  
US POSTAGE  
PAID  
BAYLOR HEALTH