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REAL PATIENTS. REAL STORIES.

Second Chance

After a stroke six years ago, DANE TAYLOR is living each day to its fullest with help from her therapy dog, BEBE

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Medical Center
at Irving



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One-Stop Surgery

New hybrid OR offers tests and surgeries in one location

Minimally invasive surgeries have been around for years. Surgeons can perform gallbladder or appendix removal with a few small incisions and just hours of hospitalization with little discomfort. Now, with Baylor Medical Center at Irving's recently opened hybrid operating room, heart, bladder and other surgeries can be performed with minimally invasive techniques as well.

The hybrid operating room is equipped with both radiology equipment and surgical equipment. Its advanced imaging provides clear pictures of the patients' organs such as the heart and bladder as well as veins or arteries, while its surgical equipment can prevent large incisions.

With the hybrid OR, procedures that took two or more separate steps can now be done in the same room. For example,

certain treatments required patients to visit the catheterization lab or the radiology department for tests or scans before surgery. Now, with the hybrid OR's equipment, the scans and surgery can happen simultaneously.

"What is fabulous is that the imaging equipment is robotically controlled, so the table tilts for the best picture quality," says Brenda Blain, Baylor Irving chief operating officer and chief nursing officer.

Scans such as intravascular ultrasound, CT imaging, angiography and others can be performed in the hybrid operating room. The equipment also allows for different types of surgical procedures to be done in the same room. "If a cardiologist takes a patient into the cath lab, and while they're doing a procedure a vessel ruptures or the blockage is too large for a stent, they would take the patient out of that room and into the operating room. With this room, we can just bring in a cardiac surgeon and keep the patient in place," Blain says. The patient can stay in the sterile environment and time is saved, which can be crucial in an emergency. • *By Stephanie Thurrott*



Procedures That Can Benefit from the Hybrid OR Include:

- Cardiovascular
- Endovascular stent repair of aneurysms and opening vessel blockages
- Thoracic and abdominal aneurysm stent grafts
- Percutaneous heart valve replacements
- Orthopaedics
- Urology stenting and urological procedures
- ERCP (endoscopic retrograde cholangiopancreatography) and double balloon colonoscopy



GET A BETTER LOOK

Talk to Your Physician

For a referral to a physician on the medical staff at Baylor Irving, visit **FindDrRight.com** or call **1-800-4BAYLOR**.

Baylor Medical Center at Irving
1901 N. MacArthur Blvd.
Irving, TX 75061 • 972-579-8100

Baylor Health Center at Irving Coppell
400 W. Interstate 635 at MacArthur Blvd.
Irving, TX 75063 • 972-785-5500

President: Cindy Schamp

Marketing Director: Grant Farrimond

Main Switchboard: 972-579-8100

Patient Information: 972-579-4358

Physician Referral:
1-800-4BAYLOR (1-800-422-9567)

Irving Cancer Center: 972-579-4300

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440 W. Interstate Hwy. 635, Suite 120A
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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.

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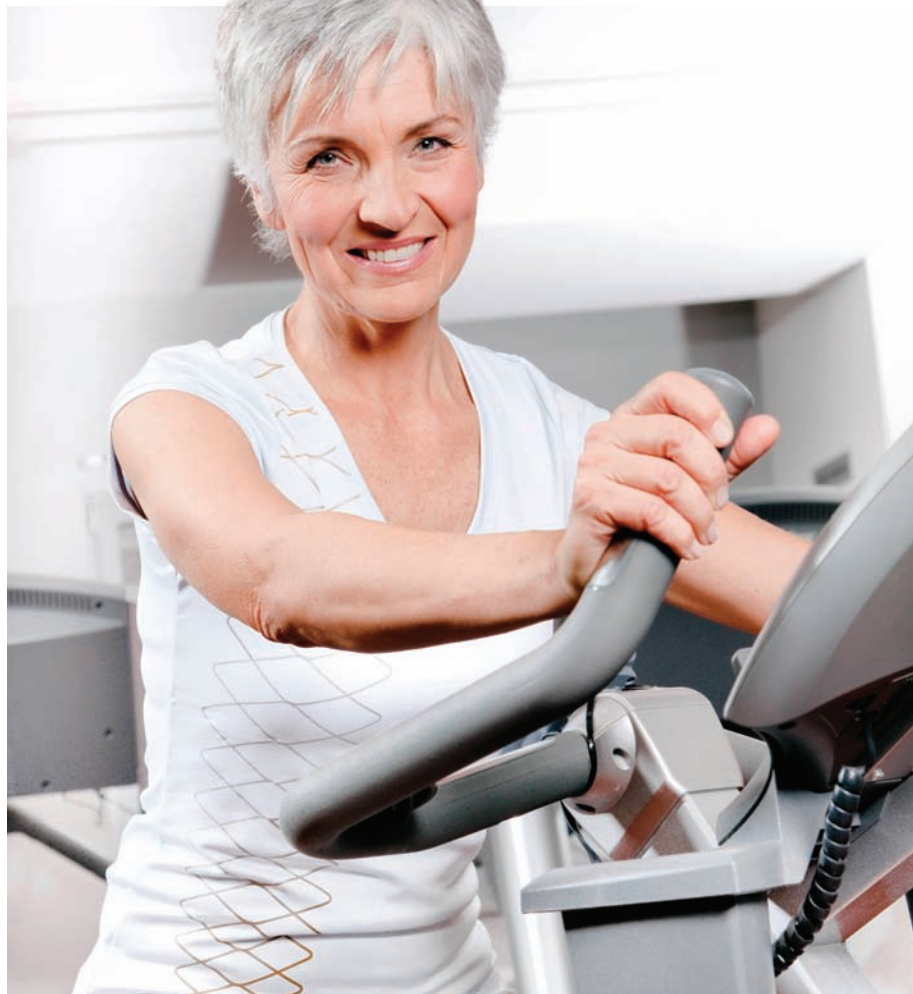
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 **BAYLOR**
Medical Center
at Irving



CHECKING THE NUMBERS

Many people with heart problems take anticoagulants, or blood thinners, to prevent troublesome blood clots from forming. But it's important to keep a close eye on the dose of these drugs. "The safe range is two to three times normal clotting," explains Michael Rothkopf, M.D., a cardiologist on the medical staff at Baylor Irving. "Below two you're not getting the prevention effect, and above three you have a risk of bleeding."

Factors such as diet, vitamin intake and interactions with other drugs affect the levels. Baylor Irving's Coumadin Clinic helps people keep dosages in line. Patients come in once a month for 10 to 15 minutes, get immediate results with a quick finger stick, and get advice on managing medication.

"We have a team of experienced nurses dedicated to the clinic, and they follow more than 200 people," Dr. Rothkopf says. "They monitor medication doses, make adjustments in therapy as needed and arrange timely follow-up. This streamlined approach not only improves convenience for the patients, but ensures patient safety, particularly for those who require chronic anticoagulation therapy."

Healing Hearts

A renovated and expanded Heart and Vascular Wellness Center helps heart patients recover

People who have heart attacks or heart disease treatments often can recover faster with a supervised exercise program. Now, the expanded Heart and Vascular Wellness Center at Baylor Medical Center at Irving offers more fitness options to more people.

Michael Rothkopf, M.D., a cardiologist on the medical staff at Baylor Irving, says, "When you have a heart problem, it's better to go through a monitored program and address any problems as they come up. This is a much nicer facility with newer, better exercise equipment. For people who have had bypass surgery, heart attack or congestive heart failure, we can monitor their exercise and help them progress. Once they're finished, they

can continue to have a good exercise program and know it's safe."

The revamped and enlarged center brings natural light into the space with translucent glass artwork. Barry Allen, BSN, R.N.-B.C., manager of cardiology services at Baylor Irving, says the center has "a fresh, new look with excitement and energy." Its features include:

- Four treadmills
 - Six exercise bikes
 - One elliptical machine
 - One cardio arm machine
 - An indoor rubberized track
 - A locker room with showers
 - A conference room for educational programs
 - A comfortable waiting area
- By Stephanie Thurrott

GET BACK IN THE BEAT
 **Make Cardiac Rehab Part of Your Recovery**

Talk to your physician about the benefits of cardiac rehab if you've had a heart problem. For a referral to a cardiologist on the medical staff at Baylor Irving, visit **FindDrRight.com** or call **1-800-4BAYLOR**.



Cancer in Sight

Three new technologies will help diagnose, treat cancer

Baylor Medical Center at Irving will be adding some new equipment in the months to come, which means patients soon have these additional options for fighting cancer:

1 Image guided radiation therapy (IGRT) helps doctors deliver radiation more accurately. Here's how it works. Traditionally, X-rays were taken to make sure the radiation would be delivered to the tumor's location. The X-rays were taken on film and processed in a different room, which could take up to 10 minutes. In that time, breathing and the body's internal processes can cause the patient to shift slightly, reducing the accuracy of the radiation treatment.

With IGRT, doctors see images at the treatment console within seconds, minimizing patient movement. "By imaging more quickly, we can reduce the margins we need and decrease the side effects of the treatment," explains Anand Shivnani, M.D., a radiation oncologist on the medical staff at Baylor Irving.

And, IGRT replaces X-rays with a cone-beam CT scan, which rotates around the patient and provides 3-D [instead of 2-D] images. "We can make adjustments before treatment to improve accuracy," Dr. Shivnani says.

2 Stereotactic body radiation therapy (SBRT), a complementary technology to IGRT. Often when people discuss Gamma Knife® or CyberKnife®, they are referring to stereotactic radiation. SBRT delivers a very high dose of radiation in one to five treatments to

fight certain small tumors. "When we give high doses, we need to be very accurate so we're not causing damage to normal tissues," says Dr. Shivnani. SBRT is particularly well suited for inoperable lung cancer, as well as for some cancers found in the liver, spine and brain.

3 Positron emission tomography (PET) scans will be available five days a week at Baylor Irving, with permanent equipment replacing the mobile scanner that offered tests twice a week. PET scans help diagnose and track a tumor's response to cancer treatment.

"A PET/CT scan will show what is going on both metabolically and physically so that even subtle evidence of disease can be detected," says Penny Thesing, director of radiology for Baylor Irving. "When combining PET and CT imaging in one scan, it offers a more thorough examination to evaluate either your disease or how your disease is responding to the treatment."

With this technology, Baylor Irving can also use PET scans to help diagnose heart disease. Overweight patients, especially those with excess weight in the abdomen, can sometimes get false readings on current tests. PET scans provide a more accurate diagnosis. ● *By Stephanie Thurrott*

SEE THE BAYLOR DIFFERENCE



For a referral to a medical oncologist on the medical staff at Baylor Irving, visit **FindDrRight.com** or call **1-800-4BAYLOR**. Find out more about how Baylor Irving is fighting cancer, at **BaylorHealth.com/IrvingCancer**.

Diabetes Patients Make Gains on Weight Loss

Baylor studies drug's potential for overweight people with type 2 diabetes

People who have type 2 diabetes often find themselves caught in a vicious circle of weight gain. Being overweight or obese can contribute to the development of type 2 diabetes, and some medications used to treat the condition can cause more weight gain. In addition, it's often harder for people with type 2 diabetes to lose weight.

Losing weight, and keeping it off, can help people with type 2 diabetes better manage their condition. It can also reduce their risk of other health issues such as high blood pressure and heart disease.

That's why Baylor is participating in a multicenter study to see if a diabetes medication that's already on the market might help people lose weight while controlling their diabetes. The drug has been shown to help people with diabetes manage their blood glucose levels, and other studies have examined how it can help people without diabetes lose weight.

BE PART OF THE STUDY

Want to Be Active?

Participants will be enrolled in the study as late as the end of July. For information, call **214-818-7155**.

"This new study is going to look at patients with type 2 diabetes and focus on using slightly higher doses than we usually do, to see if we can have a real effect on their weight as well as their blood glucose," says Priscilla Hollander, M.D., Ph.D., an endocrinologist on the medical

staff at Baylor University Medical Center at Dallas and the Baylor Endocrine Center.

The drug being tested mimics a peptide hormone that stimulates release of insulin after a meal, which is important in controlling glucose. It also can help control appetite by sending the brain a message that one has just eaten and should not have to eat again. It can also slow the emptying of the stomach and make people feel fuller longer. Patients with type 2 diabetes make less of this hormone than individuals who do not have diabetes.

During the 56-week study, participant groups will be given varying doses of the drug and one group will receive a placebo.

"We're hoping this medication might have a unique advantage in helping people with diabetes lose weight," Dr. Hollander says. "And, hopefully, losing the weight will have a favorable effect on their diabetes and their overall health." • *By Amy Lynn Smith*



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Stroke Knows No Age

A 'brain attack' can strike anyone.
Here's how to strike back

Six years ago Dane Taylor of Dallas was working as a makeup artist on a photo shoot in Cancun, Mexico, when a debilitating headache struck. "I had a history of migraines, and this headache went into a second day. By noon I couldn't keep working—I had to go back to my room," she says.

She woke, and noticed trouble moving her right arm and leg, but thought she had slept on them wrong and went back to sleep. The next morning, she tried to return to work but was exhausted. She spoke to her co-workers, but they couldn't understand her jumbled words. They took her to a local hospital and the next day she traveled to Baylor University Medical Center at Dallas, where MRIs determined the then-50-year-old had experienced a stroke. While she didn't have a family history or other known risk factors,



WATCH THE VIDEO

In Dane's Words

To watch Dane's video and get more healthy ideas and stroke-prevention tips, download our digital magazine at BaylorHealth.com/Exclusive.

Recovering from her stroke was made a bit easier for Dane Taylor with help from her therapy dog, Bebe.

the MRI uncovered an unusual vein configuration in her brain.

Stroke affects everyone differently. For Taylor, the trouble with her right limbs passed quickly. “I could walk, and my mobility was fine, but I couldn’t speak,” she says. During rehabilitation sessions three or four times a week, she regained her speech, although she still notices some aftereffects of the stroke, particularly when she is tired. “My memory isn’t what it used to be, and I’m not great at math,” she says. But thanks to her hard work in rehab, she has returned to work and to the activities she enjoys.

Different Causes, Same Symptoms

“Stroke can occur at any age,” points out Dion Graybeal, M.D., medical director of the stroke program at Baylor Dallas. However, the causes of stroke in younger people are often different from those in seniors.

Asher Imam, D.O., medical director of the stroke program at Baylor Regional Medical Center at Grapevine, says, “In people over 55, most of the time the primary cause is disease of the artery.” Younger people are more likely to have a cardiac abnormality or coagulation disorder, in which the blood does not clot properly, that triggers a stroke. Other causes include drug use, aneurysm rupture or a traumatic arterial injury.

But younger people with risk factors such as obesity, high blood pressure and abnormal cholesterol levels, are at risk of stroke triggered by arterial disease, just like their older counterparts.

Jai Kumar, M.D., a neurologist on the medical staff at Baylor Medical Center at Garland, recommends a low-fat, low-salt, low-sugar diet heavy in fruits and vegetables to help reduce stroke risk. “I tell my patients they need to

WHAT’S YOUR RISK?



Quiz yourself on stroke risk factors, get stroke prevention tips and hear a mind-strengthening podcast, all at **BaylorHealth.com/HealthCast**.

eat all the colors of the rainbow every day,” he says. And he warns to watch for salt in fast food and processed food, where it’s used as a preservative and doesn’t necessarily taste salty.

In people of any age, symptoms are the same. (See “FAST Action.”) If you notice these symptoms in yourself or someone else, get help right away. With the most common type of stroke, clot-busting drugs can help prevent brain damage and long-term effects, but they need to be administered within three hours of the onset of symptoms.

“These drugs can dissolve the blood clot and get you back to a more normal function,” Dr. Graybeal says. “But of the 795,000 strokes in the United States per year, less than 5 percent get help in time.” Knowing the warning signs can improve this percentage—and improve outcomes. ●

Know Your Numbers

High blood pressure and abnormal cholesterol levels are easily checked and treated. But, when ignored, they can lead to serious complications.

Charles Su, M.D., an emergency department physician on the medical staff at Baylor Medical Center at Irving, says, “These are major risk factors for heart disease and stroke, and contributors to a lot of other problems, including kidney failure.”

Left untreated, high blood pressure can lead to hemorrhagic stroke.

“There’s not a lot we can do for these types of strokes,” Dr. Su says. “In the ER we end up seeing the end result of prolonged noncompliant blood pressure control, and these people have the potential for negative outcomes.”

Because high blood pressure and abnormal cholesterol show no symptoms, it’s important to get your levels measured. If your readings are troublesome, your doctor can recommend lifestyle changes and medication to bring them into line.

Dr. Su says that people who take medication to control their blood pressure should seek treatment if fluctuations in their readings are accompanied by headaches, visual changes, speech problems, weakness, chest pain or shortness of breath. *By Stephanie Thurrott*



FAST Action

The acronym FAST can help you recognize stroke symptoms in yourself or someone else:

- Face:** Look for drooping on one side of the face, particularly when smiling.
- Arms:** When raising both arms, does one drop downward?
- Speech:** Do words sound slurred or unusual?
- Time:** Call 911 if you spot any of these signs. And note the time you first noticed symptoms so medical staff can track how much time has elapsed.

(Source: National Stroke Association)

FIND DR. RIGHT Make a Preventive Care Plan

Need a primary care doctor so you can check your blood pressure and cholesterol levels? Call **1-800-4BAYLOR** or visit **FindDrRight.com** for a physician referral.



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REAL PATIENTS. REAL STORIES.

“Thanks to a robotic hysterectomy at Baylor, I’m living a wonderful, pain-free life.”



Heavy, painful periods that lasted several weeks each month seriously impacted Heather Fortenbury's quality of life. She couldn't sleep, and her work was affected. When an endometrial ablation failed to end her symptoms, she considered other options. At Baylor Medical Center at Irving, she learned she was a candidate for a laparoscopic supracervical hysterectomy with the da Vinci® system. This robotic-assisted, minimally invasive surgery offers less pain, smaller incisions, shorter hospital stays and faster recovery times. Heather stayed in the hospital just overnight. A week later, she was grocery shopping and going to a movie with her children. "I would recommend Baylor to anyone. The staff is amazing. They're very attentive, and I know I receive the best care when I'm there."

For a physician referral or for more information about robot-assisted surgery at Baylor Irving, call **1-800-4BAYLOR** or visit us online at **BaylorHealth.com/IrvingdaVinci**.

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