Back in Action
After a double hip replacement, DONNIE BOONE returns to his favorite hobbies

SUN SAFETY
Tips from our expert on protecting your skin this summer PAGE 5

BANISH BAD HABITS
Guys, it’s time to make your health a priority PAGE 8
Baylor Irving Earns Magnet Designation

Baylor Medical Center at Irving has received Magnet® designation for excellence in nursing services by the American Nurses Credentialing Center’s (ANCC) Magnet Recognition Program®.

Baylor Irving, the sixth hospital in Baylor Health Care System to receive the designation, joins some of the nation’s most prestigious health care organizations, including Cleveland Clinic, Johns Hopkins Hospital, Mayo Clinic and MD Anderson Cancer Center.

Magnet designation is one of the highest levels of recognition a hospital can achieve. It means that care is provided by a nursing staff that ranks in the top 7 percent of hospitals in the country. Magnet designation is the gold standard of patient care, according to the ANCC. “Magnet recognition is a testament to the family-centered care that our staff and medical staff provide to the community,” says Brenda Blain, DNP, chief nursing officer at Baylor Medical Center at Irving. “It is a reflection of our day-to-day teamwork and nursing excellence that truly make this facility a shining star.”

Why Magnet Matters
Visit BaylorHealth.com/IrvingMagnet for more information about Baylor Irving’s Magnet designation.

WHAT MAGNET MEANS FOR YOU

The Magnet® designation for excellence recognizes quality nursing care. Hospitals with the designation generally have better patient outcomes and satisfaction.

“Typically, Magnet organizations attract and retain top talent,” says Brenda Blain, DNP, chief nursing officer at Baylor Medical Center at Irving. “Physicians and nurses like working at Magnet organizations because of the push for quality. Due to the improved staff satisfaction and retention, Magnet organizations are able to have better outcomes. It also helps to attract top talent, which helps to build the overall quality of the hospital. Magnet hospitals report:

- Higher patient satisfaction with nurse communication, help and discharge information
- Lower risk of 30-day mortality
- Higher job satisfaction among nurses
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Safeguard Your Sleep Against Allergies

If springtime allergies have you tossing and turning, you’re not alone. Research has shown that allergies can significantly disrupt sleep. Get a better night’s rest with these tips from the National Sleep Foundation:

- Launder your sheets in hot water weekly.
- Wash your pillow if possible, or dry it at a high temperature to kill mites.
- Mite-proof your mattress, box spring and pillows with sealed covers made from a breathable microweave fabric.
- Vacuum your home frequently.

Allergies aren’t the only thing that can affect your ZZZs. Visit BaylorHealth.com/Sleep to learn about common sleep disorders and find a Baylor Sleep Center in your area.

Halting Heartburn

We’ve all experienced that burning feeling you get just below or behind your breastbone after eating a big meal. But there are ways to prevent it. Here’s a look at how you can avoid heartburn—and what will only fuel the fire.

COOL IT OFF BY ...

- Eating your food slowly and chewing it completely.
- Losing weight if you need to.
- Eating smaller portions.
- Asking your doctor about antacids as well as over-the-counter medications called H2 blockers and acid pump inhibitors that can be taken before a meal to prevent heartburn.

AVOID ...

- Consuming alcohol, caffeine, citrus drinks, chocolate or minty or spicy foods.
- Overeating.
- Smoking.
- Eating or drinking two to three hours before bedtime.

Could It Be Something More?

Chronic heartburn could be a sign of gastroesophageal reflux disease (GERD). Visit FindDrRight.com to find a physician on the Baylor medical staff who can help.

That’s the number of Americans affected by chronic wounds, which are often linked to health conditions such as obesity and diabetes. If you have a wound that hasn’t healed after six to eight weeks of proper care, talk to your doctor.

Sleep © Stockbyte; heartburn © Thinkstock; vacuum © Dreamstime
WITH A NEW SCANNER added to Baylor Medical Center at Irving’s radiology department last summer, doctors can better identify exactly where an abnormality is located.

It’s called a single photon emission computed tomography (SPECT) scanner, and it’s especially useful in pinpointing certain problems, explains Michael Stewart, MD, a radiologist on the medical staff at Baylor Irving.

HEART

People with certain heart problems are injected with a radioactive isotope, then images of their heart are taken while they’re at rest. Next, they exercise and have the scan repeated to identify the abnormal areas. With a definitive scan, some patients can avoid the need for a cardiac catheterization procedure.

THYROID

People with certain thyroid problems need surgery, and with a SPECT scan doctors can see where the problem lies. “This scan tells them exactly where they need to go,” Dr. Stewart says.

FOOT

For people with diabetes, circulatory problems can make foot infections hard to notice and slow to heal. A SPECT scan can show whether an infection is limited to soft tissue or has spread to the bone. A six-week course of IV antibiotics can treat these infections, but only if they haven’t spread into the bone marrow. In those cases surgery is typically needed.

MRI scans can identify these infections but can’t tell whether they have reached the bone. “With the new hybrid scanners, we have a good test to separate out the patients where antibiotics would help from those in which surgery would be required,” Dr. Stewart says.

Talk to Your Doc

Find out if SPECT scanning is right for you. Need a physician? Call 1.800.4BAYLOR.

How It Works

If your doctor recommends a SPECT scan, first you’ll be given an injection of a radioactive dye. Once the dye travels through your body, you’ll lie on a table for the scan. The scanner will move around you and its cameras will send images to a computer. The computer combines multiple images so a doctor can review the results.
QUICK: WHAT’S THE MOST COMMON form of cancer in this country? Nope, not breast or lung cancer. It’s skin cancer, and it will affect more than 2 million people this year alone. Knowing how to protect yourself is crucial. Here, we make shielding your skin from those damaging ultraviolet rays easy.

DO

KNOW YOUR SKIN PHOTOTYPE. While everyone is susceptible to skin cancer, it’s important to understand your natural skin type and tone, says Alan Menter, MD, chief of the division of dermatology at Baylor University Medical Center at Dallas. “Obviously someone of Celtic descent with skin type I or II, which are very fair, is going to need more daily protection than someone of type III or IV of Mediterranean ancestry with an olive skin tone.”

PROTECT YOURSELF OUTDOORS. Following the American Cancer Society’s “Slip! Slop! Slap! and Wrap” guidelines makes this easy: Slip on a shirt, slop on the sunscreen (with an SPF of 30 or higher), slap on a hat and wrap on sunglasses to protect not only your eyes but also the skin around them.

DON’T

SPEND A LOT OF TIME OUTSIDE BETWEEN 10 A.M. AND 4 P.M. These are the hours when the sun’s rays are most intense, so try to avoid or at least limit your exposure during this period.

USE TANNING BEDS. You may think they’re safer, but tanning lamps and beds emit ultraviolet radiation, just like the sun.

SKIP THOSE TRICKY SPOTS. There are areas that most of us miss, such as on the tops of and behind your ears, the backs of your hands and arms, the tops of your feet and even your scalp. “UV light does penetrate through hair,” Dr. Menter says. “Thus, wearing a hat is especially important.”

“Your sunglasses need to wrap around your face and not simply protect straight ahead, as ultraviolet light hits from the side and back, too,” Dr. Menter says.
Is Joint Replacement Right for You?

Your FAQs answered

Donnie Boone of Keller, Texas, put up with hip pain for a couple of years, chalking it up to arthritis. But when it kept the 58-year-old from hunting, fishing and riding his horses and four-wheeler he decided to take action. “Why give up everything if you can fix it?” he says.

While injections and exercise can help some people with hip pain, Boone’s joints were too deteriorated. The cushioning between his bones was completely worn away, leaving bone rubbing against bone. Surgery was his only option—Boone needed to have both hips replaced.

In July 2013, he turned to Baylor Regional Medical Center at Plano to have both done in one surgical procedure.

Four weeks later, he was out hunting, and last fall he traveled to Europe and walked 21 miles in a single day. “The outcome was amazing,” he says. “It’s more than I could hope for.”

If, like Boone, you’re plagued with joint pain, you probably have a lot of questions about joint replacement surgery. We’ve got answers.
What are my options?

“Just because your joints hurt doesn’t mean you need joint replacement surgery,” says Charles Toulson, MD, medical director of the Baylor Plano Joint Replacement Center.

Lifestyle changes such as switching to low-impact exercises and losing weight can take some of the stress off your joints. And a fitness or physical therapy program can help strengthen the surrounding muscles so the joint doesn’t have to work as hard.

Nonsteroidal anti-inflammatory medications, such as ibuprofen and naproxen sodium, can help curb inflammation, and ice or heat may provide relief. Your doctor may recommend steroid injections to combat pain and swelling.

And depending on the joint and the damage, a brace can help offload some of the pressure.

After a double hip replacement, Donnie Boone returns to the hobbies he loves, such as fishing, hunting and riding horses.

How do I know whether it’s time for surgery?

“There’s not one answer that definitively makes someone a candidate for joint replacement surgery,” Dr. Toulson says. But it might be time if X-rays show damage and your pain is:

- Keeping you from doing your job or taking part in activities you enjoy.
- Unmanageable without medication.
- Not improving with conservative treatment options.

Which joints can be replaced?

Hips and knees are the ones most frequently replaced. Why? They support your body’s weight, so every step you take adds to their wear and tear. Shoulders, elbows, wrists, fingers and ankles can also be replaced.

What’s the surgery and recovery like?

Thanks to minimally invasive surgical procedures, today’s patients typically experience less pain, a faster recovery, smaller incisions and reduced risk of complications than those of yesteryear. And while a two- to three-day hospital stay is normal, you’ll likely be out of bed and moving the joint the day of surgery.

“The quicker you are up and out of bed, the less likely you are to have stiffness or complications,” Dr. Toulson says.

Most people are back to work in four to six weeks, depending on the demands of their jobs, and back to most activities in 12 weeks.

People who need joint replacement sometimes live with the pain for months or years because they fear the recovery time from surgery. “I hear from so many of my patients, ‘I wish I had done it sooner,’” Dr. Toulson says.

Protect Your Bones

Eating the right foods can help keep yours strong. Visit BaylorHealth.com/EatWell for free bone-strengthening recipes.

Less Is More

With new instruments and new approaches, surgeons can replace joints through smaller incisions and with less muscle damage, and people can recover more quickly.

Mills Roberts, MD, an orthopedic surgeon on the medical staff at Baylor Medical Center at Irving, lists some of the benefits of today’s less-invasive techniques:

- The typical 8- to 9-inch incision for a hip replacement is reduced to 5 TO 6 INCHES.
- Average hospital stays drop from three to four days to TWO TO THREE DAYS.
- People typically recover in TWO TO THREE MONTHS rather than three to four months.
- There’s LESS blood loss, risk of infection and pain.
- Shorter hospital stays mean REDUCED EXPENSES.

“The procedure can be more technically challenging, but the outcome for the patient is significantly better,” Dr. Roberts says.
Be a Better Man

OK, guys. It’s time to break those bad-for-you habits you’ve been hanging on to since college. Our expert offers four no-nonsense tips for turning over a new (healthier) leaf.

1. BAD HABIT: PLAYING THROUGH THE PAIN
Hitting the gym, court or field regularly is a great habit to have. But if you’re plagued by nagging pain, it’s time to take a timeout.

   BREAK IT: Continuing to exercise can cause more harm, so if you get hurt, stop playing. Start by treating the injury with RICE: rest, ice, compression and elevation. If the pain worsens or continues for days or weeks, it may be time to see a doctor.

   Also, keep in mind that weekend warriors may put themselves at risk for injury by not properly conditioning their bodies. Do a mix of cardiovascular and strength training activities throughout the week to keep yourself in tiptop shape.

2. BAD HABIT: DITCHING THE DOC
“Men tend to be a little bit notorious for skipping regular checkups,” says Michael Valachovic, MD, an internal medicine physician on the medical staff at Baylor University Medical Center at Dallas. “The hardest part sometimes is breaking that cycle of procrastination.”

   It’s common to fall out of the habit of getting a regular physical when you’re young, in good health and busy with a career and family. But that doesn’t make it OK.

   BREAK IT: Schedule an appointment to see your doctor at least once a year, no excuses. Sometimes a little extra nudge helps, too: Ask your wife or another family member to schedule the appointment for you to keep you accountable.

3. BAD HABIT: ASSUMING YOU’D KNOW IF SOMETHING WAS WRONG
Many of the top concerns for men are “silent killers”—think high blood pressure and cholesterol levels—so regular checkups are key for monitoring your health. “The good news, though, is that these are treatable. These are things that can be taken care of well before they are a major problem,” Dr. Valachovic says.

   Know your numbers, like blood pressure and cholesterol levels, schedule important screenings, and work with your doctor to effectively manage any health conditions you have.

4. BAD HABIT: RELIVING THE GOOD OLD DAYS A LITTLE TOO OFTEN
Let’s face it: We can’t stay 20 forever—and neither can our metabolism. If you’re still eating pizza and wings like you did in your dorm days, it may be time to revamp your diet.

   Being overweight contributes to a bevy of other health problems, so it’s important to keep an eye on the scale (or at least on your pants size).

   “Exercise and diet are almost always better than any pill I can prescribe patients,” Dr. Valachovic says.

   There’s no need for anything drastic, like juice cleanses or cabbage soup diets. Start small with easy swaps: hummus and veggies for chips and dip; lean sirloin steaks for fattier rib-eye cuts; chicken sausage for traditional brats.
Heard Disease and Erectile Dysfunction

WHAT’S THE CONNECTION?

Men with heart disease also may find themselves facing erectile dysfunction (ED). Why? The same types of fatty deposits and calcium deposits that block the coronary arteries in heart disease can also block the arteries that deliver blood to the penis and cause erections.

“When we see someone for ED, we make sure they have been screened for heart disease,” says Keith Bloom, MD, a urologist on the medical staff at Baylor Medical Center at Irving. Plus, people with heart disease often take medication to lower blood pressure, and these medications can affect erectile function. Dr. Bloom recommends that men try to control their blood pressure with exercise (if possible) so they can eliminate medication.

“Staying healthy, avoiding smoking and exercising regularly can also improve overall sexual function,” he points out.

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in December 2013, this once-a-day pill is effective for all types of HCV infection and “dramatically increases the effectiveness of treatment when combined with other medications,” says Jacqueline O’Leary, MD, medical director of hepatology research at Baylor University Medical Center at Dallas. “In fact, 90 percent of previously untreated patients are cured in just 12 weeks.”

Sofosbuvir also makes treatment with interferon (and its flu-like side effects) obsolete for patients with genotypes 2 and 3. “Sofosbuvir shortens the duration of treatment and has few, if any, side effects,” Dr. O’Leary says.

FORGING AHEAD

In December 2013, Dr. O’Leary and fellow clinical researcher James Trotter, MD, medical director of liver transplantation at Baylor Dallas, participated in the pivotal trial that led to FDA approval of sofosbuvir in pre-liver transplant patients. The study administered the drug with ribavirin to HCV patients with liver cancer for up to 48 weeks prior to transplant.

“Those who were HCV-negative at least four weeks prior to transplant had a 96 percent cure rate,” Dr. O’Leary says. “That’s the first time there has been an effective, interferon-free option to cure patients awaiting transplant.”

Though the trial is over, the research is ongoing—and the potential for this new drug continues to impress. “A combination of sofosbuvir and simeprevir for 12 weeks is more than 90 percent effective in patients with genotype 1 who have not responded to prior treatments,” Dr. O’Leary says. “In both effectiveness and tolerability, this drug is revolutionizing the way we treat hepatitis C. Two pills a day to keep hepatitis C away!”
Knowledge Is (Pregnancy)Power

DID YOU KNOW? If you’re counting down to your due date, you no doubt have more questions than answers. Go to BaylorHealth.com/Exclusive and click “Get the Facts” to find five prenatal points to ponder.

RECIPE
Eating for Better Bone Health

Visit BaylorHealth.com/EatWell to learn how much calcium you need each day and where to get it. BONUS: Get a bone-boosting smoothie recipe you can whip up tomorrow morning.

QUICK TIPS
TAKE A RIDE

The weather is just about perfect for a bike ride. Before you strap on your helmet (yes, you need a helmet!), visit BaylorHealth.com/Exclusive and click “Live Better” to see how you can stay safe on two wheels.

LEARN MORE
Get Moving Again

If you’re itching to get out and get moving but are limited by joint pain, you could be a candidate for joint replacement surgery. Visit BaylorHealth.com/IrvingOrtho for information.
DON’T MISS OUR
FREE MEN’S
HEALTH EVENT

SATURDAY, JUNE 21 • 8 AM-11 AM
Irving Medical Office Building II / Conference Center
On the campus of Baylor Irving - 2021 N. MacArthur Blvd., Irving

Regular checkups should be a part of every man’s routine. Join us for It's a Guy Thing, a FREE health event, to learn about maintaining and improving your health. This event includes:

- Free Health Screenings: blood pressure, cholesterol*, body fat analysis & more!
- Wellness booths
- Light breakfast
- Healthy grilling demonstrations
- Panel discussions with physicians on the medical staff. Topics include:
  - Heart health
  - Orthopedics
  - Cancer care
  - Digestive health

Guys it’s time for a tune-up! Register today.

TO REGISTER: Call 1.800.4BAYLOR or go to BaylorHealth.com/GuyThing

*For a more accurate reading, do not eat or drink anything after midnight before the screening. You may take your regular medications as directed.