

# TEXAS | health

FALL/WINTER 2010

*Your  
Journey*

**to Better  
Breast Health**

A Breast Cancer Guide  
From Diagnosis  
to Treatment

**Texas Health  
Outpatient Center  
Craig Ranch:**

Making Outpatient  
Services  
More Convenient

**Your Guide to  
Preventing  
Heart Disease**



**Texas Health**  
Presbyterian Hospital  
ALLEN

Healing Hands. Caring Hearts.™

# Fact or Fiction?

Is cracking your knuckles bad for you? Is it safe to eat that dropped piece of candy if you pick it up in five seconds?

**As** an experienced health care professional, Victoria McGrath, D.O., internal medicine physician on the

medical staff at Texas Health Presbyterian Hospital Allen is often asked to separate health fact from fiction for patients. Discover the truth behind these two common health rumors.

## **Q. Is it safe to follow the five-second rule for dropped food?**

**Dr. McGrath:** Consider these four major variables: the type of food, the texture of the surface upon which it falls, the location of the floor and the relative health of the person eating the food. For example, dry, smooth floors appear to have less bacterial contamination than

damp, rough or carpeted surfaces. The bottom line is to use common sense. If you think the food has been contaminated, don't eat it.

## **Q. Can cracking your knuckles cause arthritis?**

**Dr. McGrath:** A few limited studies compared hand X-rays of patients who have cracked their knuckles with those who haven't. There was no significant difference in occurrence of arthritis between the two groups. However, there is some risk of damaging the ligaments and the finger joints when you crack your knuckles, so it's best to avoid this habit.

**To find a Texas Health physician, call 1-877-THR-WELL (1-877-847-9355) or visit [TexasHealth.org/FindAPhysician](http://TexasHealth.org/FindAPhysician).**

## Entering the *Electronic Age*

If you've heard about electronic health records on the news lately, you may have questions. How do they benefit patients? Are they secure?

**t**exas Health Resources began using an electronic health record (EHR) system in 2006. With this advanced program, your entire medical record can be retrieved immediately during an emergency room visit at the hospital or a routine checkup at your physician's office.

"EHR makes a patient's medical information more accessible and reliable for any physician at a Texas Health hospital caring for that patient," says Ferdinand Velasco, M.D., vice president and chief information medical officer for Texas Health Resources. "When a patient is referred for any kind of treatment or medication, the needed information can be clearly found and read."

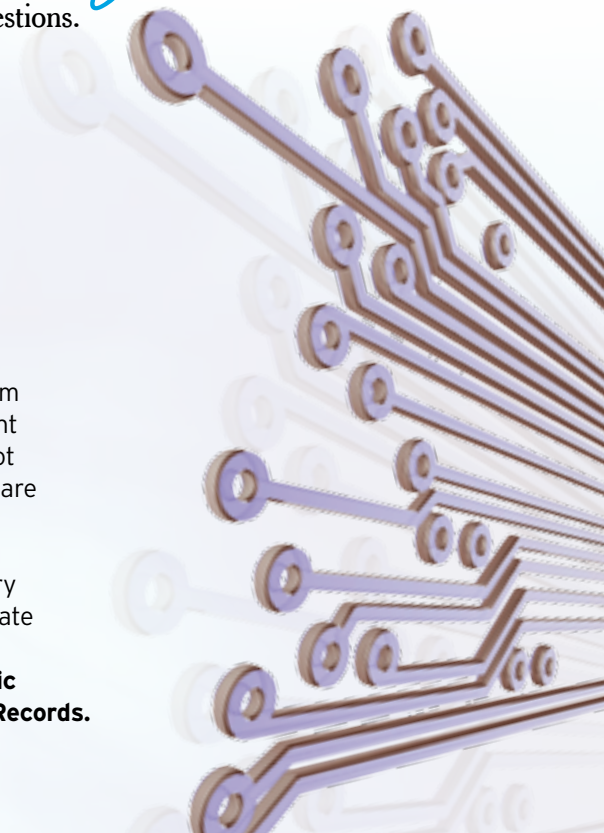
### THE DIGITAL DIFFERENCE

In addition to enhancing the care patients receive, EHR can also improve communication between medical professionals.

"EHR benefits the entire medical staff treating a patient," says Dr. Velasco. "By having access to a patient's full records, physicians and the rest of the clinical team can work together. For example, treatment can be ordered even if the physician is not at the hospital, which can lead to faster care and better outcomes."

Because only medical professionals with authentication can access EHR, every patient's medical information is kept private and secure.

**For more information about electronic health records, visit [TexasHealth.org/Records](http://TexasHealth.org/Records).**





# Health Care Reform: A Patient's Primer

The passage of the Patient Protection and Affordable Care Act — otherwise known as health care reform — in March 2010 was a milestone in the history of American health care. Now, you're probably wondering what practical effect it will have on your life.

**“W**ithout reform, hospitals could have expected a greater volume of uninsured individuals seeking care at their emergency departments, which would have led to lower Medicare and Medicaid payments and an increased shift in the costs of care to private and commercially insured patients,” says Joel Ballew, director of Government Affairs and Advocacy for Texas Health Resources. “The new law isn't perfect, but many aspects of it hold great benefits for patients, particularly when it comes to insurance reform. Texas Health will continue to work with key policymakers and stakeholders on modifications, which will certainly be required given the broad scope of this reform effort.”

Consider the following key parts of the law that may impact your life.

- A Health Insurance Exchange will create a marketplace in which individuals and owners of small businesses can compare prices of public and private insurers.
- The Exchange will work with state insurance departments to protect consumers, aid enrollment, and help low- and middle-income families purchase affordable insurance.
- A public, self-sustaining health insurance option will be available via the Exchange, enabling more people to obtain insurance coverage.
- Insurance companies will no longer be able to exclude coverage based on pre-existing conditions and will be prohibited from placing lifetime and annual limits on benefits.
- Out-of-pocket spending will be capped.
- Individuals will be required to obtain and maintain health insurance (except in cases of hardship) or pay a penalty of 2.5 percent of modified adjusted gross income above a specified level.
- Employers will have the option of providing health insurance to workers or contributing funds on their behalf.

## What's New for Medicare and Medicaid

The Patient Protection and Affordable Care Act will close the Medicare Part D coverage gap and provide a \$250 rebate to seniors who reach the gap by 2010. Seniors can also take advantage of a 50 percent discount on brand name medications beginning in 2011.

Medicaid will expand to include 133 percent of the federal poverty level, or \$29,327 for a family of four. States will be required to extend Medicaid coverage to childless adults beginning in 2014. The federal government will pay 100 percent of coverage costs for newly eligible individuals through 2016.

- Greater support of prevention and wellness programs, including the expansion of community health centers and of the health care workforce, will be made possible through increased funding via the National Health Service Corps.

**To stay informed about what's happening at Texas Health Resources and how it affects you, visit [TexasHealth.org](http://TexasHealth.org) and select "News."**

# Care That Keeps Getting Better

At Texas Health Presbyterian Hospital Allen, the new chief quality officer works with physicians, nurses and staff to continuously improve the already high level of care delivered each day.



**t**he chief quality officer directs the culture of quality at each Texas Health facility, looking for ways to enhance the delivery of care and minimize potential risks for patients.

Robert Schwab, M.D., chief quality officer at Texas Health Allen, left his clinical practice in Kansas City, Mo., to focus full time on risk management and quality measures.

"In the simplest terms, my role as chief quality officer is to see that the care we deliver at Texas Health Allen is continually safer and better," Dr. Schwab says. "Safety is my passion. I am always looking for potential problems and making changes to reduce risk in a way that does not hinder the staff's ability to provide quality care."

## SIGHTS ON SAFETY

Dr. Schwab is fellowship-trained and understands the clinician's perspective. Listening to those who provide care at Texas Health Allen – including physicians,

nurses and other staff members – he changes only those things that will have an impact.

"Lots of organizations say they put quality first, but Texas Health Allen follows through," Dr. Schwab says. "Texas Health Allen promotes an open culture where I can work as part of a team to have a positive effect."

A gifted communicator, Dr. Schwab hopes to solidify the staff and provide direction that meets their needs and the needs of each patient.

"Building relationships between administrators and clinical staff is an important part of my job," Dr. Schwab says. "When everyone is on the same page with regard to safety, we can really care for each patient."

**For more information about the quality care available at Texas Health Allen, visit [TexasHealth.org/Allen](http://TexasHealth.org/Allen).**

## What About Bob?

Robert Schwab, M.D., chief quality officer at Texas Health Presbyterian Hospital Allen, is board-certified in emergency medicine by the American Board of Emergency Physicians. He is also the author of 19 peer-reviewed publications.

In his former home of Kansas City, Mo., Dr. Schwab was an Emergency Department physician for Truman Medical Center and provided palliative care and hyperbaric medicine for patients at St. Luke's Hospital. He also served as St. Luke's safety officer.

Dr. Schwab earned his medical degree from the University of Virginia School of Medicine and completed his residency in emergency medicine at Truman Medical Center. He will also be the chief quality officer for Texas Health Presbyterian Hospital Denton.

# A New Option for Outpatient Care

In August, Texas Health opened the doors to its newest outpatient facility in McKinney. Both diagnostic imaging and rehabilitation services are offered at the Texas Health Outpatient Center Craig Ranch.

"The Craig Ranch facility extends many of the outpatient services offered at Texas Health Allen to an area where these services were not previously available," explains Diane Baltzell, B.B.A., R.R.T., director of Cardiopulmonary and Rehabilitation Services for Texas Health Allen. "By establishing an outpatient presence in this area, we are making quality care more convenient and accessible for this community."

The Texas Health Outpatient Center Craig Ranch offers patients a wide range of services, including:

- diagnostic imaging tests, including cardiac exams

- screening mammograms
- bone density exams
- outpatient physical therapy
- cardiac and pulmonary rehabilitation services

## A HEALTH CARE DESTINATION CLOSER TO HOME

In addition to having access to comprehensive outpatient health care services close to home, patients at the Craig Ranch facility are

under the care of skilled physicians, therapists and nurses who are dedicated to offering a high level of care.

**For more information about services available at Texas Health Craig Ranch, call 1-877-THR-WELL (1-877-847-9355) or visit [TexasHealth.org/CraigRanch](http://TexasHealth.org/CraigRanch).**



## Have a Healthy Heart

Every 33 seconds, an American dies from cardiovascular disease, according to the Heart Foundation. Do you know your risk?

Heart disease is commonly caused by narrowing or a blockage of the coronary arteries – the blood vessels that deliver blood to the heart. This process happens gradually over time and is the major culprit behind most heart attacks. Although family history and age are uncontrollable risk factors, lifestyle habits that contribute to the disease's development include:

- being overweight or obese
- high blood pressure
- high cholesterol
- lack of exercise
- smoking

### WHAT YOU CAN DO

Because heart disease is a condition that develops slowly over time, taking preventive

measures to ensure your defense is key. Changing unhealthy lifestyle choices can help lower your risk of cardiovascular disease. Some healthy steps include:

- cutting back on salt consumption
- eating more fruits and vegetables
- increasing physical activity
- limiting alcohol intake
- maintaining a healthy weight

**For information about cardiac services available at Texas Health Presbyterian Hospital Allen, visit [TexasHealth.org/Allen](http://TexasHealth.org/Allen).**

## New Services Only a Heartbeat Away

Texas Health Presbyterian Hospital Allen is pleased to welcome Clyde Sullivan, M.D., noninvasive cardiologist specializing in vascular medicine, to Texas Health Outpatient Center Craig Ranch.

Dr. Sullivan has the ability to perform an array of noninvasive cardiac imaging services, including:

- 64-slice computed tomography (CT)
- cardiac magnetic resonance imaging (MRI)
- echocardiogram (EKG)
- nuclear cardiology
- peripheral vascular ultrasound

We're grateful that Dr. Sullivan has brought these beneficial cardiac services to our area. Welcome, Dr. Sullivan!



# A Roadmap to Breast Cancer Care

Getting a mammogram is the first step to breast health. If an abnormality is found, the subsequent treatment options can seem daunting. This guide to breast cancer treatment at Texas Health hospitals can help ease concerns by helping you know what to expect.

**1.** After a screening mammogram reveals a potential abnormality, a patient is called in for additional tests to show magnified views of the area. Depending on the abnormality, a patient may have an ultrasound, a diagnostic mammogram with compression and magnification views or a breast magnetic resonance image (MRI) to better determine if the mass is suspicious or benign.

**2.** If a biopsy is needed, the breast surgeon or breast radiologist may conduct a minimally invasive needle biopsy using ultrasound or stereotactic mammography for guidance. This office

procedure involves a local anesthetic and utilizes a needle to obtain a tissue sample for testing. When a minimally invasive approach is not possible, an open biopsy may be conducted.

**3.** After a positive biopsy, the patient meets with a breast surgeon to review the imaging studies, pathology report and treatment options.

"The pathology report contains information such as the grade of malignancy or how aggressive the cells look under a microscope," says Archana Ganaraj, M.D., a general surgeon fellowship-trained in surgical breast

oncology and now on the medical staff at Texas Health Dallas. "Staging of a patient's breast cancer is determined by the size of the tumor, whether there is nodal involvement and whether there is metastatic disease. Breast cancer can be non-invasive – also called in situ – or invasive."

**4.** After a meeting with the breast surgeon, the patient may have an opportunity to meet with a nurse navigator, who coordinates all aspects of cancer care, additional imaging to consultations with oncologists and other specialists.

"As a nurse navigator, I am a resource for the patient throughout their treatment for breast cancer to provide them with reliable resources and to connect them to support groups and recovery programs. We focus on mind, body and spirit,"



says Jeanice Janes, R.N., nurse navigator of the Breast Care Program at Texas Health Presbyterian Hospital Dallas.

**5.** Depending on the grade and stage of cancer and the patient's preferences, the surgeon and oncologist recommend an individualized treatment plan. Surgical options include partial mastectomy – also called lumpectomy – followed by radiation therapy or mastectomy with or without breast reconstruction.

“The ultimate goal of cancer treatment is to remove the malignancy and to bring the risk of recurrence, in the breast

or elsewhere, as low as possible,” says Dr. Ganaraj. “Chemotherapy, hormonal therapy and radiation therapy may be recommended to patients to achieve this goal. A multidisciplinary approach that involves a breast surgeon, radiologist, pathologist, medical oncologist and radiation oncologist for each patient facilitates the right treatment to achieve the best possible outcome.”

**To schedule a digital mammogram at a Texas Health hospital near you, visit [TexasHealth.org/Breast](http://TexasHealth.org/Breast).**

## Life-saving Detection

According to American Cancer Society (ACS) data, a woman's chance of developing breast cancer increases with age. Over the course of her lifetime, each woman faces a one in eight chance of developing the disease.

Fortunately, early detection saves lives. Screenings and improvement in treatments have been shown by recent ACS studies to reduce breast cancer mortality. When tumors or abnormalities are found early they have less time to spread to healthy tissue.

The ACS recommends women schedule an annual mammogram beginning at age 40. Talk with your physician about your risk factors for breast cancer, which may include:

- consuming more than one drink of alcohol per day
- family history of breast cancer
- high bone density
- high breast density
- never having children or having children after age 35
- personal history of the disease

Your physician may recommend starting screening mammograms at an earlier age if you are at high risk. He or she may also recommend using magnetic resonance imaging (MRI) for more detailed breast images.

## Grateful for Exceptional Care

When Kelly Crider delivered her twin boys 16 weeks early, she and her husband, Chuck, knew the journey to get them home and healthy would be challenging.

**t**he twins, Collin and Keegan, who weighed less than two pounds at birth, were given a low chance of survival. They were so tiny their diapers were the size of a deck of playing cards, and their hands could fit inside their father's wedding ring.

Fighting for their lives, the twins spent four and a half months in the Neonatal Intensive Care Unit (NICU) at Texas Health Presbyterian Hospital Dallas, where they underwent heart and hernia surgeries, feeding tubes, respirators and brain scans.

“We couldn't have asked for better, more attentive care,” Kelly says. “The hospital became our second home, and we began to think of the staff as family.”

### RECOGNIZING REMARKABLE CAREGIVERS

To celebrate the twins' first birthday, the Crider family made a generous gift through the Grateful Hearts *Honor Your Caregiver* program.

“We wanted to thank the NICU staff members who helped our sons become the healthy toddlers they are today,” says Kelly. “They were there for us every step of the way to answer any questions we had – no matter how minute they may have seemed.”

The Grateful Hearts program encourages interested patients to make a contribution to support the needs of Texas Health hospitals in recognition of outstanding physicians, nurses and other health professionals.



**For more information or to make a donation, visit [TexasHealth.org/GratefulHearts](http://TexasHealth.org/GratefulHearts).**



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**Pregnant? Sign up for the FREE Oh Baby!**  
Weekly Parenting E-mail at [TexasHealth.org/OhBaby](http://TexasHealth.org/OhBaby).



## *An Easier Way to Remedy Pain*

If you're experiencing significant shoulder pain from arthritis or injury, there's no need to live with it. At Texas Health Presbyterian Hospital Allen, we offer minimally invasive procedures that can help you get back to living with reduced pain.

**in** the past, procedures to repair shoulder joints often involved large incisions, significant damage to surrounding tissues and a long recovery process. Additionally, because of the stiffness and high rates of infection involved with procedures of the past, patients often were encouraged to delay surgery. Today, however, physicians are able to eliminate these negative side effects by performing shoulder repair using a minimally invasive approach.

"Most injuries and other causes of chronic shoulder pain can now be treated arthroscopically," says Richard D. Rhodes, M.D., orthopedic surgeon on staff at Texas Health Allen. "During this procedure, small incisions are made, and a camera is inserted for optimum visibility. Then, small instruments are used to perform the repairs or to treat early phases of arthritis."

### WHAT DOES THIS MEAN FOR ME?

Dr. Rhodes explains that because arthroscopy eliminates the need to cut through muscle and requires smaller incisions, fewer complications are associated with surgery. Following these minimally invasive shoulder repair procedures, patients often are able to return home the same day of surgery.

"For conditions like chronic tendonitis or mild arthritis, patients can make a full recovery in just a few months," Dr. Rhodes says. "For repairs of major tears, patients must be protected while they heal but are able to begin physical therapy after just a couple of weeks. With a comprehensive rehabilitation program, patients can almost always resume their original activities."

**To learn more about your options for minimally invasive shoulder repair, visit [TexasHealth.org](http://TexasHealth.org) or call 1-877-THR-WELL (1-877-847-9355).**