

TEXAS | health

FALL/WINTER 2010

*Your
Journey*

**to Better
Breast Health**

A Breast Cancer Guide
From Diagnosis
to Treatment

Margot Perot Center:
**A Reputation
for Excellence
in Maternity
Services**

**Fight Heart
Disease**
Before It Starts



Texas Health
Presbyterian Hospital
DALLAS

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.

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?

texas 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."

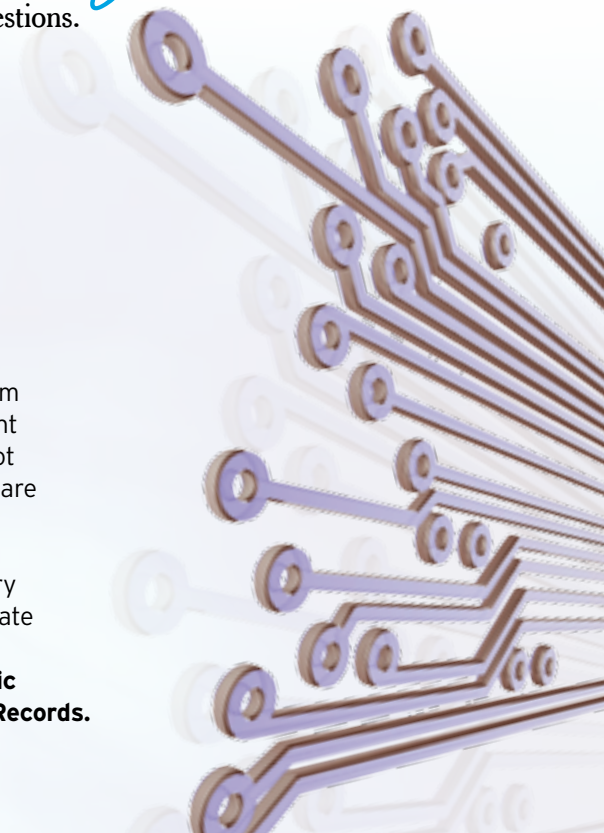
THE DIGITAL DIFFERENCE

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.





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.

“Without 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 and select “News.”

A More Inviting Place for *New Moms*



As the first facility in North Texas dedicated exclusively to caring for mothers and their babies, the Margot Perot Center at Texas Health Presbyterian Hospital Dallas enjoys a reputation for excellence built throughout its 25 years of service. Now, the Center's rooms are being renovated to better complement the level of care patients receive.

Semi-private rooms on the fourth and fifth floors of the Margot Perot Center are being transformed into private suites, and all private rooms are being updated in order to provide new moms and families with the quiet moments they need after a baby's birth. Renovations began in March and are expected to be complete by early December.

"We want the rooms and décor at the Margot Perot Center to reflect the level of care that patients receive here," says Julie M. Hagood, M.D., obstetrician/gynecologist on the medical staff at Texas Health Dallas. "When the renovations are complete, patients will be able to choose from private rooms, suites or deluxe suites."

AESTHETIC IMPROVEMENTS

All renovated rooms will receive new bathroom tile, vanity tops, paint,

furniture and flat-screen televisions. The suites will be larger than regular private rooms and will include hospitality features such as a microwave, refrigerator and coffeemaker. Once the renovations are complete, the Margot Perot Center will house 130 beds, including 24 beds in the Women's Surgical Unit in the Jackson Building.

"I'm looking forward to women and their families being able to enjoy their stays in our beautifully updated private rooms and suites," says Deb Maitre, R.N.-C., M.S., director of Women and Infants Services at Texas Health Dallas. "I'm thrilled that the rooms will again reflect the quality and service provided to women and infants at the Margot Perot Center."

For more information about the Margot Perot Center, visit [TexasHealth.org](https://www.texashealth.org) and select "Locations," then "Texas Health Dallas."

Giving Babies a Healthy Start

At Texas Health Presbyterian Hospital Dallas, expectant mothers will find much more than the Margot Perot Center's newly renovated rooms. The hospital has a 29-bed high-risk obstetrics unit, where expectant moms with complications such as preterm labor or blood pressure problems can deliver their babies. A 91-bed, Level III Neonatal Intensive Care Unit (NICU) and Special Care Nursery (SCN) provide a home for critically ill infants who may need intensive care during the first weeks of life. The family-centered NICU and SCN feature lounges with computers, televisions and dining areas for family and visitors. The Special Care Nursery's all private rooms serve as an extension of the NICU, where parents can stay with their baby and have more opportunities to participate in their baby's care in order to be more prepared before going home.

The unit is staffed around the clock by neonatologists and nurses, and the NICU team can be present immediately during any delivery. Texas Health Dallas also offers many postpartum ancillary services, such as lactation consultations.

Catching the Silent Killer

According to the American Heart Association, heart attacks account for close to 452,000 deaths every year in the United States. To fight back against this staggering statistic, Texas Health Presbyterian Hospital Dallas is now offering heart disease risk screenings.



Staying aware of your heart disease risk is a vital step in the fight against fatal heart attacks and other cardiac events. By understanding your personal risk factors, you can make lifestyle changes to help reduce your chances of suffering potentially fatal heart problems.

At Texas Health Dallas, heart risk screenings can help determine your personal risk by performing tests and having patients perform a self-assessment. The screenings focus on an electrocardiogram (ECG), a circulation test called an ankle brachial index (ABI),

blood pressure, body fat, cholesterol and glucose levels, as well as tests to look at inflammation in the bloodstream. The personal assessment requires patients to document their family and personal medical history, sleeping and exercise habits, along with other behaviors that can impact heart health.

“Our screenings do not focus simply on telling patients a number,” explains Sharon Hillgartner, R.N., W.H.N.P.-B.C., program manager of the Heart and Vascular Wellness Program at Texas Health Dallas. “Instead, we aim to give our patients a comprehensive look at their

heart health and determine which factors are modifiable and which ones cannot be changed in hopes of reducing their own risk for heart disease.”

By identifying both genetic and lifestyle factors that can contribute to heart disease, the screening program at Texas Health Dallas aims to arm patients with the information they need to change bad habits, lead heart-healthy lives and hopefully prevent them from becoming one more heart and vascular disease statistic.

For more information about heart risk screenings, call 214-345-2680.

Food Wars

Every time you eat something with peanuts, you develop a mild rash. You know this means to stay away from peanuts, but are you simply intolerant to the food or actually allergic to it? And most importantly, what's the difference?

While allergies and intolerance may seem the same, the symptoms and meanings are actually very different. Food intolerance, such as lactose intolerance, is a response from the digestive system. Symptoms associated with food intolerance, such as upset stomach, gas, vomiting, heartburn and diarrhea, are caused by irritation to the stomach when the body cannot break down what is ingested.

“Food allergies are typically related to immune system responses,” says Sandeep Gupta, M.D., allergist/immunologist on the medical staff at Texas Health Presbyterian Hospital Dallas. “While symptoms can include stomach pain or diarrhea, they are typically accompanied by rash, itching, difficulty breathing or chest pain.”

GET CHECKED OUT

When you experience what you believe is a reaction to a certain food, seeking the advice and diagnosis of an allergy specialist is important so that you are not avoiding foods you can actually have. Otherwise, you may be limiting important nutrients to which you are not allergic or intolerant. Often, other solutions and treatments are available to assist in minimizing food reactions.

“Your history of reaction is key to diagnosing the difference,” Dr. Gupta says. “Knowing what, how much and when you ate a certain food in relation to the reaction and symptoms can be very helpful in making a diagnosis.”

To find an allergy specialist on staff at Texas Health Dallas, visit TexasHealth.org and click on “Find a Physician” or call 1-877-THR-WELL (1-877-847-9355).





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.

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.

the 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.



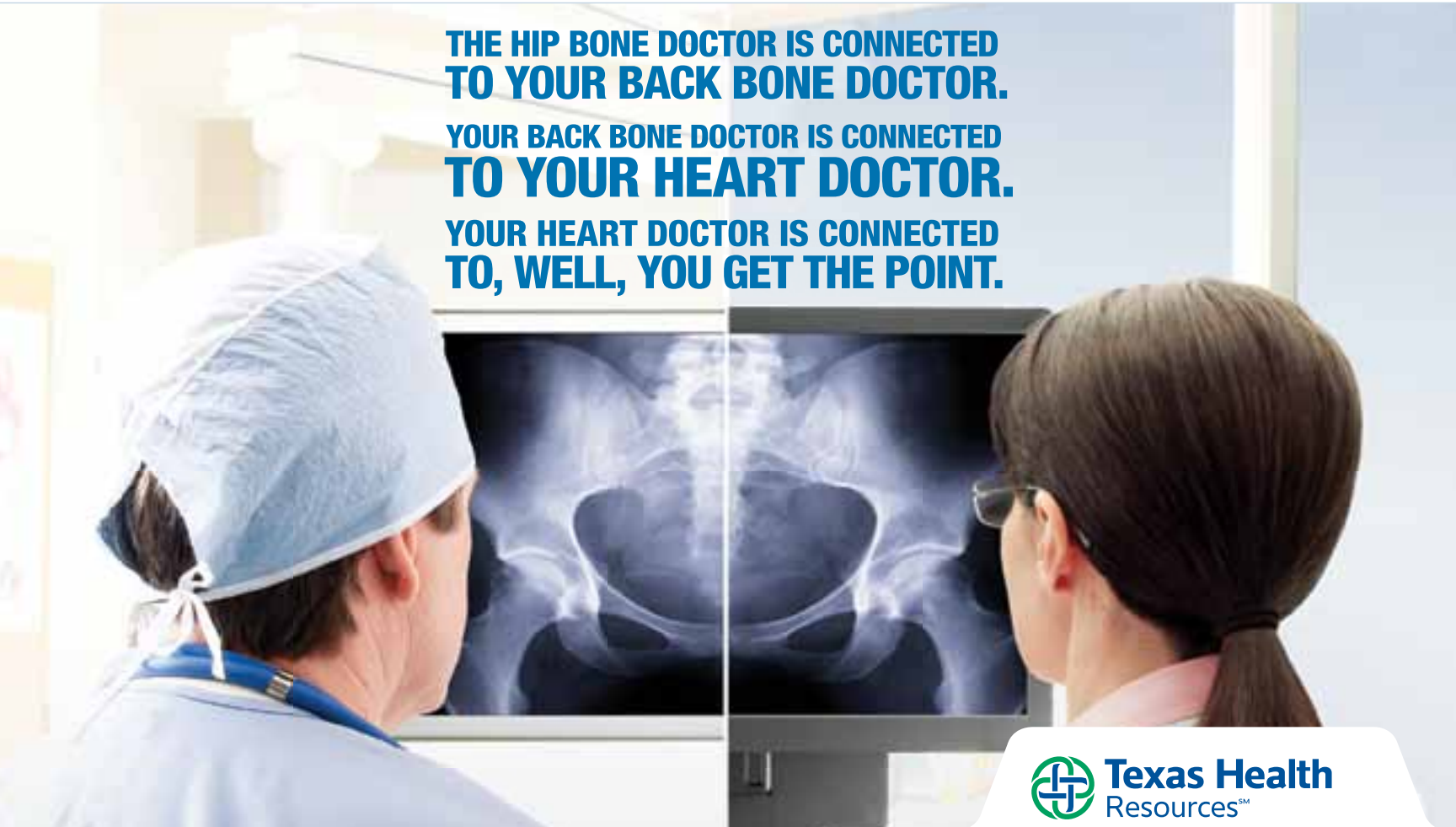
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Pregnant? Sign up for the FREE Oh Baby!
Weekly Parenting E-mail at TexasHealth.org/OhBaby.



**THE HIP BONE DOCTOR IS CONNECTED
TO YOUR BACK BONE DOCTOR.
YOUR BACK BONE DOCTOR IS CONNECTED
TO YOUR HEART DOCTOR.
YOUR HEART DOCTOR IS CONNECTED
TO, WELL, YOU GET THE POINT.**



 **Texas Health**
ResourcesSM

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Texas Health hospitals are advancing Electronic Health Records in North Texas for one very human reason: better coordination of your care. By connecting doctors within Texas Health hospitals, your health history and records are instantly and securely accessed. No need for duplicate tests, which saves money. So your health records speak for you when you can't. About your prescriptions, your medication history, your allergies, your test results. We're not just changing the way hospitals care for you but how technology cares for you as well.