

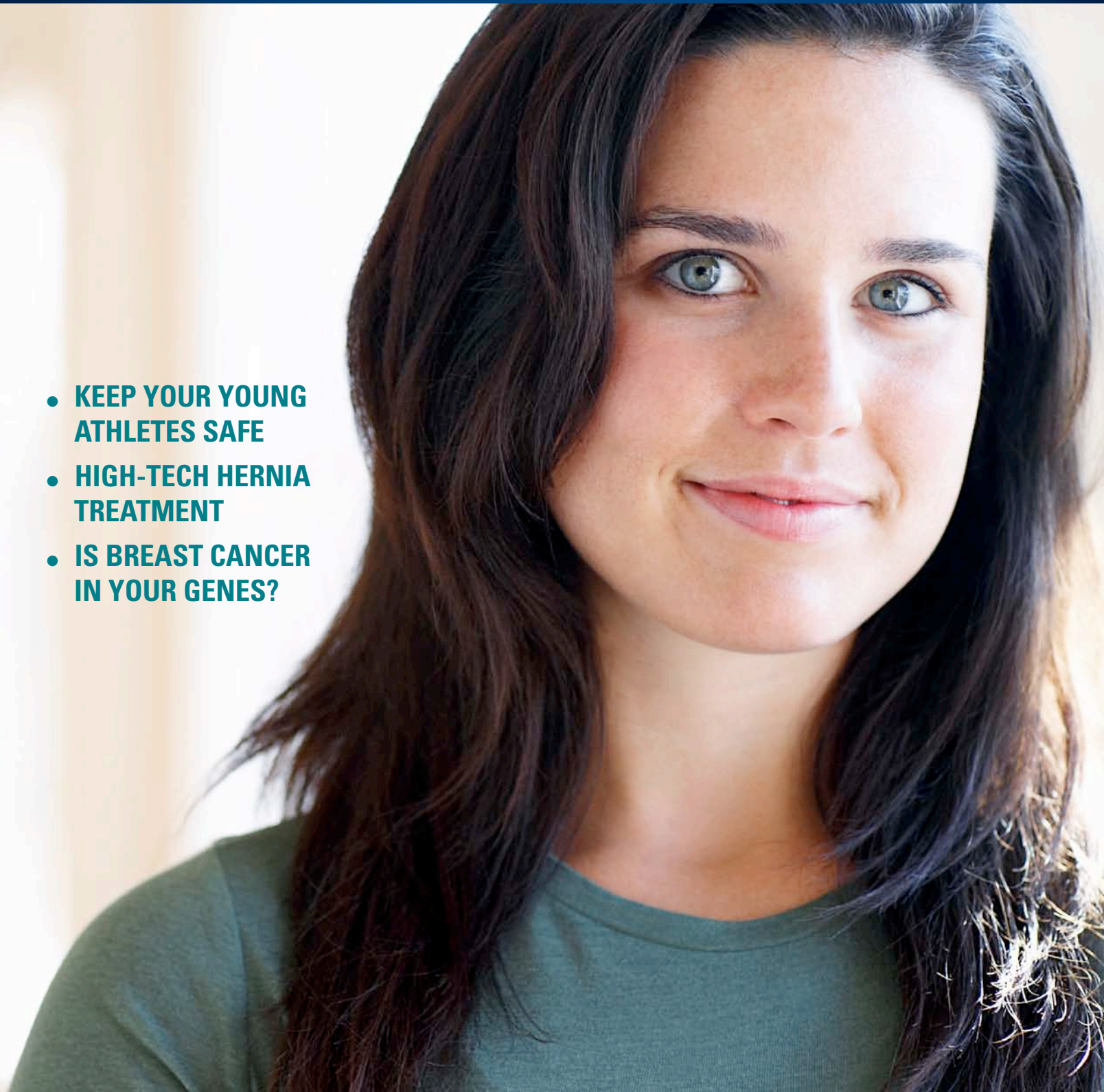


WOMEN'S HEALTH &

baptisthealthsystem.com Fall 2011

wellness

- **KEEP YOUR YOUNG ATHLETES SAFE**
- **HIGH-TECH HERNIA TREATMENT**
- **IS BREAST CANCER IN YOUR GENES?**



Preventing sudden death in young athletes

Every year more than five Texas students die suddenly on the playing field, their lives cut short due to undiagnosed genetic heart conditions. Sudden cardiac death (SCD) can be prevented through screenings that can detect abnormalities of the heart.

In October of 2008, August Koontz, an active and seemingly healthy young athlete from San Antonio died in his sleep at the age of 18. His death was the result of a genetic condition called hypertrophic cardiomyopathy (HCM).

August Heart is a program named in honor of August Koontz that provides screenings for conditions like HCM. Baptist Health System is participating in the program by providing free heart screenings at local high schools for students ages 14 to 18. In an early cardiovascular screening pilot program it was discovered that one in 179 students had a high risk of sudden cardiac arrest. Through the program, Baptist Health System hopes to help identify these at-risk athletes and save lives.

 **Has your child been screened?**
To find a screening location near your family, please go to augustheart.org.



New technology finds lesions deep in the lungs

A new procedure is helping doctors at North Central Baptist Hospital find and diagnose lung cancer earlier, which can improve survival rates.

North Central Baptist is one of the first in San Antonio to provide Electromagnetic Navigation Bronchoscopy (ENB). ENB is a minimally invasive outpatient procedure that gives physicians access to hard to reach regions deep within the lung. This unique approach may increase the chances that a patient will safely get a diagnosis and begin treatment if needed.

David Cohen, M.D., is impressed by how the new technology helps patients. "A physician locates a lesion or spot that is found deep in the lung on an X-Ray, a CT-Scan, or PET-CT," says Dr. Cohen. "Then the patient's CT scan is loaded

into planning software that creates a 3-D roadmap of the lungs, and from there the ENB technology guides the physician to the target lesion."

"This is an option that will help many patients," says David Marks, M.D., another physician using the ENB technology at North Central Baptist Hospital. "ENB provides us the ability to detect lung disease and lung cancer earlier, even before symptoms are evident, enhancing treatment options for patients."

Find out more by calling 297-7005.



Trust Baptist with your heart

Meet two cardiologists who share a passion for prevention and treatment of heart disease. They bring caring expertise to their work at the Heart Clinic of San Antonio.

DR. JACOBS: PARTNERING WITH PATIENTS

Laura Jacobs, M.D., discovered her love for cardiology while attending Baylor College of Medicine. She considers it a privilege to be involved with her patients' health care. "Our goal is to help patients live without limitations from their heart disease to the greatest extent possible." While Dr. Jacobs uses all the latest high-tech cardiovascular tools at her disposal for the treatment of coronary disease, she believes that the active involvement of patients in prevention is essential if they are to enjoy the highest quality of life. She says early detection and a regimen of lifestyle modification, medication and nutritional supplements can greatly reduce heart attack and stroke.



DR. GREINER: THE POWER OF TEAMWORK

Diane Greiner, M.D., loves changing lives, something she experienced firsthand attending Duke University School of Medicine. Dr. Greiner trained in cardiology at Wilford Hall Medical Center, proudly served in the Air Force for 10 years and has been in private practice for eight years. She is an invasive cardiologist and is as comfortable doing procedures as she is seeing patients in the office. "One of my greatest joys as a physician is working as a team with patients and their families to manage their risk factors for heart disease and lead a healthier life. I look forward to coming to work every day!"



Dr. Jacobs and Dr. Greiner practice with the Heart Clinic of San Antonio. For more information, call 483-8883.



Baptist Health System is proud to be the 2011 Presenting Sponsor of the American Heart Association's San Antonio Heart Walk.

Pioneering cardiovascular care lives here

- American Heart Association, Get with the Guidelines Silver Award for Cardiac Care
- FIRST in San Antonio to be chosen as Accredited Chest Pain Center by Society of Chest Pain Centers
- ONLY hospital in Texas to be selected by the Centers for Medicare and Medicaid Services to demonstrate its Acute Care Episode pilot program
- Heart Failure Navigator guides patients through care
- Complete compliment of vascular treatments



A kinder, gentler treatment for uterine fibroids

A uterine fibroid is a common type of benign (non-cancerous) tumor that develops within the uterine wall. Uterine fibroids occur in up to one third of all women and are the leading reason for hysterectomy (removal of the uterus) in the U.S. One in five women older than 35 has a uterine fibroid. An estimated 600,000 hysterectomies are performed in the U.S. annually, and at least one third are for fibroids.

Uterine fibroids may grow as a single tumor or in clusters. They often increase in size and frequency with age, but then revert in size after menopause. While not all women with fibroids experience symptoms, symptoms may include excessive menstrual bleeding, pelvic pain, and infertility.

MYOMECTOMY—A LESS INVASIVE SURGICAL PROCEDURE

A common alternative to hysterectomy is myomectomy, or surgical removal of uterine fibroids. This procedure preserves the uterus, and may be recommended for women who could become pregnant. After removing each fibroid, the surgeon carefully repairs the uterus, to minimize potential bleeding, infection, and scarring. Proper repair of the uterus is critical to reducing the risk of uterine rupture during pregnancy.

If your doctor recommends surgical treatment, you may be a candidate for

▶ Find out if you are a candidate for a myomectomy by calling 297-7005 or visiting bhswomen.com.

the robotic *da Vinci* Myomectomy. This procedure uses a state-of-the-art surgical system designed to help your surgeon perform a more precise, minimally invasive procedure intended to preserve the uterus. For most women, *da Vinci* Myomectomy offers numerous potential benefits over traditional surgical approaches, including:

- Shorter hospital stay
- Less pain
- Less risk of wound infection
- Less blood loss and need for blood transfusions
- Less scarring
- Faster recovery and quicker return to normal activities
- Uterine preservation

MINIMALLY INVASIVE SURGERY

The *da Vinci* Surgical System is powered by robotic technology. The *da Vinci* System enhances surgical capabilities by enabling the performance of complex surgeries through tiny surgical openings. The system cannot be programmed, nor can it make decisions on its own. The *da Vinci* System requires that every surgical maneuver be performed with direct input from your surgeon. The *da Vinci* Surgical System has been successfully used in tens of thousands of minimally invasive procedures worldwide for conditions including:

- Chronic Pain
- Heavy Bleeding
- Fibroids
- Endometriosis
- Prolapse

To find a doctor who specializes in minimally invasive surgery for fibroids, call 297-7005.

There's a new solution for chronic acid reflux

Is heartburn irritating you—the discomfort, lack of sleep and changes to your diet and your lifestyle? Pills for reflux may only be providing symptomatic relief for a problem that could continue to worsen.

Now people who suffer from chronic acid reflux, also known as Gastroesophageal Reflux Disease or (GERD) have a new option to relieve their heartburn symptoms. Doctors at North Central Baptist Hospital and Baptist Medical Center downtown are the first to offer the TIF (Transoral Incisionless Fundoplication) procedure for the treatment of GERD. The incisionless TIF procedure is a nearly non-invasive treatment for GERD that helps sufferers get back to living.

A PROVEN PROCEDURE

Clinical studies show that two years after the TIF procedure nearly 80 percent of patients are off their daily reflux medications and can eat and drink foods and beverages they avoided for many years. Reflux no longer impacts their life.

Many patients take reflux medications which suppress acid production to help relieve their heartburn symptoms, however they are still unable to eat the foods they want and may have to sleep sitting up to reduce nighttime reflux. Recent studies have shown that long-term use of these medications can lead to inadequate absorption of minerals such as calcium leading to bone fractures. They can also interact with other prescription medications reducing their effectiveness.

COOLING THE BURN

In a healthy person, there is a natural valve between the esophagus and the stomach that forms a physical barrier preventing stomach fluids from backwashing, or “refluxing,” up into the esophagus.

“In a patient with chronic GERD, this valve has become dysfunctional,” explains George Tuchsén, M.D., who performs the procedure at North Central Baptist Hospital. “The TIF

procedure reconstructs the valve between the esophagus and the stomach to prevent reflux. It is based on the same well-proven principles of conventional, more invasive laparoscopic GERD surgery. TIF's advantage is that it is ‘surgery from within’ performed transorally (through the mouth). Because the procedure is incisionless, there is reduced pain, no visible scar and most patients can get back to their normal activities within a few days.”

With millions of Americans diagnosed with GERD and not fully satisfied with their treatment options, the TIF procedure offers an excellent alternative.



North Central Baptist Hospital hosts FREE seminars on GERD

If you or someone you know suffers with chronic GERD and would like more information about how TIF can get you back to living without the pills and without heartburn, join us for a free seminar. Call 297-7005 for a list of dates and times or go to baptisthealthsystem.com.



High-tech “mesh” helps get husbands back on their feet after hernia surgery

Hernia repair is one of the most common surgical procedures performed in the U.S., but many people still put off the surgery because of the recovery time. A new surgical mesh being used at the Baptist Hernia Center can be implanted with only a few small incisions and is helping people recover faster.

A DOCTOR FEELS THE “POP”

A hernia is an opening in the muscles of the abdomen. They can cause bulging and pain. Fifty-three-year-old Dr. Landon Wellford suffered a hernia while trying to keep up with his 17-year-old son in the weight room.

“I told him, ‘Move over. I’ll show you how it’s done,’” says Dr. Wellford. “But when I went to push up the weight... oh my, I felt the hernia pop just like that.” Dr. Wellford went to Donald Dilworth, M.D., at the Baptist Hernia Center to have his hernia fixed. “I’m a cardiologist, so I know where to go for the best,” says Dr. Wellford.

MESH ACTS LIKE THE BODY’S NATURAL TISSUE

Mike Albrecht, M.D., who partners with Dr. Dilworth, used a new kind of mesh called PhysioMesh to patch the problem. It’s made out of a thin material that mimics the body’s natural tissue and allows the lining of the abdomen to actually grow into it. “The mesh covers the hole and reinforces the area,” says Dr. Albrecht.

Dr. Wellford had the outpatient procedure on a Friday and was back at work the following Monday, and says he only took three Tylenol for pain. Normal recovery for hernia surgery can be up to six weeks. The surgeons at the Baptist Hernia Center aim to have their patients back to normal activities in only two weeks.

Get the Help You Need

**We’re just around the corner—
the Baptist Hernia Center is located
at Northeast Baptist Hospital,
8811 Village Dr. Call 297-7005 to learn
if this procedure is right for you.**

NATIONALLY RANKED
LOCALLY TRUSTED

 BAPTIST
HEALTH SYSTEM

— US News & World Report Rankings



BestSAhospitals.com

Genetic counselor and navigator provide personalized breast care

Knowledge is power. Especially in breast care. That's one reason the Baptist Breast Center offers patients one-on-one care from a genetic counselor and oncology nurse navigator: to give women the crucial information and support they need.

BENEFITS OF A NURSE NAVIGATOR

A nurse navigator is an oncology certified nurse who works with patients who have a breast cancer diagnosis. She provides a single point of contact through the entire cancer journey. Andrea Kassem is the oncology nurse navigator at the Baptist Breast Center.



Andrea Kassem

"As a nurse navigator I help patients and their families understand their cancer diagnosis and all of the treatments that go along with a diagnosis of cancer," says Andrea. "I am here to help them understand where we go from here. Having a nurse navigator involved in a patient's care is so important because I am here to make this overwhelming time more manageable and less frightening."

One of the biggest benefits of working with a navigator is personalized care and support. "The patient or their family can call me anytime with questions

or concerns. My relationship with them is ongoing for as long as the patient needs me. Some patients may call me at the beginning of their diagnosis to coordinate appointments and tests. Some may call me daily, whether it's to answer a question or just to have an ear to listen. Having a nurse navigator allows the patient to focus on their health and healing, and I can take care of all the other details."

HOW GENETIC COUNSELING CAN HELP

In order to create a personalized care plan for every woman concerned about her risk of developing breast cancer, it is important that a comprehensive cancer risk assessment be performed that focuses on personal and family history, as well as environmental and lifestyle risk factors.

To provide a comprehensive cancer risk assessment, the Baptist Breast Center has added the first genetic counselor in the San Antonio region dedicated to breast health. Kali Chatham reviews



Kali Chatham

family history, discusses lifestyle and environmental factors and builds a personalized cancer risk profile, complete with strategies designed to lessen the likelihood of developing breast cancer. In addition, if patients are found to be at high risk for a hereditary cancer syndrome, genetic testing is available. As a genetic counselor, Kali assists in developing a plan to help increase the likelihood that any cancer is caught in the earliest stage possible, thus improving the chances of surviving breast cancer.

The Baptist Breast Center offers comprehensive breast care, from screening mammograms to biopsy, diagnosis, and treatment. A team of breast specialists walks with patients during and after each woman's journey. The Baptist Breast Center is committed to providing today's most innovative treatments, the highest quality and most comprehensive level of breast care in San Antonio and South Texas.

► **For more information on the Baptist Breast Center go to baptistbreastcenter.com or you can call 297-7005.**



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Adding Emergency Care – Close to Home

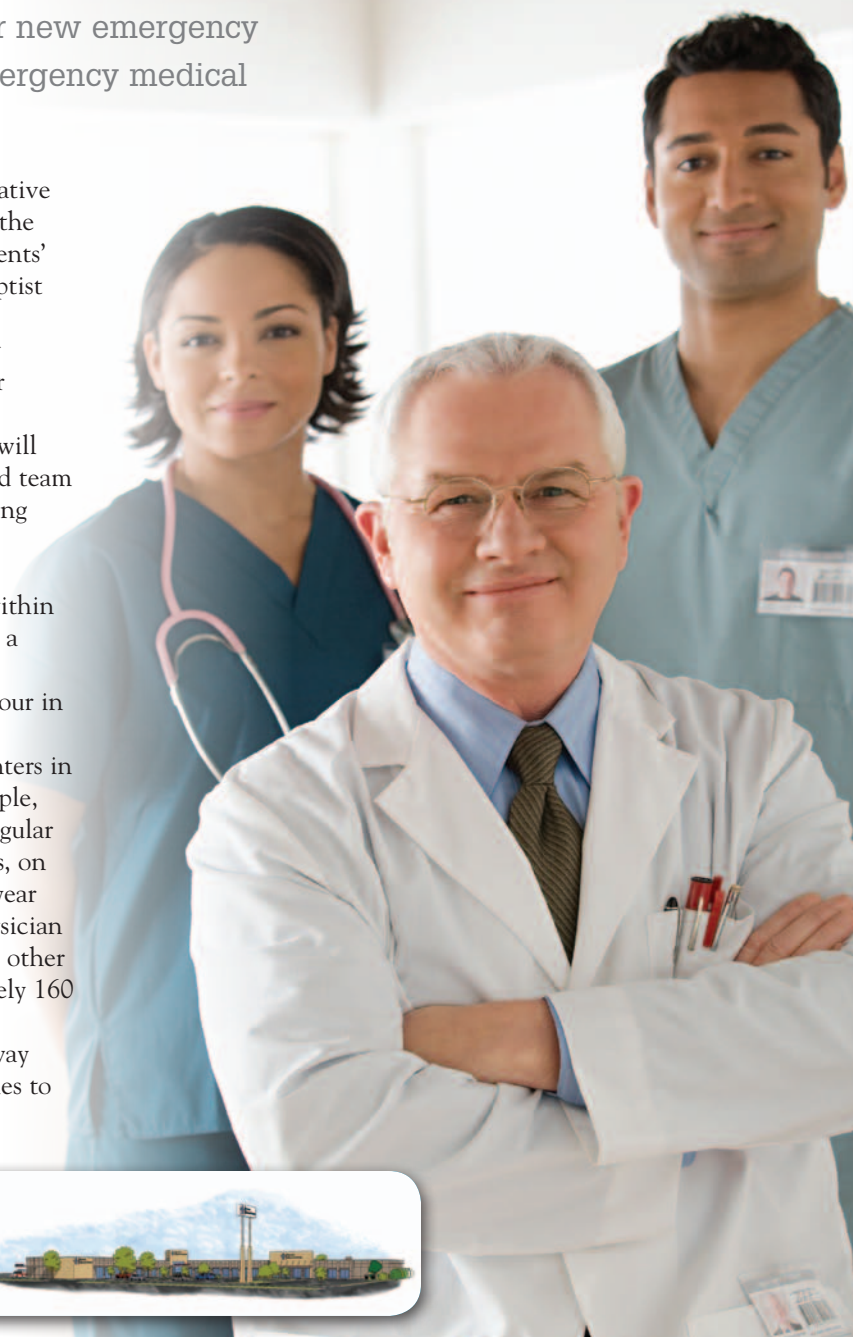
Baptist Health System plans to open four new emergency hospitals in the Alamo City, bringing emergency medical care closer to home for many residents.

“Our mission at Baptist Health System is to be an innovative leader in providing quality and accessible health care to the people of San Antonio in a way that best meets our patients’ needs,” said President and Chief Executive Officer of Baptist Health System, Graham Reeve. “Minutes matter in an emergency situation, and improving access to emergency medical care is crucial to the health and wellbeing of our growing communities.”

The new Baptist Health System emergency hospitals will feature ERs that are efficient and accessible. A specialized team of emergency medicine physicians and experienced nursing and clinical staff will offer superior care in convenient locations, with little to no wait times. Once patients are triaged and registered, they will be seen by a physician within 15 minutes. From filling out paperwork, to being seen by a physician, to having diagnostic tests such as CT scans or laboratory tests, most patients will spend less than one hour in the facility.

These emergency hospitals differ from urgent care centers in that most urgent care centers are designed to handle simple, non-life-threatening medical complaints, often during regular or extended business hours. Baptist’s emergency hospitals, on the other hand, will be open 24 hours a day, 365 days a year and staffed with board-certified emergency medicine physician specialists, registered nurses, radiation technologists, and other clinical specialists. The initiative will create approximately 160 new jobs in the San Antonio area.

The first facility is expected to open this fall at Highway 281 and Thousand Oaks, with the remaining four facilities to open over the course of the next 12 months.



See How We're Growing!

For more information, please visit

www.baptisthealthsystem.com.

