

Summer 2011

**Baptist**  
Hospitals of Southeast Texas  
**Beaumont Hospital**  
*Performing Sacred Work Every Day*

# Healthy *dose*

[www.bhset.net](http://www.bhset.net)



**Survive a stroke:  
Do you know the  
signs?**

**6 steps you can  
take to prevent  
breast cancer**

**Road warriors:  
Protect kids  
from head to toe**

Performing Sacred Work Every Day

## A LETTER FROM OUR CEO

# Healthcare that clicks

Innovations in medical technology are amazing. From state-of-the-art diagnostic equipment that accurately pinpoints a diagnosis, to minimally invasive surgeries that result in fewer complications and better outcomes, physicians have many tools to successfully build a healthier Southeast Texas.

### **Creativity in healthcare**

Progressive hospital systems are always looking for opportunities to harness technology in new and creative ways. Baptist Beaumont Hospital is engaged in a health information exchange project that offers a unique Internet-based connectivity that solves some real challenges encountered by health systems, physicians and patients. This solution gives our hospital system a competitive advantage by enabling the exchange of health information across a range of stakeholders, including health systems, hospitals, physicians, pharmacies, laboratories and, most importantly, our patients.

### **More interaction with you**

This new online tool is called My Baptist eHealth, a secure patient portal that manages communications with physicians, specialists and patients safely and conveniently. It allows our patients to create their own personal health records, send and receive secure messages to and from their physicians, review lab and test results,



request medication refills and even schedule appointments.

Baptist Beaumont Hospital is committed to providing better care for our patients as well as supporting our community. My Baptist eHealth network will increase clinical and administrative efficiencies and create a better healthcare experience overall. It is “healthcare that clicks!” Ask your physician if he or she is participating in this new online tool. To register for online services, visit [www.bhset.net](http://www.bhset.net). Sign up today and start making your life easier.

Sincerely,

A handwritten signature in black ink that reads "David N. Parmer". The signature is written in a cursive, slightly stylized font.

*David N. Parmer  
Chief Executive Officer  
Baptist Hospitals of Southeast Texas*

# Stop stroke in its tracks!

**E**ach year, about 700,000 Americans have strokes, and more than 150,000 of those die. That makes stroke the third leading cause of death in the United States. If you thought you were having a stroke, what would you do?

- ▶ **A.** Call your physician.
- ▶ **B.** Call your spouse or a friend to help you.
- ▶ **C.** Lie down.
- ▶ **D.** Call for emergency medical assistance.

The correct answer is **D**. You have the greatest chance of surviving stroke and suffering the least amount of disability when you get immediate medical care. Physicians need to begin treatment quickly, within three hours, to increase your chances of a successful outcome.

## Stroke signs

In order to act promptly, you should know the following signs of stroke:

- 1** sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- 2** sudden confusion, trouble speaking or understanding
- 3** sudden trouble seeing in one or both eyes
- 4** sudden trouble walking, dizziness or loss of balance or coordination
- 5** sudden, severe headache with no known cause

## Mini-stroke, major warning

Sometimes stroke symptoms may last only a few minutes, which can indicate that you are experiencing a mini-stroke, or transient ischemic attack. Do not take these symptoms lightly: a mini-stroke can be a predictor of a severe stroke and should be treated immediately. ■



Nita Stephens is a stroke survivor, thanks to the advanced care she received at Baptist Beaumont Hospital.

## A miracle of modern medicine

"I reached out to turn up my air conditioner," says stroke survivor Nita Stephens, "but could not move my hands or legs. When my fiance saw my mouth draw up and I began slurring my words, he suspected I was having a stroke and called 911."

Paramedics took Nita to Baptist Beaumont Hospital, the first Certified Advanced Primary Stroke Center in Southeast Texas. Baptist's stroke team used telemedicine technology and the RP-6 mobile robot to consult in real time (with images and sound) with specialists at the University of Texas Medical School in Houston. Physicians administered the drug tPA to dissolve Nita's blood clot and restore blood flow to her brain.

"Soon after I was treated with tPA, my speech got better and the feeling in my hands and legs started coming back," Nita adds. "I call tPA a miracle drug!"

We call helping stroke patients, like Nita, Sacred Work, and at Baptist Beaumont Hospital, we perform Sacred Work Every Day.



## Expert stroke care

To watch a video about stroke care and the RP-6 mobile robot at Baptist Beaumont Hospital of Southeast Texas, visit [www.bhset.net](http://www.bhset.net).



# 6 ways to *prevent* breast cancer

**A**lthough having a strong family history of breast cancer or inheriting certain genetic defects, such as BRCA1 and BRCA2 gene mutations, increases your breast cancer risk, every woman can reduce her odds of developing the disease by taking these steps:

**1 Exercise.** Research from the Women's Health Initiative, a 15-year research project that studied more than 160,000 postmenopausal women, showed that one-and-a-half to two hours a week of brisk walking reduced a woman's breast cancer risk by 18 percent. Walking 10 hours a week reduced the risk a bit more.

**2 Get to a healthy weight.** Being overweight or obese, especially after menopause, increases your chances of developing breast cancer. The more body fat you have, the higher your estrogen levels. As estrogen levels rise, so does

your cancer risk. Ask your physician for a sensible target weight. Weight loss takes time; strive to adopt healthy habits you can maintain the rest of your life. If you are obese or have an eating disorder like binge eating, support and counseling will improve your chances of losing weight and keeping it off.

**3 Avoid or strictly limit alcohol.** If you are postmenopausal, having as little as one drink a day (of wine, beer or liquor) increases your risk of dying from breast cancer by 30 percent, according to an American Cancer Society study. Research confirms a link between drinking and a greater breast cancer risk in premenopausal women, too.

**4 Avoid cancer-causing substances.** Studies show that pesticides, tobacco products and charred red meat can up your odds of developing breast cancer.





**5 Eat more cancer-fighting foods.** Evidence suggests foods rich in antioxidants called flavonoids (coffee, fruits, green tea and vegetables); whole soy foods (soybeans, tofu or tempeh), and vitamin D-rich foods (cod liver oil and fortified skim or low-fat milk) offer some protection against breast cancer. *Caution:* Breast cancer survivors should talk with their physicians before adding soy to their diets, since some researchers think soy's ability to increase estrogen levels in the body could promote a recurrence of the disease.

**6 Be aware of changes in your breasts.** See your physician for a yearly breast exam and schedule an annual screening mammogram. Ask your physician about adding a magnetic resonance imaging (MRI) scan to your yearly routine if you are at very high risk. The earlier breast cancer is detected, the more successfully it can be treated.

### Innovative treatments

If you or a loved one is diagnosed with breast cancer, you not only want the best treatments available, you also want them close to home. Women in Southeast Texas have the best of both worlds at the Cancer Center at Baptist Beaumont Hospital. Our team of dedicated and highly skilled physicians and healthcare professionals designs individualized treatment plans based on the type, stage and progression of the disease.

"Radiation therapy is often used to treat breast cancer after a tumor has been removed," says Radiation Oncologist Bradley Prestidge, MD. If you have had breast-conserving surgery or a lumpectomy, your physician may recommend radiation to destroy any remaining cancer cells. Since healthy cells as well as cancer cells are often affected, radiation oncologists have created ways to precisely target the treatment area to do the least harm.

You may receive external or internal radiation, depending on which method your physician thinks will be the most effective. External radiation or whole-breast radiation usually requires daily treatments for five to seven weeks.

Accelerated partial breast irradiation (APBI) is another option. This therapy delivers radiation to a part of the breast over several days. Brachytherapy is one type of APBI that is offered at Baptist Beaumont Hospital. It involves placing tiny tubes, called catheters, or a balloon containing small radioactive seeds, into the breast near where the tumor was removed. Treatment usually lasts for five to seven days, after which the balloon or catheters are removed. Breast tissue in and around the tumor site is targeted in order to destroy any remaining cancer cells, while limiting damage to the surrounding healthy tissue. Patients report fewer side effects from brachytherapy, and recovery time may be shorter than with external beam radiation.

"Many patients require radiation therapy after breast cancer surgery," says Garrett K. Peel, MD, a Surgeon at Previt-Clinic for Surgical Care and Division Chief for Surgical Oncology at Baptist Beaumont Hospital. "Brachytherapy is safe and effective for many patients who have had a lumpectomy. This therapy provides minimal disruption to patients' lives with fewer side effects compared to traditional whole-breast radiation." ■



**Garrett K. Peel, MD**

**Surgical Oncology**



**Bradley Prestidge, MD**

**Radiation Oncology**

### We've got answers

Do you have questions about breast cancer?  
E-mail us at [breastcarecenter@bhset.net](mailto:breastcarecenter@bhset.net).

Do you have questions about cancer?  
E-mail us at [baptistcancercenter@bhset.net](mailto:baptistcancercenter@bhset.net).





JoAnn Pace enjoys an active and pain-free lifestyle after knee replacement surgery at Baptist Beaumont Hospital.

# Get “hip” to replacement surgery

**W**orn-out, arthritic knee and hip joints can become so painful that simple actions like walking, bending or standing up become unbearable. But with the introduction of high-mileage artificial hip and knee joints, millions of patients have resumed more active lives. Surgery to replace a deteriorated hip or knee is a major operation, but today’s artificial joints can last as long as 20 years, which is why millions of Americans opt for joint replacement surgery.

## Making a joint decision

Not long ago, if you were older than age 65, most physicians would advise against joint-replacement surgery, because of the lengthy recuperation and rehabilitation. Today, adults young and old are eligible for this type of surgery. Many say the procedure gives them significant pain relief and more mobility. Your overall health and the condition of your joints

## Amazing care

Before double knee replacement surgery, JoAnn Pace was in constant pain. “My knees would just give out and I would collapse.” After surgery and rehabilitation therapy at Baptist Beaumont Hospital, JoAnn walks every day, keeps up with two active teenage grandsons and marches across fields to watch her granddaughter play soccer.

JoAnn experienced our Partners in Caring philosophy, which promotes teamwork, trust, opportunity and encouragement. “I am amazed at how caring the physicians and staff members are at Baptist Hospital.”

Helping patients like JoAnn get back on their feet is all part of the Sacred Work we perform Every Day. To learn more about joint replacement surgery, visit [www.bhset.net](http://www.bhset.net).



will help your physician decide if you are a suitable candidate for the procedure. Start by answering these questions:

- ▶ Are you in pain even after losing excess weight?
- ▶ Does pain keep you awake at night?
- ▶ Does pain interfere with your ability to work?
- ▶ Is your quality of life suffering because of your pain?
- ▶ Have you exhausted all of your options, including anti-inflammatory medications, to alleviate your joint pain?

## Getting new parts

If surgery is your best option, your physician will select an artificial joint that is best suited for your age, activity level and expectations. Following the operation, expect to be on your feet — using crutches — the day after surgery and discharged within five days. As you recuperate, physical therapists will guide your movements, and your physician may prescribe blood thinners to prevent clots. Barring any complications, you should be walking unassisted six weeks later, and within six months resuming activities like dancing, touring museums or strolling on the beach. ■

# The wacky world of wheels

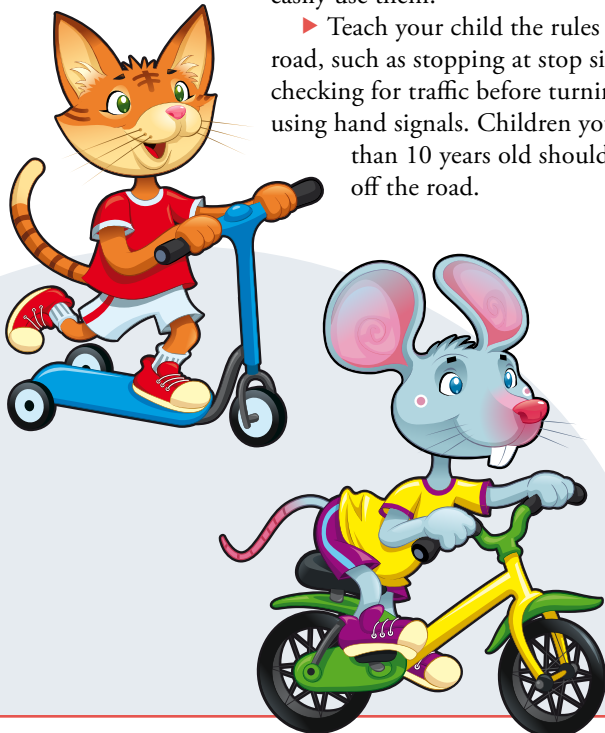
**K**ids are always on the move. But with this mobility comes the risk of serious injury. Help keep your child injury-free by making sure all safety precautions are taken before he or she heads out on a bike, skateboard or scooter.

A helmet is a must to prevent life-threatening head injuries and concussions. When purchasing a helmet, make sure it fits and has a Consumer Product Safety Commission sticker, which means it meets or exceeds certain safety standards. The helmet should always be worn level, covering your child's forehead, with the strap fastened. Once you have your child's noggin protected, check to make sure these safety measures are in place:

## Bikes

- ▶ Make sure the bike fits. Your child's feet should touch the ground when he or she is seated.
- ▶ Younger children should ride bikes with pedal brakes. Children who ride bikes with hand brakes should be able to easily use them.

- ▶ Teach your child the rules of the road, such as stopping at stop signs, checking for traffic before turning and using hand signals. Children younger than 10 years old should stay off the road.



## Right-sized care, right here

The Children's Unit at Baptist Beaumont Hospital is the only hospital in the region with a Child Life Specialist, a highly trained professional who specializes in helping children and their families deal with the stress of illness and hospitalization through play and other activities.

We also receive visits from Hugworks, a nonprofit organization that brings therapeutic entertainment, music therapy, comfort and encouragement to hospitalized children. These presentations are a fun and upbeat way to encourage the healthy expression of feelings and boost children's self-esteem. To learn more about our Children's Unit, visit [www.bhset.net](http://www.bhset.net).

## Skateboards

- ▶ Children ages 5 and younger should never ride a skateboard; those ages 6 to 10 should only ride with adult supervision.
- ▶ Shorter boards are best for beginners, and riding on smooth surfaces is recommended.
- ▶ Inspect the skateboard before each ride for signs of wear and tear. Have a professional make needed repairs.
- ▶ Help your child learn how to fall by crouching down so he or she does not have as far to fall.
- ▶ Your child should also wear protective gear, including wrist guards, elbow pads and knee pads.

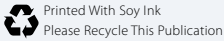
## Scooters

- ▶ Scooters are not meant for children younger than age 8.
- ▶ Have your child learn the basic skills from someone who knows how to ride a scooter.
- ▶ Make sure he or she is wearing a helmet, wrist protectors, knee pads and elbow pads and proper shoes. ■

Questions and comments may be directed to:  
Mary Poole  
Director of Public Affairs & Marketing  
**(409) 212-6145**  
[mary.poole@bhset.net](mailto:mary.poole@bhset.net)

Katie Whitney  
Community Relations Coordinator  
**(409) 212-6145**  
[katie.whitney@bhset.net](mailto:katie.whitney@bhset.net)

© 2011 Baptist Hospitals of Southeast Texas



# Need a camp, sports or school physical?

No appointment  
is necessary.  
Just drop by and  
bring any required form.

We are conveniently  
located inside the HEB on  
Dowlen Road.

**Baptist**  
Hospitals of Southeast Texas  
**Convenient Care Clinic**  
*Performing Sacred Work Every Day*

**We Are Open Everyday at 9:00 am**

