

Baylor hosts men's health event in Waxahachie

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An estimated 100 men took advantage of the annual Baylor Medical System event that provided exams and screenings for men in Waxahachie.

Laura Mobley, a physical therapist who has been employed by Baylor for 21 years, discussed the program.

"Baylorworx, along with all our other facilities across the Baylor system, is providing this opportunity for men – and we've scheduled it close to Father's Day," she said. "It's a good way for men that are hesitant to get annual physical exams to get screenings and other exams so they can take preventative measures."

She said that included in the program, men had blood drawn to check for cholesterol and glucose levels. They also have a prostate screening and receive the results within a week.

"We also check their blood pressure and body mass index," she added, explaining that BMI is calculated by the height and weight of an individual.

"The ideal body mass for any person is 25 or below," she said.

The program, "It's a Guy Thing," was hosted in Baylor facilities across North Texas, including at Grapevine, Plano, All Saints in Fort Worth and Baylor University Medical Center in Dallas.

"We also offered back screening to test the men for flexibility and determine if they were pre-disposed to back problems," Mobley said.

Alongside the screenings and other exams at Baylorworx were information sessions conducted by physicians. Prostate health was conducted by Dr. Andrew Sambell, Dr. John Schumacher spoke to the group on heart disease and prevention, Dr. Stephen Ozonne gave information on the prevention of back problems and Dr. Alex Hollub spoke on the subject of colo-rectal screening and cancer prevention.

For more information about physicians, hospitals, fitness and rehab facilities, visit the Web site at www.baylorhealth.com.

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Dr. Andrew Sambell, Dr. John Schumacher and Dr. Alex Hollub discuss men's health issues during Friday's "It's a Guy Thing" men's health screening at Baylorworx in Waxahachie.

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