

Healthy Katy Families



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KICKBOXING

for Fun and Fitness

Katyites are Punching and Kicking Their Way to a More Powerful, Healthy Body

There are thousands of activities you can choose from, but experts agree that unless you enjoy it, you won't stick to it. If you have yet to find an activity you enjoy, you might consider the high energy fitness craze that's growing like gangbusters all over the U.S. and in Katy: cardio kickboxing.

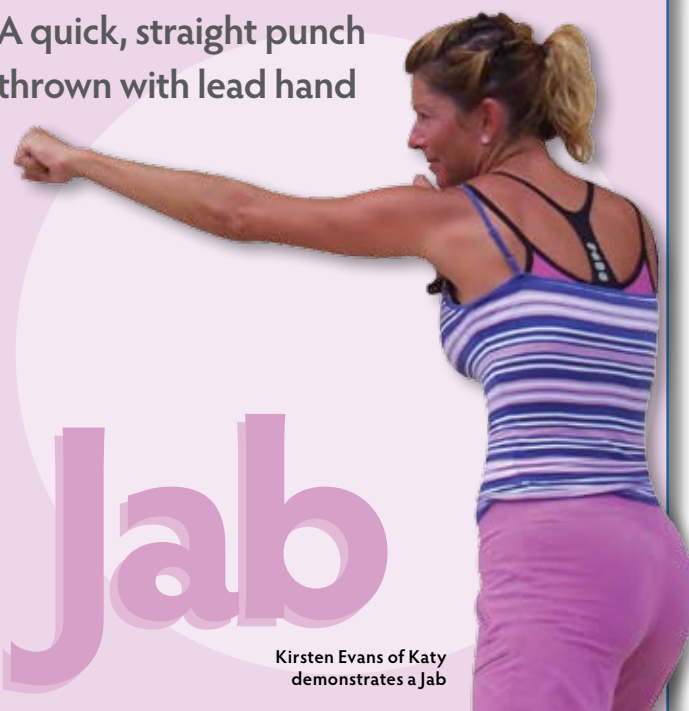
Blending aerobics with martial arts, cardio kickboxing delivers an intense, upbeat workout that'll leave your heart pumping and muscles burning. And the best news? It's really fun! Whether you're new to exercising or consider yourself a fitness veteran, you should give this exciting sport a try.

What to Expect

When you take a cardio kickboxing class, expect to have a great time. Like other aerobic classes, you'll learn and engage in numerous exercise moves—all to the beat of fun music. A typical class lasts about an hour, and focuses on flexibility, cardiovascular conditioning, and working various muscle groups. At first, you may feel strange throwing jabs, hooks, uppercuts, and kicks into thin air, but after a while you'll feel right at home. What's more, you can expect a fitness instructor to coach you throughout the routine. And if you're not coordinated, don't worry. "You may struggle at the beginning, but because it's repetitive, you'll catch on by the end," says JoAnne Dickson, who has been taking kickboxing classes in Katy for two years.

Cardio Kickboxing Basics

A quick, straight punch thrown with lead hand



Kirsten Evans of Katy demonstrates a Jab

Photos by Jason Hodge

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Cardio Kickboxing Basics

A rising punch striking to the chin



The Self-Defense Aspect

It is hard to participate in cardio kickboxing without thinking of the self-defense aspect. Indeed, imagining you are fighting an attacker does help intensify your punches and kicks. Today many cardio kickboxing classes are based on Martial Arts, such as Billy Blank's Tae-Bo, and many instructors have a martial arts background. Some classes even offer the opportunity to punch and kick various punching bags during the workout. However, while similarities exist between kickboxing in aerobics class and fighting back in real self-defense, there are also obvious differences. For those primarily interested in learning self-defense, enrolling in a program specifically geared for that would be best.

The Work-Out

The health benefits of cardio kickboxing are another reason for its growing popularity. Right from the start, you will notice how the routine works your entire body. All the squatting, ducking, shuffling, kicking, and sliding will result in a healthy muscle burn in your legs, and certain exercises, like the front kick, will help loosen tight hamstrings. Your upper body, including your chest, shoulders, back, and arms, will also get a tremendous workout as you throw the various combinations of jabs, uppercuts and hooks. "There's nothing more fun than to get into a class and punch and kick out your stress," says Anne-Marie Faul, a 9-year cardio kickboxing instructor. Results, of course, will depend on consistency, and it may take several weeks for you to experience a measurable difference. There is also a wonderful cardiovascular component involved in cardio kickboxing. Thankfully, you can expect the class to warm

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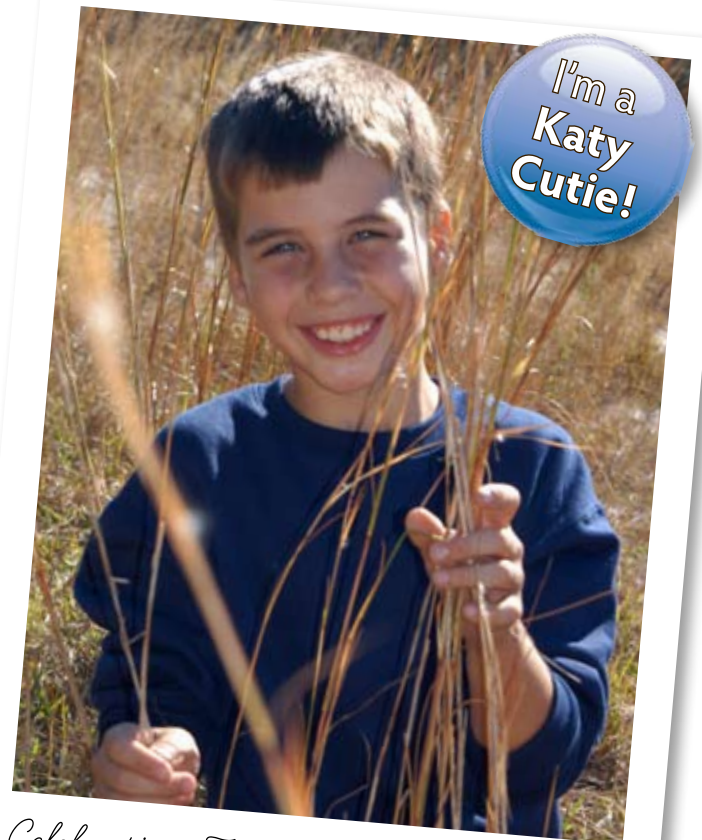


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Cardio Kickboxing Basics

A rounded punch to either the head or body in an arching motion



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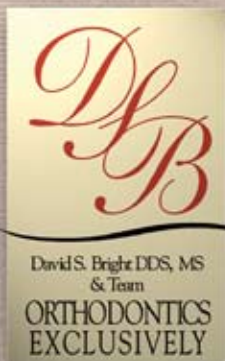
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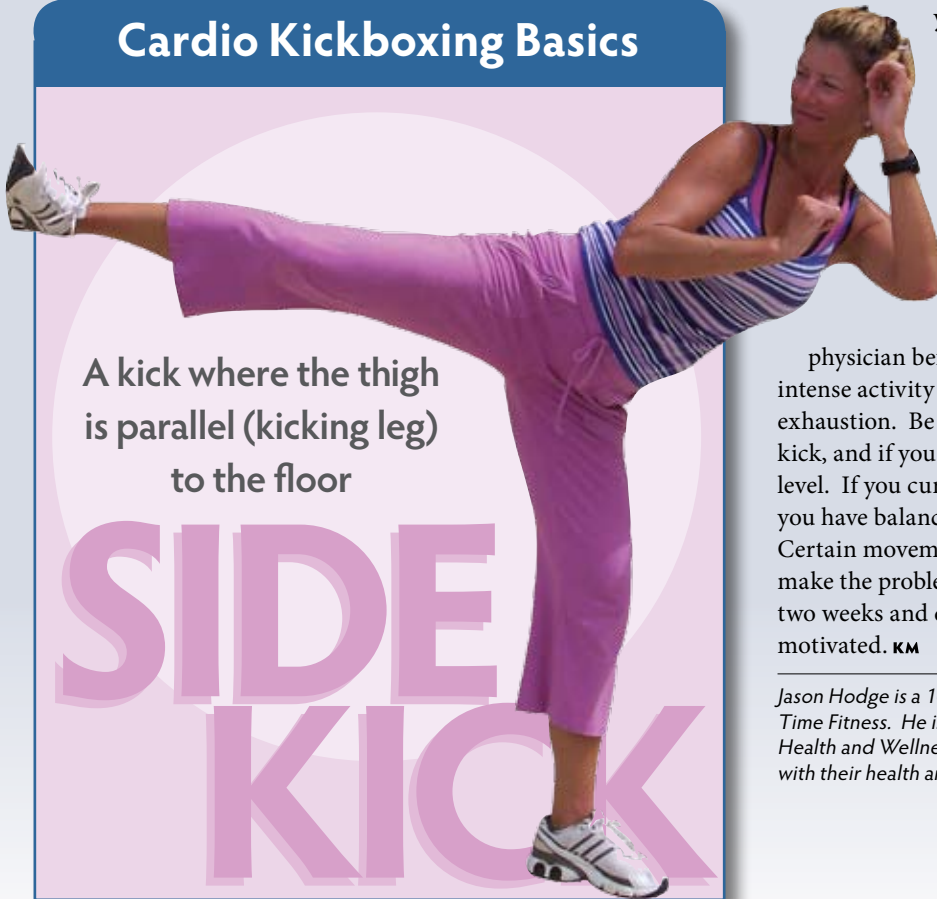


Photo by
Country Park
Portraits

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Special thanks to Kirsten Evans of Katy for demonstrating these kickboxing moves.

Cardio Kickboxing Basics



A kick where the thigh is parallel (kicking leg) to the floor

you up slowly, then move you into interval training, where your heart rate will go up and down throughout the class, and then end with a stretching/cool down period at the end.

Who is a Good Kickboxing Candidate?

As with any exercise program, there are things you should look out for. First, consult your physician before you begin. Cardio kickboxing can be a very intense activity and you need to be careful not to push yourself to exhaustion. Be careful not to lock your joints when you punch or kick, and if you are just beginning, keep your kicks below waist level. If you currently have back, ankle, knee, or hip pain, or if you have balance problems, be very cautious attending the class. Certain movements, especially when executed incorrectly, can make the problems worse. Attend at least three classes within two weeks and decide if it's an activity that you feel will keep you motivated. **KM**

Jason Hodge is a 10-year veteran to personal training and is employed at Life Time Fitness. He is also a volunteer on the Katy Chamber of Commerce's Health and Wellness Committee. His passion is to help the residents of Katy with their health and fitness needs.

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Getting the Most out of Kickboxing

One of the most important things with any fitness routine is repetition. You can't expect to see changes in your physique if you only attend every other week. Establish a routine of attending 2 – 3 classes per week and then participate in other forms of exercise on other days. Doing other activities is a great way to cross train so you can work other areas of the body. Buying, and learning how to use, a heart rate monitor is an excellent way to get the most out of your cardio kickboxing workout. When you begin to understand how your body burns fat during a workout based on your heart rate, you will quickly learn the secret to getting faster results in less time.

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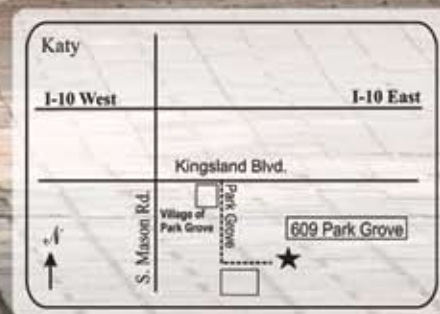
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Dr. Kashif H. Ansari

Dr. Kashif H. Ansari completed his medical degree from Dow Medical College. He then proceeded to Chicago to join internal medicine residency program at Rush University. He then completed a fellowship in Medical Oncology plus research in the field at the department of Internal Medicine, University of Texas Medical Branch, Galveston and M.D. Anderson Cancer Center in Houston.



Dr. Ambereen Ali

Dr. Ambereen Ali completed her PhD with honors from the Department of Pharmacology and Therapeutics, McGill University, Montreal Canada. She worked as a Senior Biochemist at Merck Frosst in Montreal, Canada for 1 year. She then joined the Rush Cancer Institute as Assistant Professor of Medicine, Rush-Presbyterian St. Luke's Medical Center, Chicago, IL for 3 years. Following this, she completed a 3-year fellowship at the Department of Pharmacology and Cancer Biology at Duke University, Durham, NC. Dr. Ali has multiple publications and extensive experience in cancer research. Dr. Ali will be supervising clinical trials of various solid and liquid tumors. (These are conducted and approved by IRB and in collaboration with tertiary care facilities such as M.D. Anderson Cancer Center).

Katy Hematology is currently conducting clinical trials on various modalities of cancer treatment and pain management of cancer patients. For complete details, please call 281-579-1717.

Cardio Kickboxing the **Safe Way**

Select a Trained Instructor Your instructor should be trained and certified as a fitness instructor and ideally have boxing or martial arts training.

Always Warm Up Your warm-up should include static and dynamic stretching with some kicks and light punches.

Go Slow, Low, and Easy Don't overextend your kicks or lock your joints.

Stick to a Maximum of Three Workouts a Week Start with only one workout a week and gradually build up to no more than three.

Allow Yourself to Be a Beginner Look for a simple program that has limited repetitions and isn't extremely fast.

Don't Ignore Your Feet Consider jump rope drills or other floor work to strengthen your feet for the specific demands of cardio kickboxing.

Cross Train with Complementary Activities Enhance your kickboxing with other forms of exercise-such as indoor stationary cycling, walking and hiking.

Try Traditional Martial Arts Training This will help you learn proper technique.



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If Momma Ain't Happy...

Being Overwhelmed Can Result in Stress or Depression for Katy Area Moms

A day in the life of a Katy mom may consist of dozens of caretaking tasks such as getting the kids ready for school, working, cooking, cleaning, rushing kids to after-school activities, and helping with homework, just to name a few. With so much to get done in a single day, it's no wonder moms put themselves at the bottom of the totem pole when it comes to meeting their own needs. Just like typical lifesaving instructions on an airline, for example, a mom needs to put her own oxygen mask on first so she is better equipped to care for the needs of her children.

According to Dr. Rafael Guerrero, M.D., a Diplomate of the American Board of Psychiatry and Neurology, women assume several roles throughout life simultaneously. These roles are most often the primary relationships of wife, mother, and perhaps even a daughter caring for the needs of elderly parents. Juggling the demands of all these roles is challenging under the best of circumstances, even without the added pressures of work, volunteering, and community commitments.

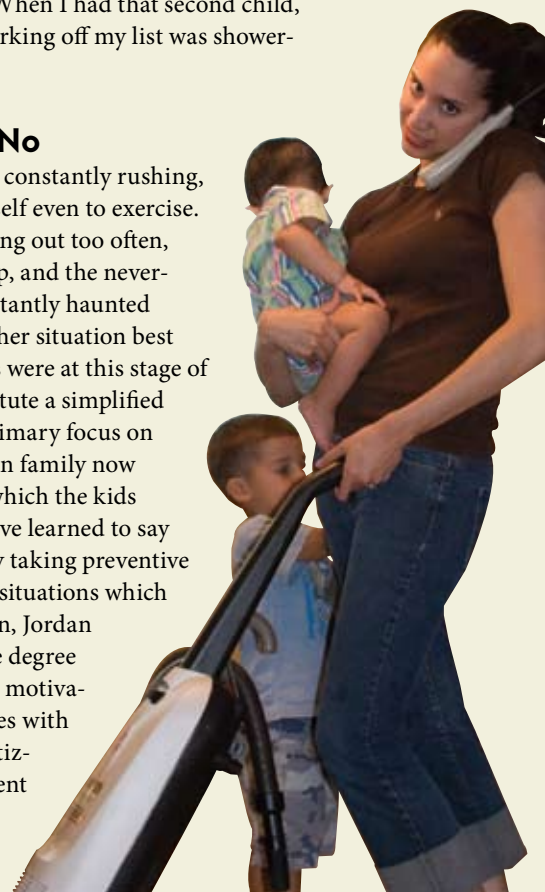
Having Children Changes Everything

Here's the story of one previously stressed-out Katy area mom. Following a stellar collegiate athletic career, Stephenie Jordan went on to inspire others as a teacher and coach. She wrote a series of books on developing successful sports programs while she pursued additional interests in web design and videography. What eventually brought her to her knees? A very small bundle of joy. After giving birth to baby number two, her daughter Rebekah, Stephenie

Jordan had a moment of truth. "It was easy with one, I could get things done. When I had that second child, the only thing I was marking off my list was showering...maybe."

Learning to Say No

Jordan realized she was constantly rushing, not taking time for herself even to exercise. Jordan's family was eating out too often, the dishes kept piling up, and the never-ending housework constantly haunted her. Because she knew her situation best and what her intentions were at this stage of life, she decided to institute a simplified schedule and put the primary focus on her children. The Jordan family now limits the activities in which the kids participate, and they have learned to say 'no' when necessary. By taking preventive measures and avoiding situations which might lead to frustration, Jordan no longer feels the same degree of guilt or stress. Now a motivational speaker, she shares with other moms how prioritizing and time management



Stressed or Depressed?

If you have 3-5 or more of the following symptoms lasting more than two weeks, you may be depressed. Experts recommend seeking help from a physician and a mental health professional.

- Persistent sad, anxious, or "empty" mood
- Loss of interest or pleasure in activities, including sex
- Restlessness, irritability, or excessive crying
- Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism
- Sleeping too much or too little, early-morning awakening
- Appetite and/or weight loss or overeating and weight gain
- Decreased energy, fatigue, feeling "slowed down"
- Thoughts of death or suicide, or suicide attempts
- Difficulty concentrating, remembering, or making decisions
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain



Note: Not everyone with depression experiences each of these symptoms. The severity of the symptoms also varies from person to person.

Source: NIMH: National Institute of Mental Health



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have benefited her family. She even wrote a pamphlet, *Do the Next Thing: Organizing Your Life, Home, and Family*.

Recognizing Stress

According to Dr. Guerrero, one of the major reasons women feel overwhelmed is because they have difficulty prioritizing which life role is most important, and in doing so, they take on more than any given person should alone. Ultimately, many women may find what they are doing is not what they feel they were meant to be doing. Some women get so busy with the day to day stresses, they don't feel they are fulfilling their roles or living up to their own expectations.

Dr. Guerrero says stress overload often manifests itself by many symptoms such as difficulty falling asleep and staying asleep, leading to fatigue and changes in cognitive functions such as concentration, focus, staying on-task, and memory. This can also create mood disturbances where a person lashes out or withdraws from others. Smoking, drinking, or other addictive behaviors may subsequently spiral out of control as a reaction to stress. If these symptoms persist professional help should be sought.

Getting Help

Dr. Torri Pierce, M.D., of Premier Ob/Gyn of West Houston, assures her patients that significant problems associated with stress are very common. She emphasizes that women should be as comfortable expressing their mental health issues as they are discussing their physical symptoms.

"The big changes in life like pregnancy, motherhood, menopause and loss of any type tend to be the more stressful times," says Dr. Pierce. "One thing I've noticed from talking to friends and family, as well as my patients, is that as moms, wives, daughters, sisters, we tend to take on other people's stressors and not make time for ourselves." Dr. Pierce suggests that women always have a thirty minute alone time each day to do something they enjoy. She also recommends incorporating a regular exercise program that addresses the hormonal imbalances associated with stress in a positive way. The cumulative effects of not appropriately managing stress can result in obesity and a myriad of mental



Jennifer Barteo utilizes free childcare at her gym and takes time off for herself

health complications. Long-term repercussions include damage to the cardiovascular system and the body's immune system being compromised.



Calling in the Reinforcements

Dr. Pierce reminds women to rely on the medical community and its resources along with family and friends as part of their respective support systems. If a patient feels unable to fully convey the extent of her situation to her family, a doctor may even help intervene and communicate with the family on her behalf, and offer suggestions on how the family can help.

As a busy mom, there will always be obstacles to overcome and there is no shame in making time for yourself or getting medical help when needed. Ultimately, when you help yourself, you are also helping your family. **KM**

Deanna M. Krenok is the mother of four, the oldest of whom has just left home for Texas A&M. Deanna's favorite way of dealing with stress is to run in the pool at the gym while listening to good music.



Suffering from Fatigue, Stress or Weight Gain?

ASK YOURSELF THESE QUESTIONS

Do you feel tired? Are you stressed?
Do you have difficulty sleeping? Has your sex drive diminished? Are you gaining weight despite dieting?

If you answered yes to one or more questions, call The Center of Healthy Living to schedule a free consultation. Designed to incorporate all aspects of a healthy lifestyle for treatment, the center focuses on health, longevity, and quality of life.

The Center for Healthy Living in Katy Helps Patients Achieve Hormonal Balance and Feel Good Again

Why Am I Gaining Weight?

The causes of weight gain and fatigue can vary for different age groups, but is most often attributed to poor nutrition, lack of exercise, stress, and/or hormonal imbalances or loss of hormones altogether. "One of the main issues our population is facing today is weight gain, and loss of well being," reports David W. Powell M.D., Medical Director of the Center for Healthy Living. "Weight gain is multifactorial in nature, therefore focusing on only one issue will not resolve the problem," says Dr. Powell.

Are My Hormone Levels Normal?

As men and women age, there is a natural decline in essential hormone levels including the sex hormones (estrogen, progesterone, and testosterone), DHEA, melatonin, thyroid hormone, and growth hormone. These hormones are chemical messengers released in the blood stream by specialized glands that reach everywhere in the body and influence metabolism, muscles, bone growth, fertility, and emotions as well as sleep patterns. When hormones are lowered or out of balance, a person does not feel like exercising and may suffer a lack of motivation, loss of sex drive, and an increase in fat.

Are Bio-Identicals The Answer?

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What Can I Expect?

After a free initial consultation, patients at the Center will undergo a comprehensive evaluation including a complete medical history, lab testing to evaluate blood cell count, liver and kidney function, cholesterol ratios, and hormone levels. The comprehensive hormone evaluation includes sex hormones, thyroid hormones, and serum binding proteins. The next step is a clinical evaluation to address your own deficiencies with Bio-Identical hormone supplementation for optimal health. For the best possible clinical improvement, these treatments will be given in conjunction with proper nutrition, exercise, and stress reduction.

How Do I Get Started?

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10/13-14

Katy Rice Harvest Festival
Historic Downtown Katy

This family festival boasts three stages of continuous entertainment, craft and food booths, carnival attractions, rice cooking and photography contests, a pageant, and a fun run. Call 281-391-5289 or visit katychamber.com.

10/13-14

Festa Italiana
Houston Farm and Ranch Club
1 Abercrombie Dr., Houston

You don't have to be Italian to enjoy this fun festival! Activities include live entertainment, grape stomp, pasta eating contest, vintage Italian cars, and children's activities such as a petting zoo, pony rides, rock walls, face painters, and puppet shows. Call 713-524-4222 or visit houstonitalianfestival.com.

10/17-21

Harris County Fair
Houston Farm & Ranch Club
1 Abercrombie Dr., Houston

BBQ cook-offs, queen pageant and fashion show, livestock show, auction, carnival, rodeo, entertainment, and more. For more information visit harriscountyfair.net or email info@harriscountyfair.net.

10/18-20

The Boys Next Door
Morton Ranch High School
21000 Franz Rd.

Theater Director Pam Wilson at Morton Ranch HS is directing The Boys Next Door by Tom Griffith. General admission is \$8 and \$5 at the door. Call 281-237-7904 or e-mail pamelawilson@katyisd.org for ticket information.

10/19

ARTS for All!
Repeat Myself Printmaking
4:30 p.m.
KVPAC, Great Southwest Equestrian Center
2501 S. Mason Rd.

Admission is free. Tickets are required because seating is limited and they may be picked up at KVPAC one week in advance of each event on a first-come, first-served basis. Sorry, no phone reservations. Call 281-693-2787.

10/20

Seven Lakes High School Pumpkin Patch
11 a.m. - 4 p.m.
Seven Lakes High School

Seven Lakes High School Orchestras are hosting their second annual Pumpkin Patch at Seven Lakes High School by the Performing Arts Center. Come buy your pumpkins and enjoy a fun family event. There will be inflatable play structures, a hay ride, games, face painting, orchestral quartets, baked goods, and more. Plus, a pumpkin catapult!

10/20

Pick-A-Dilly Crafts Fair
9 a.m. - 4 p.m.
St. Peter's United Methodist Church
20775 Kingsland Blvd.

Indoor and outdoor craft booths, silent auction, bake sale, pumpkin patch, great food, and free admission. Call 281-492-8031 ext. 377.



10/22

Tee-Off for Tourette Charity Golf Tournament
Willow Fork Country Club
Registration at 10:30 a.m.

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10/27

Stomp and Wine Fest
The Rotary Club of Katy
5 - 9 p.m.
The Pink Magnolia

Charity wine tasting. October is cancer awareness month and funds from this event will benefit the Susan G. Komen Breast Cancer Foundation, prostate cancer treatment, and Rotary's ongoing effort towards worldwide polio eradication. Enjoy hors d'oeuvres from local restaurants, live music, a silent and live auction, as well as a celebrity wine stomp. Tickets are \$20 per person in advance and \$25 at the door. Each admission includes five tastings and a souvenir wine glass. Contact Vivian Mora at 281-206-0048.

NOVEMBER

11/8

Katy Coogs Thirsty Thursday
Monthly U of H Alumni Networking
6:30 - 7:30 p.m.
Fuddruckers at Katy Mills Mall

Enjoy networking with fellow Cougars in a friendly atmosphere promoting the University of Houston. Kids are welcome. Contact Rom Crespo at romcrespo@sbcglobal.net or visit katycoogs.com.

DECEMBER

12/1

Fort Bend Boys Choir Open Auditions
First United Methodist Church of Sugar Land
431 Eldridge Rd.
9 a.m. - 12 p.m.

Boys age eight and older with unchanged voices are invited to audition. Auditions will also be held by appointment until the season begins. No previous singing experience is necessary. Find out more by visiting fbctx.org or call 281-240-3800.

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by PEGGY LOCH

5 Ways

to Keep Katy Kids Healthy

What Parents Can Do to Give Kids a Great Start at Life

Most Katy parents would agree that staying healthy involves more than eating an apple a day to keep the doctor away, and not counting that order of French fries as a serving of vegetables. With a little effort early on, most parents can make a difference in their child's physical, mental and social well-being. And remember, it's never too late to start good habits. Below are five ways Katy parents can be proactive, not reactive in their child's health and well-being in the new school year.

Teach Children the Basics

As simple as it sounds, a parent who makes sure that children wash their hands can help keep a majority of illnesses from starting in the first place. Dr. Agnes Kisch, of Westside Pediatrics notes, "Even using a basic hand soap with cold or lukewarm water can cut the risk of most infections." Other common sense practices such as teaching children not to share drinks or eating utensils with friends and having them sneeze into a Kleenex or into the sleeve of shirt instead of their hand will also go a long way toward illness prevention.



According to the U.S. Centers for Disease Control, hand washing is the single most effective way to prevent the spread of disease.



What to Feed the Kids

Best and Worst Foods

Best Foods for Kids

Here is a list of some of the best foods to feed your Katy kid!
Time to stock up on these vitamin-rich, nutritious items

- ☺ **Oatmeal** Full of B vitamins, iron, zinc and calcium. Offers quick energy for busy kids with its carb load and fiber count.
- ☺ **Eggs** A great source of protein and a host of other nutrients, including the B vitamins, vitamin E and zinc to name a few.
- ☺ **Yogurt** A great source of calcium, yogurt is easier to digest than regular milk and the cultures are very beneficial too.
- ☺ **Melons** Cantaloupe has vitamin C, beta-carotene, bits and pieces of B vitamins, trace minerals and calcium.
- ☺ **Broccoli** Sometimes picky kids will eat 'trees' just don't call it broccoli – one of the best vegetables for anyone because of its calcium, potassium, beta-carotene, and B vitamins.
- ☺ **Sweet Potatoes** Sweet potatoes contain 30mg beta-carotene per cup and 3 grams of fiber per serving.
- ☺ **Protein** Good choices include meat, fish, poultry, legumes, beans, or tofu.
- ☺ **Whole Grains** Brown rice and whole wheat bread are a quantum leap over their white counterparts and offer necessary fiber, minerals and vitamins.
- ☺ **Orange Juice** Yes, OJ is great for kids—just not too much. And remember to drink lots of water too.

Worst Foods for Kids

These have been deemed as the worst foods for kids.

- ☹ Avoid chicken nuggets, chips, doughnuts, french fries, fruit roll-ups, hot dogs, juice-flavored drinks, prepackaged lunches (Lunchables), soda, and toaster pastries.

Source: Family4Health.org, Leanne Ely, C.N.C., Parents Magazine

Eat Right Early On

Katy parents can also play a role in their child's health by making sure that they provide nutritious, good quality, regular meals. "Breakfast is especially important," remarks Dr. Kisch. "Even if it's only a glass of milk with a half piece of toast, it doesn't matter. They have to have something for breakfast before going to school to make sure that their body gets enough nutrition for the rest of the school day."

Traci Albosta, mother of 11 year twins, Ryan and Megan, makes breakfast a part of their family's morning routine. In addition, she sends lunch to school with Ryan and Megan every day. A typical packed lunch includes a meat for protein, a fruit, a vegetable and on occasion, yogurt. Traci comments, "I pack their lunches because I know if they packed it, it wouldn't be as balanced!"

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HEALTHY KATY FAMILIES *5 Ways to Keep Kids Healthy*

Along with the three major meals, it's OK to allow one or two snacks during the day. If kids get too hungry, they tend to overeat. While Traci allows for a sweet snack when Ryan and Megan get home from school, she also makes sure to buy healthy foods for the family. "If I have the option of choosing between regular and whole grain, it's always whole grain. And only on special occasions do we drink soda. We usually drink milk and water."

Set Aside Time for Play and Exercise

Many Katy neighborhoods have family-friendly walking trails or parks so that parents and children can be active together. And when parents go out with their children, it can be a wonderful quality time that further builds the parent-child relationship. So whether it's riding bikes, taking a walk, or playing ball on the driveway, take advantage of Katy's fall weather and enjoy yourself. Dr. Kisch offers, "It doesn't matter what activity you do. You don't have to run the marathon or be a professional football player, pick something you enjoy doing and exercise by all means."

Katy offers many sports programs and activities for children year round. Both Megan and Ryan Albosta are each involved in one individual sport and one team sport. Ryan does gymnastics and plays baseball while Megan does Taekwondo and plays

"It doesn't matter what activity you do. You don't have to run the marathon or be a professional football player, pick something you enjoy doing and exercise by all means."

—Dr. Agnes Kisch, Katy area pediatrician



This Katy Cutie enjoys regular exercise on the soccer fields

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Is She Getting Enough Sleep?

There's no magical number of hours required by all kids in a certain age group, but here's a guideline of how much sleep your growing child requires.

Babies

At 6 months, an infant may nap about 3 hours during the day and sleep about 11 hours at night

1 to 3 Years

About 10 to 13 hours

Preschoolers

About 10 to 12 hours per night

School-Age Children

Kids ages 6 to 9 need about 10 hours of sleep a night

Teens & Adolescents

Adolescents need about 8 to 9.5 hours of sleep per night

Source: kidshealth.org

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Preschoolers need 10-12 hours of sleep each night.



Get a Good Night's Sleep

With all the events happening around Katy in the fall, be sure to plan enough time for sleep! A good night's sleep can positively affect mental health and most children need at least eight hours of sleep per night. For good health, Dr. Kisch also recommends drinking plenty of liquids, especially for those exercising outside in the heat of the day. And when you are outside, don't forget sunscreen, mosquito repellent and protective gear such as a helmet when necessary.

But if despite your best efforts, your child does become ill, don't send him or her to school feeling under the weather. Allow for a full recovery before jumping back into the daily routine of Katy activities. Not only will your child be better for it, but it lessens the risk of illness for others as well.

volleyball. Their activities are purposefully planned, mom Traci notes. "I try to make sure that they have an organized form of exercise once or twice a week because you can't always guarantee that they'll get it when they get home from school and have an hour of homework." The Albosta family gets some exercise early each day as well. "The kids and I walk to school every day and take the dog too!" says Traci. (See our Sports & Recreation Guide on page 72 for ways you and your family can stay fit.)

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Have Regular Check-ups

Dr. Kisch encourages parents to bring their children in for check-ups as these appointments are not only worthwhile for assessing development, but also they are important in keeping children up-to-date on vaccinations. While from birth to age two there are frequent check-ups, it's important for parents to continue scheduling these visits for their children annually through adolescence. Says Dr. Kisch, "This is a time when we can talk about developmental and behavioral issues. These are things that often don't come up when patients come in just for a sick visit."

Traci Albosta feels strongly about preventative medicine. "We go to the doctor every year for check-ups and we go to the dentist every six months for teeth. Megan and Ryan are up-to-date on their shots."

Finally, remember that keeping watch over your family's health is a big job and even with all the preparation in the world, enjoying a healthy life is more than never catching a cold. So go for a bike ride and skip the French fries this weekend. And above all, enjoy the time you have with your children, learn from each other and celebrate accomplishments! **KM**

Peggy Loch and her husband Kenn have lived in Katy for almost ten years and have two children. They all enjoy family time on the driveway playing basketball together.

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Medical News for the Katy Area

Komen Race for the Cure

The Houston Affiliate of Susan G. Komen for the Cure is celebrating the national organization's 25th anniversary at the 17th annual Komen Houston Race for the Cure at Sam Houston Park Downtown on October 6th. It will begin at 7:45 a.m. at Bagby and Clay, and will end at Sam Houston Park with a finish line celebration. Included in the race is a Family Walk and Kids K, a 5K Timed Competitive Run, a 5K Non-Competitive Run, and a 5K Walk. For more information visit komen-houston.org or call 713-783-9188.

Child Life Specialist Now at Memorial Hermann Katy Hospital

Memorial Hermann Katy is pleased to offer Child Life services, one of the first programs available in a community hospital in the West Houston area. Sarah Rowe will serve as the hospital's Child Life Specialist. A Child Life specialist empowers children, adolescents and their families to master challenging life events related to illness, injury and hospitalization. Trained Child Life specialists work collaboratively with other health team members to care for the total child and mobilize appropriate family and community resources.

The Role of A Child Life Specialist

- ☺ Help patients and their siblings cope with hospitalization
- ☺ Provide emotional support, therapeutic play, positive interactions, developmental interventions, and recreational opportunities for all pediatric patients
- ☺ Provide information about medical and surgical procedures
- ☺ Help children and their families prepare for procedures
- ☺ Assist children and families of adult ICU patients with issues related to their family member's hospitalization
- ☺ Facilitate hospital and homebound school services
- ☺ Plan holiday and seasonal activities for hospitalized children



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Halloween Safety Tips for Katy Area Kids

Have fun and stay safe by following these important tips.

1. See and Be Seen

Watch out for cars and other traffic. Be sure that your mask or costume doesn't cover your eyes or make it tough for you to see where you're going. Kids also need to be seen on Halloween, so it's a good idea to wear or carry something that glows in the dark. You might choose a glowing necklace, a glow-in-the-dark treat bag, or a flashlight. Your parents also can apply reflective tape to your costume.

2. Don't Trip!

You want your costume to look cool, but there's nothing cool about tripping and stumbling all Halloween night. Make your costume trip-proof by making sure it's not too long, wearing shoes that fit, avoiding swords, canes, and other props that can get in your way.

3. Don't Go It Alone

It's best to trick-or-treat with family members or friends. And it's also a good idea to have a grownup with you. A cell phone can be another handy item to have along. That way, you can check in with a parent or call for help, if needed. Never go inside a stranger's home.

4. Lets Talk Treats

When you get home, dump everything out and let your mom or dad see what you have. Once you've looked over your treats, you'll probably wonder just how much you can eat. If you don't eat too much on Halloween, you'll have leftovers to enjoy in the days and weeks to come.

Source: Memorial Hermann Hospital

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Shareen Hardin, Kaye Osterman, Marlene Oldham and Cathy Delaney are part of The Women of Purpose

Sibling Classes at CHRISTUS

In addition to Childbirth Prep courses, CHRISTUS St. Catherine Hospital is offering classes to help siblings prepare for the birth of a new baby. The Sibling Class addresses the child's role as the big brother/big sister and how they can help. The children earn a certificate, receive a big brother/big sister t-shirt and coloring book. Call 281-599-4343 to register.



Living Word Ships Midwife Kits to Africa

The Women of Purpose group at Living Word Lutheran Church is creating and shipping Midwife Kits for use by midwives in under-developed countries in Africa where Lutheran-supported health clinics are located. In addition to providing much needed basic medical supplies, the kits include a clean towel, wash cloth, soap for the first bath, a hand-made infant cap, baby shirt and receiving blanket. Call 281-392-2300 for more information.

Submit Health News

If you have health news pertaining to Katy, email editor@katymagazine.com



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Gulf Coast Seeks Katy Area Blood Donors

If you are interested in giving back to the community, Gulf Coast Regional Blood Center will be holding several blood drives this fall. To schedule an appointment or inquire about blood drive times and dates, visit eblooddrive.org. The donor center is located at 1575 S. Grand Parkway (at Highland Knolls).

Christus St. Catherine Hospital Now Has High Definition MRI

CHRISTUS St. Catherine Hospital in Katy has acquired a new, state-of-the-art high definition magnetic resonance (HDMR) system. The Signa® EXCITE 1.5T HD system will provide doctors at CHRISTUS St. Catherine Hospital with highly detailed pictures of anatomy and pathology to help them evaluate a wide range of conditionals, including stroke, musculoskeletal, and heart disease.

The high definition MR scanner is built precisely to handle the types of studies that are becoming increasingly important in the diagnosis of disease. "We get better information to diagnose disease while patients experience a shorter, more comfortable exam. Plus, patients can take advantage of this advanced healthcare technology right here in the community of Katy," said Dr. Benjamin Conner, Radiologist at CHRISTUS St. Catherine Hospital. "CHRISTUS St. Catherine's new high definition MR system produces images of amazing clarity and detail. It's what attracted us to the GE system," says Dr. Conner. "We know that we'll get superior images even in the most difficult cases, and that means better patient care for our patients." KM

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