

# Ask the Katy Experts

Your medical and fitness questions answered by local professionals

## Rhinoplasty



### Gallas Plastic Surgery & Vein Center

Mennen Gallas, MD, FACS  
21300 Provincial Blvd.  
281-646-1114  
gallasplasticsurgery.com

#### How do I know if I need rhinoplasty or not? Will it help me breathe better?

Rhinoplasty, or surgery to reshape your nose, is a cosmetic procedure performed to address concerns of size, shape, and symmetry. When a septoplasty is performed concurrently, the procedure is referred to as a septo-rhinoplasty which is often performed to straighten a crooked nose and improve airflow. If the shape of your nose causes nasal airway obstruction, a rhinoplasty will help you breathe better. In aesthetic plastic surgery, "need" is relative; if you are unhappy with the size or shape of your nose, a rhinoplasty can help improve your appearance.

## Nosebleeds



### Memorial Hermann Urgent Care Fulshear

Ladan Pourmasiha, DO  
5102 FM 1463, #1200  
281-574-1104  
mhmg.memorialhermann.org

#### What's the best way to stop a nosebleed?

Methods that can be used to stop a nosebleed include sitting upright to reduce blood pressure in the nasal veins, followed by slightly leaning forward to prevent blood from flowing into the stomach and causing irritation or vomiting. The thumb and index finger should then be placed over the soft part of the nose while firmly compressing for about five to 10 minutes, remembering to continue breathing from the mouth. Once bleeding has stopped, avoid picking or blowing the nose as well as bending the head forward in order to prevent re-bleeding from occurring. If you are unable to stop the bleeding, make sure to contact a health care professional immediately.

## Exercising Too Much



### ESN Health

Ryan Kobermann, CSCS  
22756 Westheimer Pkwy.  
281-395-0827  
esnhealth.com

#### My teen plays team sports, but has also been training after hours, should I be concerned about the physical strain on his body?

I would not be concerned about the physical strain on his body because the type of exertion you are doing during a game is different than in a workout or practice after hours. The amount of work our bodies can take is much greater than we perceive. However, we have to be smart about the recovery aspects with proper nutrition and hydration. I would keep your athlete properly hydrated and eating healthy meals, and always promote a healthy amount of sleep in order to give his body the proper amount of time to recover.

Special thanks to our panel of Katy Magazine experts - Mennen Gallas, MD, FACS; Ladan Pourmasiha, DO; and Ryan Kobermann, CSCS

If you have a health question for our Katy experts, or would like to be featured as one of our experts, email [editor@katymagazine.com](mailto:editor@katymagazine.com).

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Wendy Severance Owner/Director

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