

KATY FAMILY

Health Bulletins

KATY HEALTH EVENTS

Don't miss these upcoming health-related events

STEP LITE

February 27

Houston Methodist West Hospital

18500 Katy Fwy.

Medical Office Bldg. 2, #265, Houston

5:30 - 6:30 p.m.

Step LITE is a program with a realistic approach to healthy nutrition, weight loss, and lifestyle changes.

Visit events.houstonmethodist.org.

SIBLING CLASS

March 6

Memorial Hermann Katy Hospital

23900 Katy Fwy.

Conference Room Tiger A

6 - 7 p.m.

This class is designed for children ages 3 to 7 years. They learn to hold, diaper, and wrap babies using dolls in the classroom. Cost is \$10. Visit memorialhermann.org/classes-events.

DIABETES SUPPORT GROUP

April 13

Memorial Hermann Katy Hospital

23900 Katy Fwy.

Conference Room Tiger A

6:30 - 8 p.m.

Diabetes support group meetings are free, fun, informative, and open to everyone.

Visit memorialhermann.org/classes-events.

This is only a sampling of the events offered in Katy.
Please visit KatyMagazine.com for more.

**Memorial Hermann Katy Hospital
Makes Babies' Health a Top Priority**

Memorial Hermann Katy Hospital once again received the Texas Ten Step Designation from the Texas Hospital Association and the Texas Department of State Health Services. The Texas Ten Step Program encourages breastfeeding as the preferred method of feeding for newborns and infants. This is the fifth year in a row Memorial Hermann Katy has received this designation.

Dr. Larry H. Hollier Jr. Honored as Physician of the Year

Dr. Larry H. Hollier Jr., associate surgeon-in-chief for clinical affairs and chief of plastic surgery at Texas Children's Hospital, was presented with the 2016 Physician of the Year award at Press Ganey's annual National Client Conference in Orlando. Members of the Texas Children's Ambulatory Surgery Patient Experience Workgroup and leaders throughout the hospital nominated him for the distinguished award. Dr. Hollier has led many patient experience innovations within Texas Children's Department of Surgery including the Meds to Beds program, which delivers post-surgery medications to a patient's bedside before discharge; same-day surgery consultation appointments; standardized pre-surgery materials; and a physician communication course, among others.

**Pediatrician's Book Helps Parents
Navigate Childhood Illnesses**

Board-certified pediatrician Peter Y. Jung, M.D., F.A.A.P. of Houston's Blue Fish Pediatrics has penned his first book. Available on amazon.com, *What to Know Before Seeing Your Pediatrician* is a colorful illustrated guide that educates readers on common childhood illnesses to help reduce parental anxiety, prevent unnecessary visits to the doctor, and save costs along the way. The eight-chapter, 123-page quick read covers a variety of topics, including germs, fever, vaccines, the common cold, ear infections, vomiting and diarrhea, and returning to school after sickness.

Got health news? Email editor@katymagazine.com.

PHYSICIANS ENCOURAGE SCREENING FOR LUNG CANCER

According to the American Cancer Society (ACS), more people die every year from lung cancer than of breast, colon, and prostate cancers combined. Memorial Hermann Katy Hospital encourages patients to screen for lung cancer.

The ACS recommends the following guidelines for lung cancer screening:

- 55 to 77 years old
- Have at least a 30 pack-a-year smoking history
- Are still smoking or have quit smoking within the last 15 years
- Have no signs or symptoms of lung cancer



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