

KATY FAMILY

Health Bulletins

WOMEN'S HEALTH TIPS

Angela A. Shippy, M.D., an internal medicine specialist and chief quality officer at Memorial Hermann, offers five tips for discussion.

Heart Disease: Heart disease is the number one killer of women in the U.S. and is often diagnosed too late for adequate treatment. Women also don't always experience chest pain, a leading indicator of a heart attack, which underscores the importance of routine heart health check-ups. When's the last time you saw a doctor about your heart?

Breast Cancer: Breast cancer is the second leading cause of death for women; however, it is treatable if detected early enough. Regular mammograms and self-breast exams are critical to detecting cancer early on. How long has it been since your last mammogram?

Osteoporosis: Women's bones are strongest around age 30, but begin to lose density as they age with post-menopausal women most at risk of developing osteoporosis. A diet rich in calcium and vitamin D can decrease the risk of osteoporosis, the underlying cause of 1.5 million bone fractures each year. Are you getting enough calcium?

Autoimmune Diseases: More than 80 serious chronic illnesses are considered autoimmune diseases, including diabetes, lupus, and thyroid disease. About 75% of autoimmune diseases occur in women, and symptoms are often ignored. Knowing and understanding family history can help medical practitioners provide better care. Have you had your symptoms checked out by a doctor?

General Women's Health: Simple measures can often make a substantial impact on a woman's health. Receiving regular pap smears, colonoscopies, teeth cleanings, and mole checks, along with a well-balanced diet and regular exercise, are simple and important measures all women can take to live healthier lives. Are you seeing all of your doctors on a regular basis?

Parent Advice App

Texas Children's Pediatrics has created an app that provides parents the support and information they need about the appropriate level of care for their child, from providing care for minor illnesses, locating a Texas Children's facility, or accessing patient health records through the MyChart patient portal. Visit texaschildrenspediatrics.org/app.

Surgical Saturdays in Katy

The Texas Gulf Coast Project Access (TGCPA) "Surgical Saturday" initiative was recently launched to provide free surgeries and medical procedures to uninsured residents in the Houston community.

Cancer Center Awarded Research Grants

The University of Texas MD Anderson Cancer Center recently received more than \$22 million in research grants from the Cancer Prevention and Research Institute of Texas. Approximately half of the funds awarded for Individual Investigator Research Awards (IIRA) went to MD Anderson faculty as well as 40% of total IIRA awards that include those for children's and adolescent cancer and early detection and prevention.

Memorial Hermann Convenient Care Center

Memorial Hermann's newest Convenient Care Center is now open in south Katy. The center provides one-stop, coordinated access to a vast array of Memorial Hermann services. Adult and pediatric primary health care, as well as lab services, comprehensive radiology services including mammography, sports medicine and rehabilitation, and a 24-hour emergency room are all available. As an added benefit, the Convenient Care Center offers options such as walk-in access and extended evening and weekend hours for primary care appointments. For details, or to schedule an appointment, call 281-371-1800.

KATY HEALTH EVENTS

Don't miss these upcoming health-related events



BABY BOOT CAMP

Every Tuesday and Thursday
LaCenterra at Cinco Ranch
23501 Cinco Ranch Blvd.
9:30 - 10:30 a.m.

Join the group at Central Green for an hour-long class that includes cardio, core, and strength training. Visit lacenterra.com.

BREAST CANCER SUPPORT GROUP

Third Tuesday of the month
Houston Methodist West Hospital
18500 Katy Fwy.
6 - 7:30 p.m.

Share an evening with others who have experienced breast cancer. Call 832-522-5522 to RSVP.

MONDAYS WITH MOMMY

First Monday of the month
LaCenterra at Cinco Ranch
23501 Cinco Ranch Blvd.
10 a.m.

This series is a free community program open to children up to age 5 and their caregivers. Visit lacenterra.com.

STROKE SUPPORT GROUP

Third Tuesday of each month
Memorial Hermann Katy Hospital
23900 Katy Fwy.
6 - 7 p.m.

This program addresses the physical abilities, memory strategies, and other skills needed for long-term success. Call 713-222-2273.



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