


 Questions

Weight Loss

Ask the EXPERTS

Your family's medical questions answered by Katy area experts

Urgent Care

What is the difference between emergency room care and going to an urgent care clinic? Is there a cost difference?

- Elizabeth H. via Facebook

An emergency room (ER) is capable of stabilizing and managing any emergency medical or surgical/obstetrical condition whereas an urgent care (UC) usually only manages what a good family practitioner might manage, albeit later hours. ERs, including licensed freestanding, have an emergency room physician present continuously with ancillary testing capacity including radiology equipment, plain X-rays, cat scans, and ultrasounds.

UCs may have X-ray equipment available but not always, since they are not regulated. ERs are required to medically stabilize and treat any life/limb threatening or obstetrical emergency whereas the therapeutic capability of different UCs may vary but not required to do such.

The cost difference between the two varies based on the severity of illness/injury and the amount of resources required. UCs cannot manage high-acuity cases, so there may be additional charges incurred for a second visit when UCs refer to a higher level of care, such as an ER.

There are many differences in the requirements between hospital-based and freestanding ERs, but basically both offer higher acuity emergency care. It is always best to be prepared for any emergency situation and know local ERs and UCs and their capacities, in advance of the emergency situation. Most facilities, including SPHER Emergency Room, welcome walk-ins as well as offering tours and question-and-answer sessions.

-Rochelle Chamberlain, Director of Nursing
SPHER Emergency Room

Hard Time Losing Weight

I'm looking for ways to burn belly, back, and butt fat. Three years post-baby and inching toward my mid-30s, I've never had such a hard time losing weight.

- Valerie S. via Facebook

We all have "those spots," especially as we age. The best way to lose weight and fat is with a healthy diet and consistent exercise, essentially burning more calories than we take in. A diet that has adequate lean protein, plenty of fiber, and lots of volume works well to control physical appetite - a main driver for calorie intake. Lean protein can be found in low-fat dairy products, poultry without the skin, fish, seafood, egg whites, and low-fat cheeses.

Fiber is found in whole grains, dried beans, and peas, as well as in fresh fruits and vegetables. Eating regular meals and snacks will also help with energy levels and blood sugar control. Exercise should be consistent, yet with enough variety to surprise and work the muscles. Cardio exercise burns calories and resistance builds muscle; so both are required to burn belly, back, and butt fat and to reshape the body. Just remember, good nutrition, an active lifestyle, and consistency are extra important in reaching your goals.

- Kimberly Bouquet RD, LD

Houston Methodist Weight Management Center

If you have a question for our panel of experts, email editor@katymagazine.com.

*Special thanks to our panel of Katy experts
Rochelle Chamberlain and Kimberly Bouquet.*