

# Health Bulletins

Health-related news tidbits for Katy families

## Stroke Awareness Tips

Every year, about 800,000 Americans suffer a new or recurrent stroke. Yet most people cannot identify stroke warning signs or risk factors. Stroke symptoms usually appear suddenly and include dizziness or loss of coordination; weakness or numbness in the face, arms or legs; impaired vision in one or both eyes; and difficulty producing and understanding speech. Many stroke risk factors are treatable with lifestyle changes. High blood pressure is the most significant, followed by high cholesterol, diabetes, tobacco use, obesity, physical inactivity, and heavy alcohol consumption. As a preventative measure, Dr. Mohammad Al Baeer, a neurologist at Houston Methodist West Hospital, recommends regular check-ups for high cholesterol and blood pressure. If diagnosed, these conditions can be treated with medication. Visit [houstonmethodist.org/west](http://houstonmethodist.org/west).



## Breast Milk Donations

In the year since Memorial Hermann Katy Hospital opened an on-site milk depot in partnership with Mother's Milk Bank at Austin, the hospital has collected more than 8,900 ounces of breast milk. The hospital fills prescriptions written by physicians for the most fragile babies who need the life-giving and sustaining nutrition of donor human milk to thrive. Although any woman can donate her breast milk regardless of where she lives, the milk depot located inside the lactation office at Memorial Hermann Katy Hospital has made it easier for all Katy-area donors to donate this scarce resource that has life-saving impact. Breastfeeding and lactating women in Katy who are interested in donating their breast milk for the benefit of premature, ill, and medically fragile infants, may call toll-free 1-877-813-6455 to begin the free screening process.

## Aspirin Key Ring Saves Lives

According to the American Heart Association, the first thing you should do in case of a heart attack is call 911, then chew and swallow aspirin. Aspirin at hand can mean the difference between life and death for heart attack sufferers. Advent Consumer Healthcare is trying to get those who are at risk for heart attack into the habit of keeping aspirin on their key ring. Readers can also request a free wallet medical emergency card by visiting [aheart.com](http://aheart.com) and signing up for a monthly wellness newsletter. The red At Heart emergency aspirin dispenser contains two blister-sealed 325 mg aspirin tablets and can be attached to a keychain or carried in a purse, briefcase, or pocket.

## Sports Medicine Mobile App

Memorial Herman is the first health system in Houston to launch a sports medicine mobile application targeted at coaches, trainers, athletes, and parents. Available to download for free on any iPhone, the new app is a guide to the most common sports-related injuries and treatments, as well as related tips and information from Memorial Hermann IRONMAN Sports Medicine Institute experts. Key features of the mobile app include information on sports injuries, concussion, and heat stroke, sports medicine tips, and a directory of athletic trainers with map of locations. Visit [ironman.memorialhermann.org](http://ironman.memorialhermann.org).



**Got health news?**

Email us at [editor@katymagazine.com](mailto:editor@katymagazine.com)