

Health Bulletins

Health-related news tidbits for Katy families



A Good Night's Sleep Thanks to the Sleep Center at Texas Children's Hospital West Campus

The Sleep Center at Texas Children's Hospital West Campus specializes in the evaluation and treatment of children with sleep disorders, including difficulty falling asleep and staying asleep, narcolepsy, sleep apnea, and other disruptive sleeping behaviors like sleepwalking, night terrors, and repetitive leg movements. The location is now accredited by the American Academy of Sleep Medicine (AASM), following an in-depth application process and on-site review late last year.

Houston Methodist West Hospital Offers Lung Cancer Screenings

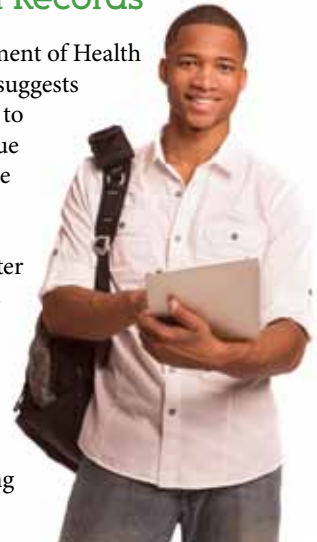
Lung cancer is the leading cause of cancer deaths in the country. Houston Methodist West Hospital reports that low-dose CT scans have resulted in a 20% reduction in lung cancer death among those who are most at risk. People who are ages 55 or older with a 30-year history of smoking or those who are over 50 with a family history of lung cancer should take advantage of the screening process. They remind patients the best way to prevent lung cancer is to never smoke, or to stop smoking as soon as possible. Call 713-441-5864.

MD Anderson Raises Cervical Cancer Awareness

Cervical cancer was once the leading cause of cancer deaths among women in the nation. HPV causes most cervical cancers. Many people with HPV aren't even aware they have the virus. MD Anderson encourages women to get regular cancer-screening exams and the Pap test, beginning at age 21 every three years, and every five years after age 30. Visit mdanderson.org/focused.

College Students and Immunization Records

The Houston Department of Health and Human Services suggests that teens heading off to college should continue their enrollment in the state's immunization registry by signing an adult consent form after the age of 18. Records will be purged from ImmTrac once they reach 19 if they do not sign the adult consent form. Forms are available by visiting immtrac.com.



Texas Children's Hospital Named as Accredited Pediatric Heart Failure Institute

Texas Children's Hospital was recently named the first Accredited Pediatric Heart Failure Institute in Texas by the Healthcare Accreditation Colloquium. Texas Children's Heart Center has performed more than 280 heart transplants, making it one of the largest and most successful programs in the country.

St. Luke's Offers New Surgery for Those Suffering from Heartburn

St. Luke's Hospital unveiled a new treatment for heartburn sufferers - the first incisionless surgery to treat heartburn using the EsophyX device for the treatment of GERD. Dr. Ataurabb Ahmad at St. Luke's Hospital at The Vintage is one of the first specialists in Houston to be trained on the procedure. After the Transoral Incisionless Fundoplication procedure, patients report that they can eat food they've avoided without experiencing reflux.

Memorial Hermann PaRC Provides Substance Abuse Treatment for Teens and Adults

Memorial Hermann Prevention & Recovery Center is one of the few hospitals in the country able to partner with key agencies on the local level to offer substance abuse rehabilitation that is tailored specifically to teens and young adults' needs. Services include detox, residential treatment, intensive outpatient programs, family services, aftercare, 12-step meetings, and an alumni association. Call 877-464-7272.



Early Detection of Breast Cancer at MD Anderson

MD Anderson reports that in about 90% of breast cancer cases, women find a lump themselves. Checking breasts regularly is the best safeguard to detect breast cancer early. Women, including those with breast implants, should start annual mammograms at age 40. Dr. Steven Kronowitz recommends getting a mammogram before and within one year after cosmetic surgery.



Got health news?

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GR8 Hope Foundation Emergency Care Area at Texas Children's Hospital

NFL quarterback Matt Schaub and his family attended the ribbon cutting at the newly expanded GR8 Hope Foundation Emergency Care Area at Texas Children's Hospital West Campus. The campus was partially funded through a donation from GR8 Hope Foundation as part of a \$1 million pledge. The emergency care area is now a 24-bed-unit, staffed with board-certified pediatric emergency medicine physicians.