

Ask the Experts

Your family's medical questions answered by local experts



Dr. Heidi Schultz, M.D.

Fulshear Family Medicine

Q: Sports Physicals

My son is getting a football physical for the first time. What should he expect during the appointment? How can he prepare?

Education about the importance of sports physicals can make the doctor visit less stressful for your child. The visit can provide a good evaluation of your child's general health, and your physician will be able to discuss his overall growth and development and address other medical problems the child may be having. At the exam, the child's weight, blood pressure, height, and heart rate will be measured. A complete exam will be done to check for heart murmurs, joint problems, blood pressure issues, breathing problems such as asthma, or other abnormalities, which may impact his health and his performance on the field. Males do require a hernia check, and the health care provider will explain the signs and symptoms of a hernia and the importance of detecting one should it be present. Often boys have already been told by friends or dads ahead of time that they will need this done.



Dr. Craig Nemow, D.C.

Chiro Dynamics

Q: Healthy Posture at Work

Most of us work in sedentary jobs. What are your recommendations for maintaining a healthy posture when having to be seated for extended periods of time?

Several factors contribute to poor posture - most commonly, improper spinal alignment, stress, obesity, pregnancy, weak postural muscles, abnormally tight muscles, and high-heeled shoes. There are software programs that pop up reminders on your computer screen telling you to stretch or stand at certain time intervals, or you could simply set an hourly timer on your phone or watch. Even a Post-it note saying "sit up straight" is enough to give you that mental cue to remind you to take a short break and assess your posture. Small changes like these can make a huge difference in the health of your spine over the years.

For more tips on posture from Dr. Nemow, visit our blog page on KatyMagazine.com



Dr. Ethan Brown, M.D.

The Emergency Room at Katy Main Street

Q: Dangerous Fevers

How do I tell the difference between a fever I should treat at home with over-the-counter medicine, and a fever that requires emergency treatment?

In most cases, it is acceptable to treat a fever and the discomforts that coincide at home. For a virus like the common cold, you can often improve someone's health with Ibuprofen (Motrin or Advil) or acetaminophen (Tylenol) and by keeping them hydrated. However, there are exceptions that may require a trip to the emergency room. When it comes to a fever in young children, do not use ibuprofen under 6 months of age, and never treat with aspirin. In pediatrics, a fever is 100.4 or higher. Babies 3 months old or younger that surpass this require emergency attention.

As for fevers in adults and teens, some exceptions that require emergency assistance include severe vomiting or diarrhea, poor fluid intake that is causing dehydration, and fevers in people who are already experiencing a severe chronic illness.

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

Special thanks to our panel of Katy Magazine experts Dr. Ethan Brown, Dr. Craig Nemow, and Dr. Heidi Schultz.