

Health Bulletins

Health-related news tidbits for Katy families

Texas Children's Named 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.

Memorial Hermann Katy Hospital Achieves ENERGY STAR Recognition

Memorial Hermann Katy Hospital has earned the U.S. Environmental Protection Agency's prestigious ENERGY STAR® Label, the national brand that signifies superior building energy efficiency and environmental protection, for the fourth year in a row. Memorial Hermann Katy improved its energy performance by developing a Strategic Energy Plan across its entire organization.

Dissolving Stent for Heart Attack Patients

Texas Medical Center News reports that researchers are now participating in a study to verify the potential benefits of a dissolving stent, used for people with coronary artery disease. The clinical trial hopes to test the stent on 2,250 patients including patients at Texas Heart Institute at St. Luke's Medical Center. Call 832-355-3710.

Raising Awareness About Cervical Cancer

Cervical cancer was once the leading cause of cancer death 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, the Pap test, beginning at age 21 every three years, and every five years after age 30.

Ultrasound Imaging Services Earns Accreditation

Memorial Hermann Katy Hospital has been awarded its third consecutive three-year term of accreditation in ultrasound as the result of an extensive review by the American College of Radiology. Ultrasound imaging, also known as sonography, uses high-frequency sound waves to produce images of internal body parts to help providers diagnose medical problems.

New Online Scheduling for Imaging Appointments

Keep forgetting to call about scheduling your outpatient imaging exam such as a mammogram, MRI, CT or ultrasound? Houston Methodist West Hospital recently unveiled its new online scheduling tool. The new system makes it possible for patients to view available appointments and confirm their appointment with just a few clicks. Visit houstonmethodist.org/west.

High-Tech House Calls for Patients

Patients with chronic medical conditions requiring frequent monitoring now have access to convenient, mobile health care that sends updates to their health care providers at Memorial Hermann. Virtual Care Check, a remote patient monitoring system from Memorial Hermann, keeps patients out of the hospital, improves quality of life, and decreases health care costs.

Prostate Cancer Blood Test Now Available

The Memorial Hermann Medical Group recently introduced a non-invasive blood test that could change prostate cancer screenings nationwide. The Vanguard Urologic Institute at Memorial Hermann and Northwestern Medicine offers the Prostate Health Index (phi). The phi test allows for more accurate readings and reduces unnecessary invasive testing by 31%.

Got health news? Email us at editor@katymagazine.com

Katy Health Events

Recognizing the Risks for Kidney Disease

About one in six adults living in the U.S. have kidney disease and many don't even know it. Risk factors include diabetes, high blood pressure, obesity, cardiovascular disease, smoking, regularly taking over-the-counter pain medications, and those over age 55. Visit davita.com to take the kidney disease risk quiz.

Bacteria in the Microbiome and Cancer Connection

MD Anderson found that a person's diet and the microbiome contribute greatly to a person's risk of cancer. This "gut bacteria" plays a vital role in how much energy or calories the body is able to extract from food, and helps it decide how many calories to store as fat. Diets rich in plant foods, and a healthy amount of probiotic foods can help keep the "good" bacteria at optimum levels.

Free Health Care Advice

Regardless of healthcare affiliation, primary care provider, or insurance status, a bilingual staff is available 24 hours, every day to answer calls on the Nurse Health Line to assess callers' primary health concerns and direct them to an appropriate level of care. The Nurse Health Line is one of several Memorial Hermann-sponsored Delivery System Reform Incentive Payment, or DSRIP programs. Contact them at 713-338-7979.

Know Your Risk for Stroke

According to the American Heart Association/American Stroke Association, stroke is one of the leading causes of death and serious, long-term disability in the U.S. On average, someone suffers a stroke every 40 seconds. The symptoms of stroke are distinct because they happen fast: sudden numbness or weakness of the face, arm, or leg; sudden confusion; trouble speaking or understanding speech; and sudden trouble seeing in one or both eyes.

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've experienced breast cancer. Call 832-522-5522.

Breast Friends Support Group

Second Tuesday of the month

MD Anderson Regional Care Center

19770 Kingsland Blvd.

6 - 7:30 p.m.

Meetings are open to all breast cancer patients or survivors, regardless of where they are receiving or have received treatment. No pre-registration is required. For more information, please call 713-563-9600, ext. 6-4371.

Mended Hearts Support Group

Third Tuesday of the month

Houston Methodist West Hospital

18500 Katy Fwy.

5:30 - 7 p.m.

Heart patients and their families receive support and encouragement in collaboration with Mended Hearts, a national support organization. Call 832-522-3062.

Stroke Support Group

Third Tuesday of the 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.

Sunset Yoga

Every Wednesday

LaCenterra

23501 Cinco Ranch Blvd.

8 p.m.

Every Wednesday Luke's Locker hosts a sunset yoga session in the courtyard. Katyites are invited to join in on relaxing and strengthening stretches and poses.

This is only a sampling of the health events offered in Katy, please visit KatyMagazine.com for more.