

# Health Bulletins

## Breast Reconstruction Five Common Myths

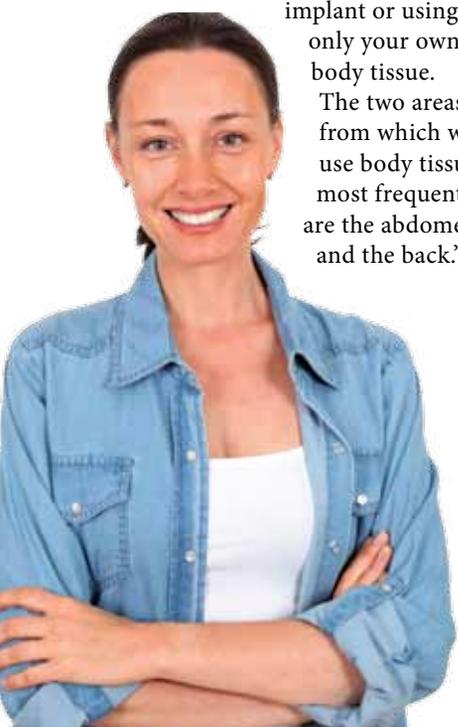
### 1 Breast reconstruction must take place immediately after a mastectomy

“Some women aren’t certain they want breast reconstruction and wait months or even years before having surgery. Patients still undergoing breast cancer treatment may want to wait until after they have completed radiation, as radiation can limit your options for reconstruction and affect the final result.”

### 2 I have to have implants

“Breast implants are one of three reconstruction options. The others include using your own body tissue in combination with an

implant or using only your own body tissue. The two areas from which we use body tissue most frequently are the abdomen and the back.”



### 3 My breasts will look unnatural

“Breast reconstruction techniques have become so advanced - and continue to advance - that your breasts will look balanced when you’re clothed. While many patients decide to have their breasts reconstructed at the same size as pre-mastectomy, others opt for smaller or larger breasts.”

### 4 I will only need one surgery

“Most people require a few procedures before their breast reconstruction is fully complete. The number of procedures will depend on a variety of factors, including the type of reconstruction you have, your body shape and size, your individual recovery, and your goals.”

### 5 Breast reconstruction makes it harder to detect a breast cancer recurrence

“There is no evidence that shows breast reconstruction has any impact on cancer detection. The risk of cancer recurrence depends on a range of factors, including the stage of the disease and biological characteristics of the cancer. Talk to your doctor about the types of exams and screenings you will need after reconstruction because they vary depending on the type of reconstruction and your personal risk for recurrence.”

*Victor Hassid, MD is an assistant professor in plastic surgery at MD Anderson Cancer Center in Katy and Memorial City.*

## Lung Cancer Screening Program

The new lung cancer screening program at Memorial Hermann Katy Hospital helps detect nodules and potential lung cancer in patients with a high risk for the disease. Since this particular cancer is hard to detect in its early stages, many times it is not discovered until the disease has spread. The program uses low-dose CT to take detailed photos of the lungs using a low amount of radiation. Call 877-704-8700.



## Eat a Belly-friendly Diet

- Cut 100 calories from daily diet
- Reduce the amount of sugar eaten
- Eat more plant-based proteins like nuts and beans
- Eat lots of dark leafy greens and berries
- Choose whole grain breads and cereals, and low-fat dairy

*Tips from Sally Scroggs, health education manager at MD Anderson’s Cancer Prevention Center. Visit [mdanderson.org](http://mdanderson.org).*

Don't miss these upcoming health-related events in Katy

### Breast Cancer Support Group

Third Tuesday of the month  
Houston Methodist West Hospital  
18500 Katy Fwy.

6 p.m.

Share an evening with others who've experienced breast cancer. Call 832-522-5522.

### Mondays with Mommy

First Monday of the month  
Texas Children's Hospital - West Campus

LaCenterra at Cinco Ranch  
23501 Cinco Ranch Blvd.

10 a.m.

This series is a free community program open to children up to age 5 and their caregivers. Visit [lacenterra.com](http://lacenterra.com).

### Stroke Support Group

Third Tuesday of the month  
Memorial Hermann Katy Hospital  
23900 Katy Fwy.

6 p.m.

This program addresses the physical abilities, memory strategies, and other skills needed for long-term success. Call 713-222-2273.

*This is only a sampling of the events offered in Katy, please visit [KatyMagazine.com](http://KatyMagazine.com) for more.*

## Got health news?

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

## Key Tips for Student Athletes

- **Sports physical exams are a must**  
All athletes should have a physical exam and if indicated a heart exam before preseason training begins.
- **Students should be in shape before strenuous practice begins**  
Athletes who go into practices unprepared will put unnecessary and even dangerous strain on their bodies.
- **Warm-ups and cool-downs go a long way in preventing injury**  
Jogging or dynamic stretching before a workout decreases the likelihood of muscle and joint injuries.
- **Hydration is key**  
Athletes appearing exceptionally sluggish, disoriented, or confused could likely be suffering from heat exhaustion and should be cooled down immediately and given water.
- **Nutrition can make or break a performance**  
When it comes to carbohydrates, athletes should be eating whole grains such as brown rice, oatmeal, and whole wheat bread. Lean protein should also be consumed at each meal. Good examples of lean proteins are egg whites, Greek yogurt, peanuts, fish, and chicken. Fresh fruits and vegetables contain nutrients that are vital for injury prevention and recovery.
- **Use your head**  
Athletes need to be very cautious and take precautions to protect their heads, including a pre-season baseline concussion exam conducted by a specialist with extensive training in the diagnosis and management of concussion.

*Memorial Hermann Hospitals's Alfred Mansour, MD and Children's Memorial Hermann Hospital's Summer Ott, Psy.D. share important tips for young athletes:*

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