

Katy Family Health Bulletins

Houston Methodist West Builds New Emergency Care Center

Houston Methodist West Hospital has begun construction on a new 9,600-square-foot emergency care center scheduled to open in spring 2015. The new facility will be located at FM 1093 and Cinco Rose Dr. to serve residents of the Cinco Ranch, Fulshear, Katy, and north Fort Bend communities. The 24-hour center will have 10 private treatment rooms. Visit houstonmethodist.org/west or call 832-522-5522.

Texas Children's Hospital West Campus Welcomes Five New Surgeons

Texas Children's Hospital West Campus announced the addition of five new members to its surgical team: otolaryngologist Dr. Karina Toa Cañadas, minimally invasive pediatric general surgeon Dr. Charles William Hartin Jr., orthopedic hand surgeon Dr. Thomas Hunt III, hand and microvascular surgeon Dr. Mitchel Seruya, and otolaryngologist Dr. Matthew Sitton. Visit texaschildrens.org/surgery.

Convenient Care Center Coming to Katy

The Memorial Hermann Convenient Care Center in Katy is slated to open in spring 2015 and will provide one-stop, coordinated access to a vast array of Memorial Hermann services. The Convenient Care Center will house primary care physicians (adult and pediatric), lab services, imaging, a 24-hour emergency room, sports medicine and rehabilitation, and more. The 30,000-square-foot center is designed to take the stress out of scheduling appointments for routine health needs by offering families convenient options such as walk-in access and extended evening and weekend hours for primary care.

A Guide for Teens with PCOS

Polycystic ovarian syndrome (PCOS) is a common endocrine hormonal imbalance which affects as many as one in 10 females. Many teens are misdiagnosed because they think it's just puberty.

What are some of the symptoms of PCOS?

- Acne
- Excessive growth of facial or body hair
- Irregular periods
- Ovarian cysts
- Thinning of hair
- Weight gain

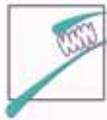
Source: PCOS Foundation pcosfoundation.org

The Importance of Regular Vision Screening Tests in Children

Dr. Jane Edmond, pediatric neuro ophthalmologist at Texas Children's Hospital, urges parents to make sure children get regular vision screenings. Undetected vision problems can set a child up for learning difficulties, poor grades, and bad behavior. Estimates show that up to one in 30 children could have amblyopia, or lazy eye, one out of 20 could have strabismus, or eye misalignment, and one out of seven has a significant refractive error, which is poor vision that can be corrected with glasses or contact lenses. Signs of these common vision problems include squinting, getting too close to the television, eyes that are not straight, head tilting when looking at objects, headaches when reading, or avoidance of reading. Visit texaschildrens.org or call 832-822-3230.



Memorial Hermann executives recently broke ground on the convenient care center in Katy



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▶ Memorial Hermann Katy Hospital Gets MarginProbe to Help Breast Cancer Patients

Breast cancer patients at Memorial Hermann Katy Hospital can undergo surgery with a new peace of mind. The hospital is the first in the greater Houston area to begin using MarginProbe technology, a new FDA-approved intraoperative tissue-assessment tool. During a lumpectomy, surgeons are able to get clearer margins between the normal tissue and cancer cells. Visit memorialhermann.org or call 281-644-7000.

▶ Healthy Kids Tip: Kids & Allergies

The most common allergens found in the home are dust mites, pet dander, pollen, mold, and food. Ask your pediatrician to refer you for allergy testing if you suspect a home-related allergy.

Awards

Memorial Hermann Katy Hospital received a national award for top surgical patient care from the American College of Surgeons National Surgical Quality Improvement Program.

U.S. News & World Report ranked Houston Methodist Hospital No. 1 in Texas and No. 1 in the Houston area in the 2014 "Best Hospitals" issue.

Texas Children's Hospital was named fourth in the U.S. News & World Report's 2014-2015 edition of "Best Children's Hospitals."

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

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

Baby Boot Camp

Every Tuesday and Thursday

LaCenterra at Cinco Ranch

23501 Cinco Ranch Blvd.

9:30 - 10:30 a.m.

Join them in Central Green for an hour-long class that includes cardio, core, and strength training. Visit lacenterra.com.

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.

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 for more.



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