

Katy Family Health Bulletins

Houston Methodist West Hospital Announces Vidal Ramirez as Chairman

Houston Methodist West Hospital announced its first community member to serve as chairman of the board of trustees, Vidal Ramirez. Ramirez, president of the Allegiance Bank of Texas in Katy, was elected by the board, which is made up of community and Houston Methodist leaders. With 49 years of banking experience, Ramirez has served in numerous capacities for organizations in the Katy and West Houston communities and is involved in many community initiatives.

Memorial Hermann Katy Hospital Receives Grant for Supportive Medicine Program

The Memorial Hermann Foundation received a \$200,000 grant from the Hearst Foundations to support a system-wide Supportive Medicine Program for chronically ill patients. The goal of the program is to offer home, clinic, and hospital visits by specially trained nurse practitioners or physicians. The teams will work closely to manage each patient's symptoms and medications and connect them with social workers and chaplains to help patients navigate the medical system.

Healthy Kids Tip: Avoiding Illness

The key to avoiding illness is washing your hands. Dr. Joshua Septimus of Houston Methodist Hospital recommends to be especially mindful when touching doorknobs, and to use a tissue to turn off faucets and open doors in public places.

Katy Doctor Participates in Study of Traumatic Brain Injury

Bryan Cotton, M.D., of Katy, is one of the principal investigators for a nationwide study on traumatic brain injury. The study will be conducted at multiple sites across the country. Cotton will lead the Houston site.

Texas Children's Hospital West Campus Plans to Build Isolation Unit

Texas Children's Hospital West Campus recently announced its plan to build an eight-bed special isolation unit. The unit will be specifically for children with highly contagious infectious diseases, such as pandemic influenza, enterovirus D68, Ebola, and many others. Texas Children's has been designated by the State of Texas as a pediatric Ebola treatment center following a visit from the Centers for Disease Control and Prevention. The unit will include negative air pressure, laminar air flow, high-efficiency particulate air (HEPA) filtration, separate ventilation, anterooms, biosafety cabinets, a point-of-care laboratory, special security access, autoclaves, and incinerators.

Teddy Bear Clinic

ER Katy hosted a teddy bear clinic for Katy parents and children to bring their stuffed animals to learn how medical tests and procedures are performed. Children learned how doctors listen to breathing with a stethoscope, examine ears and nose with an otoscope, perform an X-ray, and more. The teddy bear clinic is a bimonthly event. Visit erkaty.com/teddybearclinic/.



Youngsters learn how doctors care for patients at the ER Katy teddy bear clinic

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 the group at 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 to RSVP.

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 each 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.

Diabetes Support Group

April 9

Memorial Hermann Katy Hospital
23900 Katy Fwy.
6:30 - 8 p.m.

This support group is for diabetics and their family and friends. Meets quarterly in Tiger rooms A and B. Visit memorialhermann.org.

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

Got health news?
Email editor@katymagazine.com.

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