

Katy Family Health Bulletins

▶ Harris Health System's Newest Facility in Katy

The Danny Jackson Health Center, located at 5503 Fry Rd., recently opened its 9,008 square-foot center featuring 16 exam rooms and providing full-service health care. Ericka Brown, executive vice president and administrator of Harris Health Ambulatory Care Services, says Harris Health strives to increase the availability of primary care for patients that is close to their homes.

▶ Memorial Hermann Katy Hospital Receives Certification as a Texas Ten Step Facility

For the fourth time in a row, Memorial Hermann Katy Hospital has received certification as a Texas Ten Step Facility by the Texas Hospital Association and the Texas Department of State Health Services. The Texas Ten Step Program encourages breastfeeding as the preferred method of nutrition for newborns and infants. Visit memorialhermann.org.

▶ Dr. Paul Checchia Elected President of Pediatric Cardiac Intensive Care Society

Dr. Paul Checchia, medical director of the Cardiovascular Intensive Care Unit at Texas Children's Hospital, has been elected president of the Pediatric Cardiac Intensive Care Society. Checchia's two-year term will begin in May. Visit texaschildrens.org/heart.

▶ Houston Methodist Ranked in 100 Best Companies

For the ninth year, Houston Methodist has been ranked in *Fortune Magazine's* "100 Best Companies to Work For," remaining the only hospital system ranked in Texas. Among the other U.S. companies listed, Houston Methodist ranked No. 4 for the percentage of minorities employed.

▶ MD Anderson Cancer Center's Study of Colorectal Cancer

A recent study conducted by the University of Texas MD Anderson Cancer Center found that patients with metastatic colorectal cancer are undergoing less surgery for the removal of their primary tumors while survival rates are improving. Researchers believe this is due to the new chemotherapeutic and biologic agents available for managing the disease. The study also found an increase in overall survival in this patient population.

▶ Memorial Hermann Katy Hospital Receives ACR Accreditation Renewal

The Magnetic Resonance Imaging Unit (MRI) at Memorial Hermann Katy Hospital has been awarded a three-year renewal of its accreditation by the American College of Radiology. MRI is the most useful tool in providing information about inflammation, infection, tumors, and injury.

▶ Linda Stephens Named Chief Nursing Officer

Memorial Hermann Katy Hospital has selected a new leader for its executive team with Linda Stephens, RN, MBA, BSN being named chief nursing officer. Stephens will oversee all nursing functions and patient care practices. Stephens has a Bachelor's degree in nursing and a Masters of Business Administration from Angelo State University. She and her family reside in Katy.

HEALTHY TIP: Managing Allergies

While it's nearly impossible to avoid allergens altogether, you can take a few steps to help reduce sniffing and sneezing. Try to stay indoors when the pollen count is particularly high. You can also check the air quality index in your zip code by visiting webmd.com.

Got health news?
Email 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 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

LaCenterra at Cinco Ranch
23501 Cinco Ranch Blvd.

10 a.m.

This series, presented by Texas Children's Hospital West Campus, 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.

Free CPR Training

April 25

Taylor High School
20700 Kingsland Blvd.

Various times

The American Heart Association (AHA), and Houston Methodist are teaming up to offer free life-saving training to the community. Advanced registration is required. Visit heart.org/savealifehouston.

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

Adult, Child, & Adolescent Psychiatry *for Katy*

Dr. Langan provides confidential psychiatric assessment and treatment in a quiet, professional venue for individuals ages 4 through adult.

- Depression
- Anxiety
- Mood Disorders
- Autistic Spectrum Disorder
- OCD
- Eating Disorders
- Post-Partum Depression
- ADD/ADHD
- Divorce & Family Issues

Also, parental guidance and counseling in managing behavioral challenges in children is available.

**Abigail
Langan, M.D.**

©2011 Katy Magazine

832.405.4660

810 S. Mason Rd., Suite 345

katy-psychiatry.com