

# Ask the Experts

Katy families' questions answered by local experts



Shruja Patel, MD  
**PrimeCare Medical Group**  
 23920 Katy Fwy., #555  
 713-464-9939 | primecarehouston.com

## Q: Is it a myth that men lose weight more easily than women?

Men tend to have a higher percentage of muscle mass than women, mainly due to their higher testosterone levels. This gives men a significant advantage in weight loss due to higher basal metabolic rates, which facilitates higher calorie consumption by muscle tissue during exercise. However, women are able to compete with men to shave off pounds in long-term weight loss. Eventually, the initial mass consumption of body fat in men plateaus and at that point, women have the ability to close the gap with their counterparts. Although overweight men seem to lose inches quicker in problem areas compared to women, this is mainly due to the tendency of women to distribute body fat more evenly than men.



Heidi Schultz, MD  
**Fulshear Family Medicine**  
 7629 Tiki Dr., Fulshear  
 281-346-0018 | fulshearfamilymed.com  
 See ad on page 167

## Q: Are there different types of flu vaccines? Which type do you recommend for children and why?

While flu seasons are unpredictable in a number of ways we do know that statistically, flu activity occurs between October and May with a heavier amount of activity between December and February. We recommend a yearly flu vaccine for everyone starting at 6 months of age and older. The vaccines that we recommend are Fluvirin for ages 4 years and older Fluzone, for ages 6 months and older and for those who are 65 and older, FluMist for ages 2 to 49 who do not have any respiratory diseases or disorders. The FluMist is the only nasal spray vaccine provided. The remaining two vaccines are small intramuscular injections.



Ethan Brown, MD  
**ER Katy**  
 25765 Katy Fwy.  
 281-395-9900 | erkaty.com  
 See ad on page 3

## Q: What should I do if my asthmatic child has an attack and we do not have a rescue inhaler on hand?

In circumstances where an emergency inhaler has been prescribed for chronic or allergy-induced asthma, it is important to always have a backup close by. However, if your child has an attack and there is no rescue inhaler in sight, take them to the nearest emergency room or call 911, whichever will provide the fastest relief of their symptoms.

If you have a question for our panel of experts, email [editor@katymagazine.com](mailto:editor@katymagazine.com).  
 Special thanks to our panel of *Katy Magazine* experts: Dr. Ethan Brown, Dr. Shruja Patel, and Dr. Heidi Schultz.

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*Natalie Forster, RD, LD serves to encourage a life of optimal health and vitality through long term manageable approaches to nutrition, individualized meal plans, and intuitive balanced eating.*

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