

Ask the Experts

Katy families' questions answered by local experts



Dr. Jorge Marquis, DDS
Marquis Family Dentistry
 6037 N. Fry Rd.
 281-656-2200 | marquisdds.com
 See ad on page 156

Q: At what age would you recommend children have their wisdom teeth removed?

Between the ages of 15 and 25, most individuals' third set of molars, more commonly known as wisdom teeth, erupt from the jaw. Unlike other teeth, these four molars are not necessary to proper oral function, and they are routinely extracted because of complications, such as the development of cysts or abscesses, cavities, or crowding of surrounding teeth.



Ryan Kobermann, CSCS
ESN Health
 22756 Westheimer Pkwy.
 281-395-0827 | esnhealth.com
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Q: What is the most effective exercise method to burn fat for weight loss?

The most effective fat loss exercise type is called "metabolic resistance training." This is when you perform strength or resistance circuits with very little recovery time between sets. Go hard and get the circuit done quickly, without sacrificing form. Basically work every body part frequently and hard with high intensity. This will leave the metabolism elevated for several hours post-workout. Remember to eat correctly, warm up correctly, and then do your workouts according to time availability. More calories will be burned with higher intensity workouts. Prepare for this type of movement with a dynamic warm-up, and make sure to allow time for regeneration post-workout. This will prevent injury in the future.



Tiffany Kamp, NASM
Katy Family YMCA
 22807 Westheimer Pkwy.
 281-392-5055 | ymcahouston.org/katy
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Q: What are some of the benefits of incorporating weights into my workout regimen?

Fat hates muscle and, unfortunately, cardio eats muscle. Try proper weight training three times a week along with a clean meal plan to grow muscle, cut fat, strengthen the ligaments around your joints, improve balance, and increase energy levels. Maintaining muscle mass also burns more calories. Work smart, not hard!

If you have a question for our panel of experts, email editor@katymagazine.com.

Special thanks to our panel of *Katy Magazine* experts

Dr. Jorge Marquis, DDS, Ryan Kobermann, CSCS, and Tiffany Kamp, NASM.

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The *Artisan Center*
FOR PLASTIC SURGERY, PLLC

For over 8 years, The Artisan Center has been exclusively serving the Katy community. With the majority of our business coming from direct referrals, we would like to say 'THANK YOU'! So please, ask around... then come see how you can experience world-class service right here at home.

B. Allen Rodgers, M. D.

Board-Certified Plastic Surgeon

Heather Hamilton, BSN, R.N.

Nurse Injector and Skin Care Consultant



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