

DOCTOR'S SHOWCASE

Medical experts in the Katy community



Whitsett Vision

Whether you need an eye exam, surgical treatment or a cosmetic procedure, you can rely on the staff at Whitsett Vision Group to take excellent care of you. Their new, state-of-the-art Lasik surgery suite is now open. Call today to schedule your complimentary consultation and learn about the latest advancements in Lasik technology, right here in Katy. Whitsett Vision enjoys offering this great option to their patients.

See ad on pages 18 & 19

713-365-9099 | whitsettvision.com



Chiro Dynamics

Spinal decompression is used to treat sciatica and bulging or herniated discs. It is a non-invasive, comfortable treatment that is designed to heal the disc by restoring fluid and height to the disc which takes pressure off the nerve alleviating pain. It consists of a series of treatments aimed at not only alleviating symptoms, but permanently fixing the problem without drugs or surgery. Go in for a free consultation to see if this therapy is right for you.

See ad on page 147

281-578-0606 | chirodynamics.net



Dentist at Grand Parkway

Dr. Ivy Mitcham and Dr. Julie Long brought over 18 years of experience when they opened the doors of The Dentists at Grand Parkway in April 2004. Over the years they have continued to provide great dentistry with a commitment to excellence. Dr. Vinitha Jacob, a graduate of Katy High School, joined the team in 2011 as an associate. Call them today for an appointment!

See ad on page 113

281-395-1700 | thedentistsatgrandparkway.com



Town & Country Family Physicians

The doctors at Town and Country Family Physicians are board-certified and provide full care for infants, children, adolescents, adults, and geriatrics. They are committed to providing patients with convenient access to high-quality healthcare. They believe that providing high-quality care is not only about the medical advice they dispense, but more importantly about the relationships they have with their patients. They continue to strive to be leaders in innovative medical practices. Give them a call today!

See ad on page 141

713-341-2100 | townandcountryfamilyphysicians.com

My Transformation Story

I went from being miserable and obese to feeling like a whole new person!



Trudy Dawson, mother of four, lost 65 pounds and 90 inches.

Trudy after

Trudy before



Just take that first step and call us. You could be our next Katy weight loss success story.

CALL FOR A FREE CONSULTATION



**Physicians
WEIGHT LOSS
Centers®**

5550 S. Peek Rd. Katy, Texas 77450
281-769-9204 www.pwckaty.com

Trudy Dawson, 45, went from feeling too tired to get out of bed to feeling like a brand new woman!

It was not long after Christmas that I realized something had to change. I took a good hard look at myself and realized I had a great husband and four awesome children, but I was miserable. My back, knees, and feet ached all the time. I woke up every day almost too tired to get out of bed. I knew something had to change. I noticed the sign for Physicians WEIGHT LOSS Centers so I went home, and my husband and I looked it up. I made an appointment the next day.

Diagnosed as Obese

My husband accompanied me to my appointment. "After all, we are in this together," he said. We sat across from Beverly while we discussed everything. She had me pegged from the start, she knew without a doubt that she could help me. My initial visit showed that I had high blood pressure, but I was also considered to be obese. That was an eye opener. My blood work showed that I had high cholesterol levels and I was also pre-diabetic. Beverly explained the weight loss plan that had been chosen for me and we began.

I Never Went Hungry

I have been on other diets before, and I was always hungry. Quite frankly, there was not a lot I could eat. This time it was different. There was so much food available to me on my plan. I ate three meals a day along with two snacks. I can say, without a doubt, that hunger was no longer a word in my vocabulary. I was not only eating, but I was also beginning to lose weight. It was also easy to follow. I had set a goal for myself that I wanted to be in a certain size dress for my daughter's high school graduation. Two weeks before her graduation, I stood in front of a mirror in a fitting room crying and smiling with joy. I had accomplished my goal. My weight loss plan evolved as I evolved. Through it all, I had my family and the women at PWLC in my corner. The women there are awesome. They rejoice with me in my triumphs and helped me through my lows. They, with my family, have truly been a blessing to me throughout my journey. I am now 65 pounds lighter and there are 90 less inches of me. I am a new woman!

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& GET 40% OFF
PROGRAM FEES**
Mention Katy Magazine

