

KATY FAMILY Health Bulletins

KATY HEALTH EVENTS

Don't miss these upcoming health-related events

HEALTH AND WELLNESS SEMINAR

Second Tuesday of the month

Chiro Dynamics

20501 Katy Fwy.

7 p.m.

Learn how to maintain your wellness through a monthly seminar. Admission is free. Call 281-578-0606 to RSVP.

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.

PREPARED CHILDBIRTH

December 19

Memorial Hermann Katy Hospital

23900 Katy Fwy.

12 - 6 p.m.

The stages of labor, the partner's role, comfort measures, relaxation, breathing techniques, and anesthesia options are discussed. Fee is \$70. Register online at memorialhermann.org.

TEST 2016

January 1

Memorial Hermann Katy Hospital

23900 Katy Fwy.

6 - 7 p.m.

This class is designed for children ages 3 to 9. They learn to hold, diaper, and wrap babies using dolls in the classroom. Fee is \$1. Register online at memorialhermann.org.

TEDDY BEAR CLINIC

January 26

ER Katy

25765 Katy Fwy.

9 a.m. - 12 p.m.

Your child and their teddy bear/stuffed animal can learn how medical tests and procedures are performed on ER Katy's tiniest patients. Register online at erkaty.com.

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

Memorial Hermann Katy Nurses Awarded Pathway to Excellence

Memorial Hermann Katy Hospital's nursing staff was again awarded the Pathway to Excellence designation from the American Nurses Credentialing Center. The designation is given to healthcare organizations that create work environments in which nurses can flourish and is a testament to professional satisfaction among nurses. It also identifies best places to work for nurses. For an organization to earn the designation, it must successfully undergo a vigorous review process documenting quality initiatives that create a positive work environment as defined by nurses and supported by research.

Run for a Reason

Texas Children's Hospital has been named an official charity for the 2015 to 2016 Chevron Houston Marathon Run for a Reason program, taking place January 17, 2016. Texas Children's running team will be provided access to a trained and experienced marathoner, supportive and organized team runs, and a personal tour of the hospital. The donations raised by this team will directly impact the comprehensive development of Texas Children's Promise Campaign which aims to give every child the opportunity for a healthier future. For more on how to join, visit waystogive.texaschildrens.org/houston-marathon.

MD Anderson and Memorial Hermann Expand Breast Screening and Imaging Program

Memorial Hermann and The University of Texas MD Anderson Cancer Center announced they have expanded operations to offer high-quality, specialized breast screening and diagnostic services in Katy. MD Anderson Breast Care with Memorial Hermann provides patients in the area with access to MD Anderson's specialized breast imaging and expertise, and Memorial Hermann's advanced technologies, access and convenience. Memorial Hermann imaging offers comprehensive, state-of-the-art screenings and diagnostics, including, but not limited to, biopsies and ultrasounds, as well as 3D and digital mammograms with board-certified and dedicated breast specialists.

TAKE ACTION AGAINST HEALTH SYMPTOMS

The spine is a superhighway that transports information from your brain to the rest of your body. Pay attention to the message it sends. Are you experiencing numbness or tingling? These may be signs of herniated disks or spinal stenosis, which share symptoms but have different causes. Over time, the rubbery disks between the spine's vertebrae may rupture, or herniate. Treatment may include rest, therapy, or surgery. For more, visit houstonmethodist.org.

Neurology Associates of Katy

KATY'S STATE-OF-THE-ART NEUROLOGY CENTER

19255 PARK ROW DR., #101 281-816-6455 NEUROLOGYASSOCIATESOFKATY.COM

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Conveniently located in the Medical Plaza near Greenhouse Rd. just north of I-10



ATTA REHMAN, MD

BOARD CERTIFIED IN NEUROLOGY AND VASCULAR NEUROLOGY

Dr. Rehman is a highly respected and talented neurologist with more than 15 years of experience in a clinical setting, along with medical and academic experience. He has an extensive background in vascular neurology and strokes, and is also certified in neuroimaging.

Call 281-816-6455 to schedule an appointment

DIAGNOSIS & TREATMENT FOR

- STROKE
- HEADACHE
- ALZHEIMER'S
- MEMORY LOSS
- SEIZURES
- EPILEPSY
- NEUROPATHOLOGY
- NUMBNESS
- PINCHED NERVE
- CARPAL TUNNEL
- MULTIPLE SCLEROSIS
- BRAIN & SPINE ISSUES
- IN OFFICE EMG
- IN OFFICE EEG
- BOTOX FOR MEDICAL REASONS



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