

KATY FAMILY Health Bulletins

KATY HEALTH EVENTS

Don't miss these upcoming health-related events

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 have experienced breast cancer. Call 832-522-5522 to RSVP.

WEIGHT LOSS SURGERY

February 17
Memorial Hermann Katy Hospital
23900 Katy Fwy.
6 - 7:30 p.m.

Affiliated bariatric surgeon, Dr. Peter Walker, and hospital staff will discuss minimally invasive, laparoscopic surgery techniques (gastric bypass and gastric sleeve). The seminar is free but space is limited. Call 713-222-2273 to register.

MEDICAL WEIGHT MANAGEMENT ORIENTATION

February 22
Houston Methodist West Hospital
18300 Katy Fwy.
Medical Office Building 2, #265
5:30 - 6:30 p.m.

Attend a free question and information session to help you find out which program is right for you. Register online at events.houstonmethodist.org.

SIBLING CLASS

March 3
Memorial Hermann Katy Hospital
23900 Katy Fwy.
6 - 7 p.m.

This class is designed for children ages 3 to 7. They learn to hold, diaper, and wrap babies using dolls in the classroom. Fee is \$10. Register online at memorialhermann.org.

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

Christ Clinic Katy Acquires New Facility

Christ Clinic Katy, which provides quality healthcare to those that are uninsured or underinsured, has announced plans to move into a larger facility located on Kingsland Boulevard in the first quarter of 2016. The current facility, which opened in 2007, operates a small pharmacy as well as a lab in addition to four exam rooms. In order to keep the facility running smoothly, the organization employs 18 people and utilizes a team of approximately 50 regular volunteers. To learn more about Christ Clinic, visit christclinic Katy.org.

Texas Children's Fetal Center Celebrates Miracles

Families recently traveled to Houston from around the country and internationally for the Texas Children's Fetal Center family reunion. Since the first event in 2007, the reunion has brought together patients and their families who received life-saving fetal interventions and fetal surgeries. All current and former Fetal Center patients and their families were invited to the event, which took place at the Houston Zoo. Guests enjoyed face painting, arts and crafts, and zoo animal experiences. For more information about Texas Children's Fetal Center, visit women.texaschildrens.org/fetalcenter/.

Official Healthcare Provider of Katy ISD Athletics

Memorial Hermann Katy Hospital and Katy ISD announced the continuance of Memorial Hermann Katy's role as the official healthcare provider of Katy ISD athletics. As part of the agreement, the hospital's licensed athletic trainers will assume a more dedicated role in the ongoing care of both high school and middle school athletes. In the event of an injury, Katy ISD athletes still have access to a team of physician specialists and allied healthcare professionals who understand the importance of rapid injury diagnostics and treatment, and will work in the athletes' best interest to enable a safe return to the playing field. Memorial Hermann Katy will also continue to provide IMPACT concussion post-injury testing to all Katy ISD high school athletes, as well as access to heart screenings for high-risk athletes.

How You Cook Meat Can Affect Your Kidney Cancer Risk

Eating meat cooked at high temperatures through methods like barbecuing and pan-frying can increase a person's chances of developing kidney cancer, according to a new study from MD Anderson researchers. When you cook meat using high-temperature methods that result in smoke and charring on the meat, harmful compounds classified as carcinogens may form. This study adds to a growing body of research implicating red, processed, charred, and smoked meats in cancers of the colon, kidney, and other organ sites. To schedule an appointment at MD Anderson, call 1-877-632-6789.



The
HAND & PLASTIC SURGERY
CENTER of Katy PLLC



YOUR KATY HAND & PLASTIC SURGERY SPECIALISTS

PUT YOUR HANDS IN OUR HANDS

Providing exceptional, personalized care for hand and plastic surgery patients in the Greater Katy Area. Both Dr. Stephenson and Dr. Das are Board-Certified and fellowship trained plastic and hand surgeons dedicated to helping you achieve your individual goals in a safe and thoughtful manner.

HAND SURGERY

- CARPAL TUNNEL
- TRIGGER FINGER
- CYSTS & MASSES
- HAND & WRIST ARTHRITIS
- HAND & WRIST TRAUMA

PLASTIC SURGERY

- SKIN CANCER RECONSTRUCTION
- SCAR REVISION
- BREAST RECONSTRUCTION
- BREAST REDUCTION
- GYNECOMASTIA



J.B. STEPHENSON IV, MD
BOARD CERTIFIED PLASTIC & HAND SURGEON

A Katy native and graduate of The University of Texas at Austin and Baylor College of Medicine, Dr. Stephenson specializes in hand surgery and reconstructive plastic surgery.



DIPAN DAS, MD
BOARD CERTIFIED PLASTIC & HAND SURGEON

Now based in Katy, Dr. Das is a Wisconsin native who completed his residency and fellowship training at the Medical College of Wisconsin. He focuses his efforts in both hand and plastic surgery.

HandAndPlasticsKaty.com 832-232-4263

23960 KATY FREEWAY, SUITE 380 (Memorial Hermann Katy Medical Plaza 2)

© 2016 Katy Magazine



We'll work with you and your teen to overcome their addiction.

Memorial Hermann Prevention and Recovery Center (PaRC) is a nationally recognized addiction recovery program located in Houston. Our custom-tailored, family-centered programs are designed to help adolescents meet individual treatment goals while our accredited onsite charter school keeps students on track academically. Our expert staff includes affiliated psychiatrists, social workers, nurses and counselors who specialize in treating adolescents.

We're here to help. PaRC also has all levels of care for substance abuse for adults. Call us at 713.939.7272 or visit us at parc.memorialhermann.org for more information.

**MEMORIAL
HERMANN**
Prevention &
Recovery Center

ADVANCING HEALTH