

Ask the Katy Experts

Your medical and dental questions answered by local professionals

Gluten-Free Diet



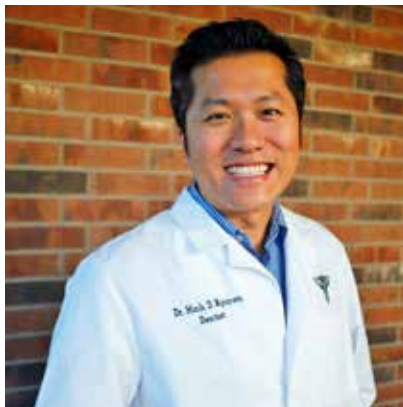
FULSHEAR FAMILY MEDICINE

Veronica Ryder, PA-C
7629 Tiki Dr., Fulshear
281-346-0018
fulshearfamilymed.com

Will a gluten-free diet reduce some of my gastro-related issues?

Possibly. Individuals with celiac disease typically experience abdominal discomfort, vomiting, diarrhea, constipation, and weight loss with the ingestion of gluten in their diet. Celiac disease is an autoimmune condition that affects up to 1% of the U.S. population. Those without celiac disease noticing similar symptoms when ingesting products containing gluten may have a wheat allergy or sensitivity to gluten and can benefit from a reduction of gluten in their diet.

Dental Underbite



PORTRAIT DENTAL

Minh Nguyen, DDS
27131 Cinco Ranch Blvd.
281-712-6191
portraitdental.com

What is an underbite and what problems can one cause?

An "underbite" is a type of mouth bite where the lower teeth protrude or overlap the upper teeth. Most people are aware it's not the "ideal bite," but it is often more than just a cosmetic concern. If the underbite is more severe, there can be issues with eating, speaking, and excessive wear on the front teeth. Other problems may include bad breath, snoring and sleeping issues, and jaw pain. There are several methods to reduce or correct an underbite. Early treatment may resolve issues without surgery.

Signs of Diabetes



BLUE FISH PEDIATRICS

Farah McCorvey, MD, FAAP
23960 Katy Fwy.
281-347-0080
bluefishmd.com

How do I know if my children are at risk for juvenile diabetes?

Juvenile diabetes, or type 1 diabetes, can have a slight genetic predisposition especially if parents are affected. There are some ethnic groups that have shown a higher risk of developing juvenile diabetes compared to others. Otherwise, juvenile diabetes tends to be sporadic, meaning it occurs with no known risk factors. It's important to mention to your child's physician if your child develops any of the following symptoms: increased thirst, increased urination, or unexplained weight loss.

Special thanks to this issue's panel of experts:

Veronica Ryder, PA-C; Minh Nguyen, DDS; and Farah McCorvey, MD, FAAP

If you have a health question for our Katy experts, or would like to be featured as one of our experts, email editor@katymagazine.com.

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