

# Ask the Katy Experts

Your medical and aesthetic questions answered by local professionals

## Carpal Tunnel



### The Hand & Plastic Surgery Center of Katy

J.B. Stephenson IV, M.D.  
23960 Katy Fwy.  
832-232-4263  
handandplastickaty.com

### What is carpal tunnel and how do I know if I have it?

Carpal tunnel syndrome (CTS) is a nerve compression disorder of the upper extremity that is three times more common in women than men and can occur at nearly any age. Classic symptoms include numbness or tingling in the fingers which is often worse at night. CTS is caused by pressure on the median nerve in the wrist and can progress to permanent numbness or weakness of the hand. Risk factors include diabetes, thyroid problems, obesity, rheumatoid arthritis, and other inflammatory conditions.

## Hydrated Skin



### The Spa at Cinco Ranch

Brooke Bradshaw, Aesthetician  
23050 Westheimer Pkwy.  
281-693-5772  
cincospa.com

### How can I keep my skin hydrated, besides lathering up with lotion?

Hydration has a lot to do with diet. We have all heard that we need to drink eight glasses of water a day, but sometimes that is not enough. For instance, if you drink caffeine or alcohol, if you are out in the heat, or if you engage in strenuous physical activity you may need more. Another great way to hydrate is through fruits and vegetables like cucumber, celery, watermelon, and strawberries which have high water content. Foods with good fats like olive oil, coconut oil, avocado, and those that are high in omega-3 fatty acids like salmon are also beneficial.

## Physical Activity



### Katy YMCA

Casey Castro, Personal Trainer  
22807 Westheimer Pkwy.  
281-392-5055  
ymcahouston.org/katy

### How much physical activity do children generally need?

Children who are under 5 who can walk unaided should be physically active every day for at least 30 to 60 minutes, indoors or out. If your child is 6 years or older, I encourage them to do 60 minutes or more of physical activity every day. As a parent, you can help by encouraging your child to find activities they enjoy, and by building physical activity into family life. Taking them to the park or signing them up for a sport or physical activity is encouraged to keep them active.

Special thanks to this issue's panel of experts:  
J.B. Stephenson IV, M.D., Brooke Bradshaw, and Casey Castro

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](mailto:editor@katymagazine.com).

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