

# KATY FAMILY Health Bulletins

## KATY HEALTH EVENTS

Don't miss these upcoming health-related events

### STEP LITE

Sept. 12

Houston Methodist West Hospital  
18500 Katy Fwy.  
5:30 - 6:30 p.m.

Find out more about the Step LITE program, a realistic approach to healthy nutrition, weight loss, and lifestyle changes. This moderate weight loss program provides an option to anyone who desires to lose up to two pounds per week. Call 832-667-5673.

### NEWBORN CARE

Sept. 14

Memorial Hermann Katy Hospital  
23900 Katy Fwy.  
6:30 - 8:30 p.m.

Class introduces expectant parents to helpful skills for caring for their newborn. You will review newborn characteristics, general baby care, safety issues, and early parenting. Partners are encouraged to attend. Fee is \$30. Visit [memorialhermann.org/classes-events](http://memorialhermann.org/classes-events).

### STROKE SUPPORT GROUP

Oct. 18

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

Stroke survivors, family members, and caregivers are invited to learn about stroke recovery, care, and rehabilitation. Meeting occurs on the third Tuesday of every month. Register children attending at [memorialhermann.org/classes-events](http://memorialhermann.org/classes-events).

This is only a sampling of the events offered in Katy.  
Please visit [KatyMagazine.com](http://KatyMagazine.com) for more.

### Early Detection at Solis Mammography

For nearly 25 years, women have been told to begin regular annual mammograms at the age of 40, and the radiologists at Solis Mammography concur. Study after study shows that the earlier a woman finds an issue, the better her options and outcomes. According to the American Cancer Society, the five-year survival rate is 100% for women diagnosed with stage 0 and 1 breast cancer. Early detection has long-term benefits including shorter treatment times; the potential to avoid a mastectomy, chemotherapy or radiation; and overall improved quality of life. To schedule an appointment, visit [solismammo.com](http://solismammo.com).

### Texas Children's Hospital West Campus Partnership Award

Texas Children's Hospital West Campus recently received the Houston West Chamber of Commerce's Business Partnership Award for their continued efforts to improve and enrich the lives of individuals in the west Houston area. They have been incredibly committed to not only providing the highest-quality care possible for patients, but investing in the community through partnerships, events, and educational opportunities. This new partnership will provide additional experiences for more students in the community to learn about the hospital and help them choose potential areas of interest to study in high school and college.

### Memorial Hermann Hospital is Combating Strokes

The stroke team at Memorial Hermann recently implemented a dramatically effective stroke treatment that has been lauded as a stroke game-changer, according to published research findings. Performed by specially-trained endovascular interventionalists, the treatment uses a device called a stent retriever to thread through a network of tiny and narrow blood vessels to grab the deadly blood clots and remove them from the brain. Research shows that patients who qualify for this procedure and are treated with stent retrievers, in addition to standard treatment including the intravenously administered clot-busting agent TPA, have a much greater chance of functional independence following a stroke.

## RECOGNIZING A STROKE

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking, or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Source: Memorial Hermann Hospital

# The Artisan Center

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actual patient



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## Heather Hamilton, BSN, R.N.

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