

# Ask the Katy Experts

Your medical and aesthetic questions answered by local professionals

## Melanoma Question



### Texas Dermatology Specialists

Dr. Joseph Sedrak, M.D.  
21800 Katy Fwy.  
713-771-1100  
texasdermatology.com

### How can I tell if my mole is melanoma?

Melanoma is one of the most serious forms of skin cancer. Prevention and early diagnosis is important and leads to better outcomes. A normal mole is small, round, symmetrical, evenly colored, and stable. A mole is more likely to be melanoma if it is larger than a pencil eraser, has an irregular shape, has multiple colors, or evolves over time. Most moles do not turn into melanoma, but it is important to check your moles yourself once a month. Any suspicious, questionable, or changing moles should be brought to the attention of your dermatologist immediately.

## High-Intensity Training



### ESN Health

Ryan Kobermann, CSCS  
22756 Westheimer Pkwy.  
281-395-0827  
esn-online.com

### What is the best way to burn fat?

Resting metabolic rate (RMR) is a function of how much muscle you have on your body and how hard that muscle works. The priority in fat loss programming is to promote muscle mass and make the muscle work harder, in order to elevate the metabolic rate. The hierarchy of fat loss or the most effective forms of exercise is ranked in order of improving your excess post-exercise oxygen consumption (EPOC). The more EPOC you have, the more calories you will burn over the next 24 to 48 hours without more exercise. The best way to do this is through metabolic resistance training and high-intensity interval training.

## About Healthy Fats



### Solstice Renew

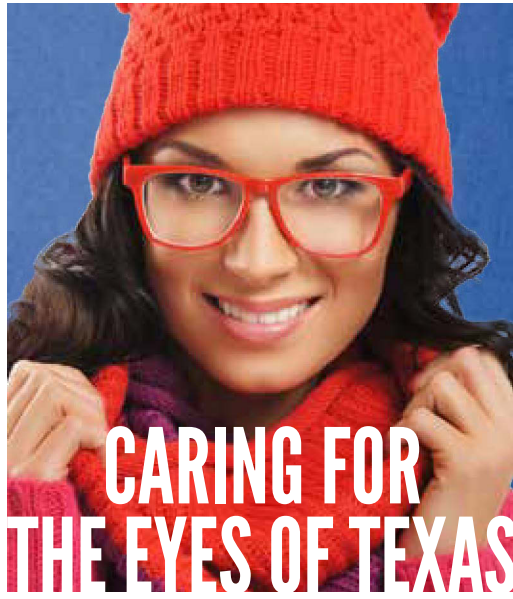
Liz Pokorny, Licensed Aesthetician  
S. 5550 Peek Rd.  
832-437-8227  
solsticerenew.com

### How can eating healthy fats benefit your skin?

Just like a healthy diet, you need a healthy skin diet. Fortunately by eating good fats, you can kill two birds with one stone. Eat healthy fats that are found in nuts, avocado, and fish. Keep in mind that trans fat and animal fat will not help your skin in any way. Eating healthy fats can keep your skin hydrated, making your skin smooth, soft, and beautiful. Eat foods that are rich with antioxidants. This includes pomegranates, blueberries, goji berries, sun-dried small red beans, tomatoes, beans, nuts, and green leafy vegetables.

Special thanks to this issue's panel of experts:  
Dr. Joseph Sedrak, M.D., Ryan Kobermann, CSCS, and Liz Pokorny, LE.

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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Dr. Adu-Lartey was awarded a National Medical Fellow in Academic Medicine award from Johns Hopkins University



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