

KATY FAMILY

Health Bulletins

KATY HEALTH EVENTS

Don't miss these upcoming health-related events

STEP LITE

Oct. 24

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.

BREASTFEEDING

Nov. 2

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

This class will provide an explanation of the benefits of breastfeeding. Partners are encouraged to attend. Register mom only. Fee is \$30. Register at memorialhermann.org/classes-events.

CPR FOR MOMS

Nov. 3

ER Katy
25765 Katy Fwy
5 - 7 p.m.

Join ER Katy at their CPR for moms class. Space is limited. Register at erkaty.com/cpr-for-moms-registration.

This is only a sampling of the events offered in Katy.
Please visit KatyMagazine.com for more.

Got health news? Email editor@katymagazine.com.

Texas Children's Hospital Launches upWORDS Program

As one of the first hospital-based programs of its kind, Texas Children's Hospital is pleased to announce the launch of upWORDS, a program aimed at closing the opportunity gap. The upWORDS program will give parents the knowledge of how to improve the quantity and quality of language spoken with their child and educate them on the long-term impact language can have on their child's success in life. Developed in association with the LENA Research Foundation, the program at Texas Children's launched a pilot program this summer at the hospital's West Campus. To learn more about, or register for, the upWORDS program, visit texaschildrens.org/upwords-program.

Memorial Hermann Katy Hospital Earns ACR Accreditation

Memorial Hermann Katy Hospital has been awarded a three-year term of accreditation in breast magnetic resonance imaging (MRI) as the result of a recent review by the American College of Radiology (ACR). MRI of the breast offers valuable information about many breast conditions that may not be obtained by other imaging modalities, such as mammography or ultrasound. The ACR gold seal of accreditation represents the highest level of image quality and patient safety. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed.

Texas A&M Medical School for Physician Engineers at Houston Methodist Hospital

Texas A&M University is planning to create an innovative engineering medical school at Houston Methodist Hospital to educate a new kind of doctor, pending appropriate approvals, who will invent transformational technology for health care. Fifty physician engineers would begin their studies in fall 2017 at the new Texas A&M University Engineering Medicine School (EnMed) at Houston Methodist Hospital. EnMed would be an integrated educational and research medical school with a focus on innovation and entrepreneurship and a part of the Texas A&M College of Medicine's MD program and the College of Engineering. EnMed would initially hire 25 faculty members and utilize 75,000 square feet of instructional and research space in the Texas Medical Center.

STAYING ACTIVE AT WORK TIPS FOR WORKPLACE ACTIVITY ON THE JOB

- Consider a standing desk: While they may not be right for everyone, standing helps strengthen your core, improve posture, and keeps you feeling alert.
- Host a walking meeting: Try adding activities to the tasks you already do.
- Only use phone and email when necessary: Instead of staying at your desk, get up and walk over to speak with a co-worker.
- Set a timer: Whenever it goes off, stand up, stretch, or go for a short walk down the hall.
- Take a walk at lunch: It can also improve your mental outlook, alleviate stress, and improve self-esteem.
- Exercise at your desk: See how many times you can sit and then stand for 30 seconds. Repeat four to five times a day.

Source: MD Anderson Cancer Center



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