

Ask the Katy Experts

Your medical and aesthetic questions answered by local professionals

Celiac and Your Body



Memorial Hermann Katy Hospital

Dr. Kevin Marks, M.D.
23900 Katy Fwy.
281-644-7000
memorialhermann.org

What effect does celiac disease have on a person's digestive system?

Celiac disease (CD) is a condition that affects the digestive system in individuals who eat gluten. The primary site involved in the GI tract is the lining or villi of the small intestine. The villi, which are required to absorb nutrients, are injured or destroyed by chemicals released by inflammatory white blood cells. This leads to impaired absorption of nutrients. Symptoms may include diarrhea, bloating, gas, weight loss, constipation, and abdominal pain.

Foot Pain Remedies



Your Total Footcare Specialist

Dr. James M. Jacobs
1331 W. Grand Pkwy. N.
281-395-3338
katyfootcare.com

What are some relief strategies for someone with plantar fasciitis?

Plantar fasciitis refers to an inflammation of the plantar fascia, which runs along the bottom of your foot. Plantar fasciitis can occur with overuse or a sudden change in activity, weight gain, previous foot injuries, or poor arch support. Some at-home remedies to help prevent and decrease symptoms are: calf stretching before getting out of bed, plantar fascia stretching, and an ice massage - freeze a water bottle and roll it under your foot for 10 minutes at the end of the day.

Preventing Chapped Lips



Fulshear Family Medicine

Dr. Heidi Schultz
7629 Tiki Dr., Fulshear
281-346-0018
fulshearfamilymed.com

How can I keep my lips from getting chapped during the winter?

Be sure to drink plenty of water. Consider using a humidifier if your lips are constantly chapped to increase moisture in your environment. Use a lip balm, preferably with a sunscreen. Have a healthy diet to ensure you do not have a vitamin deficiency, which can contribute to dryness and cracking of the lips. Avoid licking, biting, or picking at your lips. If you develop any sores on your lips that do not heal, be sure to see your health care provider.

Special thanks to this issue's panel of experts:
Dr. Kevin Marks, Dr. James M. Jacobs, and Dr. Heidi Schultz.

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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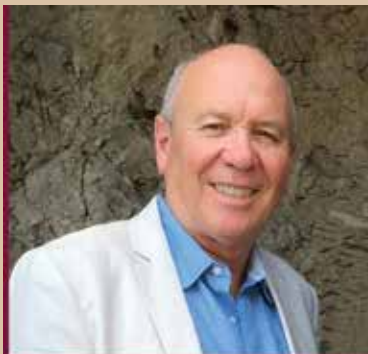


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