

Ask the Katy Experts

Your medical and aesthetic questions answered by local professionals

Wrinkles and Age Spots



Whitsett Vision Group

Cybele Woon, MD
23510 Kingsland Blvd., #200
713-581-6833
whitsettvision.com

What is the most effective treatment for wrinkles and age spots?

There are surgical as well as nonsurgical treatments for wrinkles and age spots. Of course prevention, through sun protection, proper skin care, and moisturizing, is best. Look for skin care products that are backed by scientific research and development. For more definitive treatments, Botox is an amazing way to reduce wrinkles without surgery, and there are different types of laser resurfacing techniques available to stimulate collagen repair and eliminate pigment.

Weight Loss



Physicians Weight Loss Centers

Kavita Shah Patel, MD
5550 S. Peek Rd.
281-769-9204
pwlckaty.com

Why is it easier for men to lose weight than it is for women?

The physiologic differences in men, specifically a higher muscle to fat ratio, increased average height and weight, and increased amounts of lean muscle building testosterone, pose clear advantages for short-term weight loss in men overall. Since on average men have more muscle mass than women, they burn 20% more calories a day at rest, at the same height. The increased amount of estrogen in women reduces a woman's ability to burn energy after eating and overall women have higher body fat percentage than men, usually six to 11% higher.

Treating Endometriosis



Pink Women's Center

Joel Rivera-Jimenez, MD, FACOG, NCMP
23960 Katy Fwy., #350
713-464-1845
pinkwomenscenter.com

What treatment options are available for women with endometriosis?

Endometriosis is a disorder of the female reproductive system in which cells that form the lining of the uterus grow outside the uterus and affect other organs in the abdomen, ovaries, fallopian tubes, or even ligaments of the pelvis. Treatment centers around hormonal balance, pain management, and in severe or complicated cases, surgical management. Oral contraceptives, changing diet and nutrition, decreasing caffeine consumption, and using herbs and spices that can decrease inflammation are also viable treatment options.

Special thanks to our panel of *Katy Magazine* experts - Kavita Shah Patel, MD; Cybele Woon, MD; and Joel Rivera-Jimenez, MD, FACOG, NCMP.

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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We are excited to have Dr. Staci Armand join our family of talented practitioners.

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