

# Healthy Katy Families

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Find the Best Personal Trainer



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Matt Lost 245 lbs.



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**Q&A**

**DR. SPIEGEL DISCUSSES A  
COMMON MISCONCEPTION ABOUT WEIGHT-LOSS SURGERY**

Many people think, "I will lose the weight for good with the next diet." More and more people realize that they've been on a diet roller coaster for years without permanent results. They've tried different weight-loss programs, personal trainers, diets and are often much heavier than they were when they started. Some succeed, but this is a small minority. After non-surgical methods of weight loss fail for years, patients realize that permanent weight-loss surgery is really a good choice for them.

**WHY ARE EXPERIENCE AND SKILL  
SO IMPORTANT IN THE SURGEON YOU SELECT?**

Although Lap-Band surgery itself is minimally invasive, it is an extremely technical procedure. "The device is highly customized and has to be placed perfectly," Dr. Spiegel explains. "The size, position, and angle must be just right for each patient. Once the Lap-Band is in place, any adjustments made must be accurate." Dr. Spiegel has performed hundreds of thousands of adjustments personally.

**"Thank you for helping us  
lose weight permanently"**



**Q** How does the adjustable gastric band work?

**A** An adjustable gastric band, also known as Lap-Band, is placed around the upper portion of the stomach, creating a small pouch. The overall effect is a restriction on how much food the stomach can hold, while generating a feeling of fullness.

**Q** How long will the surgery take and what is the recovery period?

**A** Lap-Band surgery usually takes 20-30 minutes with an experienced surgeon such as Dr. Spiegel. Less-experienced surgeons may take 45-90 minutes. Most patients can return to work 3-5 days after surgery.

**Q** How much weight should I expect to lose the first year?

**A** Patients typically lose an average of 50% of their excess weight within the first 6-12 months after surgery.

**Q** Will Lap-Band weight-loss surgery limit my lifestyle?

**A** On the contrary, your lifestyle will improve! You will have more energy and greater mobility to pursue new pastimes. You can do anything that you do now and more, except overeat. With the Lap-Band, you can still eat in a restaurant and even enjoy coffee and cake for dessert, or a glass of wine.

*Dr. Felix Spiegel*

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# When SECONDS Matter

## Should you head to the ER, Urgent Care Center, or Stay Home?

Having raised two sports-crazy boys from birth through college, Sam and Kim McManus, Katy residents for 26 years, have had to make on-the-spot ER decisions more times than they care to remember.

Most of the time, all that an injury required was some ice and a hug, but not always. One of the McManus's first trips to the ER was when their son, Glenn, then two years old, slammed his finger in the screen door. Seeing the blood loss, his dad Sam knew he had to act fast. Applying pressure with a towel, he got his neighbor to drive them to the ER immediately.

Written by Katrina Katsarelis  
and Kelli Cataline

### Emergency Room or Urgent Care?

To ER or not to ER...that is the question many parents wrestle with when faced with a sick or injured child. Most health care professionals agree on two things. First, call 911 immediately if the child's condition is life threatening or could become life threatening. Second, no one knows your child as well as you do, so if something feels wrong or causes concern, take your child in to be evaluated. "That's what we're here for," says a local ER professional. "Especially with minor emergencies, it's really hard to tell someone whether they should wait at home or come in because my 'emergency' might not be the same as your 'emergency'." The parent knows what is normal for their child." With that being said, there are some guidelines you can follow to make the decision to seek treatment easier.

### Seek Treatment Immediately

If your child has any of the following symptoms, you should seek medical treatment immediately.

- Trouble breathing
- Blue or purple skin/lip discoloration
- Seizures or convulsions

## When You Need Help

When every second counts, it pays to know where the emergency and urgent care facilities are in your neighborhood. You'll probably be seen sooner at an Urgent Care center and the cost per visit is substantially lower. But when it involves breathing problems, severe bleeding or trauma, experts advise heading to a hospital.

### URGENT CARE CENTERS

Most urgent care centers accept many kinds of insurances and are set up to handle these kinds of situations: Minor burns or injuries sprains, coughs, colds, sore throats, ear infections, fever or flu-like symptoms, rash or other skin irritations, vomiting, animal bites and broken bones. Just in case, you should call ahead to check hours of operation, insurances accepted, and services covered.

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### HOSPITALS WITH EMERGENCY ROOMS

Experts recommend heading to a hospital's emergency room for life-threatening situations including chest pain, difficulty breathing, high fevers in infants, severe bleeding or head trauma, loss of consciousness, sudden loss of vision or blurred vision.

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- Very loose or knocked out teeth or other major mouth or facial injuries
- Severe, persistent pain that gets worse with time
- Any loss of consciousness, confusion, a severe headache or vomiting after a head injury
- Acting strangely or becoming lethargic

### Common Illness or Major Emergency?

Minor emergencies can be trickier. The treatment for fevers is based largely on the age of the child. For a child under three months, a temperature of 100.4 or higher merits immediate medical attention. For older kids, experts recommend going to the doctor or ER if the fever lasts more than three days, is accompanied by vomiting, diarrhea, a stiff neck, or rashes; or goes away after a couple of days, then comes back. Cuts should be evaluated if they gape or will not stop bleeding. Some seemingly mild symptoms, like body odor in young children and a stiff neck when accompanied by fever and a rash, could also be indicative of conditions that require immediate medical attention.

### Common Mistakes

As parents, we do our best to protect our children, but inevitably mistakes are made. Experts say one of the most common errors seen in the emergency room is not medicating fevers. In the interest of getting the best care for their children, many parents hold off on medicating fevers so that ER professionals can see the



No one knows your child as well as you do, so if something feels wrong, take your child to be evaluated

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high temperature for themselves. "Please, please medicate your child to lower the fever and make him more comfortable. We know his symptoms are severe enough for you to bring him into the emergency room. We will believe you when you tell us about them," says one ER nurse.

Another common misstep is to wait too long to have a cut evaluated. According to pediatricians, most cuts should be evaluated within a few hours. A local ER nurse adds, "A cut can be sutured up to twelve hours after it happens, but we really can't do much after that. The wound will eventually heal by itself, but there will be a scar."



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### Be Prepared

While you can never be ready for every emergency, there are a few things you can do to make the situation less stressful. Make sure you have well stocked first aid kits, both at home and in the car. Keep a list of your child's medications and any allergies she may have and provide a copy to her caretakers. This will help the ER staff treat your child quickly and avoid any unfavorable reactions.

Unless the illness or injury is life threatening, you might have a wait when visiting the ER. Keeping your vehicle stocked with non-perishable snack items, coloring books or cards, and quarters for vending machines will help make the wait with your child more bearable. **KM**

### HEALTH NEWS

If you've got health news to share with Katy, email us at [editor@katymagazine.com](mailto:editor@katymagazine.com).

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# Putting a Stop to Staph

## How to Protect Your Katy Kid from this New Tougher-to-Treat Strain of Staph

Written by Jana E. Soroski

**I**t took three trips to the pediatrician for Robin Espey to receive an accurate diagnosis for her child's mysterious bumps. "The doctor thought it was spider bites the first couple of times he saw us. During follow-up appointments, because of the lack of response to treatments, it was apparent that Staph was the cause and we were immediately recommended to an infectious disease specialist. We then found out it was, indeed, MRSA", explained Espey, a Katy area mother of a child who suffered from the painful infection.

Though Staph infections have never been a good thing, the latest strand is the drug resistant Methicillin-resistant Staphylococcus aureus (MRSA). This strain has become particularly resistant to beta-lactam antibiotics, including penicillin, methicillin, and cephalosporins. So the best advice for parents is to take steps to prevent you or your child from getting the infection in the first place.

### Recognizing and Diagnosing Staph

According to the Center for Disease Control and Prevention, Staph infections usually occur at sites of visible skin trauma, such as cuts and abrasions, and areas of the body covered by hair.

The most commonly affected areas are the back of the neck, groin, buttocks,

armpit, and beard area of men). The infection might resemble pimples, or a spider bite sore on the surface of the skin.

MRSA infections that occur in otherwise healthy people who have not been recently hospitalized or had a medical procedure are known as community-associated (CA)-MRSA infections. These infections are usually skin infections, such as abscesses, boils, and other pus-filled lesions." Some of the reported symptoms can be very severe with fever, stiffing of joint and muscles, blood infections and can be fatal in some instances. Staph can be difficult to diagnose so it's important to see a physician if your child gets a skin infection.

While MRSA infections emerged in hospital settings in the 1970's, CA infections did not become widespread until the 1990's. The infection has been found in various settings including hospitals, schools, sports facilities and locker rooms, daycares, nursing homes and even in your own home.

### How Staph Spreads

The infection can be acquired from frequent skin to skin contact, such as in athletics or team sports. It is also spread



## “More than 1,800 children are seen each year at Texas Children’s with a staphylococcal infection.”



through overcrowded conditions as seen in military quarters or healthcare facilities. The infection can also be transmitted from open sore or wounds, contact with contaminated surfaces, or with contaminated personal items such as towels or razors.

Though the community at large is being impacted in larger numbers than ever before, it is still most commonly acquired in a medical setting. “More than 1,800 children are seen each year at Texas Children’s with a staphylococcal infection, with about 1,300 of these patients being Methicillin resistant, forms of the disease”, reports Texas Children’s Hospital in Houston.

### Getting Treatment

If you notice pimple like, or spider bite sores on your skin especially in the back of the neck, groin, buttocks, armpit, and beard area of men, it’s important to seek a medical professional’s help immediately. **KM**

JANA SOROSKI is currently pursuing a degree in nursing and is a mother of five.



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*Dr. Bill Sheppard and wife Kim Sheppard*

## Do you live with a pain in the neck? *Discover where Katyites are finding relief*

**W**e can all get a chuckle out of the headline, but anyone whose experienced it knows there's nothing funny about pain. Actually, back pain is cited as the #2 reason people visit the doctor (followed by the common cold). With these kinds of statistics, it's no wonder more money is spent on back pain than any other health ailment. Recently, we sat down with Dr. Bill Sheppard to find out his take on problems that affect the neck and back as well as other common health problems.

### Is it Recommended by Physicians?

The success rate of people suffering with bulging and herniated disc in the neck and back has been overwhelming," points out Dr. Sheppard who sees new patients for back and neck pain on a daily basis. "Several medical doctors that I personally know, including spinal orthopedic surgeons and neurosurgeons, have implemented spinal decompression machines in their clinics because of the positive results that our patients are getting."

Dr Sheppard also states that since the addition of their DRX 9000 spinal decompression machine four years ago, his business has more than doubled. "We have added another machine and still can't keep up with the demands of the medical doctors that refer us patients."

### How Does it Work?

According to Dr. Sheppard, Spinal decompression works for people that have neck and back bulging and herniated disc, arthritic joints and shooting pains in the arms and legs precisely targeting the problem area. The machine then distracts, or gently pulls, where the problematic disc is. In more simplistic terms, it is like pulling a jelly donut that has jelly coming out the side from the top and bottom. With the pulling action, a negative pressure forms which pulls the bulging disc material back into the disc and helps to regenerate healthy cells for repair. Spinal decompression is

actually rated the number one way to help a disc problem in the back. It is better surgery, physical therapy, pain injections and medicine.

### Is it Safe and Effective?

Other problems in the neck, back, shoulders and knees are common occurrences in Dr. Sheppard's clinic. "What we do in our clinic is completely safe and effective in treating disorders of the spine, joints and muscles. People are tired of just getting prescriptions that only masks the signs associated with their pain," says Sheppard. "Once the medicine wears off, the pain comes back. Chiropractic, however, actually helps alleviate the problem."

### Will it Ease My Pain?

"Once people come to United Chiropractic after hurting for so long and exhausting all other avenues, they can't believe how great it is to be pain free and living a normal life," says Dr. Sheppard. "Actually, the patients who refer me to others most are the ones that were so against coming to see me in the first place. Sometimes they are drug in by

their spouse after trying all the other forms of health care and they're amazed at what we can do.

*"The success rate of people suffering with bulging and herniated disc in the neck and back has been overwhelming."*

*- Dr. Bill Sheppard*

### Who to Contact

United Chiropractic seems to be the first choice of Katy medical doctors and Katy residents. It's no wonder that Dr. Sheppard was recognized again this year as one of America's top chiropractors. The facility now has a full time licensed massage therapist and work with patients on other issues such as body reshaping, weight loss, hormone replacement therapy and healthy meals. United Chiropractic is located in the same parking lot as James Coney Island on Mason Road. They can be reached at 281-392-6550. Their web site is [www.katyspinerehab.com](http://www.katyspinerehab.com)

# Tips to Help Prevent Staph

## 1. WASH YOUR HANDS FREQUENTLY

Handwashing is a key deterrent so continue to remind children to wash with soap and water. You can teach young children to wash their hands through an entire chorus of the alphabet or Happy Birthday song ensuring all germs have been thoroughly washed away.

## 2. KEEP ANY SKIN INFECTIONS OR WOUNDS COVERED

The best way to keep Staph out is to cover up any open sores, cuts or abrasions.

## 3. AVOID SHARING PERSONAL ITEMS

Personal items can include hairbrushes, combs, towels, linens, clothing, and athletic equipment. Each family member should have their own personal set of toiletries.

## 4. CLEAN UP AFTER PLAYING HARD

Insist on bathing or showering with soap and water after sports practices and games.

## 5. USE SEPARATE TOWELS

Children should use their own towel after athletic events and practices.

## 6. WASH UNIFORMS AND GEAR

Don't forget to wash uniforms and equipment after every use.

For more information on Staph Infections, MRSA or other infectious diseases, visit the website for the Center for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).

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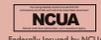


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Written by Jason Hodge



A personal trainer can customize a program for your personal fitness needs

# Find the Perfect Fitness Fit

## What to look for in a Katy Personal Trainer

While the idea of hiring a personal trainer may sound like a great idea, many Katyites wonder if the expense is going to be worth it. “It’s about your health, and most people don’t want to put money into their health,” explains Brenda Shannon Muniz, owner of Body & Golf Fitness. “There isn’t a monetary value you can put on your health, it’s priceless.” With the latest research showing those who exercise regularly are ten years younger physically, Muniz makes a good point. If you’re considering hiring a personal trainer, experts recommend looking for a trainer that can first help you reach your goals and then more importantly, help you maintain your new body on your own.

### The Benefits of a Personal Trainer

Simply put, personal training can make a big difference in your life. A trainer can educate you on the most up-to-date fitness techniques and give you insight into the latest health trends. Plus,

“There isn’t a monetary value you can put on your health, it’s priceless.”

having someone keep you accountable to your exercise regimen will improve your chances of achieving results. Having someone motivate you through a workout is the number one reason people hire personal trainers. We all have busy lives, but having a personal trainer organize your health and fitness makes it a lot easier. You should notice faster results due to the extra motivation and education. The biggest benefit of a personal trainer is her or she can customize a program just for you and your personal fitness needs. He or she can also address your individual problem areas with workouts specially suited for your body type.

### Know Your Personal Goals

The first step in choosing a trainer is to identify your goals. What do you want to achieve? Do you want to lose weight? Eliminate



Brittany is counseled by William Fountain

back pain? Improve your golf game? These are all great, but each requires specific coaching and/or training. However, not every trainer is equally qualified. You want to work with someone who specializes in your area of interest. Before signing up with a trainer, be sure to check their credentials.

A good trainer can motivate you to reach your fitness goals



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Kevin Oglesby - trainer at Lifetime Fitness Katy



**What Credentials Should I Ask About?**

Kevin Oglesby, the Personal Training Department Head at Life Time Fitness suggests, "When choosing a personal trainer, the credentials to look for are a college degree in exercise science, a nationally recognized certification, and two or more years of experience."

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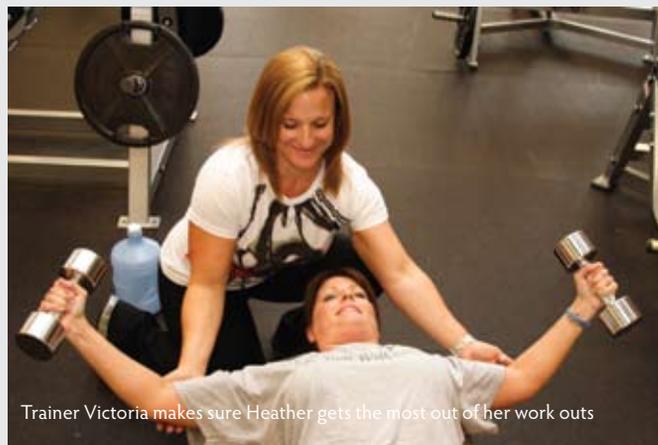
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# 10 Questions to Ask Your Potential Personal Trainer

1. Do you have a degree?
2. What certifications do you have?
3. Are you first aid certified?
4. Do you have liability insurance?
5. What types of clients have you worked with in the past, and what were the results?
6. What do you specialize in?
7. How often and for how long do I need to meet with you?
8. How will my progress be monitored?
9. How much of an investment will I be making into this program?
10. What is your cancellation policy?



Trainer Victoria makes sure Heather gets the most out of her workouts

With over 100 different certification agencies throughout the nation, the type of certification a personal trainer has makes a difference. Perhaps the best way to research a trainer's credentials is through the National Commission for Certifying Agencies (NCCA), which examines certifications to ensure they meet certain standards. Once you have decided that a trainer is qualified, the next step is to invest in a fitness program.

## A Good Fit for You

The personal training industry is not perfect, but it has made a big difference in a lot of people's lives, as evidenced by NBC's *The Biggest Loser*. When deciding on a personal trainer, choose



Dustin Johnson stays trim by working out

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someone you can trust, someone who is well-qualified and who can help you achieve your goals. The most important thing is to find a trainer that cares about you as an individual. Don't be afraid to interview the trainer before you decide to work with them. Selecting a personal trainer is a big decision to make, but when you finally find the right fit, you'll be glad you did. KM

JASON HODGE is a 10-year veteran to personal training. He is a volunteer on the Katy Chamber of Commerce's Health and Wellness Committee. His passion is helping Katy residents with their health and fitness needs.



Heather works out with personal trainer Victoria Hallora

## MEETING ALL YOUR SKIN NEEDS AND BODY CARE GOALS

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