

Katy Women Get Healthy

Written by Jennifer Counter

One Step at a Time

In an effort to ensure optimum health, every woman needs to take an active role in caring for herself. Our five step plan can help guide your path to total body wellness.

1 PREVENTION Get Regular Checkups

Regular checkups are important because they can help identify potential problems and can even save your life. By utilizing the resources in your area, such as health screenings, treatments, and early diagnosis, you are increasing your life span and overall health. Dr. Sevierino Pinmental, a Katy based family practitioner, stresses the importance of “mammograms for women starting as early as 35 years old and earlier if there is a family history of breast cancer.” He also emphasizes the need for yearly pap smears to screen for cervical cancer. Preventive diagnostic care is key to overall sustained health.

“Regular checkups are important because they can help identify potential problems and can even save your life.”



2 KNOWLEDGE

Know the Facts

Make it a priority to know your family medical history and which diseases women are most prone to developing. The American Heart Association identifies coronary heart disease as the leading cause of death for American women. Cancer and stroke follow in line by posing the next greatest health risks to women. According to the American Cancer Society, "The most common cancer death for US women is lung cancer - 70,000 women in fact." Stroke statistics are equally as alarming with almost 16,000 Americans dying of stroke each year, and nearly two-thirds are women, according to information provided by the National Coalition for Women.



Diabetes, according to the Mayo Clinic, goes unidentified until life threatening complications are diagnosed. Persons with diabetes are two to four times more likely to die of heart disease or stroke in their lifetime.

Dr. Pinmental suggests, "See your doctor annually for a physical exam, which should include checking your blood pressure and cholesterol levels. However, if you have a family history of heart disease, diabetes, or other life threatening illnesses, you need to discuss these matters with your doctor and have more periodic testing to ensure your health is being monitored closely."



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3 PLAN HEALTH APPOINTMENTS AND PREPARE QUESTIONS FOR YOUR DOCTOR



Getting regular check-ups is one of the easiest things a woman can do to stay healthy and prevent disease or disability. The next best thing a woman can do is to be prepared by equipping herself for medical screening appointments. Check your medical records to find out what screenings and vaccinations you are due for, such as a Pap test, mammogram, colon screening, blood pressure check, cholesterol screening, tetanus shot or eye exam. Lastly, prepare a list of any medical issues

you are experiencing and consider future ones as well. Advanced preparation enables a woman to receive the maximum benefit from the time spent with her healthcare provider.

“Getting regular check-ups is one of the easiest things a woman can do to stay healthy and prevent disease or disability.”

4 HEALTHY LIVING EVERYDAY

Incorporating healthy life choices and routines into your daily living can increase your life span and overall quality of life.

EAT HEALTHY

What you eat and drink affects the way you feel and how your body performs throughout the day and even how you sleep at night. Eating a balanced diet, including four or more servings of vegetables and fruits a day, and monitoring your portion intake is a great start to healthy living.





EXERCISING It is estimated that more than 50% of Americans do not get enough physical activity to provide health benefits. Thomas Assunto, a trainer at Katy's 24 Hour Fitness, suggests, "Women should exercise five days a week if possible, combining strength training and cardio workouts to maximize the results of their workouts." It takes commitment to develop a healthy exercise routine, but the benefits are tremendous. Physical exercise can be found in many activities, in-

cluding gardening, dancing, swimming, walking, and jogging. Find what you enjoy doing and get moving toward a healthier you!

MAINTAIN A HEALTHY WEIGHT Obesity is at an all-time high in the United States. Obesity increases your risk for diseases and conditions such as diabetes, high blood pressure, heart disease and stroke. Meeting with your family doctor to discuss a healthy weight and a plan to work toward your weight goal is one of the safest approaches to weight loss.

5 BALANCE WORK AND HOME

An often overlooked health necessity for women is taking time to care for ourselves mentally and emotionally. Most women wear several hats, as spouses, mothers, friends and co-workers, and as we strive to meet our daily responsibilities in these roles, we forget to make ourselves a priority. Getting enough sleep, enjoying personal hobbies, and relaxing should all be inputted into our daily routines. By taking steps to balance your work and home life and remembering to incorporate play into your lifestyle, you increase your overall health. **KM**

JENNIFER COUNTER is a Katy based free lance writer and mother of a six year old daughter Lauren. She is passionate about encouraging other women to educate themselves on all health issues.

For a complete listing of women's health services in the Katy area, visit the medical page at KatyMagazine.com.



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Summer Sniffles

Written by Jennifer Counter

How Katy Families Cope with Summer Allergies

Ahhhhhhooooo! It's a sound all too familiar at this time of year. If you suffer from summer allergies, chances are you're not the only one. Residents all over the Katy area are sneezing and wheezing, too.

Something in the Air

It is estimated that 35-50 million Americans suffer from seasonal allergies. When most people think of allergies, they equate the autumn and spring seasons with runny noses and red, itchy eyes. Yet, many allergy sufferers know all too well, the end of the standard allergy seasons do not necessarily bring relief of allergies. The Conley family, long time Katy residents, share their

Animal hair can be a trigger to kids allergies



A trip to the doctor can help control your children's allergies



frustrations with allergies. "We are really allergic to dust, grass and pollen" states Maureen Conley. Her two school age boys love being outside riding dirt bikes and playing football, so it's necessary that they take their allergy medicine daily.



Summer fun doesn't have to be hindered by allergies

What Causes Summer Allergies

The Allergy Foundation of America describes allergies as “a disease of the immune system that causes an overreaction to substances called allergens”. As the summer sun fills the skies, the summer air spreads allergens. Due to the rise in temperatures, conditions outdoors heat up and vegetation dries out and often dies. In areas like Katy, that experience, along with the excessive humidity level, is a breeding ground for mold fungi.

Medicines That Work

Katyite Nancy Steele and her two children all suffer from summer allergies. “We are mostly allergic to mold and pollen.” The Steele family regularly takes allergy medication prescribed by their ear, nose and throat physician. “When the weather changes and a new season like summer begins, that is when our allergies are the worst,” explains Steele. “It’s during the start of a season that we often add an over the counter allergy medicine, as well as a variety of available antihistamines to help get us through the allergy season.” There are many prescriptions on the market, like Singulair, Allegra, Nasacort and Leukotriene, all of which aid in fighting seasonal allergies.

Take the Initiative

While we cannot control the particles in the air or the temperature around us, we can be proactive when it comes to treating allergies. “I have found with my family that prevention is key. Remembering to use our nasal sprays and taking our allergy pills when needed is the best way to keep our allergies from flaring up,” states Conley. there are many types of triggers - both indoor and outdoor - that can wreak havoc for a child with allergies. Summer provides high levels of grass, pollen, ragweed, mold, and of course, dust. These agents are lurking everywhere, causing major problems for children with sensitive allergy systems. When the symptoms of allergies appear, they commonly include: watery eyes, runny or stuffy nose, asthma complications, and coughing. Parents are faced with the dilemma of sorting through this maze of symptoms to decide if their child has a common cold or allergies. KM

JENNIFER COUNTER is a freelance writer. She lives in Katy with her daughter, Lauren.

SELF-HELP MEASURES

- Wear a pollen mask when outdoors for long periods of time.
- Use air conditioning vs. windows when driving or at home.
- This will circulate air and keep pollen out.
- Change air filters in your home monthly.
- When swimming, avoid high diving- this activity creates a popping sensation in the ears and can aggravate symptoms caused by summer allergies.

DO I HAVE ALLERGIES?

Check with your doctor if you have these ongoing symptoms.

- Frequent headaches, especially those located over the nose and/or forehead areas.
- Itchy/scratchy throat.
- Inability to sleep well.
- Ears that feel plugged up.
- Stuffy nose, with or without discharge.
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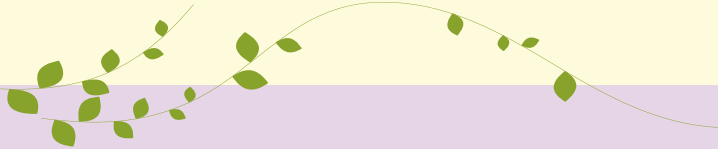


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Your Back and Better than Ever

Decompression machine helps patients with chronic back pain



Dr. Bill Sheppard of United Chiropractic with the DRX9000 Decompression Machine.

Kelly Westfield called Katy Chiropractor, Dr. Bill Sheppard her "miracle man." Mrs. Westfield, 47, was two weeks away from back surgery, but Dr. Sheppard fixed her condition with the DRX9000, a new non-surgical spinal decompression machine. Developed in part by NASA, the DRX9000 corrects, not just relieves, problems with herniated discs, degenerative disk disease, posterior facet syndrome and sciatica. "The machine gets to the source of the problem. It creates a negative pressure or a vacuum inside the discs. The disc retracts in any bulging and expands the space between the bones and restores nutrients and blood flow to the discs, which encourages healing," Dr. Sheppard said.

Low back pain is one of the most significant health problems facing Americans today, according to the National Institutes of Health. Research indicates 85% of all people will have back pain at some time in their lives. Back pain is the most frequent cause of activity limitation in people less than 45 years of age," said Dr. Sheppard. But thanks to a new technology, Dr. Sheppard is now able to offer his patients a highly effective, non-surgical solution to this growing health concern.

Research indicates 85% of all people will have back pain at some time in their lives.

As director of United Chiropractic, a subsidiary of American Health Choice,

Dr. Sheppard specializes in non-surgical physical medicine. "Our company is publicly traded on the OTCBB and we have medical doctors, chiropractors, and physical therapists on staff," Said Dr. Sheppard. "It is due to our size and fiscal stability that has allowed us to have the only DRX9000 unit in the West Houston area. Each machine costs approximately \$100,000 and is worth every penny when I see the heartfelt thanks in the eyes of my patients." The Katy clinic has a second unit on order. Most of the clinic referrals come from some of Katy's finest orthopedic spinal surgeons, neurosurgeons, and medical doctors.

"Like Mrs. Westfield, this machine could save thousands of others from having surgery," Dr. Sheppard said. Many of the patients Dr. Sheppard sees have exhausted all avenues of care including

medicine, injections, and physical therapy. "Medicine has its place but it does not fix your back," explained Dr. Sheppard. "It works on the symptoms, not the cause. But the DRX9000 actually fixes your back." Patients describe the treatment as a gentle pull on the spine. Many patients find it relaxing, even to the point of falling asleep during the treatment. Patients typically undergo a series of 15 or 20 sessions; each treatment lasts between 30 and 45 minutes, depending on diagnosis. Following a session, a cold pack is applied with electrical muscle stimulation. The machine itself is a bit overwhelming at first. "Patients walk in and are usually intimidated by its size," admitted Dr. Sheppard. But once they get in, they are very impressed." Dr. Sheppard says the machine is equipped with a DVD and a CD player for added comfort.

Dave Parker 56, said Dr. Sheppard changed his life. Mr. Parker suffered miserable pain for a year and a half. He had severe scoliosis, arthritis, and four collapsed discs in his back. Doctors told him surgery would not help. He bounced from doctor to doctor, took pain medication, did physical therapy, but nothing helped. In a last-ditch effort, he went to see Dr. Sheppard. "I owe him a great debt," Mr. Parker said. Parker is now off pain pills, the soreness in his legs is gone, and his overall quality of life has improved.

Dr. Sheppard was recently selected as one of America's top chiropractors. He works in conjunction with a company that provides medical services and consultation to the Houston Texans, the 2004 Super Bowl, WWE pro wrestling, AMA Supercross, and the world's top pro skateboarders and free-style motorcross riders. His website is www.katyspinerehab.com.

United Chiropractic is located at 720 S. Mason Rd. (Next to James Coney Island.) For more information, call 281-392-6550.



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Katy ISD Immunization Requirements

This summer, take the time to check that your child has an up-to-date shot record. At Katy ISD, in accordance to Texas State Law, students will not be allowed to attend class if his/her immunization records are not presented to the school upon enrollment and if the student's immunization records are not current. Required immunizations begin at three years old and continue through high school. For a complete list of required immunizations, visit katyisd.org or call the Katy ISD Health Services department at 281-396-2620.



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Slimming Down for Summer



Expert Tips from Katy
Area Personal Trainers

By Ryan Kobermann

Swimsuit season is back again, and for many, this also means the return of the diet. It may come as a surprise to you, but contrary to most recent diet fads, you must have carbohydrates incorporated into your diet. Carbs are needed to increase your metabolism and give your body the best chance to burn fat. The trick to successfully incorporating carbs is nutrient timing, or knowing what foods to eat at the correct times throughout the day. When toning your body, the best times to eat carbs are at breakfast and before and after your workout.

Calories Count

Fat loss, and consequently weight loss, is dependent upon your total daily caloric expenditure versus your daily caloric input. You must consume fewer calories than you're burning during the day in order to create weight loss. Unfortunately, no matter how

you might try, you can't spot reduce fat in specific areas of your body. Instead, you lose a total body fat percentage, which will then allow your muscle tone to show as you continue to sculpt and lose overall body fat. This will help you lose inches and give you a more attractive look in your summer clothes.

How to Lose Body Fat Quickly

The answer is cardio. More specifically, high intensity interval training cardio. This means pushing yourself as hard as you can for short bursts of time (approximately one-two minutes) then completely resting for an even shorter amount of time (approximately ten to 30 seconds), and then repeating the cycle at least ten times. This should last between 15 minutes and 30 minutes, depending on how many intervals you complete and your rest time between each interval. "The high intensity

intervals have allowed me to pass the mental threshold of increasing my cardio intensity because I know the rest interval is coming. My results have come quicker as well, which definitely makes me continue to work harder,” says Cynthia Viator, Katy area resident.

High Intensity Training

High intensity interval training will optimize your excess post-exercise oxygen consumption (EPOC), which will in turn boost your metabolism even higher for the next 24 to 48 hours, compared to doing longer, lower intensity cardio sessions.

Tone Up Those Muscles

Now that you know how to lose an overall body fat percentage, below are exercises for toning the muscles in your abs, legs, and arms. Remember, the more muscle you have, the more toned you will look, the higher your metabolism will be, and the higher potential you will have to burn fat and increase your energy levels.

Fabulous Abs

“Strengthening your abs, which takes weight-bearing pressure off your lower back, strengthens the core of your body, which is key to achieving sustainable results,” Brad Stuckey, Katy native and one-on-one personal trainer. The following are two ab workouts that Stuckey commonly uses to help his clients realize their goals.

I Hand Slide Crunch for Fabulous Abs

Lie on a workout pad in a sit-up position (back flat, arms by your side, knees bent, feet on the floor). Keep your hands by your side (on the pad, palms down), squeeze your abs tightly, and lift your chest off the floor toward your knees. At the same time, your hands will slide along the pad toward your ankles three to four inches. Hold this position one second, and as you exhale, while keeping your hands on the pad, lower your chest and return to the starting position. Do three sets of 15 to work your upper abdominal muscles.



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2 Leg lifts for Fabulous Abs

Lie on your back and extend your legs so your body is completely flat on the pad. Inhale and lift your outstretched legs three inches off the ground. Hold that position for three seconds, exhale, and return your legs to the starting position. Do three sets of 15 to work your lower abdominal muscles.



Luscious Legs

"I know there is no such thing as spot reducing, but for me, my legs are my target area. I'm really starting to see a difference in the muscle tone of my thighs since I've started training one-on-one with a personal trainer," says Viator.



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3 Wall Squats for Luscious Legs

Stand 18 inches away from the wall and lean back, touching your head and shoulder blades to the wall. Arms are by your side while your feet are shoulder width apart. Slowly bend your knees and slide your shoulder blades down the wall until your thighs are parallel to the floor, bringing your body to a squat position.

Your back is straight, your knees are not extending beyond your toes, and you're looking straight ahead. Hold this position for a minimum of ten seconds, then return to the starting position by slowly straightening your knees and sliding your shoulder blades up the wall.

Repeat four times to work the front of your thighs.



4 Standing Lunges for Luscious Legs

Stand in an upright position with your feet together, then take a large step forward with your right foot, leaving the left foot planted. As you step forward, bend both knees. With your knees bent, your left knee should almost touch the floor, and your right knee should be over your ankle but not extending over your toes. Return to the starting position by bringing your right foot back to your left foot. Repeat this activity, alternating between both legs. Do three sets of 12 to work your hamstrings and gluts.



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Amazing Arms

“Don’t worry about getting ‘bulky’ when it comes to arm exercises,” advises Bobby Smith, personal trainer and Katy area dad. “Using an appropriate amount of weight with proper techniques can help sculpt the arms.”

5 Bicep Curls with Dumbbells for Amazing Arms

Stand straight up, keep your elbows close to your rib cage, and extend your arms downward. Quickly and with good control, bend the elbow and raise the dumbbell toward your shoulders while keeping your elbow close to your rib cage. Then control your arm movement downward while concentrating on the movement of the exercise. Do three sets of 15 with both arms to work the biceps



6 Tricep Chair Dips for Amazing Arms

With your arms slightly bent behind your back and your palms on the chair, keep your legs in front of you with your heels on the ground for support and your toes up. Begin dipping down by bending your elbow and pressing your palm on the chair. Extend your elbow on the return up by contracting your tricep muscles and pressing on the chair behind you. Do three sets of 15 to work the triceps.



These exercises are great ways to tone your body and help you to stay in shape this summer. Remember to workout often and to continuously increase your intensity in order to see optimal results.

For a complete list of gyms in the Katy area, visit our sports and recreation page at KatyMagazine.com.

Ryan Kobermann, CSCS is the owner of ESN Health in Katy, a One-on-One personal training studio with individualized private training suites.

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