

Ask the Experts

Your family's medical questions answered by Katy area experts

Body Mass Index

How important is my BMI?

Body Mass Index (BMI) is a measurement used to determine how overweight a person is based upon their height and weight; it does not take into consideration the amount of lean body mass in the body versus fat mass. I don't think BMI is as important of a measurement as body fat percentage if you are an active adult. A male that has a body fat percentage of 26% or greater, or a female with a 32% or greater, would be considered obese. The acceptable body fat percentage range for a male is 6% to 25% and for a female is 14% to 31%. However, if you are sedentary, the BMI indicator is a good way to determine if you are overweight or obese. For the BMI scale, 24.9 or below is normal; 25 to 30 is overweight; 30 and above is considered obese for both males and females.

Going Gluten Free

Many people are going gluten free – is this something you recommend even if I'm not gluten intolerant?

I don't recommend gluten free diets for folks unless they are in a medical need for it - for instance, celiac disease. It is very important that folks with celiac disease do not interact with wheat, barley, or rye as it will interfere with their digestion process, and it can be painful to recover as your body interacts with the gluten. However, if it is not a disease-related issue, then eating gluten free isn't the most effective way to burn fat and build muscle. I recommend a low glycemic diet that does include some wheat products.



- Ryan Kobermann, CSCS
ESN Health



Eyebrow Waxing

Does waxing eyebrows make hair grow back thicker?

Contrary to popular belief, waxing your eyebrows does not make the hair grow back thicker. In fact, over time some may notice decreased hair density with regular waxing. Unlike waxing, which is one of the best treatments for eyebrow shaping, laser hair removal is commonly used to remove unwanted hair from larger areas such as under the arms, legs, and bikini line, and not for the eyebrows.



- Cheryl Garrelts
Gallas Plastic Surgery and Vein Center

Unwanted Wrinkles

What is the best low-maintenance solution to limiting the appearance of wrinkles?

Prevention is key. Sunscreen and consistent use of professional grade skin care products customized for your skin type are most important in limiting progressive signs of skin aging. A younger, fresher look can be maintained with high-grade chemical peels. For more dramatic results with minimal downtime, laser treatments such as photofacials and Pixel skin resurfacing can be used to improve tone, texture and reduce fine lines and wrinkles. Botox and dermal fillers, such as Juvederm, are excellent non-surgical quick treatments that are used to minimize unwanted wrinkles and restore a fuller and more youthful appearance. To ensure the best treatment for your specific skin type, consult with a properly trained professional specializing in cosmetic skin care.



- Dr. Mennen Gallas
Gallas Plastic Surgery and Vein Center

Boosting Immunity

What are some natural ways to boost my immunity to illness?

The best ways to boost immune system are: eat a diet high in vegetables, fruits, whole grains, and low in saturated fats; sleep at least seven hours per night; exercise daily by starting with three to five days of cardio for 20 minutes and two days of resistance training for 30 minutes (try online programs in the beginning if you cannot make it to a health club); and carry anti-bacterial hand sanitizer to use throughout the day.

Resistance Training

What is the best way to start building endurance if I want to train for a marathon?

Start resistance training two to three days per week to compliment your running program. Resistance training workouts need to be full body workouts with one day in between to recover. If you haven't run any races yet, I recommend you build from a 5K to a 10K to a half marathon to a full marathon. Always set attainable goals and continue to create new ones as you succeed.



- Carl Comeaux, M.S.
Premier Personal Training

Beauty Regimen

What is your recommendation for healthier skin that should be part of a young woman's everyday beauty regimen?

I would recommend wearing a sunscreen with SPF 30+ every day. Sunscreen is a simple and effective way to protect your skin from the harmful effects of sun exposure. From a vanity standpoint, sun damage is one of the main causes of aging skin and can lead to fine lines, wrinkles, and sun spots. Protecting your skin on a daily basis with SPF 30+ is a great prevention method for all young women (and men).



- Dr. John Nguyen
Sugar Land Plastic Surgery

If you have a question for our panel of experts for **ASK THE EXPERTS**, email editor@katymagazine.com

Special thanks to our panel of Katy experts: Carl Comeaux, Dr. Mennen Gallas, Cheryl Garrelts, Ryan Kobermann, and Dr. John Nguyen.

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