

Health Bulletins

6 Health-related news tidbits for Katy families

1

Healthy Brown Bag Lunch

Brown-bagging it at work can be a challenge. Experts from ADA Houston suggest making small, healthy changes. Substitute whole wheat bread for white, or eat your sandwich open-faced. For your sandwich, try using reduced-fat cheese or leaner meats like turkey or chicken. They also suggest trading chips for a small handful of unsalted nuts, or fresh fruit for dessert instead of a cookie.

2

Healthy Aging

Two major areas connected to overall health are frequently overlooked - particularly for those ages 65 and older. The areas? Visual capability and social connectedness, says therapist and charity innovator Karen Peterson. She suggests working consistently to improve balance, coordination, strength, vision, and cognitive skills. Create a daily regimen that includes activities like ball tosses to increase your coordination and reaction time. Visit movewithbalance.org.



3

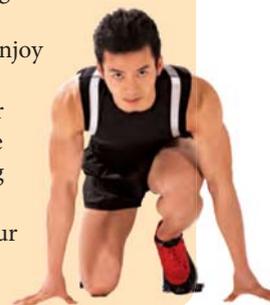
Germ-fighting Robot

A *Star Wars*-like robot, more than 5-feet tall, is fighting germs at Houston Methodist Hospital. The TRU-D, or Total Room Ultraviolet Disinfection robot, targets bacteria and viruses commonly found in hospital rooms. The robot emits natural ultraviolet light that modifies the DNA structure of the pathogens' cells which prevents them from reproducing.

4

Training for a Race

Team Challenge coach Dave McGovern's advice for runners preparing for a race - do most of your longer workouts, especially those in the last few weeks before the race, close to actual race time. For an evening race, try to get your practice run in during the evening. For a morning race, consider jogging before work. Enjoy a normal dinner the night before, as well as a normal breakfast on race day. Be aware that for evening races, temperatures will fall during the race rather than rise, as is often the case during morning races. Be sure to stay hydrated - it's important to drink enough to keep up with your sweat rate.



5

Acid Reflux Disease and Heart Disease Connection

Texas Medical Center News reports drugs that help millions of people cope with acid reflux may also cause cardiovascular disease. Research reported in the American Heart Association's journal *Circulation*, found the drugs, proton pump inhibitors (PPIs), can cause blood vessels to constrict.



If taken regularly, PPIs could lead to hypertension and a weakened heart. Common PPIs are purchasable over the counter and include Prilosec, Nexium, and Prevacid. The Food and Drug Administration estimates about one in 14 Americans have used PPIs.

6

Top Rankings for MD Anderson

The *U.S. News & World Report's* annual best hospitals survey reports that the University of Texas MD Anderson Cancer Center is the nation's top hospital for cancer care, a ranking it has held for seven straight years. In the last 12 years, the institution has ranked number 1 in cancer care 10 times.

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