

Ask the Experts

Katy families' questions answered by local experts



Dr. Torri Pierce, MD
Elite Women's Care Center
18400 Katy Fwy., #400
281-579-9900
torripiercemd.com
See ad on page 48

Q: Seeking Infertility Help

How long should I try to conceive before seeing a specialist?

If you have been trying to conceive for at least one year; you should seek medical attention. Women, 35 years old or greater, should seek medical attention after six months of trying to conceive.

Patients that are attempting to become pregnant can schedule a pre-conception risk assessment with our office to identify any complications that may arise and establish a timeframe that will allow women to better prepare their bodies for successful conception and pregnancy.



Dr. Joseph Allen, MD
Texas Children's Hospital West
Campus Emergency Center
18200 Katy Fwy.
832-227-1000
westcampus.texaschildrens.org
See ad on page 10

Q: Raising Healthy Teens

What can I do to keep my teenager healthy during her hectic schedule?

Many teenagers today have activities that fill their entire day and go well into late hours of the night. Homework completion is essential, and participation in hobbies, sports, the arts, and other social activities are also important for the psychosocial maturation as they develop into young adults. Parents must be involved to make sure that teenagers are not over extended with all that is offered.

Healthy eating habits must be encouraged with plenty of water intake. Sodas cannot serve as a substitute for daily healthy juice and low-fat milk intake as well. Adequate daily sleep of at least seven hours should be encouraged, with instructions to turn off electronics an hour or two before bedtime. Just like for younger children, good hand hygiene should be encouraged for teens as well. Teens should also be reminded not to share phones, touchpads or laptops when viral illnesses are present in their communities.



Dr. Heidi Schultz
Fulshear Family Medicine
7629 Tiki Dr., Fulshear
281-346-0018
fulshearfamilymed.com
See ad on page 167

Q: Heart Disease

How can I reduce risk for heart disease?

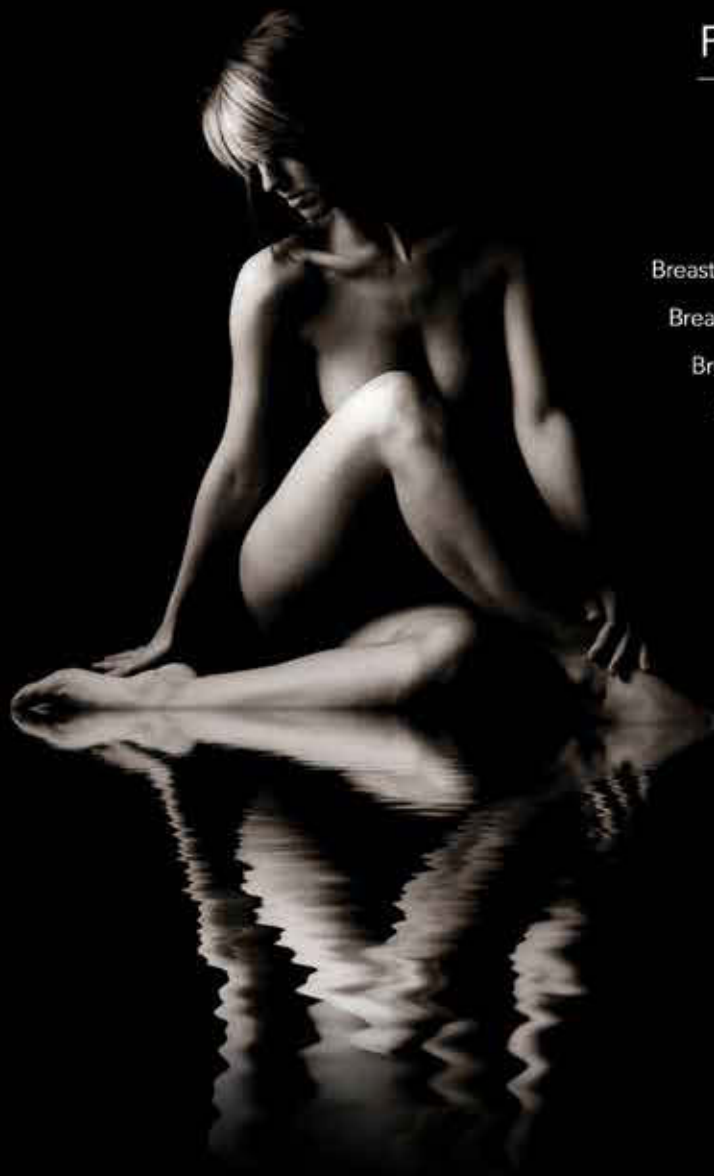
Preventive measures can often help significantly to lower your risk of heart disease. Keeping your blood pressure down is one of the most important factors because hypertension is associated with an increased risk of heart failure, heart attack, and death. Chronic hypertension can also be associated with an increased incidence of stroke and kidney disease.

Lifestyle modifications to reduce risk of coronary artery disease include restriction of sodium in the diet, weight loss, and moderate exercise. You should have at least a yearly check with your physician to check blood pressure, cholesterol, and screen for other conditions such as diabetes which can also increase your risk of heart disease. Lipid levels can be reduced by a low-fat diet and your physician may need to prescribe a medication such as a statin. Talk with your doctor about whether you might benefit from a low dose aspirin daily, and if you smoke, stop! This will not only reduce your risk of heart disease but certainly other smoking-related illness such as emphysema, lung and other cancers, and peripheral vascular disease.

If you have a question for our medical experts, email editor@katymagazine.com.
Special thanks to our panel of *Katy Magazine* experts Dr. Joseph Allen, MD, Dr. Torri Pierce, MD, and Dr. Heidi Schultz, MD.

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Derek C. Lou M.D.

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