The morning kicks off with a complimentary breakfast and vendor marketplace featuring the latest in jewelry, cosmetics, fashion and more. Free flu shots, administered by UHV nursing students, are available on a first-come, first-served basis. Healthcare professionals will be on hand to provide a variety of screenings, including blood pressure, bone density and body mass index. In addition, a diabetes educator will be ready to answer questions. Door prizes, including a brand new iPad, are included in the day’s festivities.

“Last year, we joined with Memorial Hermann Sugar Land and UHV School of Nursing to extend our offerings beyond the school district,” says Pamela Shaw, FBISD volunteers and partnerships coordinator. “The feedback was very positive and the community appreciated the larger selection of sessions and vendors.”

Memorial Hermann Sugar Land Hospital will join with Fort Bend Independent School District (FBISD) and the University of Houston-Victoria (UHV) School of Nursing to present the Care 2 Chat Conference on Saturday, Sept. 28, from 9 a.m. until 1 p.m. at the University of Houston Sugar Land campus. Generously underwritten by Johnson Development Corp., this free community event is open to parents, grandparents and adults who care about kids.

The inspirational conference includes helpful information and insights on understanding and guiding children of all ages. There are even tips to help parents understand today’s social media and concerns over Internet usage. Community members will have the chance to attend three breakout sessions led by parenting and childcare experts, pediatricians and educators on topics such as:

- Navigating your way through puberty
- Shopping tips, lists and recipes for busy families
- Allergies, asthma and your child
- From the playground to the playing field – sports injuries and the school-age child
- Finding support for your autistic child

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**Register Today!** The Care 2 Chat Conference is free, but registration is required. Please call 713.222.CARE (2273).
New Procedure Provides Heartburn Relief for Most
MEMORIAL HERMANN SUGAR LAND IS FIRST IN COUNTY TO OFFER TIF SURGERY

An estimated 10 to 15 percent of Americans suffer from chronic heartburn, or gastroesophageal reflux disease (GERD). GERD occurs when stomach acid leaks backward into the esophagus – the tube that carries food from the mouth to the stomach. Left untreated, the acid can irritate and inflame the lining of the esophagus, and even lead to esophageal cancer. Common symptoms include hoarseness, sore throat, persistent cough, a burning sensation in the mouth or throat and chest pain.

GERD results from certain conditions in the body: the improper angle of the esophagus; the incorrect functioning of the lower esophageal sphincter (LES) valve; and sometimes the presence of a hiatal hernia, which happens when part of your stomach pushes up through your diaphragm. Often, patients are prescribed proton pump inhibitor (PPI) medications for relief.

The Problem with PPIs
“PPIs are antacids, not anti-reflux medications,” says Sheilendra Mehta, M.D., a board-certified general surgeon affiliated with Memorial Hermann Sugar Land Hospital. “The fluid is no longer acidic, but it’s still being refluxed.”

Studies show long-term use of PPIs can reduce calcium absorption, which can increase the risk for osteoporosis or broken bones. As a result, many GERD patients are turning to surgical treatments to find relief.

A New Option
Transoral incisionless fundoplication, or TIF, is the third wave in surgical procedures for the treatment of GERD. Memorial Hermann Sugar Land is the first hospital in Fort Bend County to perform this new procedure.

TIF reconstruction of the LES valve is performed by inserting an endoscope through the mouth. This less invasive surgery does not require incisions, so patients experience less discomfort and faster recovery. TIF surgery generally lasts one hour and requires an overnight stay to monitor the patient’s diet.

“About 79 percent of patients see resolution of GERD symptoms and discontinue their PPI medications within two years of the TIF procedure,” says Dr. Mehta. “If the TIF procedure does not resolve your reflux, you can still have another procedure called Nissen fundoplication.” Nissen fundoplication involves wrapping the top of the stomach around the lower esophagus, which reinforces the LES valve, making it less likely that acid will back up into the esophagus.

Whether your GERD requires medication or surgery, Memorial Hermann Sugar Land can help. You can learn more about fundoplication and other treatments available at Memorial Hermann by visiting www.memorialhermann.org/digestive/heartburn-gerd.

Sheilendra Mehta, M.D., is board certified in general surgery.
Center Offers Options for Nonhealing Wounds

The Memorial Hermann Sugar Land Wound Care Center offers comprehensive outpatient care of nonhealing wounds by a compassionate team of affiliated physicians, nurses and technicians. Delivering cutting-edge healing close to home, the Center currently boasts a wound healing rate of 96 percent.

Benefits of Oxygen
The Center is one of the few in Houston with a hyperbaric oxygen therapy (HBOT) program. HBOT is a noninvasive procedure that administers 100 percent oxygen under increased atmospheric pressure.

HBOT stimulates the growth of new blood vessels, decreases swelling and inflammation, helps white blood cells kill bacteria and improves the body’s natural healing process. It is used to treat conditions such as diabetic ulcers, bone infections, crush injuries, failing skin grafts and flaps, and acute arterial insufficiency (plaque buildup in the limbs) and tissue damage caused by radiation therapy.

More Treatment Options
In addition to HBOT, the Center offers negative pressure wound therapy and bioengineered skin substitutes. These treatment options supplement antibiotic therapy, nutritional counseling and the surgical removal of dead, damaged or infected tissue.

Bioengineered skin substitutes are cryopreserved skin elements that aid healing. They offer patients the major benefit of preventing the need to surgically remove skin from their body, which creates another wound.

Diabetic Wounds
Diabetics in particular have difficulty with nonhealing wounds and require specialized wound management. This can help prevent wounds as simple as a toe blister from becoming so infected that it is necessary to amputate the entire foot.

Rachel M. Chandy, M.D., is board certified in internal medicine and geriatrics.
Clinic Adds Area for Concussion Evaluation

Football season will be here soon, and parents and coaches will need to be more alert to concussion injuries. In an 11-year study of 12 high school sports, football accounted for more than half of all concussions.

The Memorial Hermann Sugar Land Hospital Saturday Sports Injury Clinic is ready for this potential increase in identifying concussions. Beginning Aug. 24, the clinic is adding an examination area dedicated solely to evaluating and treating athletes for possible concussion.

Open year-round from 8:30 to 11 a.m., the clinic offers assessments of all types of sport injuries. It is located in the Memorial Hermann Sugar Land Professional Building, adjacent to the hospital. During football season (Aug. 24 to Nov. 16), initial consultations are billed to insurance; they are free at other times of the year. Full diagnosis and treatment services are available, if needed, and billed to insurance.

Concussion is a mild traumatic brain injury that occurs when a blow or jolt to the head disrupts normal brain function. Returning to play too quickly can lead to more serious injury and increase the likelihood of long-term problems, even death.

Symptoms of concussion may include headache, dizziness, nausea, imbalance, trouble concentrating, extreme sensitivity to light and sound and an inability to remember what happened before or after the concussion. Sometimes post-concussion memory problems and concentration issues are not immediately apparent.

Rehal Bhojani, M.D., medical director of the Memorial Hermann Sugar Land Sports Medicine Outreach Program, oversees the Saturday Sports Injury Clinic. He is board certified in both family medicine and sports medicine. During the fall clinic, he assesses athletes with possible concussion.

“The Saturday morning clinics offer an avenue for student athletes and their parents to be seen by a sports medicine physician for concussion and get a thorough evaluation, imaging and accommodations with regard to school and athletics prior to returning to school on Monday,” says Dr. Bhojani. “This is important because Texas House Bill 2083 is slowly evolving and getting stricter on the management of concussions.”

The Saturday Sports Injury Clinic, staffed by Memorial Hermann-affiliated orthopedic surgeons and other sports medicine specialists, is open to sports enthusiasts and athletes of all ages and ability levels. Walk-ins are welcome, but to confirm scheduling and office suite number, call ahead to 281.725.5333.

Rehal Bhojani, M.D., is board certified in family medicine and sports medicine.