Protect Your Family with Vaccinations

Vaccinations protect children from some serious diseases, such as polio, measles and mumps. They work by exposing the body to weak or dead versions of germs or viruses. The immune system then builds up resources to fight those bugs in the future.

“Many of these diseases harm infants, pregnant women, older adults and people who are already sick. But vaccines aren’t always approved for these groups,” says Takehisa Ikeda, M.D., a pediatric infectious disease specialist affiliated with Memorial Hermann Memorial City Medical Center.

“That’s why it’s important for healthy children and adults to get their vaccines. If everyone who can get a vaccine does get immunized, that preserves what’s called herd immunity. If most of a community is immunized, it’s harder for a contagious disease to spread.”

Your pediatrician can give you an immunization schedule just for your child. Standard guidelines recommend the following schedule:

- Hepatitis B: birth, 1 to 2 months and 6 to 18 months
- Rotavirus: 2 months, 4 months and 6 months
- DTap: 2 months, 4 months, 6 months, 15 to 18 months and 4 to 6 years
- Tdap: 11 to 18 years (preferably 11 to 12 years) for children who have had the DTap shots; 7 to 10 years for children who haven’t had all their DTap shots
- Haemophilus influenzae type b (Hib) and pneumococcal vaccine: 2 months, 4 months, 6 months and 12 to 15 months
- Polio: 2 months, 4 months, 6 to 18 months and 4 to 6 years
- Flu: Yearly beginning at 6 months
- Measles, mumps, rubella (MMR) and varicella (chickenpox): 12 to 15 months and 4 to 6 years
- Hepatitis A: 12 to 23 months
- Meningococcal (MCV): 11 to 12 years; booster shot at 16 years
- Human papillomavirus (HPV): 11 to 12 years

For the most up-to-date information on vaccinations, visit www.cdc.gov/vaccines.

Looking for a pediatrician? Join us on Aug. 31 for a meet-and-greet session with our pediatricians. See page 7 for details.
Special Caution on Concussions

Concussions occur frequently in teens and children, but they are the type of brain injury about which we know the least. Experts say that is because of the brain’s complexity. A concussion can be a silent disability. A forceful hit to the head or any part of the body that causes a rapid movement of the head may result in a concussion.

“Concussions – defined as trauma-induced alterations in brain function – are often difficult for doctors to recognize,” says Melissa Jones, M.D., a pediatric neurologist affiliated with Memorial Hermann Memorial City Medical Center. “The majority of concussions do not involve loss of consciousness. A person does not even have to be hit on the head. A blow to the shoulder that violently snaps the head can cause a concussion.”

According to the Centers for Disease Control and Prevention (CDC), 65 percent of sports- and recreation-related concussions in children ages 5 to 18 years are treated annually in emergency departments. Many of these injuries are diagnosed as mild, and symptoms may include impaired thinking, memory problems and changes in emotions or behavior.

Signs of a Concussion

The CDC recommends that you know your concussion ABCs: Assess the situation, be alert for signs and symptoms and contact a healthcare provider. It’s important to remember that you should not return to sports or recreation activities until you are evaluated by a doctor experienced in treating concussions. This evaluation should include quality neuropsychological testing by an expert.

Although symptoms may not occur immediately, common signs include:

- Headache
- Dizziness or vertigo
- Lack of awareness
- Nausea and vomiting
- Poor attention and concentration
- Fatigue or insomnia
- Double or blurred vision
- Irritability and/or bothered by light or noise
- Memory problems

Testing and Treatment

Rest is key for the treatment of a concussion; the brain needs time to repair itself. Often athletes experience no symptoms after a few days. But headaches, nausea and other problems may return from plunging back into sports too soon.

“Quality neuropsychological testing is an important step in evaluating concussions and should occur in an environment conducive to accurate testing,” says Dr. Jones. “Children and teens should be evaluated with a neurobehavioral exam at rest and following exercise. Evaluating processing speed and symptoms after exercise should be performed and interpreted by an expert health professional prior to return to play.”

Experts agree that more research on concussions is needed. Having had one concussion increases a person’s risk for a second and may cause slower recovery from the second if it occurs.

Head injuries are most common in contact sports, but protective equipment can limit the risk. A helmet reduces the force of contact and slows the impact to the brain. Unfortunately, helmets do not completely prevent concussions. It is important to have a certified athletic trainer observe the accurate fitting of a proper helmet for the sport.

Dr. Jones specializes in pediatric neurology.
That Lump Might Be a Hernia

A hernia is a tear in a muscle wall that develops from a point of weakness into a localized hole or defect. Most commonly, they occur in the groin and abdominal walls. Abdominal fat or even organs such as intestines can bulge through the defect. That is why a hernia might feel like a lump in your groin or abdomen. They often hurt or get larger when you cough, lift something heavy or strain to go to the bathroom.

Some people are born with hernias. Others develop them because they are overweight, lift heavy objects, have chronic coughs, have constipation or are physically active. Your organs also can push through a scar if you’ve had surgery on your abdomen.

Identifying a Hernia

Different types of hernias occur in different areas of the body:

- **Groin hernias**, also known as inguinal hernias, are the most common type of hernias.
- **Women are more likely to have femoral hernias**. These occur on the upper thigh.
- **Babies often have umbilical hernias**. These form because of a weakness in the muscles around the belly button and can occasionally resolve on their own. Adults can develop this type of hernia, too.
- **Incisional hernias** occur because of an incompletely healed surgical wound and are usually located on the abdominal wall.
- **Hiatal hernias** can cause heartburn or acid reflux disease. They develop when the stomach bulges into the lower chest because of a weakness in the diaphragm.

Treatment Stops the Pain

Talk with your doctor if you think you have a hernia. It is advisable to have them repaired surgically to relieve symptoms and to prevent what is called a strangulated hernia. This rare but serious complication occurs when the misplaced organ loses its blood supply and dies.

“Surgery is usually on an outpatient basis and generally well-tolerated,” says Rick Ngo, M.D., a board-certified general surgeon affiliated with Memorial Hermann Memorial City Medical Center. “The recovery period is typically one to three weeks. Recent advances in hernia surgery, namely laparoscopic hernia surgery, have shortened the recovery period and decreased postoperative pain. This type of minimally invasive surgery uses a surgical camera and instruments placed through several small incisions.”

Dr. Ngo is a board-certified general surgeon specializing in minimally invasive hernia surgery.
New Technique Shortens Recovery Times for Common Heart Procedure

If you need a heart catheterization, your biggest concern is finding out about the health of your heart. Catheterization is a procedure that involves injecting a dye into the blood vessels of the heart to identify blockages or other problems. The procedure is very common, but it also has a common complication: long recovery times.

Now there’s a new technique called transradial catheterization. In this procedure, cardiologists reach the blood vessels through an artery in the wrist, instead of an artery in the leg. It’s safer than the usual catheterization and offers a much faster recovery.

Understanding Catheterization
In a heart catheterization, a cardiologist inserts a catheter, or small tube, through an artery and threads it up to the blood vessels of the heart. Doctors insert the catheter in the femoral artery, near the groin. The problem is that it takes a long time for the artery to heal. In transradial catheterization, healing is much faster since the catheter is inserted in the wrist.

“The radial approach can be more comfortable for patients, especially if they have difficulty lying on their backs for several hours,” says Amit Manhas, M.D., an interventional cardiologist affiliated with Memorial Hermann Memorial City Medical Center. “When we use the wrist, patients can get out of bed more quickly. Sometimes they can even go home within a few hours.”

A Better Approach
Transradial catheterization is also often safer than the traditional method. “When we go through the wrist, bleeding complications are virtually eliminated,” says Dr. Manhas.

The procedure is not available everywhere because relatively few cardiologists perform it. Fortunately, it’s available in the greater Houston area at Memorial City.

Dr. Manhas is board certified in interventional cardiology.
Every time we stand, walk or chew, a chemical called dopamine makes sure that our muscles move smoothly. When the nerve cells that produce dopamine become damaged or die, the result is Parkinson’s disease.

Doctors use four main signs to diagnose Parkinson’s disease:
1. Tremor – an uncontrolled shaking when resting
2. Rigidity or muscle stiffness
3. Slowness in movement
4. Postural instability

People with Parkinson’s may also have other problems, such as moments of freezing up and shuffling while walking, speech problems, depression or anxiety and decreased sense of smell.

There is no way to predict Parkinson’s, although age and genetics are possible risk factors. Researchers have also been unable to find ways to prevent it.

Not Easy to Identify

Even though researchers have identified these signs, Parkinson’s is still difficult to diagnose. One Parkinson’s study found that 10 percent of the control group – those who participated because they were not identified as having the disease – actually did have it. In the same study, several patients who had earlier been diagnosed with Parkinson’s actually did not have it.

“The problem is that some of the signs of Parkinson’s also may be symptoms of other disorders, such as essential tremor, the parkinsonian disorders, medications or a normal part of aging,” says Anita Madan, M.D., a neurologist affiliated with Memorial Hermann Memorial City Medical Center. “Researchers agree that a diagnosis of Parkinson’s requires a combination of signs, and it is important to see the right physician to make the diagnosis.”

Advances in Managing the Signs

Although a clear diagnosis may take time, doctors can still help manage the symptoms. It’s important to speak with a doctor soon after even one of the signs become noticeable.

“Parkinson’s is progressive – the symptoms become worse over time,” says Dr. Madan. “The disease, however, does not progress at the same pace with everyone.”

While there is no cure for Parkinson’s, doctors can improve some of the effects:

- **Medications:** Doctors can prescribe medications to control tremor, relieve slowed movements and lessen rigidity. One of the most commonly prescribed drugs is levodopa.
- **Surgery:** Deep brain stimulators are an option for someone whose motor symptoms fluctuate or who has dyskinesia (excess movement caused by the medication) and who responds to levodopa.

COULDN'T YOU OR A LOVED ONE HAVE PARKINSON'S DISEASE? Talk with your doctor about your symptoms. For a physician referral, call 713.222.CARE (2273) or visit memorialhermann.org.
Developing high blood pressure during late pregnancy may signal a condition called preeclampsia. Untreated, this condition potentially threatens both mother and child.

“Fortunately, preeclampsia is easily detected during routine prenatal care visits,” says Manju Monga, M.D., who is board certified in obstetrics and gynecology maternal-fetal medicine. “Plus, close monitoring can prevent serious complications in women who develop preeclampsia and help them deliver healthy babies.”

To learn the facts about preeclampsia, take this true-false quiz.

1. Developing high blood pressure during pregnancy always means you have preeclampsia. TRUE FALSE
2. A woman’s age affects her risk for this condition. TRUE FALSE
3. Physical activity may help prevent preeclampsia. TRUE FALSE
4. Women who develop preeclampsia are more likely to have high blood pressure after pregnancy. TRUE FALSE

**Answers**

1. **FALSE.** Having high blood pressure during pregnancy doesn’t necessarily mean you have preeclampsia. Elevated blood pressure is only one symptom of preeclampsia. Pregnant women who notice any of the following symptoms should talk with their doctor:
   - Swelling that doesn’t disappear after resting, especially in the face and hands
   - Gaining more than 5 pounds a week
   - Persistent or severe headaches that are not relieved by rest, fluids or acetaminophen
   - Double or blurred vision
   - Sensitivity to light
   - Abdominal pain

2. **TRUE.** Being younger than age 20 or older than age 40 boosts the risk for this condition.

3. Physical activity may help prevent preeclampsia; so does a history of chronic high blood pressure. Other risk factors include:
   - Developing preeclampsia during an earlier pregnancy
   - Having a family history of preeclampsia
   - Carrying multiples
   - Being obese
   - Carrying a first pregnancy
   - Preeclampsia is also more common in women who suffer from diabetes, kidney disease and lupus.

3. **TRUE.** Women who exercise regularly before and during pregnancy are less likely to develop both hypertension and preeclampsia while they’re pregnant.

Research is also ongoing about whether taking daily aspirin or eating a balanced diet with plenty of calcium, vitamin C and vitamin E may prevent preeclampsia. But study results have been mixed, and research is ongoing. Talk with your doctor about the steps you can take.

4. **TRUE.** Symptoms of preeclampsia usually disappear within six weeks after delivery. However, you should see a doctor regularly since your chance of developing high blood pressure later in life is increased.

Dr. Monga is board certified in obstetrics and gynecology maternal-fetal medicine.
**EVENTS AND SCREENINGS**

**Meet the OB and Pediatrician**
Aug. 31, 4 to 7 p.m.
Looking for an OB and/or pediatrician? Now you have the opportunity to interview several remarkable physicians in the same room at the same time and choose the one that best suits what you’re looking for in a doctor. For more information or to register, call 713.222.CARE (2273) or visit www.memorialhermann.org/meetdoctors. You can also use your smartphone to snap the tag at left. Get the free mobile app at http://gettag.mobi.

**Prostate Cancer Screening**
Sept. 14, 5:30 to 7:30 p.m.
September is Prostate Cancer Awareness Month. Celebrate with us by attending our prostate cancer screening, which will be located in our new cancer center. For more information or to register for the screening, call 713.222.CARE (2273).

**Razzle Dazzle’em Pink**
Oct. 21, 11:30 a.m. to 1:30 p.m.
This breast cancer awareness luncheon benefits the Bobetta C. Lindig Breast Center at Memorial Hermann Memorial City Medical Center. Catered by Westin Memorial City with entertainment by Geralyn Lucas, breast cancer survivor and author of Why I Wore Lipstick to My Mastectomy, this event will be emceed by CultureMap’s own Shelby Hodge. Location: Westin Memorial City, 945 Gessner Road. For more information or to purchase a ticket, call 713.242.4450 or email ramsey.howell@memorialhermann.org.

**OB/Maternity Facility Tours**
Tours of the facility are held regularly. Registration is required.

**SUPPORT GROUPS**

**Alzheimer’s**
Meets the third Sunday of every month at 2 p.m. For more information, call 713.934.8844. Location: West Pavilion, Second Floor, Classroom A.

**Better Breathers**
Meets the third Thursday of every month, 3 p.m. Call 713.242.3555 or 3190.

**Breast Cancer**
Meets the third Tuesday of every month, 6 to 7:30 p.m. For more details, call 713.242.3395. Location: West Pavilion, Main Conference Center.

**Diabetes**
Meets the second Thursday of the month, eight times per year, 7 to 8:30 p.m. For more information, call 713.242.3890. Location: West Pavilion, Frostwood Boardroom.

**General Cancer**
Meets the second Monday of every month, 6 to 7:30 p.m., and the fourth Monday of every month, 1 to 2:30 p.m. For questions or directions, call 713.242.3508 or 713.242.3564. Location: Memorial Hermann Cancer Center-Memorial City.

**Mended Hearts**
Meets the fourth Tuesday of every month, 6 to 7:30 p.m. For details, call 713.242.3440. Location: West Pavilion, Main Conference Center.

**Prostate Cancer**
Meets the third Monday of every month, 6 to 7:30 p.m. For details, call 713.242.3564 or 713.242.3508. Location: Memorial Hermann Cancer Center- Memorial City.

**Stroke**
Meets the second and fourth Thursdays of every month, 1:30 to 2:30 p.m. Call 713.242.2906. Location: East Tower, Fourth Floor, Neuroscience Conference Room.

**Weight-Loss Surgery**
Meets the first Wednesday of every month, 7 to 9 p.m. Call 713.242.4600. Location: West Pavilion, Main Conference Center.

**CLASSES AND SEMINARS**

**FREE NewStart Weight-Loss Surgery Seminars**
Aug. 24; Sept. 6, 15, 21 and 28; Oct. 5, 13, 19 and 26
These seminars are for people morbidly obese with a body mass index of 30 or higher who are interested in learning about metabolic and weight-loss surgery. To register, call 713.242.4600.

**Orthopedic Joint Replacement Seminars**
Sept. 7, Oct. 5 and Nov. 2, 4 to 5 p.m.
Don’t let joint pain slow you down! Join us as Houston’s orthopedic experts affiliated with Memorial Hermann lead in-depth discussions on the latest minimally invasive options in arthroscopic and joint replacement surgery. Enjoy complimentary refreshments and appetizers. Location: Conference Center. Call 713.222.CARE (2273) to register.

**Breastfeeding Class**
Teaches expectant parents techniques to make breastfeeding a successful, satisfying experience. Cost: $30 per couple.

**CPR for Infants**
Teaches basic techniques used in the event of foreign-body airway obstruction (choking) in infants. Cost: $15 per person, $30 per couple.

**Education Class for New Cancer Patients**
Held the fourth Thursday of every month, 1 p.m.

**Look Good Feel Better**
Teaches beauty techniques to women cancer patients in active treatment to help them combat the appearance-related side effects of cancer treatment.

**Newborn Care Class**
Teaches prospective parents the fundamentals of infant care. Cost: $30 per couple.

**Outpatient Yoga**
Meets the first and third Wednesday of every month, 2 p.m.

**Prepared Childbirth Class**
Prepares expectant parents for their childbirth experience. OB tour is included. Cost: $70 per couple.

**Seminars for People Morbidly Obese**
Oct. 5, 13, 19 and 26
These seminars are for people morbidly obese with a body mass index of 30 or higher who are interested in learning about metabolic and weight-loss surgery. To register, call 713.242.4600.

**Tours of the facility**
Tours of the facility are held regularly. Registration is required.

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Meets the first Wednesday of every month, 7 to 9 p.m. Call 713.242.4600. Location: West Pavilion, Main Conference Center.

**October is Breast Cancer Awareness Month**
Celebrate with us by attending one of our breast cancer events. Visit memorialhermann.org and select “Classes & Events” for more details.

For more information on any of the events below, or to register, call 713.222.CARE (2273), unless otherwise noted.
Dr. Takehisa Ikeda attended medical school at St. George’s University School of Medicine and subsequently trained as a pediatric resident and served as chief resident at Nassau University Medical Center in East Meadow, N.Y. He then completed three years of fellowship training in pediatric infectious diseases at the University of Medicine and Dentistry of New Jersey/New Jersey Medical School in Newark, N.J.

Dr. Melissa Jones practices pediatric neurology and has special interests in seizures and developmental delay. She received her medical degree from Baylor College of Medicine where she was awarded the American Academy of Neurology prize for excellence in neurology. She completed her residency in pediatric neurology at Texas Children’s Hospital/Baylor College of Medicine.

Dr. Anita Madan attended medical school at The University of Texas Medical School at Houston, where she also completed her residency and fellowship. Dr. Madan is currently an assistant professor at The University of Texas Medical School in the department of Neurology and is a practicing physician in the field of neurology.

Dr. Amit Manhas is board certified in cardiology. He attended medical school and completed his residency at the Baylor College of Medicine in Houston.

Dr. Manju Monga is board certified in obstetrics and gynecology maternal-fetal medicine with fellowship training in both obstetrics and gynecology. She attended medical school and completed her residency at Queen’s University in Charlotte, N.C. Dr. Monga went on to receive her fellowship at The University of Texas at Houston, where she is currently a professor and division director of Maternal-Fetal Medicine.

Dr. Rick Ngo is board certified in surgery. He attended medical school at The University of Texas Health Science Center at San Antonio. He completed his residency at St. Joseph Hospital in Houston. His main focus areas include minimally invasive hernia, gallbladder and breast disease surgery. Dr. Ngo is fluent in both Vietnamese and Spanish.

FIND A DOCTOR NEAR YOU. For a physician directory, call 713.222.CARE (2273).

TUNE IN FOR THE HOUSTON HEALTH HOUR RADIO TALK SHOW! Set your radio dial to 700 AM KSEV from 1 to 2 p.m. every Monday and Tuesday for this LIVE radio talk show. Hosted by David Mobley, M.D., a board-certified urologist, and Sherri Levin, M.D., a board-certified obstetrician/gynecologist, the show invites listeners to phone in with health questions about various topics and specialties. Don’t miss this wonderful opportunity to have a FREE visit with a doctor on the radio! Call in questions to 281.558.5738 or *KSEV (*5738) for Verizon Wireless users. For Internet users, log in and listen at www.ksevradio.com.