When it comes to healthcare, children deserve specialized treatment – especially in an emergency situation. That’s why Memorial Hermann has opened a new, state-of-the-art Children’s Emergency Center at Memorial Hermann Memorial City Medical Center. This new facility features dedicated rooms for pediatric care, staffed by board-certified pediatricians and emergency medicine physicians.

The new facility also offers Child Life Specialists to help make your child’s healthcare experience less scary. Using therapeutic play, positive interactions, developmental interventions and recreational opportunities, Child Life Specialists teach children how to cope with illness or injury.

“Because each child reacts differently to stress, injury or certain medications, our staff members have special pediatric emergency training,” says Michelle McKane, M.D., a board-certified pediatrician affiliated with Memorial Hermann Memorial City. “They’re able to triage faster and more accurately – assessing whether to admit a pediatric emergency patient.”

If your child needs hospitalization, Memorial Hermann Memorial City allows your pediatrician to “direct admit” patients to the hospital’s pediatric wing, bypassing long wait times common at other hospitals.

If a higher level of care is required, the Children’s Transport Team is available around the clock for pediatric and neonatal transport to Children’s Memorial Hermann Hospital in the Texas Medical Center. The Transport Team is trained to provide intensive care at the highest level, with access to Memorial Hermann Life Flight® and specially equipped ambulances – all to make sure your child receives the best care quickly.

“The addition of specialized pediatric emergency care is one of the most important and exciting changes we’re making in the level of care we provide to west Houston families,” says Peter Jung, M.D., chief of pediatrics at Memorial Hermann Memorial City.

Dr. McKane is a board-certified pediatrician.

Dr. Jung is a board-certified pediatrician.
It’s easy to dismiss troublesome leg pain as a part of the aging process, or even arthritis. But pain that occurs in your leg muscles – not in the joints, such as with arthritis – shouldn’t be ignored. This pain could actually be the sign of a condition called peripheral vascular disease (PVD).

**What Is PVD?**
PVD is a common blood vessel disease that is linked to stroke and heart attack. It usually occurs because leg arteries have become narrowed or clogged and are restricting proper blood flow. Arteries typically narrow because of a buildup of fatty deposits.

**What Does It Feel Like?**
PVD is a disease without many symptoms. That’s why it’s important to know the ones that can surface. Call your doctor if you experience:

- Pain or cramping in the legs or hips while walking that subsides after a few minutes of rest
- Numbness or weakness in the leg or foot
- Aching in the foot while at rest
- A leg or foot that feels colder than the rest of the body
- Foot sores that won’t heal

“A quick test called the ankle-brachial index can detect PVD,” says Jon Heine, M.D., a board-certified cardiologist affiliated with Memorial Hermann Heart & Vascular Institute-Memorial City. “Your doctor will decide if it’s right for you based on your symptoms and risk factors. Some PVD risk factors include being age 50 or older and having diabetes, high blood pressure or high cholesterol.”

In most cases, PVD can be managed with lifestyle changes or drug therapy. In advanced cases, minimally invasive procedures can open or bypass blocked arteries.

Choose your own cardiologist and heart hospital before you encounter an emergency. Compare quality hospital data by going online to [www.hospitalcompare.hhs.gov](http://www.hospitalcompare.hhs.gov) or [www.qualitycheck.org](http://www.qualitycheck.org).
Leading the Way with Minimally Invasive Surgery for Gynecology

The doctors at Memorial Hermann Memorial City Medical Center are leaders in performing minimally invasive surgery for many gynecologic conditions. The benefits for women are many, including shorter hospital stay, less pain and scarring, and faster recovery.

Minimally invasive surgery – also known as laparoscopic surgery – uses smaller incisions than those used in traditional surgery. Doctors insert miniature instruments through tiny incisions. Miniature cameras send images to a TV monitor the surgeon watches during surgery. The images are magnified three times so that surgeons can see in detail and make precise movements.

“My view of the surgical area is much better with minimally invasive surgery,” says Sherri Levin, M.D., an obstetrician/gynecologist affiliated with Memorial Hermann Memorial City and a pioneer in minimally invasive techniques. “The difference in recovery, healing and amount of blood loss is phenomenal.”

A Less Invasive Surgical Option
Doctors use minimally invasive surgery techniques to treat most conditions, including:

• Hysterectomy (removal of the uterus)
• Removal of uterine fibroids, cysts and polyps
• Removal of the ovaries and fallopian tubes
• Repair of pelvic organ prolapse (when a pelvic organ drops from its normal position)
• Bladder repair for incontinence
• Evaluation of irregular bleeding
• Treatment of endometriosis (when the lining of the uterus grows on or around the pelvic organs)

Doctors at Memorial Hermann can even treat endometrial and cervical cancer using these techniques. Because smaller incisions are used, there is less blood loss and less risk for infection.

Robotic Surgery
A specialized form of minimally invasive surgery is robotic-assisted surgery. With this advanced technique, robotic arms assist doctors in performing surgery.

Looking into a viewfinder, doctors can direct the robot from a control panel. The robot has “wrists,” which can make controlled, precise movements. “It’s like having your hands there,” says Dr. Levin. “We have better access and increased range of motion.”

The robotic system also magnifies the surgical area 10 times and in three dimensions. This helps surgeons work around sensitive areas like the bladder.

Dr. Levin has performed many laparoscopic and robotic surgeries and recently performed Houston’s first single-incision robotic hysterectomy.

What to Expect
Less invasive surgery allows women to return to their daily routines sooner compared with traditional open procedures. Generally, women will spend one night in the hospital. Complete healing may take two to three weeks. Traditional open procedures require several days in the hospital and a six-week recovery period.

Minimally invasive procedures usually take one to three hours. The greatest risk is if surgeons encounter problems they may have to make an incision for traditional open surgery. Talk with your doctor to find out if minimally invasive surgery is right for you.

Dr. Levin is a board-certified obstetrician/gynecologist.
DIGITAL MAMMOGRAPHY:  
Faster, Clearer and Smarter

In late 2003, the National Cancer Institute-sponsored Digital Mammographic Imaging Screening Trial (DMIST) reached its target of enrolling nearly 50,000 women in a landmark study. The goal: to determine whether digital mammography is as good as or better than conventional film mammography in detecting breast abnormalities.

The initial results of DMIST were released in fall 2005: Digital mammography diagnosed more abnormalities than standard mammography in premenopausal women, those younger than 50 and those with dense breast tissue. The American Cancer Society recommended that women in these groups seek digital mammograms where available.

“In clinical practice, we’ve seen that digital mammography allows for increased contrast and a better view through the dense tissue that’s typical of younger women,” says Jo Pollack, M.D., a board-certified surgeon affiliated with Memorial Hermann Memorial City Medical Center. “It allows us to see calcifications, which are common, but could also be the first detectable sign of cancer.”

Regardless of a woman’s age, digital mammography offers significant advantages across the board. Images are more detailed, available immediately and can be enhanced, stored digitally and transmitted instantaneously to a physician’s office. They can also be acquired more quickly, reducing testing time.

Digital mammography at Memorial Hermann has an added advantage: Mammograms are screened using computer-aided diagnosis (CAD). “Memorial Hermann has invested in the CAD software package, which is like an extra set of eyes,” Dr. Pollack says. “It picks up subtle calcifications that can be difficult to see even with the trained human eye. It tells us where to take a closer look. It’s also easier with digital to get a good image, which reduces technical repeats, meaning fewer callbacks for women.”

Digital mammography is available at 18 Memorial Hermann locations throughout the greater Houston area. Dedicated breast radiologists read all mammograms. Follow-up testing for women with abnormal results can be completed in a single day.

Dr. Pollack is a board-certified surgeon specializing in breast surgery.
Prevent Sports Injuries in Your Young Athlete

Back to school means back to sports for many kids. Unfortunately, sports injuries are common in young athletes. Know what to look for to protect against injury.

Tips for Popular Sports

- **Football.** Players should wear a helmet that fits properly, a mouth guard and appropriate footwear. A full set of pads for the shoulders, knees and other body parts is also recommended.
- **Soccer.** Wear shin guards for every practice and every game, and choose shoes with molded cleats or ribbed soles. Make sure to use equipment that lowers injury risk, such as synthetic waterproof balls and anchored goals.
- **Baseball/softball.** Pitchers should throw only four to 10 innings per week. Catchers should wear a helmet, mask and chest-and-neck protector. Children who are batting need to wear a helmet. Breakaway bases are an example of safe equipment.

Knee Protection

“Teenagers, whose muscles have not fully grown, are more prone to knee injuries,” says Mark Maffet, M.D., a board-certified orthopedic surgeon affiliated with Memorial Hermann Memorial City Medical Center. “And certain sports, such as running and basketball, put heavy pressure on knees.”

To avoid knee injury, the best strategy is prevention. Give your child these tips:
- Warm up before exercising.
- When jumping, land with knees bent.
- Rest if you feel pain or fatigue in your knee.
- Wear shoes with nonskid soles.

**RICE Spells Relief**

For sprains or strains – the most common injuries – remember RICE.
- **R**est the injured area for 48 hours.
- **I**ce the injured area, 20 minutes at a time, with a cold pack or ice bag.
- **C**ompress an injured ankle, knee or wrist with an elastic wrap.
- **E**levate the injured area above the heart.

If your child has an obvious fracture, a dislocated joint, unrelieved swelling or severe, continuing pain, contact your child’s doctor immediately.

New Physical Therapy Clinic Available at Baseball USA

Memorial Hermann Sports Medicine & Rehabilitation is opening a new clinic on the Baseball USA campus to better serve your physical therapy and sport-specific rehabilitation needs. With the combined resources of 24 clinics, Memorial Hermann brings the latest innovations in diagnosis and treatment to locations throughout the greater Houston area. In addition to our expansive network of clinics, you can enjoy the convenience of centralized scheduling and our affiliation with multiple insurance providers.

The Baseball USA center offers comprehensive treatment, from injury prevention to orthopedic rehabilitation. Physical therapists specialize in providing sport-specific rehabilitation and performance improvement programs. The center is located at 2626 West Sam Houston Parkway North.

LOOKING FOR PHYSICAL OR OCCUPATIONAL THERAPY CLOSE TO HOME?

Memorial Hermann Sports Medicine & Rehabilitation’s centralized scheduling center can assist you in identifying the most convenient appointment locations, dates and times. Call 713.521.0020 today.

Saturday Sports Injury Clinic

When your weekend game plan takes an unexpected twist.

Saturdays through November 14, 9 a.m. to noon

Memorial Hermann Sports Medicine Institute
Memorial City Medical Plaza 3
915 Gessner, Suite 301
Houston, TX 77024

No appointment necessary.
For more information, call 713.242.2270.
Most insurance plans accepted.

Dr. Maffet is board certified in orthopedic surgery.

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Weight-Loss Surgery Improves Health and Life
Our designated Center of Excellence can help you reach your weight-loss goal.

Bariatric surgery – or weight-loss surgery – is for severely obese people and those whose weight is interfering with their health. If you’re ready to lose those unwanted pounds and the health problems they cause, Memorial Hermann Memorial City Medical Center’s comprehensive weight-loss program can help.

Delivering the Highest Level of Care
Recognizing that weight-loss surgery is a lifetime commitment to change, the Metabolic and Weight Loss Surgery Program at Memorial Hermann Memorial City provides the help and support you need to reach your weight-loss goal and then maintain it. The fully integrated program provides preoperative educational seminars, help with medical insurance requirements, a certified bariatric nurse, dietary specialists, support groups, speaker programs and psychological counseling.

Memorial Hermann Memorial City is also a designated Center of Excellence in weight-loss surgery by the American Society for Metabolic and Bariatric Surgery (ASMBS). ASMBS Centers of Excellence have lower complication rates – less than 1 percent – from weight-loss surgery.

“We not only maintain our Center of Excellence status, we’re always looking ahead and updating the program to provide the highest quality of care available,” says Carlos Ferrari, M.D., a fellow of the ASMBS and medical director of the Metabolic and Weight Loss Surgery Program. “All the weight-loss surgeries we perform are minimally invasive laparoscopic procedures, which create less trauma and offer a faster recovery than open surgery. Not every procedure is right for every patient. We educate patients about alternatives and make recommendations; then we let them choose the option that’s best for them.”

Finding the Right Option for You
The Metabolic and Weight Loss Surgery Program at Memorial Hermann Memorial City is one of the few weight-loss programs in Houston that offer all these surgical options:
• Gastric banding
• Gastric bypass roux-en-y
• Duodenal switch
• Gastric sleeve
• Revisions and reversals

Highly skilled surgeons can help you determine if weight-loss surgery is an option for you. Candidates for surgery must have a body mass index of 30 or more. Other requirements are evaluated on a case by case basis.
community calendar

For more information on any of the below events, or to register, call 713.222.CARE (2273), unless otherwise noted.

EVENTS AND SCREENINGS
Fleishman Family Festival
Oct. 17, 11:30 a.m. to 2:30 p.m.
Your family is invited to our annual community health fair, offering free health screenings, exhibits, food, prize drawings and live entertainment. Location: Memorial Hermann Memorial City Medical Center, Frostwood Drive.

Saturday Morning Injury Clinics
Saturdays through Nov. 14, 9 a.m. to noon
For athletes of all ages, Memorial Hermann offers sports-injury evaluations. Insurance is accepted. Location: Medical Plaza 3, 915 Gessner Road, Suite 301.

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

CLASSES AND SEMINARS
Baby Care Class
Teaches prospective parents the fundamentals of infant care. Cost: $30 per couple.

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

Infant CPR Class
Teaches basic techniques used in the event of foreign-body airway obstruction (choking) in infants. Cost: $15 per couple.

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

Sibling Class
Teaches children ages 4 to 12 how to deal with a new sibling. Cost: $5 per child.

FREE Weight-Loss Surgery Seminars
Oct. 24, 10:30 a.m. to 12:30 p.m.
Oct. 13, Nov. 11 and Nov. 18, 6:30 to 8:30 p.m.
For people who are morbidly obese with a body mass index of 30 or greater who are interested in learning about metabolic and weight-loss surgery. To register, call 713.242.4600.

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 at 3 p.m. Call 713.242.3555 or 3190 to learn more.

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.

Cancer
Meets every Monday, 7 to 8 p.m. To learn more, call 713.242.3564. Location: Medical Plaza 2, First Floor, Suite 152.

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.

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

Beyond Birth
For women suffering from postpartum depression. Meets every Saturday, 10 to 11 a.m. For more information, call 713.242.3530 or 713.254.4140. Location: Medical Plaza 1, 902 Frostwood Drive, Suite 172.

Stroke
Meets the second and fourth Thursday of the month, 1:30 to 2:30 p.m. For more information, 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. We’re here to help. Call 713.242.4600. Location: West Pavilion, Main Conference Center.
Dr. Jo Pollack is a board-certified surgeon specializing in breast surgery. She received her medical degree and completed her residency training at Baylor College of Medicine in Houston.

Dr. Carlos Ferrari is a board-certified surgeon and a member of the American Society for Bariatric Surgery. He received his medical degree from Universidad Nacional de Cordoba in Cordoba, Argentina. He completed his internship at Maimonides Medical Center in Brooklyn, New York, and his residency in Monmouth Medical Center in Long Branch, New Jersey.

Dr. Peter Y. Jung is a board-certified pediatrician. He received his medical degree from Baylor College of Medicine and completed his residency training at Ben Taub General Hospital and Texas Children’s Hospital. He is a fellow of the American Academy of Pediatrics.

Dr. Sherri Levin is a board-certified obstetrician/gynecologist. She received her undergraduate degree from Rice University and her medical degree at The University of Texas Medical School at Houston. She completed her residency at UT San Antonio.

Dr. Mark Maffet is board certified in orthopedic surgery. He received his medical degree from and completed his residency at Baylor College of Medicine. He completed his fellowship training in sports medicine at the Kerlan-Jobe Orthopedic Clinic in Los Angeles.

Dr. Michelle McKane is a board-certified pediatrician. She received her medical degree from The University of Texas Health Science Center in San Antonio. She completed her residency at St. Louis Children’s Hospital, Washington University School of Medicine in St. Louis, Missouri. She is a fellow of the American Academy of Pediatrics.

Dr. Jon Heine is a board-certified cardiologist. He received his medical degree from the University of Missouri and completed his internship and residency training there as well. He is a fellow of the American College of Cardiology.

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 through Thursday for this LIVE radio talk show. Hosted by David Mobley, M.D., a board-certified urologist, the show invites listeners to phone in health questions to Dr. Mobley and physician guests from various 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, login and listen at www.ksevradio.com.