

# TEXAS MD

TEXASMDMONTHLY.COM

AUGUST | SEPTEMBER 2015

What did you just say?

U Need 2 Put The Phone Down!

# AUSTIN ROBOODOG

IN ERIKA WE TRUST  
Dr. Gonzalez-Reyes  
Forges A Legacy of  
Leadership  
& Progress

BY VANESSA TURNEY

A BREATH  
ABOVE THE REST

The Honrubia Technique  
Brings A New Standard in  
Balloon Sinuplasty Locally  
and Across The Nation

BY JOEY GOMEZ

HI-FIVING THE  
FUTURE

The Orthopaedic Center  
of Corpus Christi uses  
robotic arm technology to  
give patients futuristic care  
and results

BY REBECCA ESPARZA

Austin Drs. Fox  
and Manuel advance  
surgical outcomes  
with Stryker's new  
robotic arm + 3-D  
imaging

BY KIM ESTES

DISPLAY TILL SEPTEMBER 2015





# Know Your Body

Control “The Change”

**S**OME THINGS IN LIFE ARE UNAVOIDABLE. You will age, albeit like a fine wine, you will change, and naturally, your priorities will shift accordingly. Both men and women will eventually undergo or encounter some physiological change due to aging, whether it be diminished eye sight or the end of the reproductive cycle. Acknowledging this, Texas MD consulted with Dr. Henry Garza on the inevitable bout with menopause all women will go through, and he shared the various signs, symptoms, and treatments women can undergo to alleviate discomfort associated with menopause.



**TxMD:** What is menopause?

**Dr. Garza:** By definition, menopause is a normal part

of aging marking the end of a woman's reproductive period. The ovaries no longer release an egg

every month and menstruation stops. The process is gradual and actually contains three stages: perimenopause, menopause and post-menopause. Each transition period is different for each woman.

Perimenopause can begin several years before menopause as the ovaries gradually make less estrogen and lasts up until menopause, the point when the ovaries stop releasing eggs. Menopause begins when it's been a year since a woman last had a period. And post-menopause is the subsequent years after menopause when most symptoms ease.

**TxMD:** When do symptoms begin?

**Dr. Garza:** In the last one to two years of perimenopause, the drop in estrogen quickens and symptoms may begin to surface, including hot flashes, irregular or skipped periods, insomnia, mood swings, fatigue, irritability, headaches, changes in libido and more. Not all women get these symptoms and severity can range from mild to severe.

**TxMD:** How can you tell the difference between menopause and another condition?

**Dr. Garza:** You or your doctor may suspect the approach of menopause based on your symptoms, but it also helps to keep track of your periods as they become more irregular. The average age of menopause is

51-years-old, but it may occur as early as your 30s or as late as your 60s. There are other conditions that may result in an absence of a menstrual period or irregular bleeding which may be easily confused with menopause, including weight loss or gain, stress, anxiety, depression, uterine fibroids, endometrial polyps or something else potentially serious. If you're unsure, you should always make an appointment with your doctor.

**TxMD:** Can menopausal symptoms be treated?

**Dr. Garza:** It's important to note that each woman's experience is highly individual—no two women are the same. Symptoms may be minimal in some women while others may face a wide range of physical and psychological issues. Symptoms may also come and go throughout menopause. Lifestyle factors can help control symptoms including regular exercise, proper nutrition, adequate sleep and quitting smoking. Hormone therapy, bioidentical hormone therapy, and alternative/non-hormonal treatments are also available.

**TxMD:** Are hormone and bioidentical hormone therapy safe?

**Dr. Garza:** The use of hormones, estrogen and progesterone, and bioidentical



FOR MORE INFORMATION ABOUT THE PRACTICE OR TO MAKE AN APPOINTMENT CALL ACACIA OB/GYN AT 210.226.7827. FOR MORE INFORMATION ON THE BHS PHYSICIANS NETWORK GO TO [WWW.BHSPHYSICIANSNETWORK.COM](http://WWW.BHSPHYSICIANSNETWORK.COM), OR EMAIL JULIE MINNICK AT [JAMINNICK@BAPTISTHEALTHSYSTEM.COM](mailto:JAMINNICK@BAPTISTHEALTHSYSTEM.COM).

hormone therapy, medications containing hormones that have the same chemical formula as those made naturally in the body, to treat perimenopausal and menopausal symptoms is an individual decision in which patient and doctor should take into consideration risks, benefits and medical history. Regular monitoring and adjusting dosage can help find the right hormone level for your body. Oral contraceptives, birth control pills, are another form of hormone therapy often prescribed for women in perimenopause.

**TxMD:** What other alternative treatments are available?

**Dr. Garza:** Alternative treatments for symptoms can be great, but they also their have limitations. The use of soy supplements and the herb black cohosh can have some benefit in treating hot flashes, but dosages can be unclear and each manufacturer may have different standards of purity and consistency. Certain anti-depressants have also been used to solely treat hot flashes. A healthy diet and regular exercise can be a tremendous aid in combating fatigue and boosting energy levels. If urinary incontinence is an issue, pelvic floor exercises can be helpful and over-the-counter lubrication

products can soothe sexual discomfort due to vaginal dryness.

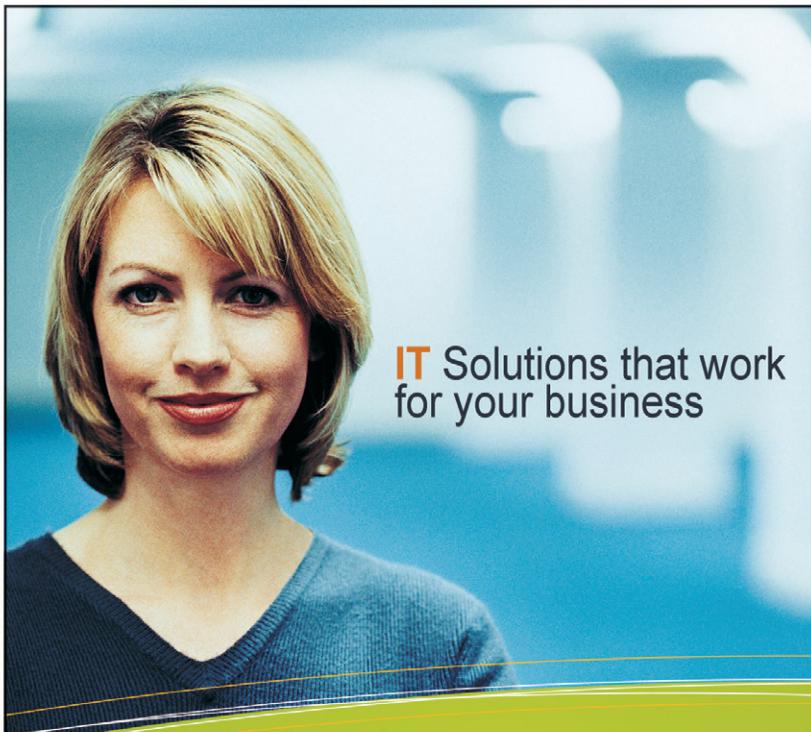
**TxMD:** Share something about menopause that may surprise most women.

**Dr. Garza:** One of my most surprising observations has been that most women only experience very mild symptoms when nearing menopause. Therefore, they choose not to do any sort of supplementation or prescription treatment. It is still important to communicate with your provider any symptoms that seem unusual including intense pain, excessive vaginal bleeding or severe mood changes.

Another surprise is that a

woman's experience through menopause might exactly mirror that of her mother or grandmother's. Communication with these women in your life, and of course, your provider, can be very reassuring.

Dr. Henry Garza is a board-certified obstetrician and gynecologist who practices at Acacia OB/GYN-Schertz, located in the Baptist Emergency Medical Office building at 16977 IH 35 North, Suite 210 in Schertz, TX 78154. Dr. Garza performs all surgical procedures and deliveries at Northeast Baptist Hospital in San Antonio.



**IT Solutions that work  
for your business**

## AVAILABLE SERVICES

### COMPLIANCE & SECURITY

A HIPAA Risk Assessment is the REQUIRED first step in being HIPAA Compliant.

### TOTAL IT SUPPORT

Our support is all encompassing, allowing for a complete technical support solution.

### CLOUD SERVICES

Take the simpler path to cloud computing and integrate cloud with your business.

### WEB HOSTING & PRESENCE

Take your Internet Marketing to the next level or let us help you get off the ground.

E-mail [info@corerecon.com](mailto:info@corerecon.com)  
Tel 800.955.2596 Fax 361.248.3258

A SERVICE DISABLED VETERAN OWNED SMALL BUSINESS

[WWW.CORERECON.COM](http://WWW.CORERECON.COM)

**CoreRecon**  
Cyber Security | IT Services | Compliance Assessments