



Memorial Hermann Northeast Hospital Expands Cardiovascular Services with Minimally Invasive Stroke Prevention Procedure

Memorial Hermann Northeast Hospital now offers a minimally invasive stroke prevention procedure for people with carotid artery disease. It's called trans carotid artery revascularization, or TCAR.

Carotid artery disease develops when fatty deposits, or plaque, clog the blood vessels delivering blood to the brain. Over time, the blood flow becomes restricted, increasing the risk for a stroke. An estimated 10 to 20 percent of strokes are caused by the disease, which afflicts 200,000 people every year in the United States.

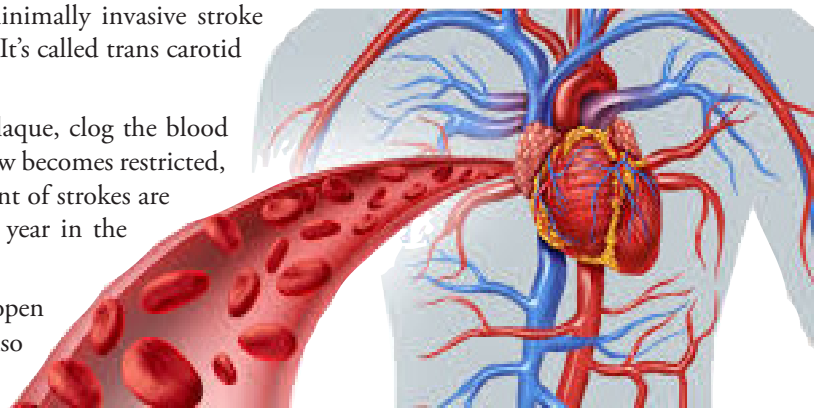
"During the TCAR procedure, we use specialty catheters to open the artery and insert a stent to allow for better blood flow. We also filter the blood to eliminate any debris that may have gotten into the blood stream during the stenting. This lowers the

risk of a potential stroke," said Kousta Foteh, M.D., a vascular surgeon and Chief of Vascular Surgery at Memorial Hermann Northeast.

Dr. Foteh says the TCAR can be an option for anyone with carotid artery disease, but it is especially beneficial for those who may not be good candidates for open vascular surgery.

"This minimally invasive method not only requires a smaller incision, but it also puts less stress on the heart. Patients can expect a faster recovery and shorter length of stay in the hospital compared to an open vascular surgery," says Dr. Foteh.

Memorial Hermann Northeast offers high-quality heart and vascular care through a network of affiliated physicians, including cardiologists, electrophysiologists and vascular surgeons. From preventive care and imaging to surgery, the multidisciplinary team utilizes state-of-the-art technology to treat a wide range of cardiovascular diseases. For more information, call 713.222.CARE or visit <http://www.memorialhermann.org/locations/northeast/heart-and-vascular-care/>



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Tryouts will be held December 15, 2018 from 10:00am to 12:00pm at CRSP (3601 Campbell RD, Houston TX 77080). Registration is required prior to tryouts. Fee for the December tryouts will be \$50 while the March tryout fee will be \$75. Register at www.ahfcroyals.com. #LIVetheDREAM #BEROYAL

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Excluding Pests



When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows when there is light outside; if you see light around roods or windows, then there isn't a good seal and weather stripping should be replaced. The attic should be inspected for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for any cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and repair any areas that allow pests to enter the home.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam
- Replace weather stripping around doors and windows if there is not a good seal
- Repair or replace any window screens with holes
- For homes with brick or stone facades, stuff weep holes with steel wool* or copper mesh
*steel wool will rust if it gets wet, so do not use on light colored façades
- Inspect all furniture, boxes, and bags for pests before carrying them into the home
- Inspect all plants for insect pests before bringing them into the home
- Do not store firewood inside the home, against the outside

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(Continued from Page 4)

walls, or near doors

- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home**
- **make sure animal is not in the home or you'll seal it inside!

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Gardening To Do List December in the Garden

By Marie Iannotti



Many of us do more shopping and planning for our gardens during the winter months than actual gardening but that doesn't mean there's nothing to do. In the warmer zones, December is the start of pleasant weather and a chance to enjoy planting

cool season vegetables and flowers that don't tolerate your summers. Northern gardeners should use this period without leaves to scout for egg masses and other signs of trouble on trees and shrubs. Here are some more regional gardening tips for the beginning of winter.

In General

- Keep watering your holiday plants and give them plenty of light.
- Check houseplants and any plants you brought indoors for the winter, for insects that may have hitched a ride. With the heat on, they can multiply quickly.
- Also check any bulbs, corms, tubers and bare root plants for dessication or rot.
- Start eating those stored vegetables and think about planting more winter squash next year.
- Feed the birds.

In Southwest

- Be prepared for sudden swings in temperature and protect tender plants with row covers, newspaper or blankets.
- Start seeds of cool season vegetables and flowers.
- Cut back asparagus, as soon as it dies back or the ground freezes.

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JJ Watt Lives With Us

By Cheryl Conley, TWRC Wildlife Center

Did you know that JJ Watt lives with us at our wildlife center on Hammerly Boulevard in Houston? Now you didn't think I was actually talking about the football player for the Texans, did you? JJ is our bullsnake. We named him JJ Watt because when we got him, he was exactly the same height at JJ, the football player. Our JJ has continued to grow so now he would be a bit taller than the human JJ Watt.

JJ, the bullsnake, is one of our Animal Ambassadors and is a man about town. He goes to community events, schools and was recently on TV. He's a real star! We use him to educate the public about snakes. Usually, the first reaction we get from people is fear and there's a big misconception about how snakes feel. No, they are not slimy. By the time we finish talking to people about JJ and how valuable he is to the environment, they feel better about snakes.

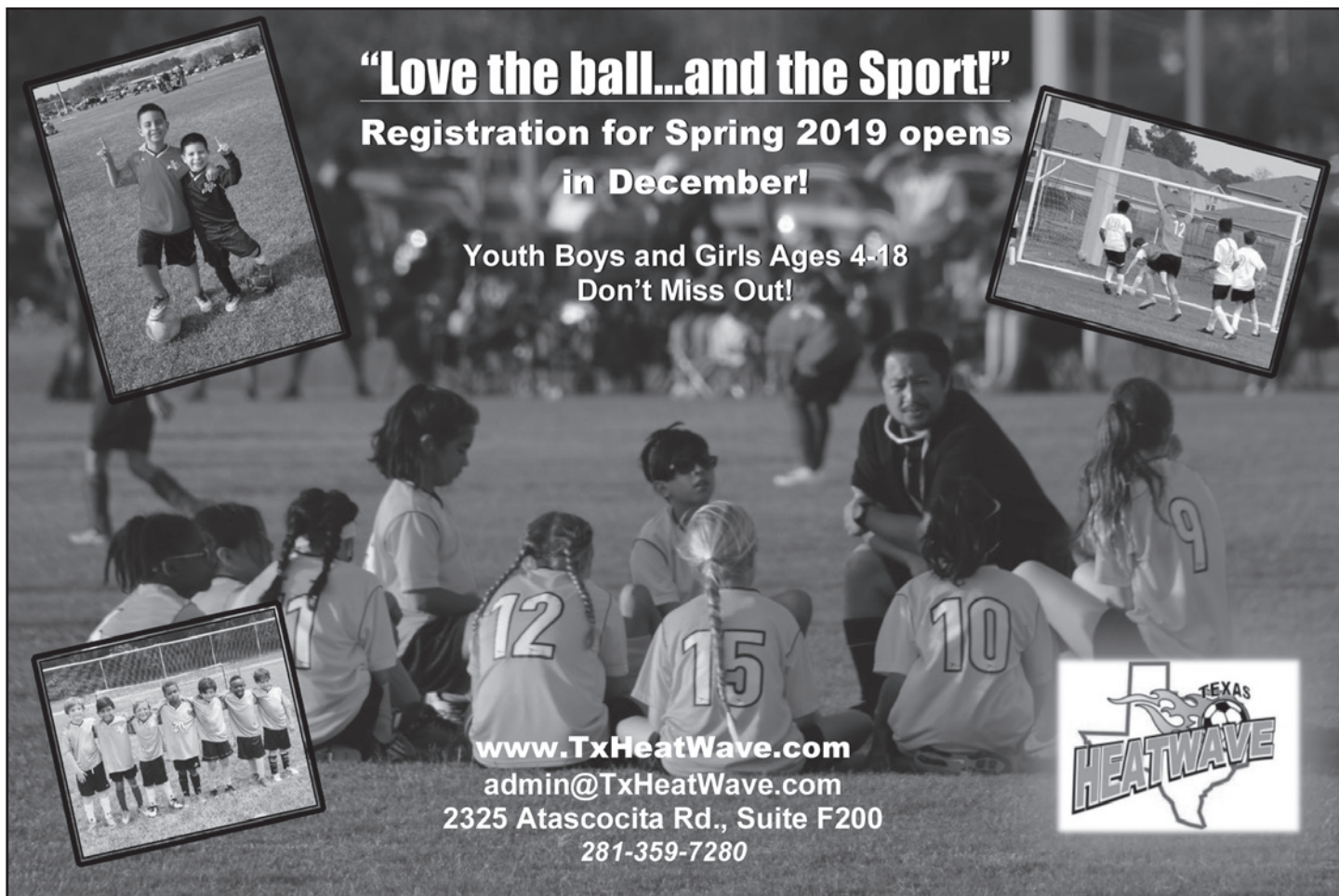
Bullsnares are fairly common throughout the United States and are probably best known for their ability to mimic the dreaded rattlesnake. This ability to mimic a rattler is used when the bullsnake feels threatened. They can mimic the rattler's behavior, the markings are very similar, and they are about the same size. When threatened, a rattlesnake will shake its tail before it strikes. You will actually hear the

tail rattle. You may hear a similar sound from a bullsnake. It's either making the sound with its mouth, vibrating its tail or moving leaves around with its tail, or you may hear nothing at all. The rattlesnake raises its tail when threatened but the bullsnake keeps its tail low to the ground. Bullsnares have narrow heads and rattlesnares have triangular heads that are wider than their body.

The diet of a bullsnake is comprised mainly of rodents but they also eat small rabbits, gophers, frogs, lizards and birds. It will use its mouth to grab its prey and will slowly constrict it. The prey dies due to lack of oxygen and the snake eats it whole.

If you'd like us to bring JJ Watt and our other Animal Ambassadors to your school, company or event, contact Victoria at education@twrcwildlifecenter.org for pricing. You'll get to meet Iris, the screech owl and Beatrix, the opossum along with our box turtles. It's fun and educational, too.


For more information about TWRC Wildlife Center, check out our website at www.twrcwildlifecenter.org and be sure to like us on Facebook.



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Holiday Events around Houston

The Tracy Montgomery Team would like to wish you and your family a Merry Christmas and Happy Holidays!

Home for the Holidays

Old Town Spring

November 10 - December 22, 2018

Old Town Spring comes alive for the holidays on weekends with Santa's Workshop, strolling performers, twinkling lights and lots of holiday shopping.

Festival of Lights

Moody Gardens

November 17, 2018 - January 6, 2019

Galveston's Moody Gardens is transformed for the Holidays with millions of lights and animated displays. The event features Santa Claus, Ice Sculptures, Train Rides, Ice Skating & Slide, and more!

Zoo Lights

Houston Zoo

November 17, 2018 - January 13, 2019

How fun to see the zoo all decorated in lights for the holidays! Lights go on in the evening and with over 2 million lights, there are lots to see, including a walk-in snow globe.

Discovery Green Holiday Events

Discovery Green

Events Start November 16, 2018- January 27, 2019

You will fall in love with this great park in Downtown Houston, so exciting to see all the fun things they host for the Holidays. Glide beneath the glittering lights of downtown Houston and embrace the holiday cheer on The ICE skating rink!

A Christmas Carol

Alley Theatre

November 16 - December 30, 2018

This classic tale comes to life and is suitable for all audiences (5+ and up).

The Nutcracker

Wortham Theater

November 23 - December 29, 2018

No Holiday Season is complete with out seeing a performance of The Nutcracker. The Houston Ballet presents this wonderful story.



Tracy Montgomery
Cell: 713.825.5905

Melissa Nelson
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