



Services for a Healthier You!

1701 Sunset Boulevard, Houston, Texas 77005

Main Number: 713-526-5511

www.mchllp.com

METABOLIC RATE TESTING, NUTRITION & DIABETES EDUCATION SERVICES!



The Clinic uses MedGem®, a handheld, FDA-cleared and clinically-validated device, to measure resting metabolic rate.

HOW FAST IS YOUR METABOLISM?

Whether you are trying to lose weight, gain muscle, accurately count calories, or all of the above, a **quick in-office metabolic rate test** provides evidence-based information **tailored to your body, lifestyle, and weight loss/health goals.**

HOW DO I GET STARTED WITH TESTING MY METABOLISM?

- Call the Registered Dietitian team at 713-520-4774 to schedule the 15-minute office visit.
- Fast for 4 hours prior to the scheduled test (from exercise, food, caffeine, and tobacco).
- Testing lasts 5-7 minutes and is performed in the comfort of the Dietitian's office.
- Receive a printed report and analysis of the results which include body fat percentage, metabolic rate, and calorie needs.
- Start making changes to improve your health right away!



NUTRITIONAL COUNSELING SERVICES

Proper nutrition is an important component for overall health. In addition to our diabetes education program, MCH offers nutrition counseling to help prevent or manage certain conditions. Meet with a Registered Dietitian in the Clinic to develop a personalized plan to help you meet your nutrition, wellness, and overall health goals.

VISITS WITH REGISTERED DIETITIANS ARE COVERED BY MOST INSURANCE COMPANIES AND GENERALLY DO NOT REQUIRE A PHYSICIAN REFERRAL.

NUTRITION COUNSELING IS AVAILABLE TO HELP YOU WITH:

- **Weight Management** – including personalized meal planning, body fat analysis, and ongoing support
- **Diabetes** – The diabetes education program* at Medical Clinic of Houston is Recognized by the American Diabetes Association*
- **Heart Health** – including high cholesterol or blood pressure
- **Pregnancy Nutrition** – before, during, and after pregnancy
- **Irritable Bowel Syndrome, Gluten Free Diet, Crohn's Disease**
- **Overall Nutritional Wellness & Prevention**



THE COST OF THE METABOLIC RATE TEST IS \$75.00 - PAID ON THE DAY OF SERVICE.

CALL 713-520-4774 FOR APPOINTMENTS FOR ABOVE SERVICES

You may also visit our website at www.mchllp.com. Click on the Clinic Services navigation button to access informative Diabetes and Nutrition Education links.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



LEAH C. FOLB, M.D

THYROID BIOPSY USING ULTRASOUND-GUIDED FINE NEEDLE ASPIRATION

Thyroid biopsies are performed by Leah C. Folb, M.D. in our ACR-accredited diagnostic imaging services department.

Dr. Folb is an Endocrinologist at MCH, Director of the Clinic's Diabetes Education Center, and Director of our Bone Densitometry services, certified by the International Society of Clinical Densitometry (ISCD).



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PRESCRIPTION REFILL REQUESTS

Your pharmacy will electronically contact the Clinic on your behalf to obtain authorization from your physician for your prescription refills. MCH physicians are not available to approve refill requests after normal business hours or on weekends.



PLEASE CONTACT YOUR PHARMACY WITH PRESCRIPTION REFILL REQUESTS. DO NOT CALL OR FAX YOUR REQUEST TO YOUR MCH PHYSICIAN.

It is generally not necessary for you to contact the Clinic for a prescription refill. Instead, contact your pharmacy.

MAMMOGRAPHY

Medical Clinic of Houston is proud to be using the most technologically advanced mammography imaging equipment on the market today.

Hologic mammography imaging offers up to 40% reduction in false positive recalls, exceptionally sharp images, and ergonomic design for patient comfort.

In December 2015, the Clinic purchased Hologic mammography imaging that is at the forefront of breast cancer screening with proven superior clinical performance.



The American Cancer Society recommends that women get a physical breast examination by their doctor or health professional every three years age 20-40 and every year beginning at age 40. You should see your doctor without delay if you experience any unusual symptoms at any time. Most breast lumps are not cancers, but only your doctor can determine this. We want you to be aware, informed, and to take control of your breast health. The best way to cure cancer is to detect it early using all three steps - Breast self-exam, Mammography, and physician breast exam.

CARDIAC CALCIUM SCORING



Cardiac calcium scoring is a revolutionary, pain-free, non-invasive procedure used to detect plaque in the coronary arteries. CT imaging with sub-second scanning capability detects and provides your cardiac calcium score. The equipment takes 50-80 images of your coronary arteries without any injections in less than 15 minutes.

Facts about heart disease:

- 58 million Americans have one or more forms of cardiovascular disease.
- Coronary heart disease is among the top two killers of men and women in the United States.
- More Americans die of heart disease than all types of cancer combined.
- Every year, at least 250,000 people die of a heart attack within one hour of the onset of symptoms and before they reach a hospital.
- 12 million people alive today have a history of heart attack, chest pain, or both.

SCHEDULING

To schedule an appointment for these or other MCH services, please talk to your MCH physician.

LABORATORY SERVICES

Comprehensive testing in less time

Medical Clinic of Houston's laboratory recently added two panels of tests allowing for reduced processing time from one week to three business days.

Respiratory Panel – Detects and identifies 20 viral and bacterial respiratory pathogens.

Gastrointestinal Panel – Detects and identifies 22 viral, bacterial, and parasitic pathogens which cause infectious diarrhea.