

Houston Methodist Baytown: Seven signs it’s time to see a gastroenterologist

If you have unexplained or frequent digestive issues, such as abdominal discomfort or changes to your bowel habits, someone’s probably told you to see a gastroenterologist or a GI doctor. Dr. Kashif Khan, a gastroenterologist at Houston Methodist Baytown Hospital who treats digestive disorders, liver diseases and several other conditions, explains everything you need to know if you’re deciding whether it’s time to see one.

A gastroenterologist is a specialist with expertise in the disorders and diseases that affect the digestive system, which includes the gastrointestinal tract (esophagus, stomach, small intestine, large intestine, rectum and anus) as well as the pancreas, liver, bile ducts and gallbladder.

The digestive disorders and issues that a gastroenterologist treats include: unexplained changes in bowel habits, including diarrhea, constipation and blood in the stool; gastroesophageal reflux disease (GERD); heartburn; hemorrhoids; inflammatory bowel disease (IBD), which includes Crohn’s disease and ulcerative colitis; irritable bowel syndrome (IBS); pancreatitis and ulcers. Gastroenterologists are trained to perform a number of procedures used to help diagnose and treat these conditions.

Here are seven reasons to consider seeing a gastroenterologist:

- **Ongoing diarrhea:** From food to infection to certain medications, many things can bring on a bout of diarrhea. However,

if your stool is regularly more liquid than solid, it’s time to check in with a GI doctor.

- **Constipation:** The frequency of bowel movements ultimately varies from person to person, but Khan says that less than three a week is typically considered constipation. You might also be constipated if your bowel movements are very small, very hard or difficult to pass. If you’re constipated more weeks than not, consult a gastroenterologist.

- **Frequent or severe heartburn:** If you’re having heartburn symptoms more than a couple of times per week, it could be a sign of GERD – a condition that, over time, can damage and scar the lining of the esophagus. Chronic acid reflux doesn’t go away on its own, so it’s important to be evaluated by a specialist. Left untreated, GERD can cause permanent damage to the esophagus.

- **Feeling unusually bloated:** Bloating, which can feel like your belly is full or tight, is often caused by issues that result in excess gas production, hypersensitivity to gas or gas being trapped in your colon. But bloating can also be a sign of IBS. A gastroenterologist can help you identify what exactly is the cause of your bloating and the most effective way to treat it.

- **Sudden or severe abdominal pain:** We’ve all dealt with bellyaches, but severe abdominal pain that lasts for hours or abdominal pain that comes on suddenly and intensely isn’t normal. A stomach ulcer or peptic ulcer can lead to burning abdominal pain, particularly after eating. Consistently severe abdominal pain can also be a sign

of gallstones, pancreatitis or liver disease. A gastroenterologist can help determine the cause of your pain.

- **Rectal bleeding or blood in your stool:** If you see blood on your toilet paper or as you flush the toilet, it could be hemorrhoids – a fairly common issue that can typically be managed with at-home remedies or over-the-counter products. However, if hemorrhoids aren’t responding to these treatments or you’re getting them frequently, a gastro-

terologist can recommend more advanced treatments. Rectal bleeding isn’t always a huge concern, but it can be a sign of a serious medical condition such as colorectal cancer.

- **You’re due for a colonoscopy:** If you’re over the age of 45 or have a strong family history of colorectal cancer, you’ve probably heard your doctor recommend a colonoscopy. If the findings are normal and you have no other risk factors, you only need to repeat a

colonoscopy every 10 years. A colonoscopy can save your life. Early detection of colorectal cancer is important – when caught early, it can lead to less aggressive treatment and better chance of survival.

At your first appointment, your gastroenterologist will ask you about your digestive symptoms and medical history, recommend any lifestyle changes or medications that can help relieve your symptoms and discuss any tests, screenings or

procedures that may be needed. Through this initial evaluation, your doctor will start the process of uncovering the cause of your digestive issues and begin addressing your symptoms.

If you have been having frequent digestive problems, now is the time to see help. Contact Houston Methodist Gastroenterology Associates at 281-422-7970 or visit houstonmethodist.org/spg/gastroenterology/baytown.

DISD recognized as CTE District of Distinction

DAYTON - Dayton Independent School District is proud to announce its selection as a CTE District of Distinction by the Career and Technical Association of Texas (CTAT). This esteemed recognition celebrates districts across Texas that demonstrates exemplary leadership, innovation, and commitment to student success through high-quality Career and Technical Education (CTE) programs.

The CTE District of Distinction program, launched by CTAT, highlights districts that excel in workforce readiness, foster innovation in CTE, and inspire others through their dedication to student achievement and community impact. Honored dis-

tricts serve as models of excellence, showcasing best practices and driving progress in CTE statewide.

The CTE District of Distinction program was designed to celebrate outstanding career and technical education programs across Texas. Honored districts are selected based on their ability to meet rigorous criteria that include innovative programming, industry-based certifications, alignment with workforce needs, and exceptional student out-

comes.

Dayton ISD’s CTE programs are built on a foundation of innovation, workforce alignment, and a deep commitment to student success. The district offers a wide range of programs – including agriculture, health science, welding, culinary arts, engineering, and business management – that provide students with hands-on experiences and opportunities to earn industry-based certifications and college credit. Partnerships with local

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NOTICE OF RATE CHANGE REQUEST

On October 29, 2025, Entergy Texas, Inc. (“ETI”) filed an application for approval to amend its Transmission Cost Recovery Factor (“TCRF”) with the Public Utility Commission of Texas (“Commission” or “PUC”). The application was assigned PUC Docket No. 58889. The proposed TCRF is requested in accordance with the Public Utility Regulatory Act § 36.209 and 16 Tex. Admin. Code § 25.239. A TCRF allows a utility to recover its reasonable and necessary costs that have occurred since the end of the test year in the utility’s last base rate case for transmission infrastructure improvement and changes in wholesale transmission charges to the electric utility under a tariff approved by a federal regulatory authority. In its requested amendment, ETI is seeking recovery of costs for transmission capital investments it incurred from July 1, 2024 through June 30, 2025. ETI also seeks to recover approved transmission charges that are not otherwise being recovered through rates.

The proposed TCRF as amended would result in total TCRF retail revenues of approximately \$30.3 million on an annual basis, which would be a 2.5% increase in ETI’s annualized non-fuel revenue requirement as compared to revenues approved in Docket No. 53719, ETI’s most recent base rate case, and a 1.6% increase in ETI’s overall annualized revenue requirement including fuel costs as compared to such revenues. The impact of the rate change on various customer classes will vary from the overall impact described in this notice.

The effective date of the proposed rate change would be the date that a Commission order adopting the proposed TCRF is issued. ETI has requested that, if no hearing is requested, the Commission adopt an order approving the proposed TCRF at or before its currently scheduled open meeting on January 15, 2026. All customers in ETI’s Texas retail rate classes are affected by this request.

Persons with questions or who want more information on this filing may contact ETI at Entergy Texas, Inc., Attn: Customer Service—2025 TCRF Case, 350 Pine Street, Beaumont, Texas 77701, email tcrc@entergy.com, or call 1-866-981-2602 during normal business hours. A complete copy of this application is available for inspection at the address listed above.

The Commission has assigned Docket No. 58889 to this proceeding. Persons who wish to intervene in or comment upon these proceedings should notify the Public Utility Commission of Texas (“Commission”) as soon as possible, as an intervention deadline will be imposed. A request to intervene or for further information should be mailed to the Public Utility Commission of Texas, P.O. Box 13326, Austin, Texas 78711-3326. Further information may also be obtained by calling the Commission at (512) 936-7120 or (888) 782-8477. Hearing- and speech- impaired individuals with text telephones (TTY) may contact the commission at (512) 936-7136.

The deadline for intervention in the proceeding is 45 days after the date the application was filed with the Commission. Therefore, ETI has requested that the deadline be December 15, 2025, and a letter requesting intervention should be received by the Commission by that date. Instructions for electronic filing via the “PUC Filer” on the Commission’s website can be found here: <https://interchange.puc.texas.gov/filer>. Instructions for using the PUC Filer are available at: https://ftp.puc.texas.gov/public/puct-info/industry/filings/E-Filing_Instructions.pdf. Once you obtain a tracking sheet associated with your filing from the PUC Filer, you may email the tracking sheet and the document you wish to file to: centralrecords@puc.texas.gov. For assistance with your electronic filing, please contact the Commission’s Help Desk at (512) 936-7100 or helpdesk@puc.texas.gov. You can review materials filed in this docket on the PUC Interchange at: <http://interchange.puc.texas.gov/>.

NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the **Estate of Denise W. Stephens, Deceased**, were issued on August 20, 2025, in Cause No. 25 C C - P R - 0 0 1 8 7 , pending in the County Court of Liberty County, Texas, to:

Freddie Wayne Stephens.
All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law. DATED the 13th day of November, 2025.

/s/Richard R. Burroughs
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