

LIVEWELL

SUMMER 2016

PROTECT YOUR SKIN THIS SUMMER

ALSO INSIDE:

- >> SUSTAINABLE WEIGHT LOSS:
ONE MAN'S JOURNEY
- >> THE 411 ON PRESCRIPTION
DRUG ABUSE
- >> GET WET, GET FIT!



short takes

WHAT'S HOT THIS SUMMER?

WELLNESS WEDNESDAYS RETURN

Henry Ford Macomb will again host its Wellness Wednesdays summer program, offering free weekly drop-in Zumba and yoga sessions from June 1 through Aug. 31 at The Mall at Partridge Creek. The 45-minute classes start at 9 a.m. at the mall's outdoor Center Court main stage, weather permitting. BYOM (Bring Your Own Mat!). Visit HenryFordMacomb.com/WellnessatPC for more information and for details on a newly introduced mall walking program.



TWO LEAP DAY BABIES!

Congratulations to Chad and Melissa Croff of Columbus Township, who delivered their second Leap Day baby at Henry Ford Macomb on Feb. 29, 2016. Their daughter Evelyn Joy was born 10 days past her Feb. 19 due date. Big sister Eliana Adaya was born on Feb. 29, 2012 at Henry Ford West Bloomfield. Both were natural deliveries.



NEW TECHNOLOGY ENHANCES CANCER TREATMENT OPTIONS

The Josephine Ford Cancer Institute at Henry Ford Macomb has invested in new, state-of-the-art radiation therapy technology. The True Beam treats tumors with enhanced precision, delivering more concentrated dosing to the affected area, resulting in shorter treatment times and fewer side effects. To learn more, call (800) 532-2411.



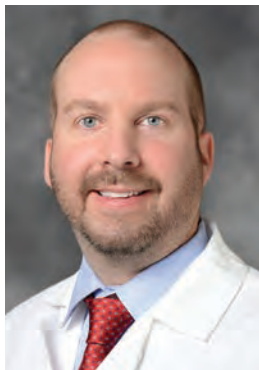


Protect your skin with the right SUNSCREEN

The summer sun can feel wonderful on your skin. But to protect against skin cancer, painful burns and even wrinkles, it's important to use sunscreen year-round. So how do you choose the right sunscreen?

EASY AS ABC

"Sunlight consists of two types of harmful rays: ultraviolet A (UVA) rays and ultraviolet B (UVB) rays. The UVB rays are the sun's burning rays



Nicholas Packey, DO

and are the main cause of sunburn," says Henry Ford Macomb family medicine physician Nicholas Packey, DO. "However, it's important to be on guard against UVA rays as well, since this type penetrates deeper into the skin, can cause suppression of the immune system and can lead to signs of premature aging, such as wrinkling and age spots. Excessive exposure to both forms of UV rays can lead to the development of skin cancer."

Begin your sunscreen selection by choosing the right sun protection factor (SPF). The higher the number, the greater your protection against burning UVB rays. Experts recommend an SPF of 15 or higher for your sunscreen, regardless of your age, skin color or how long you'll be in the sun.

"Anywhere between SPF 15 and 30 is beneficial; higher numbers don't provide much added benefit," says Dr. Packey. "To find sunscreen that protects against damaging UVA rays as well, look for formulas labeled 'broad spectrum.'"

HOW MUCH SHOULD YOU APPLY?

Sunscreens should be applied generously to all exposed areas. The average adult in a bathing suit should apply sunscreen as follows:

- Face and neck: 1/2 teaspoon.
- Arms and shoulders: 1/2 teaspoon to each arm.
- Torso: 1/2 teaspoon each to front and back.
- Legs and top of feet: one teaspoon to each leg.

MORE PROTECTION TIPS:

- Brands marked "water resistant" last longer. Reapply after swimming or sweating.
- Check ingredients. Vitamins C and E and beta-carotene boost sunscreen's blocking powers. Titanium dioxide, zinc oxide or avobenzone ensure you're getting broad-spectrum coverage.
- Certain forms can work better for some skin types or body parts. For instance, gels apply easier on hairy spots, while creams soothe your face and dry skin.
- There's no need to throw out last year's sunscreen. The FDA requires that all sunscreens be usable at their original strength for at least three years.
- Bottles or tubes with the American Academy of Dermatology seal meet dermatologists' recommendations for sun protection.
- Kids' formulas aren't essential for little ones. Children 6 months or younger should be kept out of direct sunlight entirely, if possible. Protect them with shade or clothing.

A photograph of a man with red hair and glasses, wearing a black and red athletic jacket and black pants, standing on a red running track with his arms crossed. The background shows a green field and a fence. The text is overlaid on the right side of the image.

Sustainable weight loss

is achievable with
the right support

Garrett Elliott

Garrett Elliott of Rochester Hills started 2016 more than 170 pounds lighter thanks to Henry Ford Macomb's Center for Weight Management program.

Garrett, 27, has always struggled with his weight. As a high school athlete, he learned to work out and lift weights. But once he got his driver's license, he fell into the habit of eating fast food whenever he wanted. His college lifestyle compounded the problem.

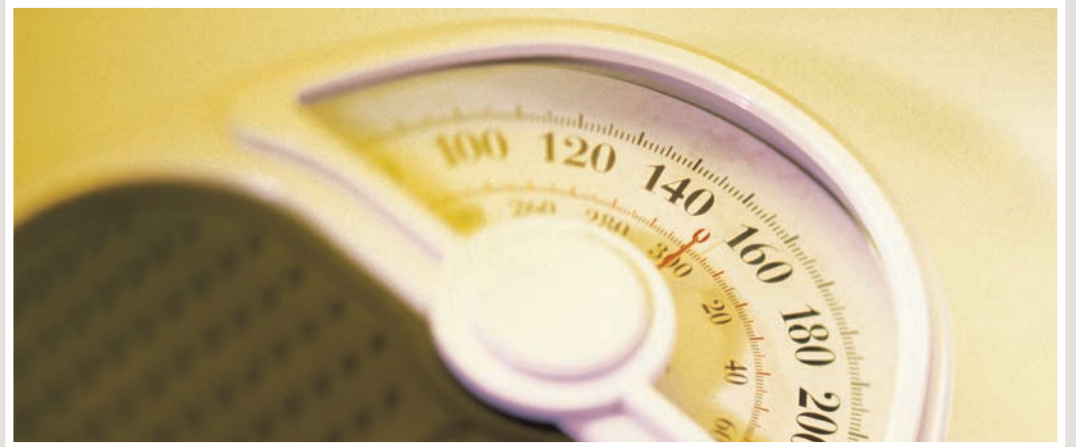
"Instead of the 'freshman 15,' I gained the 'freshman 50,'" says Garrett.

Over the years, Garrett tried many diets—usually with positive initial results—but he never found a program he could stick with and always gained the weight back. "I never learned the actual skills needed to maintain a healthy lifestyle. I had no idea," says Garrett. Eventually, he gave up trying. "It got to the point where I refused to see a doctor if I was sick because I didn't want to face someone telling me how out of shape I was," he adds.

In January of 2015, Garrett finally did see a doctor. "I stepped on the scale at my appointment and weighed in at 454 pounds. It destroyed me. The doctor put me on high blood pressure medicine. I lost it. I had finally reached my breaking point. I knew it was time to change or I was going to have a heart attack and die," recalls Garrett.

His doctor referred him to Henry Ford Macomb's Center for Weight Management, where Garrett lost 172 pounds in 11 months.

"I love my experience with the Center for Weight Management," says Garrett. "A big part of my success has been the support I've received from my health coach. She never made me feel uncomfortable or embarrassed when I first started. She motivates me when I have tough weeks and she's very focused on my physical activities."



The Henry Ford Macomb Center for Weight Management offers three ongoing programs: the medically supervised "Decision Free Diet," designed for those who wish to lose more than 30 pounds; "Healthy Solutions" for those seeking moderate weight loss and a less structured program, "Simple Choices." Weight loss classes take place in Shelby Township and Chesterfield Health Centers. For information or to schedule an appointment, call **(800) 756-9890** or visit **HenryFordMacomb.com/LoseWeight**.

Garrett chose the Healthy Solutions plan, which combines planned meals with unlimited amounts of fruits and vegetables. "The key that I've learned is that if I'm hungry, I can find healthy options to fill me up that won't make me sick," he says.

"Our programs excel at providing the jump start many people need when beginning a healthier lifestyle program," says Pat Jurek, manager of the Center for Weight Management's Shelby Township office. "The program achieves fast weight loss in a livable way, by encouraging people to eat more and stay satisfied. People can lose weight without feeling hungry. This makes it easier to stick to the program in both the short- and long-term."

Garrett is loving his new active lifestyle, which includes playing slow pitch softball in the spring and coaching high school football in the fall. "I'm a runner now!" says Garrett. "When I started this diet, I couldn't run from my front door to my mailbox. Last November, I ran the 10K Turkey Trot. Running has become my destressor."

Bariatric surgery close to home


Henry Ford Macomb now offers bariatric surgery at its Clinton Township hospital, performed by board certified



Arthur Carlin, MD

bariatric surgeon Arthur Carlin, MD. The program features enhanced care from a team of experts, including pre-surgical education and screening and post-surgical classes and support,

which are vital factors for a patient's long-term success. For more information or to set up a consultation, contact bariatric services manager Sally Green, RN, at **(586) 263-2308** or **sgreen1@hfhs.org**.



What you should know about prescription drug abuse

Prescription drug abuse is a problem that is devastating families and communities across the United States and right here in Macomb County. Opioid pain prescriptions have quadrupled since 1999. Healthcare providers in Michigan wrote 107 painkiller prescriptions per 100 people in 2012. The state ranks tenth nationally in per capita prescribing rates of opioid pain relievers. Many prescription drug abusers will eventually become heroin users because it is a cheaper, more accessible and highly potent alternative.

At the same time, Michigan ranks eighteenth in the nation for overdose deaths. Macomb County has led the state in fatal heroin overdoses. In 2014, there were 270 drug overdose deaths in the county—106 related to heroin and 91 related to opioid pain medication.

“We need to understand the drugs that we are taking,” says Judge Linda Davis, president of Families Against Narcotics (FAN), a Macomb County-based organi-

zation. “Many people believe prescription narcotic pain relievers, such as Vicodin or oxycodone, are safe because they were prescribed by a doctor or dentist. What they don’t realize is that these drugs have the same chemical components as heroin. They are highly addictive and very dangerous when abused.”

While the problem affects all ages, groups most vulnerable include teenagers, seniors and our military. A student athlete with a sports injury might start out with a narcotic pain prescription that quickly turns into a dependency.

“There should always be an education piece if you are prescribed opioids,” says Anthony Colucci, DO, medical director of the Emergency Department at Henry Ford Macomb and a FAN advisory board member. Dr. Colucci is also a founding member of Operation Rx, an organization aligned with FAN that is working with many community stakeholders to change prescribing habits and educate the public.



Anthony Colucci, DO

“Patients and their families should be warned that these are highly addictive drugs so that they can discuss how they want to manage the medication.”

“Drugs mask pain, and you risk being reinjured or out of

commission even longer if you don’t allow the injury a chance to heal,” advises Dr. Colucci. “Resting and physical therapy are the best course of action for many injuries. There are also other anti-inflammatory and pain medicine alternatives to consider that are not addictive. The bottom line is, if you don’t need the opioid pain relievers, don’t use them. Opioids should be used as a rescue pain medication—not as a first line resource.”

HOW TO STOP THE EPIDEMIC

The CDC recently issued restrictive new prescriber guidelines for opioid painkillers, stating that acute pain patients often require less than a week of opioid drugs and chronic pain patients would be better helped with other forms of treatment. The FDA also announced enhanced warning labeling on immediate-release opioid pain medications related to the risks for misuse, abuse, addiction, overdose and death.

Legislation is also catching up to the problem. In March, Massachusetts signed the

first state law that places strict limits on opioid prescriptions, including painkillers given after surgery or an injury, to a seven-day supply.

Locally, Operation Rx is working with physicians and dentists to change prescribing habits, educate the community on the issue and equip first responders with lifesaving overdose antidotes. The group is also introducing a pilot program with the Macomb County Sheriff’s office that would

allow people with substance abuse issues to turn themselves in to police departments to get help finding immediate treatment.



For more information on Operation Rx, including a list of safe prescription drug disposal sites and treatment centers, visit OperationRx.com.

What you can do

- **Never SHARE:** One study showed that more than 70 percent of people who abuse prescription medications got them from friends or relatives.
- **Take SPARINGLY:** Use prescription painkillers only as directed by a healthcare provider. Never take larger or more frequent doses.
- **Store SECURELY:** Keep medicines in their original bottles or containers where only the person taking or administering the medicine has access to it.
- **Dispose PROPERLY:** Unused, unneeded or expired medication should be taken to a police department or to one of the safe disposal sites listed at OperationRx.com. Do not flush prescriptions down the toilet, since they end up in the water system.





get wet get fit!

The pool deck, lakefront and beach are perfect places to relax, right? If you spend more time next to the water than in it, you're missing out on getting a super-effective workout. Water workouts strengthen your heart, tone your body and—best of all—don't even feel like exercise.

How? The water's natural resistance builds muscle strength. And most water workouts are gentle on your body because the water supports your joints. Tone up and slim down this season with these exercises that turn your dip into a workout.

KICKING

Hold on to the side of the pool or a kickboard with both hands, arms out. Straighten your legs out behind you so that your body is horizontal. Then kick your legs up and down with knees slightly bent. Do this for short bursts.

Craving a poolside snack?

Try these powerhouse protein-carb combos.



Protein-rich foods offer nutrients that help the body release energy, build tissue, and perform other functions. Good carbohydrates deliver a slow and steady stream of energy, curbing hunger for a longer period of time.



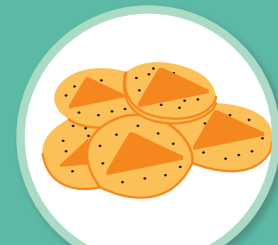
THE KEY? Get your carbs from minimally processed or fresh foods, like whole grains, fruits, vegetables, and beans. Here are four ideas for low-calorie snacks that satisfy.



SWEET

Greek yogurt with strawberries

Protein	1 (6-oz.) container non-fat, plain Greek yogurt (100 calories)
+	
Carbs	1 cup sliced strawberries (53 calories)
=	153 Calories



SALTY

Cheese and crackers

Protein	1 slice (1 oz.) low-fat cheddar cheese (48 calories)
+	
Carbs	5 whole wheat crackers (98 calories)
=	146 Calories



CRUNCHY

Carrots dipped in hummus

Protein	3 tablespoons hummus (75 calories)
+	
Carbs	1 cup chopped carrots (52 calories)
=	127 Calories



CREAMY

Sliced banana with peanut butter

Protein	1 tablespoon low-fat peanut butter (94 calories)
+	
Carbs	1 small banana (90 calories)
=	184 Calories



SIDE AND BACK LEG LIFTS

Stand straight. If you're in a pool, hold on to the edge for balance if needed. Lift your left leg out to the side eight times. Repeat on the opposite side. Next lift the right leg straight back eight times without arching your back. Repeat on the opposite side. These moves work the lower back, hips, thighs and buttocks.

SINGLE LEG CIRCLES

In a pool, stand in waist-deep water. Bend your knees like you're sitting in a chair: thighs parallel to the floor, knees over ankles and back against the wall. Extend arms down with palms against the wall. Lift and straighten the right leg so that your foot is 12 inches off the bottom of the pool. Make small clockwise circles with your leg, reaching out and away from the other leg. Do five. Then reverse the circle. Repeat on the opposite leg. Gradually make the circles bigger.

ARM CIRCLES

Straighten your arms out from your sides below the water's surface. Begin making circles with your arms in a clockwise direction from the shoulder, keeping your elbows straight. Then reverse the motion and make counterclockwise circles. Do 8 to 12 circles in each direction.

SWIMMING AND WATERSPORTS

Swimming torches calories. Doing laps burns about as many calories as jogging or playing tennis for the same amount of time. Canoeing, kayaking or stand up paddleboarding are other fun ways to get in shape out on the water. These activities provide both strength and aerobic exercise. Come on in; the water's fine!

Henry Ford Macomb offers a variety of health education classes, screenings and support groups to serve our community. Registration is required for all classes. To register, call **(800) 532-2411** except where noted. Classes are free unless a fee is listed.

Advance Care Planning meetings

Trained facilitators help individuals and families learn how to plan for medical decisions based on their medical conditions, goals of care and faith and values, as well as complete an advance directive at these one-on-one appointments.

American Red Cross Blood Drive

To schedule an appointment, visit redcross.org and enter code HENRY-FORDMACOMB or call **(800) 733-2767**.

July 5, 7:15 a.m. to 7 p.m.
Aug. 30, 9 a.m. to 3 p.m.
Clinton Township hospital

Bariatric Support Group

Join patients and family members for discussions about post-surgical weight management.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Bariatric Surgery Center Overview

Anyone considering surgical options for weight loss is invited to attend a seminar presented by a certified bariatric nurse. Registration required.

June 13, 6:30 p.m.
Clinton Township hospital, Medical Pavilion, Fourth Floor
June 27, 6:30 p.m., Henry Ford Macomb Health Center-Chesterfield

Bereavement Support

Any adult who has lost a loved one is welcome to attend ongoing support groups.

Drop in session Aug. 18, 7 to 8:30 p.m., Clinton Township hospital, Medical Pavilion, Fourth Floor

A six-week support series that covers the grief and mourning process runs Thursdays starting June 16, 7 to 8:30 p.m.

Registration required at **(586) 276-9570**. Clinton Township hospital, Medical Pavilion, Fourth Floor

Blood Pressure Screenings

Join us for a free blood pressure screening to ensure your numbers are within normal range. Walk-ins welcome.

June 9, July 14, Aug. 11
11 a.m. to 1 p.m.
Clinton Township hospital lobby (main entrance)

Caregiving 101

Are you caring for a friend or loved one? Receive tips and help from an Older Adult Services nurse while meeting others in similar situations—all in a relaxed and informal setting.

June 8, 10 to 11 a.m.
Clinton Township hospital, Medical Pavilion, Fourth Floor

Diabetes Empowerment Groups

This free monthly support group helps you learn more about managing diabetes. Call **(313) 874-7495**.

Second Wednesday of the month, 6 to 7:30 p.m.
Shelby Macomb Medical Mall, Ste. 070

Diabetes Prevention Program

Learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained lifestyle coach. This is a Centers for Disease Control and Prevention program.

For upcoming dates, locations and to register, call **(800) 532-2411** or email dppregistration@hfhs.org.

Joint Replacement Seminars

Join an orthopedic surgeon to learn more

about joint pain and joint replacement surgery. Light refreshments served.

June 29, 1 to 2 p.m. Fremont Scott, DO
Aug. 23, 6 to 7 p.m., Steven Cusick, MD
Clinton Township hospital, Fourth Floor, Center for Joint Replacement, Gathering Joint

Senior Safety

Find out how to reduce your risk for falls. We will discuss prevention that will help you decrease your likelihood of injury and help you stay healthy and independent. Light refreshments served.

June 14, 10 to 11 a.m.
Clinton Township hospital, Medical Pavilion, Fourth Floor

Strength, Tone and Stretch

Use hand weights, proper alignment and movements to strengthen and tone your muscles. Basic dance and yoga stretches increase flexibility and relaxation. Bring yoga mat and two different sets of hand weights.

Thursdays beginning June 9, 5:15 to 6:15 p.m., \$24 for four weeks. MORC (Macomb-Oakland Regional Center) Rehab Services, 16200 19 Mile Road, Clinton Township, 48038

Wellness Wednesdays

Wellness Wednesdays take place at the Mall at Partridge Creek June 1 through Aug. 31. Free fitness classes meet in the mall's center court at 9 a.m., weather permitting. Visit HenryFordMacomb.com/WellnessatPC for more details.

Zumba

Take Salsa, cha-cha, samba, tango, merengue, flamenco, calypso, hip-hop and belly dancing, put it in a workout routine and you've got Zumba! Great for all ages and fitness levels.

Tuesdays beginning June 7, 5:15 to 6:15 p.m., \$24 for four weeks. MORC (Macomb-Oakland Regional Center) Rehab Services, 16200 19 Mile Road, Clinton Township, 48038



WEIGHT MANAGEMENT

The Henry Ford Macomb Center for Weight Management offers three ongoing programs: the medically supervised Decision Free Diet, designed for those who wish to lose more than 30 pounds; Healthy Solutions for those seeking moderate weight loss; and a less structured program, Simple Choices. Weight loss classes take place in Shelby Township and Chesterfield Health Centers.

For information, cost or to schedule an appointment, call (800) 756-9890 or visit HenryFordMacomb.com/LoseWeight.

CANCER CARE

For more information on the programs listed below, please call (586) 263-2237.

Cancer Patient Support Group

This weekly group, facilitated by a professional counselor/social worker, offers patients an opportunity to express their feelings and concerns and hear how others are coping with cancer. Registration is not required.

Mondays, 1:30 to 3 p.m., ongoing,
Clinton Township hospital, Medical Pavilion,
Fourth Floor

Family/Caregiver Support Group

Facilitated by a professional counselor, this weekly group offers those who support cancer patients the chance to discuss concerns and get practical tips for dealing with daily challenges. Registration is not required.

Fridays, 10:30 a.m. to noon,
Clinton Township hospital, Medical Pavilion,
Fourth Floor

Look Good ... Feel Better

This class, sponsored by the American Cancer Society, is especially for women undergoing cancer treatment. A cosmetologist will be on hand to demonstrate how to choose the makeup, wigs, scarves and hats that will best complement your appearance. Registration is extremely important—please call (800) 227-2345.

Second Tuesday of the month, 2:30 to 4 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor

EXPECTANT AND NEW PARENTS

At Henry Ford Macomb, parents-to-be will find Macomb County's most experienced newborn care team, with board-certified obstetricians, certified nurse midwives and all the support they'll need when they're expecting a child.

Couples can also enjoy our newly renovated family-centered labor, delivery, recovery and postpartum birthing suites. Tours available June 6, July 11 or Aug. 1. Meet in main lobby of the hospital at 6 p.m. Call (800) 532-2411 for more information about our pregnancy and newborn education programs.

Breastfeeding

This class is highly recommended for expectant mothers to ensure the most positive experience for mom and baby.

June 6, July 11 or Aug. 1, 7 to 9:30 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor
Cost: \$20

Childbirth Workshop

This one-day workshop covers the process of

labor and delivery, labor-coping techniques and support skills. Medical procedures during labor and delivery, baby care for the first 30 days and a tour of our Birthing Center are also included.

June 4, July 30, or Aug. 13, 9 a.m. to 4:30 p.m.
3-week series on Wednesdays at 7 p.m. begin
June 1 or Aug. 3. The series also covers pre-
natal and infant massage techniques and use
of essential oils.
Clinton Township hospital, Medical Pavilion,
Fourth Floor
Cost: \$65

COMPLEMENTARY MEDICINE

For appointments, class registration or more information on these services, call (586) 263-2837.

Spa Services for Wellness

This free class will explain the benefits and types of massage, Reiki, facials, hot stones and aromatherapy, including quick tips and essential oils. Participants will receive a \$5 coupon toward their first scheduled service at Henry Ford Macomb Wellspring Spa, which offers a variety of options for stress relief, sore muscles, headaches and more.

June 16, 6 to 7 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor

Reiki Practitioner Training

Both dates required. Call for pricing info.

Level 1—June 7 and 9, 5:30 to 9 p.m.
Level 2—June 21 and 23, 6 to 9 p.m.
Advanced—Aug. 6, 9 a.m. to 6 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor

Therapeutic Massage

Improve your immune system and reduce your stress level with a therapeutic massage. Evening and weekend appointments are available. Call (586) 263-2837 today to book your appointment.

Henry Ford provides at no cost qualified interpreters and other aids and services for the deaf and hard of hearing. To request assistance, call (800) 532-2411. If possible, please notify us three days in advance of the seminar date.

LIVEWELL



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Kathi Hince
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