



LIVEWELL

FALL 2019

WHAT'S INSIDE

p. 2 Stroke Center earns quality awards

p. 3 Now offering minimally invasive heart valve replacement

FEATURED STORY

p. 6 4 signs you may be at risk for diabetes

CALENDAR OF EVENTS

Wednesdays: Bariatric Support Group

October 25: Oncology Chair Yoga

November 2: Childbirth Workshop

November 19: Personal Intro to Reiki



**HENRY FORD
MACOMB HOSPITAL**

Stroke Center earns **QUALITY AWARDS**



HENRY FORD MACOMB HOSPITAL RECENTLY EARNED THE AMERICAN HEART ASSOCIATION/AMERICAN STROKE ASSOCIATION GET WITH THE GUIDELINES® GOLD PLUS AWARD – which recognizes the hospital’s commitment to ensuring stroke patients receive the most effective treatment according to nationally recognized, research-based guidelines – and the Target Stroke Honor Roll Elite Plus award, which recognizes the hospital for the speed at which eligible patients are treated with IV thrombolytic therapy, with 50 percent or more of patients receiving this treatment within 45 minutes.

To learn more or request an appointment with a Henry Ford stroke specialist, visit henryford.com/stroke.

Prepare for **FLU SEASON**



VACCINATION IS THE BEST WAY TO PROTECT YOU AND YOUR LOVED ONES THIS FLU SEASON. Anyone 6 months of age and older should get vaccinated.

Walk-in flu shots are offered during normal business hours at several Henry Ford Macomb locations. Visit HenryFord.com/Flu.

SPINE CLINIC treats chronic back pain



DUE TO INCREASED DEMAND, THE HENRY FORD MACOMB SPINE CENTER HAS EXTENDED ITS HOURS. The Center provides expedited, comprehensive care to prevent long-term disability from acute and chronic neck and back pain. Led by Geoffrey Seidel, M.D., a board-certified physical medicine and rehabilitation physician, the Spine Center offers a streamlined diagnostic workup with fast access to testing and collaborative care with physical and occupational therapy.

Call (586) 263-2345.



NOW OFFERING **MINIMALLY INVASIVE HEART VALVE REPLACEMENT**

ANY ABNORMALITY OR DEFECT THAT WEAKENS THE HEART’S STRUCTURE – ITS WALLS, VALVES OR MUSCLES – IS REFERRED TO AS STRUCTURAL HEART DISEASE. The Henry Ford Center for Structural Heart Disease has expanded to Henry Ford Macomb Hospital to offer advanced treatments that help people with complex structural heart disease conditions, who have no other options.

In August, doctors performed the hospital’s first catheter-based replacement of an aortic heart valve on an 87-year-old Mt. Clemens woman. TAVR (transcatheter aortic valve replacement) is a minimally invasive alternative to open-heart valve replacement surgery. Henry Ford cardiologists may offer TAVR as an option for those whose advanced age, frailty or degree of heart damage makes open-heart surgery particularly challenging.

“This revolutionary procedure to replace a defective heart valve

without open-heart surgery brings new hope for people with advanced heart disease,” says Samer Kazziha, M.D., Chief of Cardiovascular Services at Henry Ford Macomb Hospital. “TAVR is easier on the patient, allows for quicker recovery and, ultimately, can improve the patient’s quality of life.”

Using thin catheters, or tubes, the cardiologists access the heart through the femoral artery in the groin region, threading the collapsed valve up through the tubing. Once properly positioned, a balloon expands the valve, pushing back the native valve and lodging the new device in place.

“Patients typically notice improved symptoms shortly after TAVR and can be released as soon as the next day,” Dr. Kazziha says.

For a referral to a Henry Ford Macomb cardiologist, call (800) 532-2411 or visit HenryFord.com/StructuralHeart.



UNDERSTANDING YOUR BREAST CANCER RISK

WHETHER IT'S A LOCAL NEWS SEGMENT OR AN ARTICLE SHARED THROUGH SOCIAL MEDIA, THERE'S A LOT OF INFORMATION TO SIFT THROUGH SURROUNDING THE RISKS OF BREAST CANCER.

With so much content to digest, it can be difficult to determine how likely you are to experience a disease that affects 1 in 8 women at some point in their lives.

"It's important for every woman to know what she's up against regarding breast cancer," says Jessica Bensenhaver, M.D., director of the breast oncology program at the Henry Ford Cancer Institute.

BREAST CANCER RISK FACTORS

- **OBESITY:** After menopause, those who are obese have a 20 to 40 percent increase in risk of developing breast cancer compared with normal-weight women.
- **ALCOHOL CONSUMPTION:** Consuming one alcoholic drink per day increases your chances of getting breast cancer by at least five percent, according to the American Cancer Institute for Cancer Research.
- **FAMILY HISTORY:** If your mother or sister has been diagnosed with breast cancer, you're at a higher risk.
- **GENETIC MUTATION:** BRCA1 and BRCA2 genes are known to be linked to breast cancer. If your cells contain these genes, you have an eight out of 10 chance of getting breast cancer in your lifetime.



Our goal is to really connect with each patient and treat the whole person, not just the disease."

- **RACE/ETHNICITY:** White Americans are more likely to get breast cancer, as opposed to African Americans. If you're younger than 45, though, African Americans are at a higher risk.

HENRY FORD'S TEAM APPROACH TO BREAST CANCER CARE

If the diagnosis is breast cancer, Henry Ford's nationally recognized breast cancer surgeons, breast reconstructive surgeons, radiation oncologists, medical oncologists and radiologists will be with you every step of the way – from screening and diagnosis through treatment and recovery.

"Our team approach allows us to collaborate and develop the best possible treatment for your specific diagnosis," Dr. Bensenhaver says. "Our goal is to really connect with each patient and treat the whole person, not just the disease."

For more information on breast cancer or to schedule a mammogram today, visit [HenryFord.com/BreastCancer](https://www.henryford.com/BreastCancer). To learn more about your risk factors, take our [Breast Cancer Risk Assessment quiz at HenryFord.com/BreastCancerRisk](https://www.henryford.com/BreastCancerRisk).

3D MOBILE MAMMOGRAMS OFFERED

Thanks to a new mobile mammography vehicle equipped with the most advanced digital breast tomosynthesis (DBT) technology and staffed by the same highly skilled and caring health professionals who work at our hospital, patients can now schedule 3D mammograms at several locations, including Henry Ford Macomb Health Centers in Chesterfield Township, Richmond and Washington Township, and the Henry Ford Medical Center in Sterling Heights.

For appointments, call (248) 325-3404.



4 SIGNS YOU MAY BE AT RISK FOR DIABETES

YOU MOST LIKELY KNOW SOMEONE WHO HAS DIABETES. Across the country, more than 29 million people suffer from diabetes, yet one in four Americans don't know they have it.

Diabetes is caused by a resistance to insulin, the hormone that regulates your blood glucose levels. This resistance causes the level of sugar in your blood to increase and eventually become toxic. In some cases, diabetes can be prevented, so it's important to look out for potential warning signs:

- 1. YOU'RE URINATING A LOT.** The increased sugar in your blood needs to be released. The body has to either store the glucose, use it or urinate it out. As a result, your urination increases. This is often one of the earliest warning signs.
- 2. YOU'RE CRAVING SUGARY LIQUIDS.** With insulin resistance, the proper amount of sugar isn't getting to the organs, which causes them to work without sufficient nourishment. This can lead to cravings for sweet and sugary drinks so that the organs can get more energy quickly.

3. YOU'RE GETTING A LOT OF INFECTIONS. When sugar levels in the blood are too high, communication within the immune system is impaired, which can cause you to suffer through repeat infections or take longer to recover.

4. YOU'RE EXPERIENCING BLURRY VISION. If sugar reaches a certain level in the blood, blurry vision, or what feels like a cloud or a film over the eyes, may occur. Permanent sight loss is a complication that can occur after years of having the disease.

Having any of these symptoms doesn't guarantee you have diabetes. Warning signs can become present as early as five years before any diagnosis is made, or they may be an indication of another health issue.

The good news is that there are ways to potentially reverse these symptoms and prevent the onset of diabetes. One way is to reduce the consumption of sugary drinks. Being overweight is correlated with type 2 diabetes, so losing weight also may help you prevent diabetes.

If you have any of these symptoms, speak with your doctor – especially if you are over age 45. Visit HenryFord.com or call 1-800-HENRYFORD (436-7936) for more information and to request an appointment with a Henry Ford physician.



PREDIABETES PROGRAM

A person with higher than normal blood glucose, or A1C levels (with prediabetes), is at increased risk to develop type 2 diabetes and other serious, long-term health issues, such as heart attack, kidney disease and stroke. Prediabetes often can be reversed through lifestyle changes such as healthy eating, increased physical activity and weight loss. Learn how to prevent type 2 diabetes through a free, fully recognized, Centers for Disease Control and Prevention (CDC) approved, 12-month program led by trained lifestyle coaches.

Call (586) 263-2993 or email dppregistration@hfhs.org.



Calendar of EVENTS

REGISTRATION IS REQUIRED FOR ALL CLASSES.
To register, please call toll-free (800) 532-2411 except where noted. Classes are free unless a fee is listed.

Advance Care Planning One-on-One 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.

Bariatric Support Group

Join patients and family members for drop-in weekly discussions about postsurgical weight management.

WEDNESDAYS
7 – 8 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 3

Bariatric Surgery Overview

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

NOV. 11 & DEC. 9
6:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Registration required at (586) 263-2308.

Bereavement Support

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

DROP-IN SESSIONS: NOV. 19 & DEC. 17
6:30 – 8 P.M.

Hospice Administration Bldg., 33464 Schoenherr Road, Suite 140, Sterling Heights, 48312, large conference room

For more information, call (586) 276-9570.

Fall Prevention classes

Henry Ford Macomb Outpatient Rehabilitation presents this free educational class on the impact of falls, how to prevent falls in and around your home, simple exercises to reduce the risk of falls, and an evidence-based assessment of your risk of falls.

NOV. 13
1 – 3 P.M.

Henry Ford Macomb Hospital Medical Pavilion, Fourth Floor

Register at (586) 263-2324.

Relaxation Yoga

This class combines gentle stretching with breathing and relaxation techniques.

FOUR-WEEK SESSION ON TUESDAYS
BEGINS NOV. 19: 6:45 – 7:45 P.M.

\$28

Clinton Township hospital, Fourth Floor, Gathering Joint



A Night to Knock Your Socks Off

This annual ladies-night-out fundraiser for Henry Ford Macomb includes dinner and shopping with nearly 30 boutique vendors.

OCT. 22
5 – 10 P.M.

Penna's of Sterling

Tickets: \$75. Call (586) 263-2968 or visit HenryFord.com/Socks.

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.

MONDAYS
1:30 – 3 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 10

Registration is not required.

Head and Neck Cancer Support Group

Facilitated by a speech and language pathologist.

FIRST THURSDAY OF THE MONTH
2:30 – 3:30 P.M.

Shelby Macomb Medical Mall
50505 Schoenherr, Ste. 020

Register at (586) 263-2237.

Gilda's Lake House Art Therapy Group

This free support group is for those touched by cancer – patients, survivors and their loved ones. Guided by an art therapist, participants use drawing, painting and other artistic expression to help manage the emotional and psychological side effects that often result from cancer diagnosis and treatment.

THIRD WEDNESDAY OF EACH MONTH
11 A.M. – 12:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 10

Imerman Angels

Are you a cancer fighter, survivor or caregiver looking for one-on-one phone support? Imerman Angels partners individuals seeking cancer support with a "Mentor Angel" so that no one has to face cancer alone. Cancer fighters, survivors or caregivers may also provide phone support to someone touched by cancer by becoming a "Mentor Angel." Mentor Angels provide psychosocial support, empathy and understanding.

Call (586) 263-2237 or email tforton2@hfhs.org.

Oncology Chair Yoga

OCT. 11 & 25, NOV 8 & 22, DEC 6 & 20
12:15 – 1:15 P.M.

Clinton Township hospital, Fourth Floor, take front lobby elevators to the Gathering Joint.

Reserve your spot at (586) 263-2237.
Bring water.



REGISTRATION IS REQUIRED FOR ALL CLASSES. To register, please call toll-free (800) 532-2411 except where noted. Classes are free unless a fee is listed.



Calendar of **EVENTS**, *cont'd*

Supportive Oncology Services

Henry Ford Cancer Institute has a multitude of care options to help optimize your quality of life before, during and after cancer treatment. Our Center for Integrative Medicine provides complementary therapies including acupuncture, massage therapy, functional nutrition and more. Physical and occupational therapists in our Oncology Rehabilitation department can provide relief from side effects such as fatigue, incontinence and lymphedema. Our Psych-Oncology team can provide emotional support and education.

For more information, call Tara Forton at (586) 263-2237 or visit HenryFord.com/CancerSupport.

INTEGRATIVE MEDICINE

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

Personal Intro to Reiki

Reiki is an ancient, hands-on relaxation technique that promotes wellness by integrating and balancing your physical, mental, emotional and spiritual health.

OCT. 15 & NOV. 19
6 – 7:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Free to attend.

Reiki for Kids

This class, designed for the whole family, will teach children ages 6 to 12 and a parent/guardian how to perform and experience the benefits of this holistic healing approach. Reiki has been known to help relieve symptoms of ADD/ADHD along with easing childhood traumas and grief. Participants will have plenty of practice time during class along with other interactive activities.

OCT. 12
9 A.M. – NOON

Clinton Township hospital, Medical Pavilion, Fourth floor

\$90 for one adult and one child, \$30 each additional adult or child. Call for HFHS employee discount.

Reiki Practitioner Training

LEVEL 2, OCT. 19: 9 A.M. – 5 P.M.
ADVANCED, NOV. 16: 9 A.M. – 6 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Please call for pricing. HFHS employee discount available.

Therapeutic Massage

Improve your immune system and reduce your stress level with a therapeutic massage. Evening and weekend appointments available.

Call (586) 263-2837 to book your appointment.



REGISTRATION IS REQUIRED FOR ALL CLASSES.

To register, please call toll-free (800) 532-2411 except where noted. Classes are free unless a fee is listed.

EXPECTANT AND NEW PARENTS

Discover Macomb County's most experienced newborn care team, with board-certified obstetricians and all the support you'll need when expecting a child.



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, newborn care and a tour of our Birthing Center are included.

OCT. 12 & NOV. 2
8:30 A.M. – 4:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Cost: \$65

Birthing Unit Tours

Tour our newly renovated, family-centered labor, delivery, recovery and postpartum birthing suites. Call for dates and to register at (800) 532-2411.

Breastfeeding Your Newborn

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

OCT. 14, NOV. 11 & DEC. 16
7 – 9:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Cost: \$20

Childbirth Series

Also covers prenatal and infant massage techniques and use of essential oils.

THREE-WEEK SERIES ON CONSECUTIVE WEDNESDAYS BEGINS OCT. 30.
7 – 9:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Cost: \$65

SPORTS PHYSICALS – HENRY FORD MACOMB HEALTH CENTERS

Our \$26 physical exam measures height and weight, and checks blood pressure and vision. Walk-ins welcome. For more information, call (800) 532-2411.

WEIGHT MANAGEMENT

Henry Ford Macomb's Center for Weight Management offers the coaching, motivation and accountability you need for weight loss and health management. Several meal plan options are available to support your lifestyle and goals. Our Decision Free Diet was named a "Best Fast Weight Loss Diet" by U.S. News & World Report. Group classes and individual consults with a registered dietitian, exercise physiologist and behavioral health coach are offered. Classes are available at both the Shelby Township and Chesterfield Township Health Centers, with day, evening or Saturday class options. Call (800) 756-9890 or visit HenryFordMacomb.com/LoseWeight.

REGISTRATION IS REQUIRED FOR ALL CLASSES. To register, please call toll-free (800) 532-2411 except where noted. Classes are free unless a fee is listed.



BE PROACTIVE.
KNOW YOUR BREAST.
CANCER RISK.

1 in 8 women will be diagnosed with breast cancer in their lifetime. Routine screening and early detection is key. The breast cancer team at the Henry Ford Cancer Institute includes fellowship-trained breast radiologists offering the most advanced technologies to detect, diagnose and manage breast cancer. Know your risk. Visit [HenryFord.com/BreastCancerRisk](https://www.henryford.com/BreastCancerRisk) and take our online risk assessment today.



HENRY FORD CANCER INSTITUTE



HENRY FORD MACOMB HOSPITAL
15855 19 Mile Road
Clinton Township, MI 48038

LIVEWELL IS PUBLISHED by
Henry Ford Health System.

The information is intended
to inform and educate about
subjects pertinent to health and
should not be a substitute for
consultation with a doctor.

Henry Ford provides
interpreters and other services
for the deaf and hard of hearing.

Call (313) 916-1896 to request
assistance.

Connect with us at [HenryFord.com](https://www.henryford.com).

[facebook.com/
HenryFordHealthSystem](https://facebook.com/HenryFordHealthSystem)

twitter.com/HenryFordNews

youtube.com/HenryFordTV

[instagram.com/
HenryFordHealthSystem](https://instagram.com/HenryFordHealthSystem)

