

LIVEWELL

Spring 2021



HENRY FORD
WYANDOTTE HOSPITAL

COVID-19 VACCINE — KNOW YOUR OPTIONS



Many providers are now offering the vaccine, including health systems, county health departments, grocery store and pharmacy chains. The state of Michigan receives a limited supply of vaccines and divides it among these organizations. We encourage you to explore the options and get your vaccine wherever you can when it's your turn. When you become eligible to receive a vaccine through Henry Ford Health System, we will contact you through your Henry Ford MyChart account. **Visit [HenryFord.com/COVIDVaccine](https://www.henryford.com/COVIDVaccine).**

VIRTUAL WALK FOR HEART HEALTH



Heart disease is the nation's number one killer, and both heart disease and stroke can have a deep and lasting impact on our families, friends and the communities we serve. Join us as we once again partner with HAP to support the American Heart Association's 28th annual — and now virtual — Metro Detroit Heart & Stroke Walk/Run on Saturday, May 15. **Visit [MiHeartWalk.org](https://www.miheartwalk.org)** to learn how you can make a difference in our community and help the AHA in their efforts to fast track research to better understand COVID-19 and its interaction with cardiovascular disease.

VIRTUAL WEIGHT MANAGEMENT SESSIONS



Henry Ford Wyandotte's Center for Metabolic Health and Weight Management is offering several virtual information sessions in May. Learn about how our weight management program can support improvements to your health, weight and wellness by finding the right program that works for you. Join us on May 13 from 6 to 7 p.m. or May 28 from noon to 1 p.m. **Call (734) 285-7420 to receive an access link to the online session.**

Visit [HenryFord.com](https://www.henryford.com) to sign up for our FREE monthly health e-newsletter featuring health and wellness articles.



WHEN SHOULD YOU GET A CANCER SCREENING?

MANY OF US PUT OFF DOCTORS' APPOINTMENTS AND ROUTINE HEALTH EXAMS. But being proactive about your health can prevent serious issues from developing down the line. Case in point: Cancer screenings.

Every cancer is different, and certain types are more likely to affect a person at various stages of life. Individual factors such as a family history, genetics or gender also play a role. Find out what screening tests are right for you based on the guidelines below and by talking with your doctor.

COLON CANCER

Screening Age: 45-50. Frequency: Every 5-10 years.

Options include: colonoscopy, CT Colonography, Fecal Immunochemical Testing, and Cologuard testing.

BREAST CANCER

Screening Age: 40. Frequency: Every 1 to 2 years.

Mammograms should begin at age 40, unless there is a family history or personal risk for breast cancer.

PROSTATE CANCER

Screening Age: Varies. Frequency: Every 1 to 2 years.

Prostate cancer screening should begin at age 50 for average risk men. Men at high risk should begin between 40 and 45.

LUNG CANCER

Screening Age: 55. Frequency: Varies.

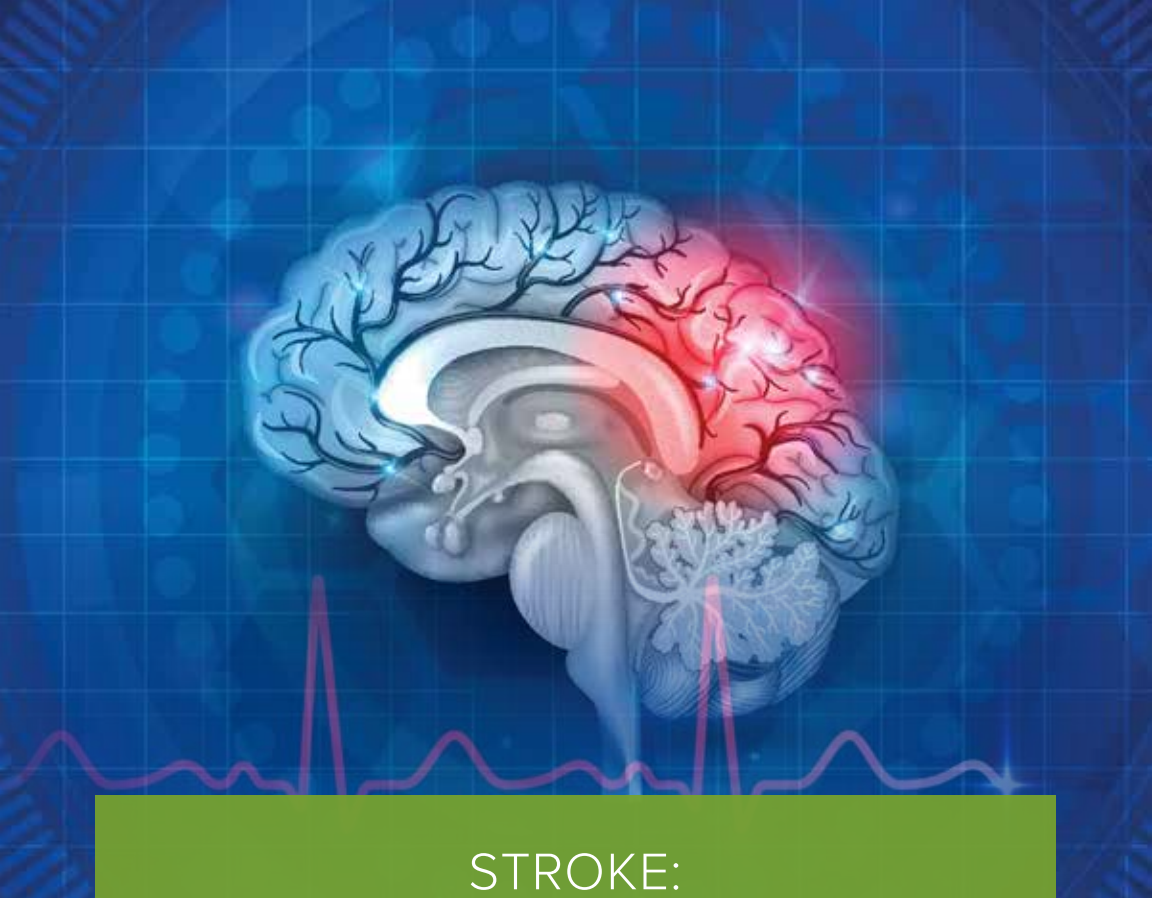
The need for a lung cancer screening depends on a person's history of smoking.

CERVICAL CANCER

Screening Age: 20-21. Frequency: Every 3 years.

A Pap test is the most common method of screening for cervical cancer.

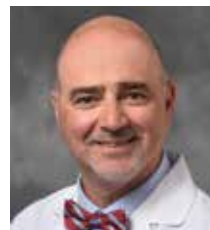
Visit [HenryFord.com/CancerScreening](https://www.henryford.com/CancerScreening) to learn more about what type of cancer screening is right for you.



STROKE: YOUR TOP 4 QUESTIONS ANSWERED

EVERY 40 SECONDS, SOMEONE IN AMERICA HAS A STROKE. It's the fifth leading cause of death, and the most common cause of disability in the United States.

A stroke occurs when the blood supply to part of your brain is cut off. When this happens, brain cells begin to die due to lack of oxygen. Delayed diagnosis and treatment can result in permanent disability or death, so seeking immediate medical attention is critical.



Alex Chebl, M.D.

Many people have questions around what happens during a stroke and how they can prevent it. Henry Ford stroke and interventional neurologist, Alex Chebl, M.D., answers the four most common questions about stroke.

WHAT HAPPENS IN THE BRAIN DURING A STROKE?

"There are two types of stroke. Ischemic stroke, which is the most common type, is when the brain's blood vessels become blocked restricting blood flow. Hemorrhagic stroke is when there is a rupture of a brain artery or vein resulting in excess pressure on the brain. Both types cause damage to the brain," says Dr. Chebl.

HOW DO STROKES IMPACT THE BRAIN AND BODY?

“A stroke damages brain cells so they no longer work properly,” says Dr. Chebl. “Depending on the part of the brain that is damaged, patients can have a variety of symptoms, such as paralysis, numbness on one side of the body, speech difficulty, blindness, double vision, trouble walking, headache, and in extreme circumstances, coma or death.”

ARE STROKES PAINFUL?

“Most strokes are actually painless, except when you have brain hemorrhage, which causes increased pressure on the brain,” says Dr. Chebl. “Brain hemorrhages during stroke can sometimes be associated with a sudden, severe headache.”

ARE STROKES PREVENTABLE?





“Yes, that is the good news. Most strokes are preventable because many of the common risk factors are treatable,” says Dr. Chebl. “Risk factors include high blood pressure, diabetes, high cholesterol, smoking and obesity, which are all treatable conditions. The most common cause of major stroke is atrial fibrillation, which is an irregular heart rhythm that can be managed by blood thinners.”

When you or a loved one is having a stroke, every second counts. If you suspect stroke, call 9-1-1 immediately and get to the nearest emergency room.

Visit [HenryFord.com/Stroke](https://www.henryford.com/stroke) for more information about how the Henry Ford Stroke team offers the most advanced diagnostic tools and treatment options available.

WHEN STROKE STRIKES, ACT FAST

Use **FAST** To Remember The Warning Signs Of A Stroke.

- **F**ACE
Ask the person to smile.
Does one side of the face droop?
- **A**RM
Ask the person to raise both arms.
Does one arm drift downward?
- **S**PEECH
Ask the person to repeat a simple phrase.
Is their speech slurred or strange?
- **T**IME
If you observe any of these signs,
call 9-1-1 immediately.

ARE YOU AT RISK?

Age, gender, ethnicity and family history can all play a role in stroke risk, so understanding your unique risk factors can help you take steps toward prevention. Stroke screening and diagnosis at Henry Ford can give you the answers you need. **Visit [HenryFord.com/Stroke](https://www.henryford.com/stroke) and take our free stroke risk assessment.** It's a simple way to evaluate your lifestyle and determine any changes you can make to prevent stroke.



SPRING INTO FITNESS

SPRING IS A TIME OF REBIRTH AND RENEWAL. The sun is shining, the flowers are blooming and you're slowly beginning to shed layers of clothing. And while many people view the season as a time to declutter or clean out closets and kitchens, it's also a great time to get outside and get moving with a new fitness routine. So, whether your preferred activity is hiking or biking, you can spring clean your fitness routine with these six strategies:

- 1. TRY SOMETHING NEW.** There's no better time to adopt a new, healthy habit. If you have extra time on your hands, consider picking up a new activity. It only takes three weeks to establish a habit.
- 2. DRINK MORE WATER.** Dehydration can lead to heat exhaustion, heat stroke, and in extreme cases, death. Get in the habit of drinking water throughout the day even before you start a new fitness routine. Find it difficult to drink enough water? Try an infused water blend.
- 3. GET NEW GEAR.** If you've been running in beat-up sneakers, there's no better time to invest in a new pair. In addition to protecting yourself from injury, new shoes can amp up your workout.
- 4. WEAR SUNSCREEN AND REPELLANT.** If you're heading outside to exercise, it's important to protect yourself against the elements. While 10 to 15 minutes of unprotected sun exposure may supply a healthy dose of vitamin D, more than that can increase your risk of sunburn and skin cancer.

5. BE REALISTIC. Over the past year, many people have put their fitness goals on hold due to the COVID-19 pandemic, so as you start to get back into fitness, make sure to set realistic and attainable goals. If you've never biked before, don't sign up for a 100-mile race straight out of the gate. Not only do you run the risk of not being able to achieve your goal, you may also succumb to an overuse injury from pushing yourself too hard. Focus on setting small goals and build up from there.

6. TAKE TIME FOR REST AND RECOVERY. Always listen to your body. It's okay to be sore and feel some aches and pains, but if something feels sharp or out of the ordinary, it's important to get it checked out.

Before starting a new exercise routine, it's always a good idea to talk with your Henry Ford doctor. It's important to know where you stand on things like blood pressure, cholesterol and vitamin deficiencies before overhauling your exercise program.

The reality is, there's no better time to focus on your physical weaknesses and transform them into strengths. Most important, don't let COVID-19 force you to take a step back from a healthy lifestyle; there are plenty of ways to get moving outside while social distancing.

LIVING WITHOUT JOINT PAIN

When starting a new fitness routine, chronic joint pain can flare up. At the Henry Ford Center for Joint Replacement, our team of nurse navigators, physical therapists and physicians are ready to work with you on a tailored treatment plan to get you back to what you love. If you're not ready for surgery, we offer joint preservation classes. When you are, we offer unique pre-surgical classes to help prepare you for what to expect before, during and after surgery. We're here to help every step of the way – virtually and in-person.

Not sure if you're ready for a joint replacement?

Take our joint pain quiz at [HenryFord.com/JointPainQuiz](https://www.henryford.com/jointpainquiz). Call (586) 228-6200 to schedule an appointment with a Henry Ford joint specialist.





RECOVERY TIPS FOR STAYING SOBER DURING COVID-19

FOR THOSE WHO ARE NEWLY SOBER OR HAVE BEEN IN RECOVERY FOR A DECADE OR MORE, CHOOSING SOBRIETY IS A DAILY DECISION.

One that requires personal awareness, thoughtful preparation and a strong support system. But in the midst of a pandemic, people in recovery are finding themselves feeling disconnected or alone as they maintain sobriety.

If you find yourself with thoughts of drinking or using other drugs, there are things you can do to reset your thinking.

1. **MAKE A PLAN TO STAY CONNECTED TO YOUR SUPPORT NETWORK.**
2. **TAKE ADVANTAGE OF ONLINE RECOVERY RESOURCES.**
3. **BE AWARE OF YOUR USUAL THOUGHTS AND TRIGGERS AND BE ON THE LOOKOUT FOR NEW ONES.**
4. **PRACTICE MINDFULNESS.**
5. **EMBRACE ROUTINES AND HEALTHY DISTRACTIONS.**

If you find that you are unable to stop thinking about using, or have relapsed, it's important that you contact your doctor or therapist right away. They can help you get back on track.

Addiction is a chronic disease that doesn't have a cure, only remission. Just like diabetes or high blood pressure, it must be managed every day. Understanding your condition and having a treatment plan is the best way to control it.

To request an appointment with a Henry Ford addiction medicine doctor or therapist, call (248) 661-6100, from 8 a.m. to 4:30 p.m., Monday through Friday. Virtual care options are currently available.

Classes

ONLINE ADDICTION EDUCATION AND SUPPORT PROGRAMS FOR FAMILIES

We know that substance abuse affects the entire family. That's why Henry Ford Maplegrove Center offers online family support and education programs for anyone with a loved one who is struggling with addiction. The programs are free and open to anyone 18 or older.

Family Skill Building

THURSDAYS

6 TO 7:30 P.M. (EXCLUDING HOLIDAYS)

This interactive lecture series is intended for adults who have a family member or friend with a substance use disorder, such as alcohol or opioid addiction. The program includes six rotating educational lectures covering various topics related to the disease of addiction. A new topic will be covered each week so you can join anytime. Each session is led by an addiction specialist and includes time for questions.

Participants will:

- Learn about the disease of addiction and how it affects the brain
- Hear about the warning signs of addiction
- Build communication and problem-solving skills to use within the family
- Discuss ways to handle the pressures of living with someone with addiction
- Discover how to establish or restore appropriate relationships, roles, boundaries and routines

SHARE: Friends & Family Addiction Support Group

THURSDAYS

7:30 TO 9 P.M. (EXCLUDING HOLIDAYS)

The SHARE support group offers adults with a family member or friend facing addiction the chance to talk about their feelings and receive support in a safe, group setting. Anyone who is concerned about a friend or family member's substance use is welcome to attend. *Note: This program is not recommended for individuals in recovery with less than six months of continuous sobriety.*

No registration is required. Visit HenryFord.com/MaplegroveCE to find out how to join these groups online. Questions? Contact Lisa Kaplan at (248) 788-3005 or by email at LKAPLAN2@hfhs.org.

BARIATRIC SURGERY SEMINARS

Are you a candidate for weight-loss surgery? Attend a free virtual seminar and learn about the services available through our five Henry Ford Bariatric Surgery locations. If you are committed to achieving long-term weight loss and improved health, our experienced surgeons and team of professionals are ready to support you every step of the way. Our program includes consultations with dietitians, exercise experts, and behavioral health professionals to help you through this life-changing decision.

Visit HenryFord.com/Bariatrics for more information and to register.



Classes continue on page 10



C.A.R.E. PROGRAM VIRTUAL CLASSES

Take an opportunity to focus on YOUR health and wellness. Attend these FREE virtual support sessions designed especially for you. Classes are open to caregivers, patients, family, friends and the community.

Creative Mindfulness with Art

WEDNESDAYS

10 a.m.

THURSDAYS

6 p.m.

These sessions are designed for people of all ages and are guided by an art therapist. New project offered each week. Topics covered will focus on self-awareness, support systems, gratitude and reframing negative thoughts.

Kids Art Club

FRIDAYS

11 a.m.

Join us for art lessons for school-age kids. Designed for kids who are learning remotely, homeschooling or are not in school yet. Sessions will be taught by a registered art therapist using the teaching artistic behavior (TAB) approach. TAB is learner-directed to meet the needs of all learners through choice, agency, flexibility and emergent curriculum.

Caregiver Support Groups

TUESDAYS

11 a.m. AND 6 p.m.

Do you provide care for a loved one? Join this class to connect with fellow caregivers and care giving experts for support and information. Participants must be 18 or older.

Visit [HenryFord.com/CaregiverWellness](https://www.henryford.com/CaregiverWellness) to register for the classes listed above. Registration is required due to limited capacity. You will receive a link for the class after registering. Join by telephone, computer, tablet or iPad.

For questions, call (866) 574-7530 or email CaregiverResources@hfhs.org. Classes are sponsored by Henry Ford Health System C.A.R.E. Program (Caregiver Assistance Resources and Education).

ADVANCE CARE PLANNING

One-on-one meetings with 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.

Call (248) 325-1284 to register.

FREE NARCAN TRAINING OFFERED ONLINE

In partnership with Henry Ford Health System, Families Against Narcotics offers free online Narcan training classes for those who want to learn how to administer the life-saving antidote for a narcotics overdose. Participants receive a free kit by mail with two doses of Narcan in nasal-spray form.

Visit FamiliesAgainstNarcotics.org/Naloxone for more information, training dates and to register.

EXPECTANT AND NEW PARENTS

Join us for online virtual birthing classes. Learn the same material as the traditional in-person classes from a remote, safe environment. Share videos and have your questions answered, just like in the classroom setting.

Childbirth Preparation

Topics include stages of labor, relaxation, massage, pressure points, breathing techniques, labor coping skills and postpartum.

Infant Care

An introduction to newborn care. Learn the basics of caring for and understanding your newborn baby's needs.

Breastfeeding

Experience the benefits and basics of breastfeeding. Learning the best practices will give you an early, great start to breastfeeding.

Birthing Center Virtual Tours

We understand that expectant parents want to see the environment where they will welcome a new family member. While in-person tours are on hold due to COVID-19, we are currently offering "virtual tour" videos and photos to help familiarize you with our various Birthing Centers. **Visit HenryFord.com/ChildbirthTours for a look at our rooms, amenities and more.**

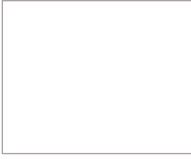
Visit HenryFord.com/Baby, call (248) 325-0037 or email Sarah.Lavery@hfhs.org for more information, including additional classes, dates, times, class pricing and to register.

THE GRAND PLAN: INFANT CARE FOR GRANDPARENTS

As time has progressed, so have the ways to care for a newborn. Join us online as new and expectant grandparents prepare for this special time in their lives. Learn communication between parents and grandparents, how grandparents can help during pregnancy, birth and after Baby is born, current guidelines for infant care, and ways to bond with your new grandchild during a pandemic.

For more information or to register, visit HenryFord.com/Baby, call (248) 325-0037 or email sarah.lavery@hfhs.org.





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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.

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A NEW HOME FOR HOPE

The new Henry Ford Cancer Institute – Detroit campus provides cancer patients with every available specialist and treatment option all in one place. Here, you'll find unique teams working as one with all cancer locations to deliver personalized care.

Learn more at HenryFord.com/NewCancerPavilion



ALL FOR YOU