



LIVEWELL

SPRING 2019

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- May 14: Living Well Seminar
- May 16: Bariatric Surgery Seminar
- June 27: Stand Steady Seminar



**HENRY FORD
WYANDOTTE HOSPITAL**

YES MA'AM Program



A MAMMOGRAM CAN SAVE A LIFE. The Henry Ford Wyandotte Yes Ma'am program will offer free breast screenings on May 4 from 7:30 a.m. to 1 p.m. for uninsured women in the Downriver area at Henry Ford Health Center – Brownstown.

For eligibility requirements and to schedule an appointment, call 734-246-9601. Space is limited.

LIVING WELL Seminar



JOIN US FOR A FREE LIVING WELL SEMINAR featuring information about topics ranging from stroke risk factors and prevention to medical management, safety and heart health. The event takes place on May 14 from 5:30 to 7:30 p.m. in the multipurpose room at Henry Ford Wyandotte Hospital. Free blood pressure checks and cholesterol screenings will be available. Refreshments will be served.

Register online at HenryFord.com/Classes or call 734-246-6057.

Meditation for a HEALTHY MIND, BODY AND SPIRIT



TAKE A STRESS BREAK DURING A SERIES OF YOGA AND MEDITATION CLASSES held the second and fourth Thursdays of each month in the multipurpose room at Henry Ford Wyandotte Hospital. Classes are free and no experience is needed. Yoga runs from 4 to 4:55 p.m. followed by meditation from 5 to 6:15 p.m. Bring a mat and water. Participants will sit in chairs during meditation.

Call 734-246-6057 to register.

THE BENEFITS OF SETTING FITNESS GOALS

IT'S NOT UNCOMMON TO START AN EXERCISE REGIMEN WITH SOME EXTERNAL PROMPTING, INCLUDING THE NUMBER YOU SEE ON THE SCALE OR HEALTH ISSUES. WHATEVER THE REASON, THE RIGHT KIND OF GOAL SETTING IS CRITICAL WHEN YOU EMBARK ON A FITNESS PROGRAM.

MAKE A PLAN

"Proper goal setting can help motivate and inspire both new and veteran exercisers and athletes," says Rebecca Kurtz, an exercise physiologist at Henry Ford Health System. "The best way to do this is to establish **SMART** goals to help you stay on track."

WHAT ARE SMART GOALS?

The idea is to make goals **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-bound. So instead of setting a goal to "lose weight," create a SMART goal. It's important to put a plan in

place for each SMART goal you create.

Write down your goals and don't bite off more than you can chew. Set yourself up for success and work your way up to exercising more often.

"You will encounter setbacks along the way, but establishing goals and setting a plan to achieve them is the best way to ensure fitness success," Kurtz says.

We offer a variety of health and wellness events, including fitness classes to help you stay on track. See pp. 10-11 for more information.

AVOCADO CHICKEN SALAD IN CUCUMBER CUPS

YIELD: 28 SERVINGS
(1 CUCUMBER CUP)

INGREDIENTS:

1 ripe avocado, seeded and peeled
Juice of 1 lime
¼ teaspoon salt
¼ teaspoon black pepper
1 cup finely chopped cooked chicken
1 apple, cored and finely chopped
¼ cup finely chopped red onion
¼ cup finely chopped red pepper
2 tablespoons chopped fresh cilantro
3-4 large cucumbers

DIRECTIONS:

In a small bowl, mash avocado with lime juice and mix with salt and pepper. Mix in the chopped chicken, apple, red onion, red pepper and cilantro. Slice cucumbers into 1 – 1½ -inch thick rounds (approximately 28 slices). Scoop out the seeds in the middle and fill with 1 – 1½ tablespoons of the avocado chicken salad mixture.

NUTRITIONAL INFORMATION PER SERVING: 30 Calories; 1 gram Fat; 0 gram Saturated Fat; 4 mg Cholesterol; 25 mg Sodium; 3 grams Carbohydrates; 1.5 grams Sugar; 1 gram Fiber; 2 grams Protein



4 WAYS HEART DISEASE AFFECTS MEN AND WOMEN DIFFERENTLY



SYED MEHDI JAFRI, D.O.

AS THE LEADING CAUSE OF DEATH IN BOTH MEN AND WOMEN IN THE UNITED STATES, HEART DISEASE IS SOMETHING EVERYONE SHOULD TAKE SERIOUSLY.

What was once thought of as a “man’s disease,” this devastating condition affects both sexes without bias – and accounts for one in four deaths each year.

MEN VERSUS WOMEN

- 1. CORONARY ARTERY DISEASE OCCURS IN DIFFERENT ARTERIES.** In men, coronary artery disease, which is cholesterol blockages of the arteries, occurs more in the large arteries on the surface of the heart. In women, these blockages occur in the smaller vessels that feed the muscles on the walls of the heart. These small vessels are difficult to see, and women usually come to the hospital thinking they are having a heart attack – only to find out after an angiogram that the major arteries aren’t affected at all.
- 2. WOMEN ARE MORE LIKELY TO DIE FROM HEART DISEASE.** It’s easier to perform medical interventions – such as bypass surgeries and stents – on men. But, with women, the vessels are too small for intervention, which can lead to worse outcomes.

3. MEN AND WOMEN RESPOND TO STRESS DIFFERENTLY. In women, stress is more likely to be caused by emotional responses, whereas in men, stress is sparked more often by physical events.

“In addition to stress, from my experience, women tend to be in more of a caregiver role – which means their health takes a backseat and they may ignore symptoms,” says Syed Mehdi Jafri, D.O., Henry Ford Wyandotte cardiologist. “When a woman comes in, we often see heart issues that, had she come in earlier, we could have recognized and treated earlier.”

4. WOMEN’S HORMONES ARE DIFFERENT. Men are more likely than women to suffer a heart attack before age 55. But once women go through menopause, their risk increases.

“In medicine, there have been amazing advancements in the treatment of heart disease, and yet people are dying more of heart disease than ever before,” Dr. Jafri says.

Male or female, you can reduce your risk for developing heart disease by adopting a healthy, balanced lifestyle.

Visit HenryFord.com/HeartHealth or call 1-800-HENRYFORD (436-7936) to learn more and schedule an appointment with a heart expert.



ASSESS YOUR HEART RISK

Caring for your heart is worth the effort. From prevention to diagnosis and care, the heart and vascular experts at Henry Ford Health System are here to help you stay well. With our heart health risk assessment, in just five minutes you will find out the real age of your heart and discover your heart risk factors.

Take our interactive, online heart risk assessment today at Henryford.com/HeartHealth to learn exactly what areas of your heart health need attention.



JACK'S STORY: **ADVANCED HEART CARE AND A RENEWED COMMITMENT TO HELP OTHERS**

AS A CARE MINISTER AT ST. PAUL LUTHERAN CHURCH IN TRENTON, JACK SCOLA IS USED TO VISITING MEMBERS OF HIS CONGREGATION AT HENRY FORD WYANDOTTE HOSPITAL.

But the 58-year-old Trenton resident never thought he would wind up spending a good deal of time there for his own health problems. That all changed early one Saturday when he began experiencing what he thought were complications from diabetes. Jack's wife, Deb, took him to Henry Ford Wyandotte's emergency department.

"It turned out I was having a massive heart attack and my kidneys were failing," Jack says.

“

Without Dr. Hashem and his team, I wouldn't be around today," Jack says. "Everyone was incredibly kind and spent a lot of time worrying about my needs."

Jack was referred to Mustafa Hashem, M.D., medical director of the Cardiac Catheterization Lab, who inserted a heart pump and a stent in Jack's heart. During his procedure, his heart stopped twice and the staff brought him back.

"Dr. Hashem and his team had a positive attitude, along with many, many prayers," Jack says. "They were so kind to my wife during my procedure, and so attentive to me and made sure I was comfortable afterward. I feel very blessed."

Jack spent 12 days in the hospital, including six in the ICU. Soon he was walking three miles a day and losing weight. However, additional blockages developed and more kidney problems followed.

ADDITIONAL PROCEDURES

Since then, Jack has had three more heart catheterizations at Henry Ford Wyandotte and now has a total of eight stents. His father and grandfather both died of heart attacks at relatively young ages, so Jack feels extremely

fortunate to be alive, and is thankful for the hospital staff's compassionate treatment.

"Without Dr. Hashem and his team, I wouldn't be around today," Jack says. "Everyone was incredibly kind and spent a lot of time worrying about my needs."

LIVING EACH DAY TO THE FULLEST

Being on the other side of the hospital bed has helped Jack gain new perspective in his work as a care minister.

"Last month I gave a sermon at church about what I've been through," Jack says. "I absolutely believe that God answered many prayers by using Dr. Hashem and all the people at Henry Ford Wyandotte. This experience has helped me be more compassionate when I make my visits."

Recently, Jack also stood by Dr. Hashem's side as the hospital celebrated the expansion of its cardiac catheterization lab where he received his lifesaving treatment.



SEASONAL ALLERGIES: 3 WAYS TO FIND RELIEF

EXPERTS BELIEVE CLIMATE CHANGE IS CAUSING LONGER AND MORE SEVERE ALLERGY SEASONS. As the seasons change, you may find some relief, or new symptoms may occur, depending on what allergens you're sensitive to. You don't have to suffer in silence. Get your allergies under control.

- 1. AVOIDANCE:** Once you know what you're allergic to, try to avoid it. Run the air conditioning instead of opening windows if you are allergic to pollen. Purchase allergy-proof mattresses and pillows and keep humidity low if you are allergic to dust.
- 2. MEDICATION:** Allergy sufferers may benefit from both over-the-counter and prescription medications. Eye drops, nose sprays and oral medications can alleviate many symptoms.
- 3. ALLERGY SHOTS:** Allergy shots expose your immune system to small amounts of an allergen to build your tolerance. Injections are administered over time and the goal is to change the way your immune system responds.

"Allergy symptoms can interfere with how you function day and night," says Rana Misiak, M.D., an allergist and immunologist at Henry Ford Health System. "Knowing what you're allergic to and how to minimize exposure, can improve your quality of life."

To find a primary care doctor or allergist at Henry Ford, visit HenryFord.com or call 1-800-HENRYFORD (436-7936).

Calendar of EVENTS

Free Blood Pressure Screenings

No appointments necessary

APRIL 10, MAY 8 AND JUNE 12, 11 A.M.-2 P.M.

Main Lobby
Henry Ford Wyandotte Hospital

APRIL 8, MAY 13 AND JUNE 10, 8-10 A.M.

Lobby
Henry Ford Health Center – Brownstown

\$10 Cholesterol Screenings

No appointments necessary – Total and HDL

APRIL 10, MAY 8 AND JUNE 12, 12-2 P.M.

Main Lobby
Henry Ford Wyandotte Hospital

Sleep Well Seminar

Sleep is an essential part of a person's overall health. Join us for a free Sleep Well Seminar about the importance of sleep and how it can affect your health. Learn about common sleep problems and tips for achieving quality sleep from our experts. A Yoga Nidra relaxation session will follow.

APRIL 16, 6-8 P.M.

Second floor conference room
Henry Ford Health Center – Brownstown

Register at henryford.com/classes or call 734-246-6057.

Stand Steady Seminars

Learn the impact of falls, how to make yourself and your home safe, and simple exercises to do at home at this free fall prevention seminar.

**APRIL 18, MAY 30 AND JUNE 27
4:30-6:30 P.M.**

Multipurpose Room A
Henry Ford Wyandotte Hospital

Register at henryford.com/standsteady or call 734-284-4499.

Bereavement Support Group

If you're grieving a loved one, a free support group is available the third Thursday of each month.

**APRIL 18, MAY 16 AND JUNE 20
1-2:30 P.M.**

3 Allen Conference Room
Henry Ford Wyandotte Hospital

Call 586-276-9570 if you have any questions.

Yes Ma'am Program

Free mammograms are available for women who qualify through the hospital's Center for Women's and Children's Health. Women between the ages of 40 and 64 without health insurance, those whose insurance does not cover screening mammography, or those who meet state low-income guidelines are eligible for the program.

**MAY 4
7:30 A.M.-1 P.M.**

Henry Ford Health Center – Brownstown

To verify eligibility and schedule an appointment, call 734-246-9601. Appointments are required, and times are limited.

Living Well Seminar

Join us for a free educational evening on living well, featuring topics on stroke risk factors and prevention, medical management, safety and heart health. Free blood pressure checks and cholesterol screenings will be available. Refreshments will be served.

**MAY 14
5:30-7:30 P.M.**

Multipurpose Rooms
Henry Ford Wyandotte Hospital

Call 734-246-6057 to register.

Bariatric Surgery Seminar

Bariatric surgery can give you a new outlook on life and lifelong benefits. Join us for a free weight loss seminar and learn about preparation for bariatric surgery, postsurgical care, diet and exercise.

**MAY 16
6-7:30 P.M.**

Multipurpose Rooms
Henry Ford Wyandotte Hospital
Call 734-285-7420 to RSVP.

Wellness Wednesdays

Join us for free adult yoga classes Wednesdays in Wyandotte. Please bring a mat and water.

**EVERY WEDNESDAY THROUGH MAY 29
6:30-7:30 P.M.**

James Monroe Elementary School gym,
Wyandotte

Register at henryford.com/classes or call 734-246-6057.

Mantra Meditation: Uniting the Body, Mind and Spirit

Introduction and benefits of meditation. Learn mantra meditations and take a stress reduction break.

**THE SECOND AND FOURTH THURSDAYS OF EACH MONTH
5-6:15 P.M.**

Multipurpose Rooms
Henry Ford Wyandotte Hospital
Call 734-246-6057 to register.

Relax and Renew Yoga

Wear loose, comfortable clothing and bring a mat and water. All experience levels are welcome.

**THE SECOND AND FOURTH THURSDAYS OF EACH MONTH
4-5 P.M.**

Multipurpose Rooms
Henry Ford Wyandotte Hospital
Call 734-246-6057 to register.



The 33rd Annual Wyandotte Golf Classic

Kick off the summer with the 33rd Annual Henry Ford Wyandotte Golf Classic at the historic Grosse Ile Golf & Country Club. With over 300 acres of rolling hills, beautiful fairways and two flights of golf to choose from, this is one you won't want to miss.

**JUNE 3
7:30 A.M.-8 P.M.**

Grosse Ile Golf & Country Club
Call Kevin Rourke at 734-246-8849 for ticket and sponsorship information.

Chair Massage

Ten-minute chair massages are available during select hours Monday through Friday in the massage room. Massages are \$5 and must be purchased in the cashier's office. Punch cards are available for \$20 and are good for five massages.

**HOURS POSTED WEEKLY
MONDAY THROUGH FRIDAY**

Massage room across from Multipurpose Room A

Henry Ford Wyandotte Hospital
Call the Physical Rehabilitation Department at 734-324-3946 for more information.

Birthing Classes and More

A range of birthing classes are offered at Henry Ford Wyandotte Hospital, including breastfeeding, infant CPR and Great Expectations, which teaches participants about labor, comfort techniques, Cesarean sections and baby care. A tour of the birthing unit is included. Weekend, evening and online classes are available.

Call 734-246-9601 for more information and to register.

Breast Cancer. A Second Opinion.

AND THE GENETIC TESTING THAT SAVED LYNN'S LIFE.

Lynn Walkuski
Breast Cancer Survivor

HENRY FORD CANCER INSTITUTE. With a cancer diagnosis, it's critical to seek out the best team for your treatment. As a national leader in Precision Medicine, our breast cancer experts personalize treatments to your genetic makeup and the DNA of your tumor. If you're facing a breast cancer diagnosis, come to us for a second opinion and accelerated care. We have convenient locations across southeast Michigan. And you'll meet every expert on your breast cancer team immediately in one visit. Just like Lynn did. Read more about Lynn's story and connect with a breast cancer expert.

[HenryFord.com/BreastCancerExperts](https://www.henryford.com/BreastCancerExperts)



all for you



HENRY FORD WVANDOTTE HOSPITAL
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