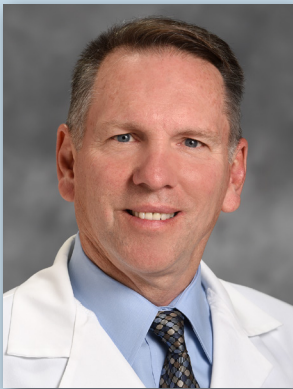




# Your Henry Ford ACO News



## A Message from your HFACO Chief Medical Officer



Bruce Muma, M.D.  
HFACO Chief Medical Officer

Dear HFACO Beneficiary,

Primary care physicians are great resources to provide guidance to their patients. We help you navigate through an increasingly complex health care system. We are partners to help you understand what tests are appropriate. We can counsel you on the best medications for your condition. If needed, we can recommend the best specialist for you. We can explain new technology or treatment options.

Without this partnership, healthcare suffers. Why? Because you may not understand the technology. You may not know the risks or benefits of certain tests or treatments. Some of healthcare's newest capabilities used to diagnose and treat disease can also place you at risk for harm. It can be harmful because of over-diagnosing or over-treating benign or non-threatening conditions.

To help both patients and doctors, there is an initiative called "[Choosing Wisely](http://www.choosingwisely.org)". Choosing Wisely was created by doctors for patients. The goal is to empower people to take control of their health, and I encourage you to do just that. The website address is [www.choosingwisely.org](http://www.choosingwisely.org).

The site has hundreds of recommendations for physicians and patients. They are meant to help avoid unnecessary medical tests, treatments and procedures. An example is not prescribing antibiotics for upper respiratory infections such as a cold or bronchitis. Why? Most of these infections are caused by a virus. Viruses don't respond to antibiotics. Also, antibiotics can also cause problems such as allergic reactions. Worse, they can cause a life-threatening intestinal infection called "C.Diff." Yes, antibiotics can cause harm instead of benefit.

Helping sort through what is "unnecessary care" is a primary focus of the HFACO. We want to provide you with the *most appropriate* care. We are moving toward a healthcare world that eliminates what we refer to as low-value treatment and testing. This means eliminating testing or procedures that will not directly lead to greater health for you. It means not prescribing medication that likely won't work or ordering a new batch of tests that have already been done. Most recently, providers are greatly reducing opiate prescriptions for patients. *(Please read the related article on page 3.)*

All of this is being done to improve the care we provide to you. I encourage you to use the [Choosing Wisely](http://www.choosingwisely.org) website to learn more about how healthcare is changing for the better - all for you.

Kind regards,

Bruce Muma, M.D.  
HFACO Chief Medical Officer, Interim President and Executive, HFACO

### FALL/WINTER 2018

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Would you prefer receiving this newsletter via email? If so, please email your name and email address to [hfaco@hfhs.org](mailto:hfaco@hfhs.org).

## Finding Your Motivation

It's always easier *not* to do something.

It's easier *not* to fix dinner, *not* to go for a walk, *not* to schedule screening tests or an appointment with your doctor. And the longer you don't do those things, the worse it gets because it can seem like too much to take on.

The key is finding your motivation. Two areas that can be the most challenging involve self-care: eating right and exercising. Read the tips below and see if your motivation to take better care of yourself improves.

### Eating Right

**Food is fuel.** Food is just fuel for your body's muscles, bones, skin, blood, etc. The food you eat – healthy or not – will impact your entire body immediately and in the future. Yet, choosing what to eat is often based on what we feel like tasting at that moment. Rarely do we consult with our body and ask what it needs. If we did, it would give us the items below.

Eat 5-10 servings of produce every day; opt for lean proteins such as chicken, fish and turkey; choose whole grains such as brown rice, whole grain pasta and whole wheat options; enjoy low-fat dairy such as milk, yogurt and cheese. Eating this way will help you feel more energetic, have a clearer mind and even feel more optimistic. And the longer you eat healthy foods, the more your body will crave them. You will also lose your taste for greasy, sugary and fatty foods.

**Try something new.** We all get into ruts, even with our food. Be open to new recipes or new foods. Ask friends for some of their favorite recipes that include healthy ingredients. Instead of snacking on crackers or chips, opt for baby carrots dipped in hummus, or a piece of low-fat cheese such as swiss or mozzarella with a few grapes. Take a cooking class at a local college. By cooking for yourself you will eat healthier and save money. Now that's motivation!

**Plan ahead.** You'll eat what you have available. Shop wisely, and on a full stomach. Select foods that you can prepare in advance such as a large tossed salad, chicken that you can grill or bake (then eat over the next few days) and pieces of fruit such as delicious apples and oranges.

**Practice "Won't-power."** Instead of practicing willpower, think of it as won't-power. You won't eat what is not good for you. After a couple of weeks of using won't-power you'll notice it will be easier to say no to unhealthy foods. Motivation achieved.



### Exercising

Would it surprise you to learn that most people don't enjoy exercising? They do it because they like the physical and mental effects. Not only does exercise (or we will call it, moving your body) improve your physical health, it is a natural mood brightener. So how do you get moving? Read on.

**What works for you now?** You may have played basketball or been an avid long-distance runner in your younger years, but those activities may not work well with your body's current version. You will be more motivated to exercise regularly if you can find a couple of activities you enjoy. What are they? Going to the gym, walking, playing tennis, doing Pilates, swimming? Whatever it is, identify it and make it part of your weekly (if not daily) schedule.

**Find a buddy.** Exercising with a "workout buddy" is one of the most successful ways to stick to an exercise plan. Not only can you encourage each other, but you are much more likely to stick with your planned session at the gym, tennis game or walk if you've committed to doing it with your workout buddy.

**What is your goal?** What do you want to achieve by exercising? Are you hoping to lose weight, build muscle, increase your energy, boost your mood, prevent injuries associated with aging, keep your brain sharp? Exercise can do all of this. So, no matter what your specific goal is, you will reap that benefit plus all the others.

*As always, check with your doctor before embarking on a new exercise program.*

## Q&A: Life After Opiates

With the new opiate prescribing laws fully in effect, many doctors are switching patients to non-addictive medicines. Daniel Passerman, D.O., Henry Ford's Associate CMO of Primary Care and Interim Chair of the Department of Family Medicine, addresses some of the most pressing questions regarding this issue.

**Q.** If a patient has been taking opiates for pain related to fibromyalgia, back pain, knee pain or other chronic conditions, what do they do now?

**A.** If they've been on the prescription for more than 90 days, they can still get the medicine, but they will have to go through state-mandated one-time opioid education. A lot of the changes with this new law goes on behind the scenes. Doctors need to check with the Michigan Automated Prescription System, called MAPS, before prescribing an opiate. Every pharmacy filling a prescription must submit it to MAPS. Any opioid prescribed to the patient must be filed with MAPS.

**Q.** Why do you think this has become a problem?

**A.** When I started medical school some 18 or 20 years ago, they talked about pain being the 5th vital sign. It was engrained in us that we take care of people's pain. In the end, we have found that doing all we can to address a patient's pain probably did more harm than good. The overprescribing of opioids is a self-made mess. We have people who have significant pain issues and have become dependent. The medications alter the receptors in the brain. They make the person more intolerable to routine pain. This means they don't cope as well with normal pain, like when they stub their toe or twist their ankle. In addition, they begin to build a tolerance to the medication. In short, we have overtreated their pain and caused more harm than good.

**Q.** What does this mean to patients now?

**A.** The expectation has been that we, as doctors, can control any pain. The reality is that sometimes we can't safely control the pain.

**Q.** How is this shift going to happen?

**A.** Through communication and education. We've done it before, for instance with antibiotics. Patients don't come in now expecting antibiotics for a viral infection; they know they don't work for that. Something like this takes time. Most physicians know that we need to greatly reduce the amount of opiates we are prescribing. But it's hard when the patient is sitting in front of you asking for help with their pain. Are the opioids allowing them to function? Can they live independently because the medication is allowing them to walk, go grocery shopping and not hurt?

**Q.** What are other options to relieve pain?

**A.** Patients should check with their doctor, but options can include: physical therapy, procedures such as injections of cortisone, epidurals, implantable nerve stimulator, radio frequency ablation of the nerve, even osteopathic manipulation, which is performed by select D.O.s. Even some over-the-counter medications can help.

**Q.** What are common withdrawal symptoms?

**A.** Back pain, back spasms, nausea, vomiting, headaches. Withdrawal symptoms are your body's response not having the opiate anymore. How long it lasts will depend on how long you were taking the opioid medication. Your doctor can work with you to help wean you off the opiates to lessen the withdrawal symptoms.



*Daniel Passerman, D.O.*

*(continued on page 6)*

## Diabetes Diagnosis: Now What?

No one wants to find out they have diabetes. But if you have been told you have this condition, your life can go on quite normally - if you make some changes.

"Diabetes can be managed well for many, many years," said Dr. Deloris Berrien-Jones, Henry Ford's physician leader for diabetes education and care. "Don't run and hide from it. Face it, make the healthy changes that need to be made and move on with your life!"

There are a few steps you can take to manage your diabetes:

- Have regular routine tests
- Be more active
- Leave unhealthy habits behind
- Change what you eat
- Take diabetes medicine if advised

Face these changes head-on so you can begin to minimize the effects of diabetes on your health. Keep an open mind. Understand that your choices can have a very positive and immediate impact on your health. These steps can help you avoid diabetes complications.

### Screening tests

If you have diabetes, you have to monitor your blood sugar levels. But you also need to prevent the residual impact of diabetes. This includes retinal damage and peripheral neuropathy. High blood sugars can cause damage to your eyes, nerves, kidneys and heart. Ask your doctor what tests you should have to make sure your organs stay healthy.

Diabetes impacts the eyes. More specifically, it affects the retina. By catching these changes early, you can take steps to preserve your sight. People with diabetes should have a retinal eye exam every year. Retinopathy is caused by damage to the blood vessels in the eyes caused from high blood sugars. The retina can be damaged before your vision is affected so yearly exams are vital to preserve your eyesight.

Diabetic peripheral neuropathy is nerve damage. It usually happens in the feet. Your primary care physician should be looking for changes at your yearly exam. If you notice any tingling or numbness in your feet or hands, alert your doctor immediately. Your doctor may also recommend that you see a podiatrist annually.



### Dietary adjustments

Eating a well-balanced diet with healthy foods is important to stay well, despite diabetes. Some better choices:

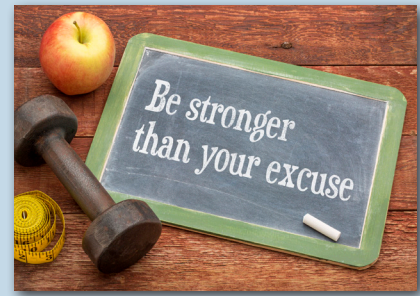
- eating brown rice instead of white
- opting for whole grain bread instead of white
- choosing sweet potatoes instead of white
- cooking whole wheat or whole grain pasta instead of white pasta
- avoiding sugary cereals and going for high-fiber, low-sugar options
- making it a point to fill half your plate with vegetables
- cooking steel-cut or rolled oats instead of instant oatmeal
- choosing whole fruits instead of juice

*(continued on page 6)*

## Six Ways to Ring in the New Year Early

Imagine a New Year's Eve where there is nothing you feel resolved to change. Now imagine the reason is because you began the healthy changes you want to make today.

The typical changes people make to start a new year usually involve their health: quitting smoking, losing weight, exercising regularly, cutting back on sweets. Whatever change you want to make, start now so that by New Year's Eve you'll be well on your way. Follow this six-step approach to get a jump on things.



1. Make a list of three things you would like to change in your life. Think big and small. Do you want to lose 40 pounds? Run a half marathon? Walk one mile a day? Cut back to one cookie a day?
2. Whatever your goals are, think positively about them. Know that you can accomplish them and don't let past failures hold you back. And if "friends" aren't supporting your healthy changes, don't discuss them.
3. Seek the help you need to reach your goals. Do you want to see a dietitian? Join Weight Watchers? Sign up for a smoking cessation class? Buy a new pair of walking shoes? Do what you must to make your healthy goals easier to stick to and achieve.
4. Talk with friends who accomplished what you want to do. Ask them how they did it. See if they can offer encouraging advice, especially if they know you well.
5. Visualize yourself doing what you must to bring about this change. Also, picture yourself achieving your goals. Feel how proud you are of yourself on New Year's Eve, knowing what you have accomplished.
6. Do it.

## Think About Your Care

As HFACO Chief Medical Officer Dr. Bruce Muma mentioned in his column on the first page of this newsletter, today's healthcare is very different than it was in the past. As a patient, you are an active member of your own care team. Your doctor may recommend a surgery, a procedure or a test. But you decide if you have it.

So how can you be the best advocate for yourself? There are a few steps that you want to take:

- Discuss the necessity of any test – bloodwork, ultrasound, MRI, etc. – with your doctor. Ask about the cost to you.
- Ask if there is a lower cost option if it is above your budget.
- If surgery is recommended, ask the surgeon what his/her success rate is. Ask what "success" looks like. Is it 100% recovery, mostly reduced pain, etc.?
- If your doctor recommends a certain specialist, ask why they prefer her/him.
- If you need a test such as an ultrasound or MRI, ask your doctor if there is a location near your home where you can get it done.
- How will any results be communicated to you? Will the doctor/the office call you or are you expected to check back?
- If you are on MyChart (Henry Ford's online portal), ask if your test results will be posted there. This is particularly important for pathology tests such as biopsies. You may not want to view those results without the context of all of the information your doctor has.

Remember, your provider cannot properly care for you without your help. So speak up, ask questions and then proceed knowing that you have made educated decisions about your health.

### Life after opiates (continued)

**Q.** Do you have any suggestions for people who are finding it hard to wean off opiates?

**A.** First, I understand it can be really hard. They need to keep in mind that the pain gets worse if they're just sitting or lying in bed. Being active helps reduce the pain. Try your best to maintain as much activity as possible. If it's arthritis, movement and exercise helps keep those joints lubricated so the stiffness is reduced. If it's muscle spasms, moving around helps stretch things.

**Q.** Who can they call for help?

**A.** They should not hesitate to contact their primary care doctor if they need assistance. We want to help everyone get through this and move on to a healthier place.



### Diabetes (continued)

These foods are high in fiber and can help slow digestion which can keep your blood sugar from spiking. They also make you feel full after a meal. This will help keep you from snacking between meals. If you feel you need a snack choose low carb nutritious options such as celery and peanut butter, nuts and seeds, or non-starchy vegetables. These foods have little effect on blood sugar levels.

### Exercise

Moving your body with exercise has a tremendous effect on diabetes. This is because it helps the cells process insulin more efficiently while also removing glucose from the blood. Regular exercise can also help you lose weight. You can be active by going for a walk outside or inside at the mall. Moving your body uses insulin, which can lower your blood sugar. Your muscles also use the sugar in your blood as fuel for energy. Other ways to be active include riding a bike outside (or a stationary bike inside), working out at a gym or joining an exercise class. Find an activity you enjoy doing. And maybe get a friend to join you!

Understand that regular exercise can halt the progress of diabetes. That may be all the motivation you need. *(For more help in finding your motivation, please read the article about this on Page 2 of this newsletter.)*

### Leave unhealthy habits behind

There are certain unhealthy habits that you can no longer afford if you want to grab hold of your health. These habits include:

- Smoking cigarettes
- Eating unhealthy foods
- Leaving stress unchecked
- Leading a sedentary life
- Drinking excessive amounts of alcohol

All these can speed up the progression of diabetes. Start working on one thing at a time for lasting success. Other ways to reduce your risk of diabetes complications:

- **If you smoke, quit.** Smoking causes damage to your blood vessels and increases the chance of heart attack, stroke and amputations.
- **Manage stress.** Stress can raise your blood sugar and blood pressure. Take deep cleansing breaths, go for a walk, eliminate/reduce contact with people or situations that stress you out.
- **Practice moderation with alcohol.** Excessive alcohol intake can cause other health problems and make it difficult to keep your blood sugars under control.

It is important to remember that diagnosis of diabetes does not mean a lifetime of illness. Instead, it can be the best wake-up call of your life. To learn more about how Henry Ford can help you manage your diabetes, go to <https://www.henryford.com/services/diabetes>. You may also call 313-874-6347.

## Furry Friends

Research shows that simply petting a dog or a cat can boost feelings of wellbeing, especially in people who are sick or troubled.

Why is this? Petting an animal can reduce your stress and anxiety and introduce feelings of happiness. Henry Ford West Bloomfield Hospital has “employed” therapy dogs for years, with success. There’s nothing like the companionship of a sweet dog or the comfort of a cuddly cat. But before you take a trip to a shelter to adopt a new furry friend, you may want to consider a few important factors.



### Is your lifestyle pet-friendly?

Do you like to travel? Even if it’s heading out for long weekends at a nearby cottage, you will have to consider your pet. Can you bring your dog with you? Do you have a neighbor or friend who can feed your cat while you’re away? You also must consider if you work or volunteer for hours at a time. While cats are more self-sufficient (and they have an indoor bathroom), most dogs cannot last more than six or seven hours at a time without going to the bathroom.

### What is your energy level?

Again, cats are much more independent and self-sufficient than dogs. But if you want the interaction and playfulness that a dog can bring to your life, you also need to have energy. Are you ready to throw a ball for your dog a few times a day, or teach him new tricks (to entertain his mind), or walk him? Remember also that cats and most dogs shed. You will need to sweep and vacuum more often. You will also have to pick up after your dog in the yard and clean your cat’s litter pan.

### Allergies?

Sometimes people can develop allergies later in life. Before you adopt a dog or cat, it might be best to test out any allergic reactions. You can do this by going to an allergist. Or you could visit a shelter. Play with a cat or dog, snuggle them – then see how you feel.

### Cost of care

In addition to food and treats, animals require other items. For a dog, you will need a collar, a leash and toys to keep her entertained. Additionally, your dog will require vaccinations and yearly checkups with a veterinarian. Cats also require toys, litter and a pan, vaccinations and checkups. You will also want to make sure you have the means to cover unexpected costs such as surgery or treatment for illness. Pet insurance is now popular and available at a reasonable cost to help cover expensive but necessary surgeries or treatments.

### Adult vs. puppy or kitten?

Puppies and kittens are two of the cutest things in the world. But are you prepared to handle all of that energy? Puppies also require potty-training and usually need a crate to help keep them safe when you are out. Kittens can be very destructive with their claws. If you don’t think you’re prepared to handle the “baby” stage of pet ownership, there are many wonderful adult dogs and cats that need homes. This is also a way to limit the time you have your pet. Depending on their size, dogs can live between 10 and 16 years. Cats can live up to 20 years (or longer).

### Fall risk

Any cat or dog can be a fall risk for you due to tripping over them. They like to sit at your feet, whether you are on the couch or standing at the counter brushing your teeth. Walking around the house at night is another prime time for fall risk. If you get a furry friend, keep your house well lit (including nightlights) so that you can clearly see where he or she is. And remember to look down before you take a step!

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**for more information**

### *Winterize Your Life Now*

It's coming. Winter. Preparing for the season will help you get through it with the least amount of stress and maybe even some enjoyment. The key is to begin winterizing your life now. Following the tips below will help you to have a safe and enjoyable winter.

- ✓ **Do a pre-winter shop.** If finances and storage space permit, load up on nonperishable items such as toilet paper, napkins, paper towels, cleaning items, laundry, dish and bar soaps, pasta, cereal, protein bars, canned goods (low sodium) and frozen foods. Consider purchasing birthday cards, wrapping paper, mailing envelopes and stamps as well.
- ✓ **Address home repairs.** If you're experiencing signs that your hot water heater or furnace are not in optimal running order, have them checked out by a professional. If you have windows that do not close all the way or allow a draft, explore getting them replaced, fixed or ways to winterize them.
- ✓ **Get the outside ready.** If you own your home, it's time to either rake the leaves or hire someone to do it. Disconnect the hose, drain it of all water and store it. Store all lawn ornaments and lawn furniture. Get the snow blower and shovels ready or arrange to have a service plow/shovel your snow. Get a few bags of salt or other substance that will melt the snow and ice on your porch, sidewalk and driveway.
- ✓ **Get out your foul weather gear.** Make sure your winter coat is still in good condition, as are your gloves, hats and scarves. Make sure your boots or winter shoes have good traction to help minimize your fall risk.
- ✓ **Think recreation.** What activities do you want to participate in this winter? Maybe a tennis or bowling league? Make some calls to get that started. How about taking a writing class at a local college? Maybe an astrology class at the local community center. Think about activities that make you happy and smile, then pursue them so that you will have fun this winter.

***Now for the good news: Southeast Michigan is expected to have a milder and less snowy winter!***