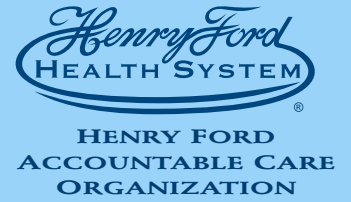
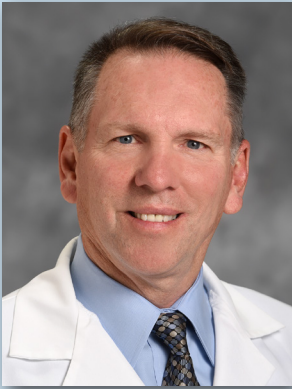




Your Henry Ford ACO News



A Message from your HFACO Chief Medical Officer



Bruce Muma, M.D.
HFACO Chief Medical Officer

Dear HFACO Beneficiary,

You have likely heard the term second opinion.

A second opinion is sought by patients when they feel the need to consider other options for their medical condition. This could mean another opinion about their diagnosis or the recommended treatment. A second opinion is a good idea when you have been diagnosed with a serious, rare or complex illness. It is also a good idea when considering invasive or high-risk elective surgery. Examples of these are complex spine surgery or advanced cancer surgery. Of course, second opinions are not typically available during emergency, life-threatening situations.

Why is a second opinion important? There is a great deal of research demonstrating a high degree of differing opinions among physicians – and even hospitals – regarding diagnosis and treatment options. Much of this variation is based on very real scientific uncertainty about the effectiveness of one option versus another. A second opinion gives you the chance to better understand those differences of opinion. Then you can decide what is best for you. Lastly, another benefit of a second opinion is to reduce the chance of misdiagnosis.

Keep in mind that a second opinion isn't always necessary. For most medical conditions, the diagnosis and treatment plan is straight forward and all physicians would agree on the best approach. If you are unsure about whether a second opinion would be beneficial it is fine to ask your physician. Nearly all doctors are open to a discussion about getting a second opinion. Often, they can guide you to the best place to seek that second opinion.

Some of the main reasons why people don't seek a second opinion include:

- **They think they will upset their doctor.** Actually, most doctors welcome another opinion.
- **They feel that they must start treatment or have surgery immediately.** Even with a cancer diagnosis there is usually time for another opinion.
- **They don't want more appointments.** This is your health. A second opinion is time well spent! If transportation is an issue, some of the top medical centers do virtual second opinions over the phone or via email.

Here is when you should get a second opinion:

- If you've been diagnosed with advanced or rare cancer
- If the treatment is risky or invasive and there are multiple options to consider
- If you've gone through extensive diagnosis and treatment but still aren't making progress as expected
- If you have reason not to trust your doctor

I hope this information is helpful to you. Please share it with your family and friends to help them make even better health decisions.

Kindly,

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

SPRING/SUMMER 2019

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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.

The Colonoscopy: A Love/Hate Relationship

Is there anything as wonderful as being done with a colonoscopy?

If the prep and anticipation is so uncomfortable, then why do it? Here's the best reason. The colonoscopy is one of the only procedures that can screen for cancer and prevent it. This is because any precancerous (or cancerous) polyps seen during the colonoscopy can be removed right then. Considering polyps are common in people over the age of 50, this is a big deal.

About 40% of colorectal cancer cases can be prevented with regular screening. Today, more people are getting their colonoscopies and it is making a difference. Here are some facts:

- In 2000 only 19% of adults ages 50-75 were screened. Now 65% percent are.
- There was a 30% drop in colorectal cases from 2000-2010. This is likely because of screening.
- When caught early, the colon cancer five-year survival rate is 90%.

If you have risk factors for colorectal cancer you may need to get a colonoscopy more frequently. This includes a history of inflammatory bowel disease. It also includes a family history of colon cancer.

In addition to getting your colonoscopy screening, there are many other things you can do now to reduce your risk. Here are the best ways:

- Get to a normal weight
- Exercise most days
- Add more fruits and vegetables to your day
- Limit red and processed meats
- Limit your intake of alcoholic beverages
- If you smoke, try (again) to quit



Cologuard: An Alternative

If you have no increased risk for colon cancer, your doctor may recommend Cologuard.

Cologuard is a new DNA-based cancer screening test conducted in the privacy of your own home. You receive the Cologuard kit in the mail. You then collect and mail back your stool sample via UPS. Your doctor will receive your results and then share them with you.

Check with your doctor to see if this is an option for you. Cologuard is not recommended if you have increased risk for colon cancer.

How to Make Your “Golden” Years Shine

Doree Ann Espiritu, MD is the Medical Director for Henry Ford’s Behavioral Health Services. Her specialty is working with older adults as a geriatric psychiatrist.

The whole concept of “successful aging” is one she has pondered and investigated during her career. The term successful aging – first introduced in 1987 – describes three main factors:

1. Being free of disability or disease
2. Having high cognitive and physical abilities
3. Interacting with others in meaningful ways

Dr. Espiritu explores successful aging, along with other topics in this Q&A:



Doree Ann Espiritu, MD

Q. Do you see poor health as a major contributor to sadness among those aged 60 or older?

A. “Medical illnesses can affect the quality of life. This can lead to isolation and depression. However, a lot of older adults still view themselves as aging successfully despite having physical illnesses and disability.”

Q. If a person is doing all they can to stay or get healthy, yet still they have some physical limitations, what are some tips to help them deal with this?

A. “It is always good to remember that whatever is good for the heart is also good for the brain. So be confident that doing everything you can for your physical health can also help with your emotional wellbeing. Remember to reach out for help if you are having difficulty with activities of daily living – things like getting to doctors’ appointments or keeping your medications straight.”

Q. Do you see people withdrawing from life and livelihood when they begin to get physical ailments?

A. “They often isolate. Please do not isolate yourself if you have a lot of medical problems. Make sure you talk to someone if you are feeling anxious and depressed because anxiety and depression can magnify pain and other medical problems. And remember that depression is often linked to lower rates of exercise and worse nutrition, greater social isolation and diminished engagement in productive activity, and a negative outlook on the future and the self.”

Q. Loss of loved ones due to passing on increases as we age. Can one prepare for this “stage” of life?

A. “Death is a very painful reality to discuss openly and no one can ever prepare for it. However, we need to encourage a healthy discussion about death because it is inevitable. Discussions about having a medical advocate, about how you want your family to decide on a care path if your health turns for the worse, long-term care decisions. These are all ways to de-stigmatize death and a healthy way to prepare.”

Q. What are some ways to best cope with losing close friends or family members?

A. “Always hang on to your lifelines. What has kept you strong in the past? Likely, faith, family, friends. Reach out, do not grieve alone. There are bereavement groups that can help. Many of these places also do individual sessions if you don’t feel comfortable in a group. Think about how you can continue the legacy of your loved one.”

(continued on page 5)

Why You Need a Primary Care Physician

You think you sprained your ankle. • **You believe you might have bronchitis or pneumonia.**
You've been feeling lightheaded and dizzy. • **You did something to your back and, oh the pain!**

For each of these situations you may think you need to see a specialist, or that you have to go to a walk-in clinic or emergency room. But these are all symptoms or conditions that are best first reviewed or treated by your primary care physician ... or as we like to call them, your PCP. Having a PCP is like hiring someone to captain your health ship. They can be – and want to be – your first point of contact for health situations.

Here are just a few reasons why you need a PCP:

- **Your PCP knows your health history and you.** This is a huge factor in getting the best health care possible. While the provider at the walk-in clinic or Emergency Room (ER) will certainly be qualified, they are just meeting you and only have a short listing of your health history on which to base their diagnosis and treatment plan. Your PCP knows you. Perhaps she knows that you have a high tolerance for pain, so if you are complaining about discomfort, it must be really bad. Or maybe he saw you a few weeks earlier for a chest cough and can compare your current condition based on what he saw previously.
- **Your PCP can guide you to the care you need.** If you need to see a specialist, it is best to get the recommendation directly from your PCP. Why? She will recommend the person she thinks is best for your situation. You may think you need to see an endocrinologist; your PCP may think a dietitian is the answer. And often, your PCP can handle your health situation without the use of a specialist. Even if you need to see a specialist, your PCP will still be there to monitor your health and the care you are receiving.
- **You can develop a real relationship with your PCP.** This is the person who cares about your day-to-day health. They want to know how you are doing. They will be the one to encourage you to get health screenings, quit smoking, exercise, watch your cholesterol, etc. And they are the one you can turn to if something just doesn't feel right ... because they know you.

Studies show that people who have a primary care physician are usually healthier. This is because they generally get the health screenings they need and have someone to see as a follow-up if they did have to go to the ER. They also have a professional contact who can notice changes in their health and act on them right away.

Maybe it's time to change the way you think about your PCP. Instead of calling them your Primary Care Physician, think of them as your Personal Care Physician.

Do You Have the Right PCP?

Oftentimes people take more care choosing a hairdresser than selecting a PCP! Don't be one of those people. Here are some things to consider when looking for a PCP. They also might be good things to ask yourself about your current PCP if you have one.

- Do you feel comfortable sharing your most personal health information with them?
- Do your personalities fit well together?
- Is the office staff polite and efficient?
- What is a typical time period to wait for an appointment and is that acceptable to you?
- Do they have extended or weekend office hours (if that is important to you)?
- Is their office within a reasonable drive from your home?

If you do not have a PCP or are not happy with your current one and would like a Henry Ford PCP, please call 1-800-HENRYFORD (1-800-436-7936) and we would be happy to find the perfect fit for you.

Q. Loneliness can be an issue for anyone, regardless of their age. What are some of your suggestions on how to deal with this?

A. “They are the same suggestions as the answer above. Stay connected to what keeps you strong and get involved.”

Q. How important is physical exercise or movement in boosting the spirits?

A. “There is a great deal of medical interest in the role of inflammation and oxidative stress in aging. There are many links between stress and inflammation, obesity and sedentary behavior, depression and cardiovascular disease. So the more active one is, the better they are able to combat the physical stress of aging. In addition, loneliness is a predictive risk for Alzheimer’s disease.”

Q. Do you feel that people tend to act and live the way they think they should act and live at a certain age?

A. “Positive psychological traits have remarkable effects on mortality. There are also a number of studies indicating that a higher sense of purpose in life, optimism and a more positive attitude toward aging are associated with longer lifespans.”

Q. What is the key to staying youthful?

A. “Aim to improve your lifestyle behaviors and social engagement; do more and get out more. Also, seek new interests ... things you have never done before. There are new technologies, such as ‘exergames’ that use video games to combine physical activity, pleasant activity and cognitive stimulation. These may reduce late-life depression.”



THE POWER OF LAUGHTER

- Increases happy hormones
- Improves outlook on life
- Reduces feelings of depression
- Reduces the effects of stress
- Honestly, makes more people want to be around you

TIP
What you watch on TV can affect your mood. Consider this next time you select a program or movie.



Keeping the Ticker Ticking

Every day we have opportunities to make our heart healthier than the day before. So why wouldn't you do what you can to keep it as healthy as possible?

Here are some things you can do to keep your ticker ticking as strongly as possible. As always, consult your doctor before making changes to your lifestyle to make sure it fits into what he/she prescribes for you and your unique health situation.

Add Movement to Your Day

Movement doesn't have to be "exercise." Here are some examples of movement that can help your heart and your home:

- pick up sticks from the front and back lawns
- rake up leaves from last fall and bag them
- wash down the shelves in the kitchen cupboards
- wash walls
- clean out the fireplace
- wash window treatments
- move winter coats into storage and hang up spring coats.

Remove Unhealthy Food from Your Kitchen

Willpower is tough. Some days we have it, some days we don't. Take the guessing game out of it by removing unhealthy food from your home. Here are some common culprits that are likely in your kitchen:

- cookies or other baked goods
- red meat
- tortilla or potato chips
- cheese or cheese dips
- chocolate and candy (a little bit of 70% cacao chocolate can help your heart)
- alcoholic beverages (if you tend to overindulge)



Add Healthy Food to Your Kitchen

If you fill your kitchen with good food options like those listed below, you will give yourself - and your heart - the best chance to be satisfied and healthy:

- fresh fruit in a bowl on the counter
- a container of cut up veggies like carrots, celery, cauliflower and red peppers in the fridge - dip them in hummus for added flavor and protein
- pieces of chicken and salmon in your freezer ready for cooking
- fresh salad in the fridge as a snack, side dish or meal
- low-fat yogurt with a few walnut pieces for added protein

Get Your Screenings

Your healthcare team can't know what's going on inside of you unless you get your screenings. Listen to your primary care doctor and get all of the screenings you need, when you need them. These can include:

- diabetes screening
- mammogram
- prostate exam/screening, etc.
- colonoscopy

Does it help if we say that no one likes getting these? But they are the best line of defense to keep you healthy.

Say Goodbye to Stressors

Everyone has stressors, but we don't have to welcome them with open arms. Say goodbye to situations or people who cause you unnecessary stress. This can include a volunteer job that is too demanding, family members who add way too much drama to your life and even thoughts that cause you anxiety. You may want to see a behavioral health specialist to help guide you through this process. If you need it, do it. Your heart will thank you.

If you would like to make an appointment with a Henry Ford Health System behavioral health specialist, please call 1-800-422-1183.

Get Smart: Using Your Smartphone

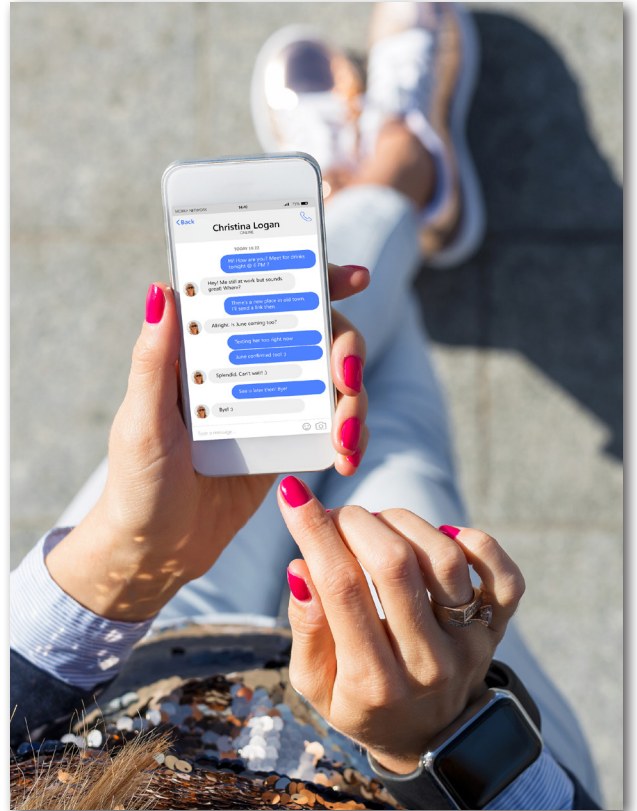
Having a smartphone means you can text from it, receive emails and access the internet. This is a priceless piece of technology in your hands. You can use it to arrange your daily and monthly schedule and store lots of information that is important to you and your health.

But before we get started on that, the first thing you have to do is make sure your phone is always charged. This might mean plugging it in every night before you go to bed. This is especially important during spring and summer thunderstorm season. If the power goes out, you will be able to make phone calls to get any help you need.

Here are a few other ways you can use your smartphone to make your life easier and healthier:

- **The Calendar.** No more scribbling notes on paper and sticking them on the fridge or in your purse. You can enter in any of your plans – book club, yoga, doctors’ appointments, dinner plans – into the Calendar on your phone. This means you will always know your availability. This is very important when leaving your doctor’s office and you need to schedule a follow-up or specialist appointment. You will also receive alerts on your phone prior to an appointment.
- **Notes.** There is a place on your phone where you can store notes. This can be a grocery list, directions to a friend’s house or ideas for a project. It can also be very useful as a place to record all of the medications you are taking and their dosage. This way, if you unexpectedly have to go to the Emergency Room or walk-in clinic, you will have this important information.
- **Contacts.** In the phone area of your smartphone there are several options: Favorites, Recent Calls, Keypad (to dial), Voicemail Messages and Contacts. Contacts is one of the most important features. Here you can store names and phone numbers, including any health care provider. This is also very helpful if you need to contact a friend or family member during an emergency situation. Once you enter their information, you can then just click on their name and get all of their phone numbers, etc.
- **Alarm.** This feature allows you to program in several different alarm times. If you need a prompt to remind you when to take medication, your smartphone is there to help!
- **Emergency.** If you have an emergency, you can click on the home button of your phone. This will take you to a screen where you see buttons to dial a phone number, but also the word “Emergency.” Tap that and you are dispatched to local police.

If you have a smartphone but don’t know how to best utilize it, you can call your phone plan provider (Verizon, AT&T, Cricket, etc.) and ask if you can stop by so they can show you the nuances of your amazing phone.



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GO TO
www.henryfordaco.com
for more information

Hydration Made Simple: Eat your Water

It's safe to say we all know how important it is to get enough water into our bodies. It's called hydration and it's vital to good health. Staying hydrated can be a challenge in the summertime because of the heat (and sweating). But if the thought of drinking 8-10 glasses of water a day to stay properly hydrated makes you gag, here's some great news. You can eat your water!

"Many of the tastiest foods in the world are filled with water," says Henry Ford Dietitian Sayde Beeler. "So this summer use food to help supplement your water intake. This doesn't mean you should stop drinking water, but it's a good way to fill in the gaps of hydration."

Buy juicy fruits and vegetables

Delicious fruits such as watermelon, cantaloupe, strawberries, grapes, pineapple, oranges and grapefruit are filled with water. But did you know that cucumbers, lettuce, radishes, tomatoes, green pepper and celery also have high water content?

The Basics

Nearly all liquids (with the exception of alcoholic beverages) can hydrate you. This includes coffee, tea, sparkling water, juices and even soup. Even semi-solid treats like Jell-O or popsicles add to your water content.

Get Creative

Drinking water is still the best way to hydrate, but it doesn't have to be boring. Freeze cranberry juice in an ice cube tray and add these special cubes to a glass of water. Add a few raspberries or cucumber slices to your glass of water. Be creative and experience how good it feels for your body.