

LIVEWELL

FALL/WINTER
2016

**GUILTY
PLEASURES
THAT ARE
GOOD
FOR YOU**

ALSO INSIDE:

- >> GET YOUR SCREENINGS
- >> KNOW GOOD
HAND HYGIENE
- >> TIPS TO GET FIT NOW

short takes

WHAT'S HOT THIS WINTER?

SKIP THE URGENT CARE CENTER WAIT TIME

Did you know that Henry Ford Macomb's online reservation system can help you avoid wait times at our urgent care centers? The new program allows users to view available appointment times at urgent care locations in Bruce Township, Chesterfield, Fraser and Shelby Township and choose the most convenient location. The system sends a reminder text or resets your time if there are delays. Reserve your spot at HenryFordMacomb.com/UrgentCare.



FLU MIST NOT OFFERED THIS SEASON

Based on an advisory from the Centers for Disease Control and Prevention, Henry Ford is not offering the nasal spray flu vaccine as a vaccination option for the 2016-17 flu season. The CDC says the nasal spray, commonly known as FluMist, is ineffective for protecting children against the flu. In lieu of the nasal spray, children should receive the injectable vaccination. The CDC recommends an annual flu vaccination for everyone 6 months and older.

Walk-in flu shots are offered during normal business hours at Henry Ford Macomb Health Centers in Bruce Township, Chesterfield, Fraser and Washington Township.

QUITTING FOR GOOD



Tobacco use is the single largest preventable cause of disease and premature death in the United States. Join the American Cancer Society's Great American Smokeout effort

and go smoke-free for 24 hours on November 17. Quitting for good is hard, but help is available. The Henry Ford quit-tobacco programs include options for medications to ease tobacco withdrawal and individual or group counseling. Call **(313) 874-1885** or email tobaccofree@hfhs.org.

The risk of developing lung cancer, the leading cause of cancer death, is about 23 times higher in male smokers and 13 times higher in female smokers, compared with lifelong nonsmokers. Medicare now covers lung cancer screenings for those who meet certain criteria, and Henry Ford offers \$99 screenings for those not covered by insurance. To see if you qualify and to schedule a screening with Henry Ford Macomb, call **(586) 203-1600** or visit HenryFord.com/LungScreening.





What you should know about hand hygiene

Hand washing is important to prevent the spread of germs—and avoid getting sick yourself—especially during sniffing and sneezing season. But a new study confirms that it's how you wash your hands, not the type of soap you use, that's most important.

For the study, researchers exposed 20 different strains of bacteria to both plain soap and antibacterial soap for 20 seconds. They found that both soaps were equally effective at destroying bacteria.

Why aren't antibacterial soaps better?

The active ingredient in most antibacterial soaps, triclosan, does kill bacteria and viruses. It takes more than 20 seconds for the ingredient to work effectively, though. The study found that after nine hours, the antibacterial soap with triclosan did kill significantly more bacteria than the regular soap.

Numerous safety concerns have been raised about triclosan, including allergic reactions and potential harmful effects on hormones. As a result, many manufacturers have removed it from their products.

THE BEST WAY TO WASH YOUR HANDS

To remove germs effectively, follow these good hand-washing practices:

- Lather hands with soap and water. Be sure to rub between your fingers, the backs of your hands and under your nails.

- Rub your hands together for at least 20 seconds (about the time it takes to hum the “ABC” song).
- Rinse your hands completely with clean water and dry your hands with a clean towel or air-dry.

If you can't wash your hands, choose a hand sanitizer with at least 60 percent alcohol. Note: Hand sanitizers are not as effective when hands are visibly dirty or greasy.

BE YOUR OWN BEST ADVOCATE

Proper hand hygiene in the healthcare setting saves lives and reduces the spread of infection. Patients and their loved ones can

play an important role in the prevention of hospital-acquired infections by asking or reminding healthcare providers to wash their hands.

“Henry Ford Macomb's goal is 100 percent hand hygiene compliance among employees and physicians at our hospitals, outpatient centers and doctor's offices,” says Joanna Pease, DO, chief medical officer. “We encourage patients to partner with us on this important safety effort. Please know that you have the right to speak up if you ever see healthcare providers not practicing proper hand hygiene.”

For more healthy hand-washing tips, visit cdc.gov/handwashing.

Get your Screenings

Advice from a cancer doctor who was also a cancer patient



Can we prevent colon cancer? Believe it or not, the answer is yes. A polyp, if left alone for a long time, can transform into cancer. If we remove the polyp, we prevent the mass from forming and ultimately prevent the cancer. Dr. Lynette Sutkowi-Toomajian shares her personal cancer story here in hopes that it will inspire others to get their screening colonoscopies.

My sister is the reason I became an oncologist. She was diagnosed with acute lymphocytic leukemia at the age of 4. I was 8. That experience formed my interest in oncology. Whenever someone asked what I wanted to be when I grew up, I would answer, "a cancer doctor" so that I could help people like the doctor helped my sister, who is now a 43-year-old wife, mother and cancer survivor!

Funny story. About seven years ago, I felt very sluggish for a couple of months and it wasn't going away. In the past, I had been through a grueling residency and hadn't felt this worn-out. I felt like I imagined it would feel to have cancer. I rationalized that it was because of my busy schedule, working, taking

Dr. Lynette Sutkowi-Toomajian overcame her fear of public speaking to share her journey with more than 800 cancer survivors and their families at luncheons hosted by Henry Ford this past summer. She is pictured here (left) at the luncheon with her sister, Paulette Wallace.

care of two young daughters, plus getting older—turning the big 4-0. I stopped having my periods and figured I was entering menopause or dealing with too much stress.

Well, after some blood work, I found out I was pregnant. How could my husband and I, two doctors, not have figured this one out? When I told my mom the news, she said, "Aren't you glad it's not cancer?"

The thought of having a third child after 40 had my mind racing—the rate of Down syndrome, preeclampsia and that darn nauseous feeling. Then I delivered a healthy baby boy. My prayers were answered.

Fast-forward almost one year later: I had my annual physical again. Blood work showed that I was anemic. My iron was about as low as it could be. From the back of my head came the wise voice of one of my trainers, who taught me that iron deficiency is colon cancer until proven otherwise. I then ordered a test that looks for blood in the stool, which was positive. I needed a colonoscopy. I had no family history of cancer other than my sister's leukemia, which is not hereditary. Could it be? My internist didn't think so, nor did my husband, but my gut told me otherwise.

I woke up from the colonoscopy and thought I was having a nightmare when the gastroenterologist told me that she had found a mass and took a biopsy and it looked like cancer. At that moment, my world stopped! Did she just say that word? I knew what came next: CT scans for staging.

Had the cancer spread? Was I going to need chemo? Was I going to need surgery? Why would God give me this baby boy and then take me away from him? Would I see my daughters graduate? My head was swirling with all the unknowns.

I had surgery in June 2011. I came home from the hospital on my son's first birthday. I was happy to be with my family and celebrate his birthday, but wondered if it would be the last one I would have to spend with him.

The surgeon called a couple of days later with great news. They caught it early, stage 1. No chemotherapy was necessary. Thank God! More prayers answered.

My family probably wasn't thrilled when they received instructions to have their colonoscopies done now, but they can all rest easier knowing their colons got a clean bill of health and that they are taking the preventive approach to colon cancer.

My family played a very important role in my coping and recovery process. They were the reason I had to keep going. I was blessed with their unwavering love and support. My husband is my rock. I know it wasn't easy for them either. Cancer hits us all, whether you are the patient or the patient's family.

Being diagnosed with cancer brought out the best and worst of my life at the same time. The same things that tear us apart are what ultimately make us stronger. That is the definition of cancer in my life.

When I reflect about the cancer and how lucky I am to be here for my kids, it almost takes my breath away. I believe this is God tapping me on my shoulder, reminding me to not take anything for granted. I am listening, and I will spread the word.



Lynette Sutkowi-Toomajian, DO, is a board certified medical oncology/hematology specialist at Henry Ford Macomb and a member of the Josephine Ford Cancer Institute.

! Henry Ford Macomb has partnered with the Macomb County Health Department to make free colorectal cancer screening tests available to people at risk who have not been screened. For more information, call (800) 532-2411.



More and more Americans are surviving cancer.

This is largely due to early detection of the disease by screening tests, which spot cancer before it causes any symptoms or pain. For a complete and up-to-date list of the American Cancer Society's screening guidelines for certain cancers, visit **cancer.org**. Your doctor may recommend more or less frequent screenings, depending on your medical history.

Guilty pleasures that are good for you

Meat, potatoes, eggs, bread, chocolate. At one time or another, each of these foods has been shunned in the popular media. They might even appear on your personal “do not eat” list. The irony: Each of these foods—and many others that get a bad rap—can actually be good for you.

Here are seven surprisingly healthy eats to consider adding back onto your plate:

CHOCOLATE MILK

The rap: Chocolate milk is full of sugar and calories.

The reality: Not only is chocolate milk a good source of protein, it's also loaded with calcium, vitamin D and potassium.

Bonus: Extra carbohydrates from the chocolate help muscles recover more quickly after a workout. In fact, many trainers say chocolate milk is an ideal recovery food.



POTATOES

The rap: Potatoes fell prey to the “no white foods” movement, which suggested that white foods were high in calories and low in nutrients.

The reality: Potatoes are high in fiber, potassium and vitamin C. And without fatty toppings like butter, cheese or



sour cream, they're actually quite low in fat and calories.

COFFEE

The rap: Coffee is just a means to get a jolt of caffeine.

The reality: The popular beverage is also a top source of disease-fighting antioxidants. Studies link moderate coffee consumption with a lower risk for type 2 diabetes, Alzheimer's disease and Parkinson's disease.

Just keep your consumption at or below 2 cups a day and steer clear of caffeine at least six hours before bedtime so that it doesn't interfere with sleep.



RED MEAT

The rap: Beef is a dietary minefield, loaded with fat, cholesterol and growth hormones.

The reality: Beef is a great source of protein and iron, an essential mineral that helps



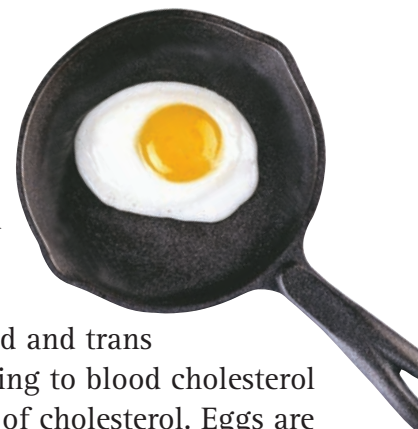
red blood cells shuttle oxygen from the lungs to all the body's cells and tissues—and one that many people, especially women of childbearing age, are lacking. Plus, beef provides other vitamins and minerals, including B vitamins and zinc.

The caveats: Stick with 3- to 4-ounce portion sizes and choose lean cuts, such as filet mignon, sirloin, strip or flank steak. And choose a cut with the least marbling—aka saturated fat!

EGGS

The rap: For years, health experts dissed eggs due to their cholesterol content.

The reality: Saturated and trans fats are more damaging to blood cholesterol than dietary sources of cholesterol. Eggs are an inexpensive and easy source of protein. While the yolk does contain fat and cholesterol, it's also packed with important nutrients, including choline and lutein (choline helps bolster the brain while lutein reduces the risk for eye disease).



NUTS

The rap: Nuts are high in fat and calories and can wreak havoc on a healthy diet.

The reality: Eating nuts has been linked to a number of health benefits, including a lower risk for diabetes and heart disease. In addition to good taste and texture, nuts



Henry Ford Macomb's Center for Weight Management can help you develop a meal plan to meet your weight loss goals. To schedule an appointment, call (800) 756-9890 or visit HenryFordMacomb.com/LoseWeight.



also boast protein and fiber, and they're jam-packed with inflammation-fighting monounsaturated fat.

Studies show that snacking on nuts—a small handful at a time—may promote weight loss since their protein, fiber and monounsaturated fats help stave off hunger pangs.

BREAD

The rap: Bread is just a slab of empty calories.

The reality: Bread made from grains stripped of nutrients is empty calories.

However, bread made from whole grains contains a number of nutrients, including vitamins, minerals and fiber. Since most bread in this country is fortified, you'll get a hefty hit of B vitamins, too. Just be sure to select 100 percent whole grain or whole wheat bread to reap the benefits.

All foods can fit within a healthy diet. Instead of denying yourself the pleasure of eating something you're craving—even if it seems indulgent—consider how you can enjoy the food without overdoing it.



Read more nutrition advice at HenryFordLiveWell.com and subscribe to get posts emailed right to your inbox.





Go for the goal!

When you set goals, there's no telling what you might accomplish. Just ask Bonnie Sumner of Sterling Heights, who recently reached her incredible goal of running a marathon in all 50 states.

Bonnie, 67, started running in the early '90s. "My kids ran cross-country in high school and college. I noticed runners who were my age at some of the races and thought, 'I could do this,'" says Bonnie. She began training with

her daughter and eventually ran the Detroit Free Press Marathon.

Marathons are 26.2 miles. Multiply that by 50 states, and Bonnie has logged more than 1,300 marathon miles—about the distance from Detroit to Miami—plus countless more miles of training to compete.

So how did the 50 states idea come about? "There's actually a 50 States Marathon Club," explains Bonnie. According to the club website, only 35 Michigan members can boast all 50 states

and just more than 1,100 members worldwide have met the goal.

Bonnie, who is retired but works part-time at Henry Ford Macomb's coffee shop, says she didn't really get serious about running 50 states until she turned 60. "I've done 42 states in the last seven years," she shares. "It's been an awesome journey. I've been very blessed to never have any serious injuries, and I've seen a lot of beautiful country along the way."

Bonnie's final state was California. Her whole family joined

her on July 31, 2016, for the San Francisco Marathon, which runs over the Golden Gate Bridge. Her son and daughter also ran in the race. Bonnie's four grandchildren surprised her near the end of the course to run the last 50 yards together. "They normally don't allow anyone but runners on the course, but they made an exception after my husband talked to security and explained why it was a special run for me. What a great way to finish!" Bonnie says.

The best time to start a fitness program? Today, of course!

Whether you are a seasoned veteran of fitness or a novice, you are never too old for exercise. Studies show that a regular exercise routine can decrease stress and depression and improve cardiovascular health. Exercise is crucial to maintain strength and balance, which helps you decrease the risk for injury and maintain your independence.

TIP 1: EXERCISE AS YOU AGE.

The simplest form of exercising is a walking program. Start with 15 minutes every other day or daily, then gradually increase duration and speed.

Add some strength training to your routine. High repetitions and low weights are the best low-impact exercises to begin with. Start with some basic sit-to-stands from your kitchen chair, bicep curls and overhead presses.

TIP 2: EXERCISE IN THE WINTER.

Don't let your progress decrease with the season. If you go outside, wear layers. Make sure all the roads and sidewalks you walk on are salted. Ice is the number one cause of falls, which can cause injuries and setbacks.

You can also exercise at home, look into walking groups at indoor malls or join a gym.

TIP 3: GO FROM COUCH TO 5K.

There are many running programs to prepare a novice runner for a 5K. Every person is different,

however, so go at your own pace. If you can't run the amount that is required for the day, walk or jog and aim to go for a longer distance the next day. Getting the miles in daily is required.

Let pain be your guide. If it hurts,

stop doing it and decrease the time or repetition of exercises. If a muscle or joint continues to bother you, seek medical attention from your primary care physician so that he or she can recommend your best course of action.

Leeann Taptich is the lead physical therapist of Sports Medicine at Henry Ford Macomb's Rehabilitation and Sports Medicine facility in Clinton Township. For more information, call (586) 285-3800.

10 REASONS TO START RUNNING NOW

More than 18 million U.S. adults crossed the finish line of a running race last year, according to industry group Running USA. Even if you never pin on a race bib, lacing up and stepping out can have big benefits for body and mind. Research shows runners:



Sleep better.

Fall asleep faster, stay there longer, and wake up refreshed.



Stress less.

Your body releases oxytocin, which lowers levels of the stress hormone cortisol.



Lose weight.

A year of consistent training can help you shed more than seven pounds.



Strengthen bones, muscles, and joints.

Running can reduce your risk for arthritis and hip replacements.



Defend against diabetes.

Reduce your risk of developing diabetes, and control your blood glucose if you have it.



Combat cancer.

Slash your risk for colon, breast, and some other cancers.



Feel happier.

Brain chemicals released during running ("runner's high") give you positive feelings.



Improve heart health.

Lower your resting heart rate and blood pressure and increase your HDL or "good" cholesterol.



Think sharper.

Boost brainpower and reduce the risk for dementia as you age.



Live longer.

Just five to 10 minutes per day of slow jogging can reduce your risk of dying of heart disease.

Henry Ford Macomb offers a variety of health education classes, screenings and support groups to serve our community. 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 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.

American Red Cross Blood Drive

To schedule an appointment, visit RedCross.org and enter code HENRYFORDMACOMB or call **(800) 733-2767**.

Jan. 3, 10:30 a.m. to 4:30 p.m.
Clinton Township hospital,
Medical Pavilion, Fourth Floor, Room 3

Autoimmune Diseases Support Group

Monthly speakers offer information on understanding and managing autoimmune diseases. Open to patients, family members and caregivers. Registration is not necessary.

Nov. 10, 7 to 9 p.m.
Clinton Township hospital,
Medical Pavilion, Fourth Floor, Room 3

Bariatric Support Group

Join patients and family members for weekly discussions about post-surgical weight management.

Wednesdays, 7 to 8 p.m.
Clinton Township hospital,
Medical Pavilion, Fourth Floor, Room 1

Bariatric Surgery Overview

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

Oct. 27, 10 a.m.
Nov. 14 or Dec. 12, 6:30 p.m.
Clinton Township hospital,
Medical Pavilion, Fourth Floor, Room 1
Nov. 28, 6:30 p.m.
Henry Ford Macomb Health
Center-Chesterfield

Bereavement Support

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

Drop-in session Nov. 17, 7 to 8:30 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Rooms 4 and 5

Blood Pressure Screenings

Join us for a free blood pressure screening to ensure your numbers are within normal range. Walk-ins welcome.

Nov. 10 or Dec. 8, 2016; Jan. 12, 2017
11 a.m. to 1 p.m.
Clinton Township hospital lobby
(main entrance)

Diabetes Prevention Program

Learn how to change your lifestyle to prevent type 2 diabetes. Group meets for 16 weekly sessions and six monthly follow-up sessions with a trained life-style coach. This is a Centers for Disease Control and Prevention program. For upcoming class dates, locations and to register, call **(800) 532-2411** or email dppregistration@hfhs.org.

Joint Replacement Seminar

Join an orthopedic surgeon to learn more about joint pain and joint replacement surgery.

Nov. 17, 6 to 7 p.m.
Clinton Township hospital

Relaxation Yoga

This class combines gentle stretching with breathing and relaxation techniques.

Monday sessions begin Nov. 7,
4:45 to 5:45 p.m.
Thursday sessions begin Nov. 10,
6:30 to 7:30 p.m.
\$36 for six weeks. No classes week
of Thanksgiving.
MORC (Macomb-Oakland Regional Center)
Rehab Services, 16200 19 Mile Road,
Clinton Township, 48038

Seniors Staying Safe: Fall Prevention

Learn prevention that will help you decrease your likelihood of injury and stay healthy and independent. Light refreshments served.

Oct. 26, 10 to 11 a.m.
Henry Ford Macomb Health Center-Bruce
Township, 80650 Van Dyke,
Bruce Township, 48065

Seniors Staying Sharp

Join a CARE of Southeastern Michigan gerontologist for a discussion designed to recharge your mental batteries. Light refreshments served.

Nov. 17, 1:30 to 3 p.m.
Henry Ford Macomb Health Center-Bruce
Township, 80650 Van Dyke, Bruce, 48065

Strength, Tone and Stretch

Use hand weights, proper alignment and movements to strengthen and tone your muscles. Basic dance and yoga stretches increase flexibility and relaxation. Bring a yoga mat and two different sets of hand weights.

Thursdays beginning Nov. 10,
5:15 to 6:15 p.m.
\$36 for six weeks. No classes week
of Thanksgiving.
MORC (Macomb-Oakland Regional Center)
Rehab Services, 16200 19 Mile Road,
Clinton Township, 48038

Zumba

Take Salsa, cha-cha, samba, tango, merengue, flamenco, calypso, hip-hop and belly dancing, put it in a workout routine and you've got Zumba! Great for all ages and fitness levels.

Tuesdays beginning Nov. 8,
5:15 to 6:15 p.m.
\$36 for six weeks. No classes week
of Thanksgiving.
MORC (Macomb-Oakland Regional Center)
Rehab Services, 16200 19 Mile Road,
Clinton Township, 48038

CANCER CARE

For more information on the programs listed below, please call (586) 263-2237.

Art Therapy Support Group

This group, guided by an art therapist, is designed for those touched by cancer—patients and survivors as well as their families. Please register to ensure there are enough supplies for everyone.

Nov. 2 and Dec. 7, 2016; Jan. 4, 2017
(first Wednesday of each month, ongoing)
1 to 2:30 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Rooms 4 and 5

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. Registration is not required.

Mondays, 1:30 to 3 p.m., ongoing
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Room 6

Family/Caregiver Support Group

Facilitated by a professional counselor, this weekly group offers those who support cancer patients the chance to discuss concerns and get practical tips for dealing with daily challenges. Registration is not required.

Fridays, 10:30 a.m. to noon
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Room 10

Look Good ... Feel Better

This class, sponsored by the American Cancer Society, is especially for women undergoing cancer treatment. A cosmetologist will be on hand to demonstrate how to choose the makeup, wigs, scarves and hats that will best complement your appearance. Registration is extremely important. Call (800) 227-2345.

Second Tuesday of the month, 2:30 to 4 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Rooms 4 and 5

COMPLEMENTARY 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.

Nov. 3, 6 to 7:30 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Room 3

Reiki Practitioner Training

Both dates are required. Please call for pricing information.

Level 1: Nov. 9 and Nov. 10, 5:30 to 9 p.m.
Level 2: Nov. 16 and Nov. 17, 6 to 9 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Room 3

Therapeutic Massage

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

EXPECTANT AND NEW PARENTS

At Henry Ford Macomb, parents-to-be will find Macomb County's most experienced newborn care team, with board certified obstetricians, certified nurse midwives and all the support they'll need when they're expecting a child. Couples can also enjoy our newly renovated family-centered labor, delivery, recovery and postpartum birthing suites.

Nov. 7, Dec. 5 or Jan. 9 at 6 p.m.
Meet in hospital main lobby.
Call (800) 532-2411 to register or for
more information about our pregnancy
and newborn education programs.

Breastfeeding

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

Nov. 7, Dec. 5 or Jan. 9, 7 to 9:30 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Room 3
Cost: \$20

Childbirth Workshops

This one-day workshop covers the process of labor and delivery, labor-coping techniques and support skills. Medical procedures during labor and delivery, baby care for the first 30 days and a tour of our Birthing Center are also included.

Nov. 12, Dec. 3 or Jan. 7, 8:30 a.m. to 4 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Room 3 Cost: \$65

A three-week Childbirth Series. The series also covers prenatal and infant massage techniques and use of essential oils.

Series starts Nov. 3 or Jan. 4, 7 to 9:30 p.m.
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Room 3 Cost: \$65

Infant Massage Class

Learn the many benefits massage can have for your infant ages 3 weeks to 18 months. Use of essential oils will also be covered. Both parents are welcome to participate.

Dec. 1, 6 to 7 p.m., Cost: \$20
Clinton Township hospital, Medical Pavilion,
Fourth Floor, Room 1

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 the Fraser Center at (586) 285-3999, the Chesterfield Center at (586) 421-3052, Bruce Township Center at (810) 798-6418 or Shelby Macomb Medical Mall at (586) 323-4700.

WEIGHT MANAGEMENT

The Henry Ford Macomb Center for Weight Management offers three ongoing programs: the medically supervised Decision Free Diet, designed for those who wish to lose more than 30 pounds; Healthy Solutions, for those seeking moderate weight loss; and Simple Choices, a less structured program. Weight loss classes take place at Shelby Township and Chesterfield Township Health Centers. For information, cost or to schedule an appointment, call (800) 756-9890 or visit HenryFordMacomb.com/LoseWeight.



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Henry Ford provides at no cost qualified interpreters and other aids and services for the deaf and hard of hearing. To request assistance, call (800) 532-2411. If possible, please notify us three days in advance of the seminar.

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CONNECT WITH US ONLINE AT HENRYFORDMACOMB.COM.



GET BACK TO
WHAT MATTERS MOST

Greg Jakub of Grosse Pointe is an avid cyclist and Spine Center patient.

BACK AND NECK PAIN not only keeps you from activities you love, it can affect your mood, sleep and overall well-being. The Henry Ford Macomb Spine Center offers answers and solutions for those who have been unable to find relief elsewhere. Our experts help identify the underlying problems leading to your back and neck pain.

We help you get the tests and treatments you need, and a nurse navigator is with you every step of the way.

Call (586) 263-2345 or visit HenryFordMacomb.com/SpineCenter.



HENRY FORD
MACOMB HOSPITALS