

LIVEWELL

Fall 2021



HENRY FORD
MACOMB HOSPITAL



NEW WALK-IN ORTHOPEDIC CLINIC AT RICHMOND HEALTH CENTER

Patients can now get the care and expertise of a Henry Ford orthopedic specialist quickly through a new orthopedic walk-in clinic at our Richmond Health Center. The new clinic sees patients with injuries to wrist, hand or shoulder, possible broken bones, sprained knees, sports injuries or swollen joint, ankle or foot. There's no need for an appointment or physician referral (unless required by insurance), and patients are charged only for an office visit. Open Wednesdays, 3 to 7 p.m. **Visit [HenryFord.com/OrthoWalkIn](https://www.henryford.com/OrthoWalkIn) or call (586) 273-5140.**



TURNING 65?

It's never too early to start thinking about how to choose a Medicare Advantage plan that works for you. Many plans include:

- Dental, vision and/or hearing coverage
- Free medication review
- Help managing chronic conditions like diabetes
- An over-the-counter benefit
- A fitness benefit
- Telehealth visits at no cost to you
- Home-delivered meals following discharge from the hospital

For more information on finding a plan to meet your unique needs, visit Hap.org/Medicare or call (800) 868-9885.



VACCINATION IS OUR BEST DEFENSE

As we move into the fall and winter seasons, preventing cold and flu becomes a top priority. Most people are already implementing the things that can prevent the spread, like social distancing, using hand sanitizer and masking up due to the rise in new COVID-19 variants. However, vaccination is still our best defense against both COVID-19 and the flu. **Visit [HenryFord.com](https://www.henryford.com) for the most up-to-date information around vaccines, including booster shots for COVID-19 and the flu shot.**



DON'T WAIT TO GET CARE: VISIT AN URGENT CARE OR WALK-IN CLINIC

DO YOU HAVE A HEALTH ISSUE THAT'S NOT QUITE AN EMERGENCY, BUT YOU NEED TO BE SEEN TODAY? Get expert care for minor medical concerns at our Henry Ford Macomb Urgent Care Centers or Walk-In Clinic. You can get immediate care for sudden illness or minor injuries for the cost of your copay. This can be an especially good option right now as some primary care doctors are overbooked with patients returning to in-person care.

All Henry Ford Walk-In Clinics and Urgent Care Centers are staffed with board-certified physicians and nurse practitioners who are ready to get you feeling better fast, even on weekends and holidays. Each location provides care for the treatment of conditions such as:

- Fever
- Bug bites or skin rashes
- Cough
- Eye infections
- Deep cuts needing stitches
- Bladder infections and more
- Sprains and strains

Many of our Urgent Care Centers and Walk-In Clinics offer on-site lab, radiology and Henry Ford pharmacies.

Visit [HenryFord.com/SkipTheWait](https://www.henryford.com/SkipTheWait) to find a clinic near you, check wait times and reserve your place in line.

Henry Ford Macomb Urgent Care Centers:

Monday – Friday, 8 a.m. to 10 p.m.

Weekends and holidays, 10 a.m. to 6 p.m.

- Bruce Township – 80650 Van Dyke Road
- Chesterfield – 30795 23 Mile Road
- Fraser – 15717 15 Mile Road

Henry Ford Macomb Walk-In Clinic-Richmond

67267 Main St.

Monday – Friday, noon to 8 p.m.

Weekends and holidays, 8 a.m. to 4 p.m.



EVERYTHING YOU NEED TO KNOW ABOUT PROSTATE CANCER

OF THE MANY HEALTH ISSUES THAT MEN FACE THROUGHOUT THEIR LIVES, PROSTATE CANCER RANKS AS ONE OF THE MOST PREVALENT. In fact, among males, prostate cancer is the most common type of cancer aside from skin cancer. Despite its frequent occurrence, the disease is often overlooked and misunderstood.

“One in eight men will get prostate cancer,” says Craig Rogers, M.D., a urologist with Henry Ford Health System. “More than 175,000 men are diagnosed with prostate cancer each year and there are more than 30,000 deaths from it each year.”



Craig Rogers, M.D.

If it's caught in time, prostate cancer is very treatable. Here, Dr. Rogers answers important questions.

Q: WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?

A: Prostate cancer is usually slow growing and has no symptoms unless it's relatively advanced. In advanced stages, men may notice urinary symptoms like obstruction of flow, or blood in their urine or semen.

Q: WHAT ARE THE RISK FACTORS FOR PROSTATE CANCER?

A: Advanced age is a risk factor. Genetics also play a role. If you have a family history of prostate cancer, a female in your family who has had ovarian or breast cancer, or a family member who carries the BRCA mutation (a breast cancer gene), you are at a higher risk. African American men are more likely to develop prostate cancer and die of prostate cancer.

You should get screened for prostate cancer in your 40s if you are high risk. Normal risk level can begin at 50.

Q: WHAT DOES THE SCREENING CONSIST OF?

A: Screening typically consists of a prostate-specific antigen blood test (PSA) and a digital rectal examination (DRE). If either test is abnormal, further testing is done with a prostate biopsy.

Q: HOW IS PROSTATE CANCER TREATED?

A: It's usually treated with surgery to remove the prostate, or radiation. Surgery is done with a minimally invasive robotic approach, which was pioneered at Henry Ford.

Q: WHO SHOULD HAVE PROSTATE CANCER SCREENING?

A: Screening recommendations vary based on age and other risk factors. Men who are considered high risk, which includes African American men and men who have a first-degree relative diagnosed with prostate cancer at an early age (younger than 65), should get screened for prostate cancer in their 40s. Normal risk level can begin at age 50.

At Henry Ford, we recommend you make an informed decision with your healthcare provider about whether or not screening for prostate cancer is right for you.

Visit HenryFord.com to learn more about prostate cancer screenings and treatment. To make an appointment with a Henry Ford urologist, call 1-800-HENRYFORD.

GETTING GUYS TO **SEE THE DOCTOR**

Most men know that visiting a doctor—at least once a year—is important to staying on top of their health. But too few actually make regular appointments. Whether they need an annual physical or are overdue for a critical screening, men often put their health on the back burner until they can't ignore it any longer.

Here are four simple strategies that men can use to stay in tip top shape.

1. **GET IN EARLY.** Starting in your 20s, schedule a visit with a primary care doctor at least once a year or more often if you have a family history of heart disease or cancer.
2. **GET NECESSARY SCREENINGS.** Your doctor will come up with a screening schedule that makes sense for your unique circumstances and family history.
3. **GET REAL WITH YOURSELF.** Many men ignore symptoms as long as they can. In nearly every case, the sooner you seek help, the better the outcome.
4. **REVIEW YOUR VACCINES.** Sometimes boosters are needed to keep vaccination effective – especially as you get older. Talk to your doctor to make sure you are up-to-date.

Visit HenryFord.com or call 1-800-HENRYFORD to request an appointment with a Henry Ford primary care doctor and get your annual wellness exam.



EXCELLENT OUTCOME THROUGH REHABILITATION

STEPHANIE GLUGLA OF BURTON, MICH. IS A REHABILITATION SUCCESS

STORY. She contracted COVID-19 in October 2020 and spent more than four months at Henry Ford Macomb Hospital—much of that time in the Intensive Care Unit, on a ventilator. Stephanie was scared she would never walk again, but thanks to a combination of Early Rehab, Inpatient Rehab and In-Home Rehab, she’s made a remarkable recovery.

Early Rehab in the Critical Care program can help decrease time spent in the ICU or hospital and reduce the numbers of days spent on a ventilator. The program implements treatment within 24-48 hours after a patient is medically stable.

Stephanie lost most of her physical strength over her lengthy stay in the ICU. She started with simple exercises that would help preserve muscle memory, like lifting her head from the pillow or holding a pen.

She slowly progressed to sitting up to get used to being upright again.

Dr. Najia Huda, a critical care physician in the ICU, was excited by Stephanie’s progress.

“Her therapists were able to mobilize Stephanie—something that doesn’t happen much in acute care, especially the ICU,” said Dr. Huda. “This level of care makes a huge difference.”

Stephanie benefitted from a smooth transition and continuity of care by eventually transferring to Henry Ford Macomb’s Inpatient Rehab unit, where they

added speech therapy. She progressed and was discharged home within 30 days, despite an initial estimation of a 60-day stay. She beat all the odds.

Through aggressive therapy, she went from not using her arms at all to being able to feed herself, brush her hair and put on a shirt with assistance.

It took a long time to get Stephanie standing, after so much time without putting any weight on her feet, but she was able to walk with the aid of a walker by the time she left the hospital on March 12.

Just two months after leaving the hospital, Stephanie started walking without a cane most of the time and continues to make improvements.

“I often reflect on my lengthy hospital stay and realize the importance of Rehab. I understand now why the team pushed me to work as hard as I did. I am so grateful for the entire team, medical staff and family who helped me get through this hard time and get me back on my feet,” said Stephanie.



EXPERIENCE IN **HELPING YOU HEAL**

Henry Ford Macomb Hospital offers a robust rehabilitation program.

Experienced therapists help to maximize your mobility, independence and quality of life. Whether you're recovering from a stroke or a sports injury, we're here to help you heal. Our skilled team has earned specialty certifications including lymphedema therapy, Parkinson's rehabilitation, hand therapy, pelvic floor therapy and other key areas. Patients enjoy convenient access, with eight outpatient rehab clinics throughout

Macomb County. **For more information, visit [HenryFord.com/Services/Rehabilitation](https://www.henryford.com/Services/Rehabilitation).**



COMFORT FOOD GETS HEALTHY

AS THE WEATHER TURNS COLDER, CRAVINGS FOR WARM, GOOEY CONCOCTIONS CAN TAKE OVER. The good news is, satisfying your comfort food cravings doesn't have to derail a healthy diet. These five strategies can help you modify recipes into diet-friendly indulgences.

- 1. BREAK OUT THE CROCKPOT.** Many crockpot favorites, like pulled meat dishes, are calorie and fat-laden. Taking the extra step of browning meat ahead of time (and draining the fat) trims the calories and fat content and boosts flavor.
- 2. WHIP UP SOME HOMEMADE SOUP.** Turns out there actually is scientific backing that chicken soup can relieve cold/flu symptoms. Hot liquids, like tea or broth-based soups, help loosen mucus and keep your body hydrated. Chicken soup with vegetables may also have anti-inflammatory properties, and broth-based soup can be low in calories.
- 3. WARM UP WITH CHILI.** With meat, beans and cheese, chili is a classic comfort food. The signature ingredients in most chili recipes, including beans, tomatoes, onions and garlic, are surprisingly good for you.
- 4. GET CREATIVE WITH CASSEROLES.** Rather than resort to cream-soup based casseroles, lighten up your favorite recipes with smart substitutions. Slash the fat by substituting Greek yogurt for sour cream or mayo and try cutting the amount of butter, cheese and other extras in half.

5. **CUT BACK ON CARBS.** Instead of overloading on calorie-heavy carbohydrates, use fiber-rich veggies to revamp comfort food classics. Use zucchini noodles instead of pasta, riced cauliflower in lieu of mashed potatoes, and replace potatoes with cannellini beans.

Making these smart swaps not only helps you cut back on fat and calories, it also gives you a chance to add immune-boosting nutrients to your meals that can help keep you healthy and strong through cold and flu season.

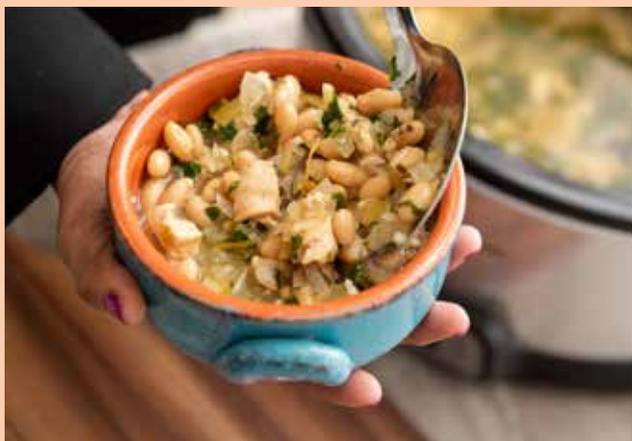
SLOW COOKER WHITE BEAN CHICKEN CHILI

Ingredients:

- 2 Tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 2 large sweet onions, peeled, diced
- 8 cloves garlic, peeled, minced
- 1 teaspoon oregano
- 1/2 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 1 cup fresh sliced mushrooms
- 48-ounce jar Great Northern beans, drained and rinsed
- 4 cups fat-free, low-sodium chicken broth
- 2 cans (4 ounces each) chopped green chilies
- 1 cup fresh cilantro, chopped

Directions:

In a 3 1/2-quart or larger slow cooker, place olive oil, cubed chicken, diced onions, minced garlic, oregano, coriander, cayenne pepper, cumin, mushrooms, beans, chicken broth and green chiles. Stir to combine. Cover and cook on low heat for 8 hours. Remove cover and add cilantro; stir to combine. Cover and cook for an additional 30 minutes.



Nutrition Information Per Serving: 284 Calories; 7 grams Fat; 1 gram Saturated Fat; 36 mg Cholesterol; 424 mg Sodium; 36 grams Carbohydrates; 13 grams Fiber; 20 grams Protein



Classes

ONLINE ADDICTION EDUCATION AND SUPPORT PROGRAMS FOR FAMILIES

We know that addiction affects relationships and the entire family. That's why we offer several free education programs and support groups for those who are dealing with a loved one with a substance use disorder. Open to anyone 18 or older. **Visit [HenryFord.com/MaplegroveCE](https://www.henryford.com/MaplegroveCE) to find out how to join these groups online. Questions? Contact Lisa Kaplan at (248) 788-3005 or by email lkaplan2@hfhs.org.**

C.A.R.E. PROGRAM VIRTUAL CLASSES

The C.A.R.E. program offers a variety of virtual classes to help you – the caregiver – and the person you care for. Classes include Creative Mindfulness with Art, Caregiver Support Groups, and a Kids Art Club. **Visit [HenryFord.com/CaregiverWellness](https://www.henryford.com/CaregiverWellness) for more information, including dates/times and to register. Registration is required due to limited capacity. Call (866) 574-7530 or email CaregiverResources@hfhs.org for questions.**

Classes are sponsored by Henry Ford Health System C.A.R.E. Program (Caregiver Assistance Resources and Education).

ADVANCED 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 lifesaving 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](https://www.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

Learn the basics of evidence-based care for your newborn baby's needs.

Breastfeeding

Experience the benefits and basics of breastfeeding by learning the best practices.

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](https://www.henryford.com/ChildbirthTours) for a look at our rooms, amenities and more.**

For more information, including additional classes, dates, time, pricing and to register, visit [HenryFord.com/Baby](https://www.henryford.com/Baby), call (248) 325-0037 or email sarah.lavery@hfhs.org.

WEIGHT MANAGEMENT

While normal schedules and routines have been disrupted, the structure and support offered by our virtual weight loss programs are more important than ever. Henry Ford Macomb's Center for Weight Management offers individual coaching, group support and accountability to help you successfully achieve your weight loss goals, all from the comfort of your own home. **Call (586) 323-4800 or visit [HenryFord.com/LoseWeight](https://www.henryford.com/LoseWeight) to get started.**

DIABETES PREVENTION PROGRAM

If you're at high risk for type 2 diabetes, the Centers for Disease Control and Prevention-led Diabetes Prevention Program can help. This program teaches lifestyle changes to prevent type 2 diabetes and is proven to prevent or delay the onset of type 2 diabetes by 58 percent. Join us for this FREE yearlong lifestyle change program. New classes begin monthly (times vary). **For more information, email dppregistrations@hfhs.org or call (800) 532-2411.**

CANCER SUPPORT GROUPS, CLASSES AND EVENTS

Art Therapy Open Studio

Enjoy monthly art projects. Meets virtually, third Tuesday of the month, 1–2:30 p.m.

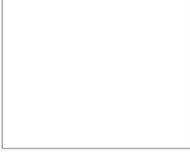
Lunch with the Detroit Symphony Orchestra

Free live monthly virtual concerts from the talented musicians of the DSO.

Live Music with Michigan Opera Theatre

Free live monthly virtual musical performances and interactive Q & A with the talented musicians of MOT.

For a complete listing of virtual offerings and cancer support groups, visit [HenryFord.com/CancerSupport](https://www.henryford.com/CancerSupport). Email cancersupportinfo@hfhs.org to get the login information for any of the groups.



**HENRY FORD
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**LIVEWELL IS PUBLISHED by
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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.

Connect with us at HenryFord.com.



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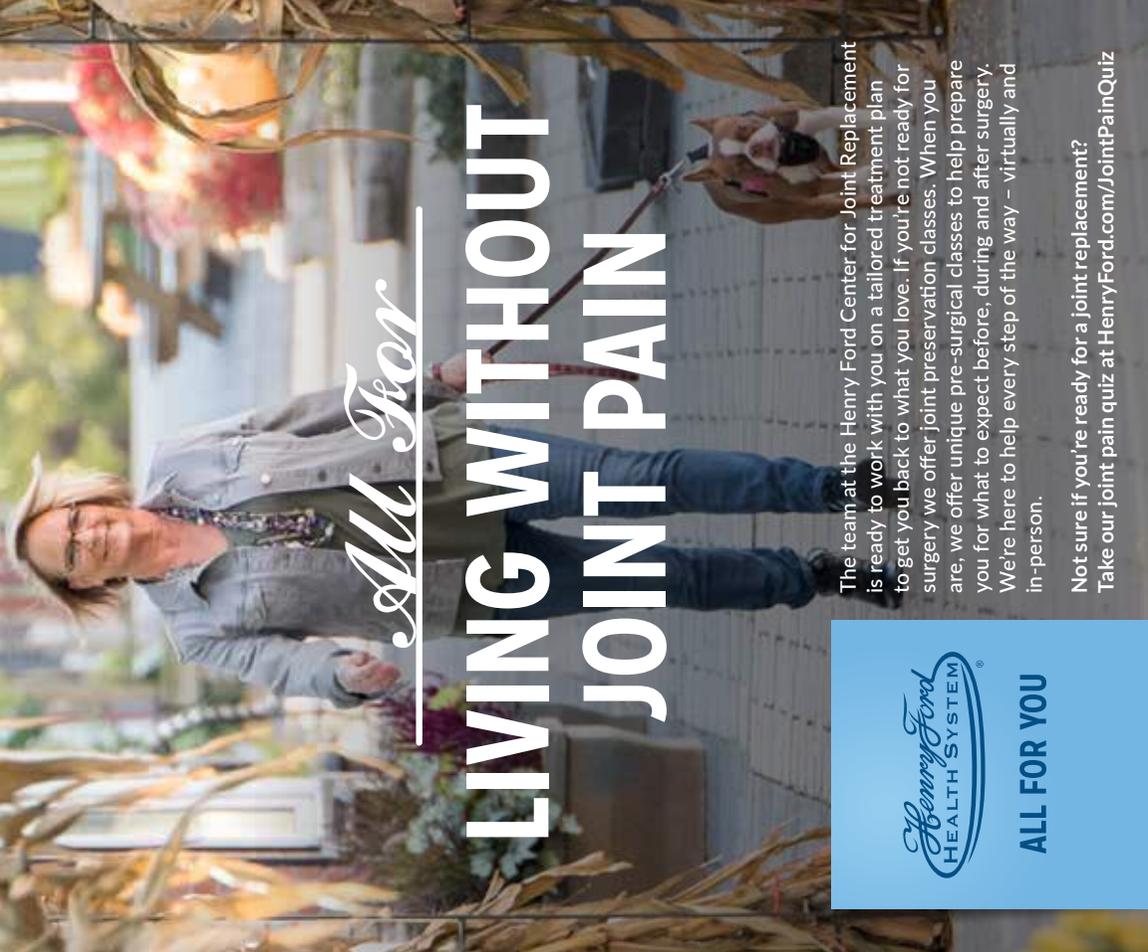
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All For **LIVING WITHOUT JOINT PAIN**

The team at the Henry Ford Center for Joint Replacement is 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**



ALL FOR YOU