



**HENRY
FORD
HEALTH**SM

LiveWell

Summer 2022

henryford.com

Short takes

Wellness Wednesdays are back

Free yoga classes are offered once again this summer at The Mall at Partridge Creek, every Wednesday through August 31. The outdoor, drop-in classes meet at the mall's Center Court at 9 a.m. Please bring your own yoga mat for yoga classes.



Henry Ford Macomb Hospital recognized for stroke quality



We are proud to announce that Henry Ford Macomb Hospital has again received the American Heart Association/American Stroke Association Get With The Guidelines Stroke GOLD PLUS Award – their highest award for stroke quality. This award is a reflection of our continued commitment to providing the most advanced stroke care to the communities we serve. **Visit henryford.com/stroke**

for more information about how our stroke experts can provide diagnosis and treatment for stroke in minutes.

Henry Ford-GoHealth Urgent Care now open in Clinton Township



A new Henry Ford-GoHealth Urgent Care center is now open at 40463 Groesbeck, Clinton Township. The Clinton Township site is among the first of 15 Henry Ford-GoHealth Urgent Care centers set to open across Metro Detroit in the next year. **Walk in or go online to save a spot and pre-register at henryford.com/skipthewait.** In addition to treating non-life-threatening illnesses and injuries, providing on-site X-ray services, COVID-19 testing and treatment, and more, the centers offer sports physicals for kids just in time for summer camps and sports seasons. Hours are 8 a.m. to 8 p.m. Monday through Friday and 9 a.m. to 5 p.m. Saturday and Sunday.





Skin cancer in unlikely places

When the weather warms up you start spending more time in the sun, making it even more important to stay mindful about your skin. You probably already check yourself for suspicious-looking moles that could be skin cancer. But you might not know that you can also get skin cancer in unassuming, concealed areas — even in places where the sun doesn't hit.

"Anywhere you have skin, you can get skin cancer," says Anna Axelson, M.D., a dermatologist at Henry Ford Health. "But the type of skin cancer you can get differs based upon where it is."



Anna Axelson, M.D.

"You're more likely to get basal and squamous cell carcinoma in sun-exposed areas like your arms, legs, back, shoulders and face," says Dr. Axelson. "But melanoma, the most aggressive and deadly form of skin cancer, can grow in areas of your skin that don't ever see the sun."

It's important to check every part of your body, even places like the palms of your hands, soles of your feet, buttocks and your groin area and genitals.

Signs that you may have skin cancer

How do you know if that mole might be skin cancer? For melanoma, dermatologists use the ABCDE's:

- Asymmetrical (one side is different)
- Borders are irregular
- Color variation (multiple colors in one mole or different from your other moles)
- Diameter larger than six millimeters
- Evolving or changing (changing colors, shape or size)

Basal and squamous cell carcinoma, however, often look like pink bumps that resemble acne, bug bites or sores, but they bleed spontaneously and don't heal.

So, how can you protect yourself from the sun?

1. Avoid spending a lot of time in the sun between the hours of 10 a.m. and 4 p.m.
2. Wear a wide-brimmed hat. Baseball hats don't cover your face, neck or ears well.
3. Wear sun-protective clothing. It will have a UPF (ultraviolet protection factor) label on it.
4. Wear at least SPF-30 on sun-exposed skin.

Practicing sun safety year-round is key to reducing your risk of skin cancer and an annual screening is your first line of defense. **Visit henryford.com to find a Henry Ford dermatology provider today.**



Too young for stroke? Think again.

Many people assume that strokes only happen to older people – making it easier to push off the risk until a later point. The fact is, about 10-15% of all strokes occur in people under age 50. And as that number continues to rise, your risk of stroke may be closer than you thought.



Alex Chebl, M.D.

Alex Chebl, M.D., a stroke and interventional neurologist with Henry Ford Health, explains why stroke is often mistaken as a disease that only affects older patients.

“Stroke and cardiovascular disease are related to age,” says Dr. Chebl. “As you get older, your risk for these conditions increases, often due to the age-related health conditions.”

Conditions can include:

- High blood pressure
- High cholesterol
- Atrial fibrillation
- Postmenopause
- Neurological diseases

But that doesn't mean that only older people with prior health conditions are impacted.

Since younger adults don't necessarily think about their risk for stroke, they often aren't aware of how quickly action needs to be taken to prevent brain damage.

“Young adults often have different lifestyle factors that attribute to their risk of stroke compared to age-related diseases,” says Dr. Chebl.

These lifestyle factors can include:

- Obesity
- A sedentary lifestyle
- Smoking cigarettes
- Hard drug or marijuana use
- Alcohol consumption
- Regularly consuming artificial sweeteners

Adults aren't the only ones that have stroke risks either, unfortunately. Kids and babies can have strokes as well, though they aren't caused for the same reasons as adults.

"Typically, these strokes, though rare, are caused by blood clotting, congenital heart disease or an inherited disorder such as sickle cell disease," says Dr. Chebl.

How age impacts stroke recovery

The reality is an untreated stroke can be fatal. There are many factors that contribute to your chances of surviving a stroke, regardless of your age. In some cases, younger adults have a better chance of recovering from stroke than older patients.

"Brain plasticity is your brain's ability to 'rewire' to make necessary connections while avoiding the diseased area of the brain," says Dr. Chebl. "Older brains have a lower capacity for recovering from stroke due to decreased brain plasticity." Additionally, older patients are at higher risk of being diagnosed with dementia after having a stroke due to the impact it has on the brain.

When to talk with your doctor about stroke

If you have a family history of a stroke or heart attack under the age of 45, you may be at risk for a premature heart attack or stroke.

"Regular blood pressure and cholesterol checks can help control damage or hardening in your arteries, which is the major cause of stroke and heart attacks," says Dr. Chebl. "If your doctor notices high levels, they can help you understand your risk."

What is your risk for having a stroke?

Visit henryford.com/stroke to take our free online risk assessment now.

Best practices

Follow these best practices for lessening the severity or preventing stroke:

- **Know your numbers.** Elevations in your cholesterol or blood pressure levels significantly increase your risk.
- **Eat a healthy diet.** Work to eliminate processed, fried or artificially sweetened foods.
- **Get moving.** Even taking a quick walk during the day can get your heart pumping and blood flowing.
- **Know the signs.** Remember the FAST acronym for identifying the most common symptoms of stroke and what to do next.

Spot a stroke F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of a stroke.



Face
drooping



Arm
weakness



Speech
difficulty



Time to
call 911

Lung cancer screening guidelines are changing – and they could be life saving



Lung cancer is the deadliest cancer in the world. This is because the majority of lung cancers are caught at late stages, when they are too advanced to treat effectively.



Michael Simoff, M.D.

“If you are diagnosed with stage four lung cancer, you have less than a 1% chance of surviving five years,” says Michael Simoff, M.D., a pulmonologist at Henry Ford Health. “But if you catch lung cancer early—with a screening — at stage one, your five-year survival rate is 90%.”

This is why the lung cancer screening guidelines are changing: not only does lung cancer screening work, but new, expanded guidelines will reach a broader, more inclusive population of patients.

“Historically, to qualify for a lung cancer screening, you had to be between ages 55 and 80, smoke a minimum of 30-pack-years, and if you quit, it had to be less than 15 years ago,” says Dr. Simoff. “But these guidelines leave out a large portion of high-risk patients.”

To qualify for lung cancer screenings — which consist of a yearly, low-dose CT scan — you can now be age 50 instead of 55 and smoke a 20-pack-year instead of a 30-pack-year. “Most people start smoking in their teens and early 20s, so even if you start smoking a pack a day at 20 years old, you’re already looking at being high-risk for lung cancer when you’re 40 years old,” says Dr. Simoff.

Studies show new guidelines are effective

Just last year, the U.S. Preventative Services Task Force reviewed ten years of data and found the updated lung cancer screening guidelines make a huge difference in early detection and survival. Along with the new screening guidelines, education, follow-up and smoking cessation are hugely important to increasing the lung cancer survival rate.

“We’ve incorporated education and smoking cessation into our care for all patients who get lung cancer screenings,” says Dr. Simoff. “If we can screen every patient who is at risk for lung cancer, and they keep coming back for follow-ups, we’ll catch lung cancer early and improve the survival rate dramatically. I’m talking cure. And you never talk about lung cancer and cure in the same sentence.”

What about marijuana and vaping?

As of now, the lung cancer screening criteria does not include guidelines for those who vape or smoke marijuana.

“Many people don’t think about lung cancer risks associated with marijuana or vaping, but that’s smoking, too,” says Dr. Simoff. “I’m sure we will find that vaping causes cancer, we just don’t have the studies yet. We need a few more years to collect the data.”

“There’s not a huge amount of science yet, but my rule of thumb is that if you smoke a joint a day, it’s equivalent to a pack of cigarettes,” he says. “Once we have the data, I’m sure lung cancer screening guidelines will eventually change.”

For people with a high risk of developing lung cancer, early detection can make a big difference. The experts at the Henry Ford Lung Cancer Screening clinic at Henry Ford Macomb Health Center – Chesterfield can identify potential lung cancer as early as possible through routine screening.

Visit henryford.com/lungscreening to learn more and request an appointment or call 313.916.1275.



Stay safe while mowing the lawn



Are you anxious to get your lawn ready for outdoor gatherings? Before you start mowing, make safety a top priority. Many push, self-propelled and riding mowers have built-in safety features. But serious injuries can still occur.

“Your lawnmower can be a dangerous machine if misused. And injuries can happen in an instant,” says Ryan Desgrande, PA-C, a physician assistant in orthopedic surgery at Henry Ford Health.

In 2019, more than 77,000 people in the U.S. went to emergency rooms with lawnmower injuries. And children are 6 times more likely than adults to be injured by lawnmowers.

Injuries vary in severity and can include, burns, broken bones, cuts or eye injuries from flying rocks or sticks and severed fingers, toes or limbs.

Take steps to ensure that you’re using your lawnmower safely to avoid injuries for yourself and others.

Lawnmower safety: Before you mow

- **Check all lawnmower parts.** Clean the lawnmower and ensure all components work properly.
- **Clear the yard.** Rocks and sticks can get caught in mower blades and cause eye injuries or cuts.
- **Dress for success.** Goggles or sunglasses protect your eyes from flying debris. Choose sturdy, nonskid, closed-toed shoes.
- **Safety mechanisms.** Ensure they are working correctly and never disable safety mechanisms.

Lawnmower safety: As you mow

- **Be aware of your surroundings.** Don’t talk on the phone or use headphones while mowing.
- **Keep young children and pets inside.** Do not let young children sit on your lap while using a riding mower.
- **Mow with caution.** Monitor your speed and mow in a forward direction. Mowing in reverse can cause the mower to suddenly tip. Be cautious when turning.
- **Supervise helpers.** The American Academy of Pediatrics recommends that children be at least 12 years old to use a push-behind mower and 16 years old to use a riding mower.

“Be cautious and mindful,” says Desgrange. “Teach your children about the importance of safety precautions when operating machinery or appliances at home.”

Convenient care options designed around your needs



It's best to see your primary care doctor when you're sick, but we understand that's not always possible. That's why we offer many convenient options when you need care that can't wait.

Same-day video visit on demand:

24/7 access to care with a Henry Ford primary care provider for ages 1 and older. Access this option via MyChart from wherever you are.

Same-day in-clinic appointments:

Our Henry Ford walk-in clinics are now called same-day care and offer same-day appointments Monday through Saturday with Henry Ford primary care providers if you have an illness or minor injury. You can still walk-in for care, but may wait longer to be seen than patients who have scheduled online. Schedule an appointment through MyChart or go to henryford.com/sameday.

Urgent care:

Henry Ford-GoHealth Urgent Care is available for all ages, 7 days/week, after hours and holidays, when you can't wait for a regular visit with your doctor and have an urgent concern. Urgent care service is available throughout southeast Michigan, and you can save your spot in line at henryford.com.

Emergency room:

Walk-in care, available 24/7 for all ages. It's important to remember that going to the emergency room when you don't have a life-threatening injury or illness often means long wait times and high copays. If it's not an emergency, schedule a same-day appointment with a Henry Ford primary care provider and enjoy lower copays. If you're experiencing a life-threatening condition, **call 911 right away.**

Learn more about all our same-day care options by visiting henryford.com/sameday.

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 to find out how to join these groups online. Questions? Call 248.788.3005 or email lkaplan2@hfhs.org.**

Trans-voice virtual support group

For many transgender individuals, having a voice that corresponds with their gender identity can reduce stress and anxiety and assist in the transition process. Henry Ford is proud to begin offering a support group to help the transgender community find their voice. The group meets the second Tuesday of each month. **Visit henryford.com/transvoice, call 248.661.7241 or email findyourvoice@hfhs.org.**

Quit smoking virtual support group

It's hard to quit smoking on your own. Your chance of success greatly improves with a good support system. This support group makes giving up tobacco and vaping easier by providing the support needed to overcome dependence. Talk with people going through the same thing in a safe and encouraging space. The group meets every Thursday at noon.

Email tobaccofree@hfhs.org or call 313.587.7410.

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, a Kids Art Club and a new Free Art Friday program — designed to promote self-care and art appreciation through a found art object. **Visit henryford.com/visitors/caregivers for more information.** Registration is required for all classes with the exception of Free Art Friday. **Call 866.574.7530 or email caregiverresources@hfhs.org for questions.** Classes are sponsored by Henry Ford Health 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, Families Against Narcotics offers free, online 90-minute 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 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 where they will welcome their new baby. Visit henryford.com/childbirthtours for videos and photos to help familiarize you with our various Birthing Centers.

For more information, including additional classes, dates, time, pricing and to register, visit henryford.com/baby, call 734.246.9601 or email rlayne1@hfhs.org.

The grand plan: Infant care for grandparents

As time has progressed, so have the ways to care for a newborn. Join us online as new and expectant grandparents prepare for this special time in their lives. Learn communication, how to help, guidelines for infant care and how to bond with your new grandchild.

Visit henryford.com/baby, call 248.325.0037 or email sarah.lavery@hfhs.org to register.

Weight management

The structure and support offered by our virtual and in-person weight loss programs are more important than ever. Henry Ford Weight Management Center Macomb 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 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 Detroit Opera

Free live monthly virtual musical performances and interactive Q & A with the talented musicians of Detroit Opera (formally Michigan Opera Theatre).

For a complete listing of virtual offerings and cancer support groups, visit henryford.com/cancersupport. Email cancersupportinfo@hfhs.org to get the login information for any of the groups.