

LIVEWELL



WINTER 2020

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Mondays: Cancer Patient Support Group

January 25: Therapeutic Sounds Workshop

February 10: Breastfeeding Your Newborn

March 12: Fall Prevention Class



**HENRY FORD
MACOMB HOSPITAL**

Donate Blood and **SAVE LIVES**



DID YOU KNOW MANY MICHIGAN HOSPITALS ARE CURRENTLY EXPERIENCING A CRITICAL BLOOD SHORTAGE? Your willingness to give the gift of life is needed now more than ever. Consider donating during the Henry Ford Macomb Hospital Blood Drive on Friday, Jan. 24, from 10:15 a.m. to 2:45 p.m. in the Medical Pavilion.

Visit Miblood.org to schedule your appointment today.

Make a Change **FOR LIFE**



ARE YOU AT RISK FOR DIABETES? Learn how to change your lifestyle to prevent type 2 diabetes through a Centers for Disease Control 10-month program led by a trained lifestyle coach.

For upcoming class dates, call (586) 263-2993 or email dppregistration@hfhs.org.

Henry Ford Urgent Care Skill for **AMAZON ALEXA**



ARE YOU LOOKING FOR CONVENIENT ACCESS TO THE MOST ADVANCED HEALTH CARE? Henry Ford is excited to bring you an innovative way to find same-day primary care through the Henry Ford Urgent Care Skill for Amazon Alexa. This new tool will help you connect to our same-day primary care services in an instant. Ask Alexa to ask Henry Ford Health to help you find the closest urgent care and walk-in clinic location, hours, wait times and more.

Visit HenryFord.com/Alexa for more information and to learn how to enable the Skill on your Amazon Alexa device.

NATIONAL NUTRITION MONTH: 5 WAYS TO SAVOR THE FLAVOR

MANY PEOPLE THINK EATING HEALTHY MEANS BLAND, TASTELESS MEALS, BUT NOTHING COULD BE FURTHER FROM THE TRUTH. Kick up the flavor in your diet and your life by learning how delicious healthy eating can be during National Nutrition Month, an event held each year in March started by the Academy of Nutrition and Dietetics to encourage people to develop healthy eating habits.

Slow down and enjoy one of life's greatest pleasures: Good food!
Here's how:

- 1. BE MINDFUL.** Create a mindful eating pattern that emphasizes eating nutritious, flavorful foods at a more relaxed pace to really taste the flavors.
- 2. BRANCH OUT.** Commit to trying one new fruit and vegetable each week.
- 3. EAT TOGETHER AS A FAMILY.** Not only will you eat more slowly, you'll also have the opportunity to connect with family members.
- 4. KICK UP THE FLAVOR.** Herbs and spices are great stand-ins for salt and fat, with little or no added calories.
- 5. START COOKING.** Consider flavor-enhancing cooking techniques like steaming, poaching, roasting, baking and broiling.

Get started on the road to healthy eating. Need help with nutrition and meal planning? Visit HenryFord.com and request an appointment with a Henry Ford registered dietitian.



INSTANT POT LENTIL STEW

YIELD: 6 SERVINGS

This vegan-friendly lentil stew recipe cooks in less than a half hour but is so full of flavor you'd think it simmered all day.

INGREDIENTS:

*1 Tablespoon canola oil
1 onion, chopped
3 cloves garlic, chopped
2 ribs celery, chopped
1 ½ cups lentils
2 sweet potatoes, unpeeled, diced
1 15-ounce can diced tomatoes
4 cups low-sodium vegetable broth
¼ teaspoon salt
Fresh ground black pepper to taste
1 bay leaf
2 teaspoons dried thyme
½ teaspoon cumin
½ teaspoon coriander*

DIRECTIONS:

Using sauté mode on your Instant Pot or high-pressure cooker, heat oil and cook the onion for about 5 minutes. Add garlic and celery and cook another 5 minutes, stirring occasionally, or until onion is browned. Push cancel and add remaining ingredients. Stir, secure lid and cook on "Soup" mode for 10-15 minutes. Use quick release.

NUTRITIONAL INFORMATION PER SERVING:
252 Calories; 4 grams Fat; 0 grams Saturated Fat; 0 mg Cholesterol; 263 mg Sodium; 44 grams Carbohydrates; 7 grams Sugar; 11 grams Fiber; 12 grams Protein.



HIT A WEIGHT-LOSS PLATEAU? 8 WAYS TO GET OVER IT

DIET LONG ENOUGH AND YOU'RE BOUND TO HIT A POINT WHERE THE SCALE GETS STUCK. Weight loss levels off, your motivation wanes and staying the course can be difficult. The reason behind it: Your body has gotten used to your healthier habits and needs new challenges.

Research suggests that an initial, consistent loss during the first four to eight weeks is critical for both short-term and long-term success. In fact, what happens in the first few weeks of a weight loss journey not only predicts the total number of pounds you will shed, but also whether you'll keep it off.

HOW TO BREAK THE WEIGHT LOSS STANDSTILL

No matter how healthful your diet, or how much you work out, the scale will eventually reach a standstill. Follow these eight strategies to head back toward a downward trend:

- 1. EAT FIRST.** Eat within one hour of waking. Having something to chew on can help get your metabolism going.
- 2. SWITCH UP YOUR WORKOUTS.** Instead of logging in your regular half hour on the treadmill at a steady pace, try the interval option and add some strength training to boost fat burning.
- 3. EAT MORE.** If you're losing weight by reducing calories, you're going to reach a point where you can't decrease your calories further without sabotaging nutrients. When your body is deprived of food, it can go into starvation mode, slowing your metabolism and making weight loss even more difficult.
- 4. EAT MORE OFTEN.** Eat small meals every three to four hours to keep your metabolism humming.

Weight management doesn't have a beginning or end. Instead, it's a daily commitment.

- 5. BRANCH OUT.** Shake things up with your food choices. Load up on different fruits and vegetables and experiment with seasonings.
- 6. WEIGH YOURSELF.** Step on the scale at least once a week to catch yourself before you slip into a weight gain trend.
- 7. DON'T GIVE UP.** If at first you don't succeed, try something different.
- 8. HOLD YOURSELF ACCOUNTABLE.** Record food intake and exercise frequency and intensity using an app or notebook.

Weight management doesn't have a beginning or end. Instead, it's a daily commitment. The key is focusing on lifestyle changes rather than subscribing to a specific diet.

Ready to take the next step in your weight loss journey? Visit [HenryFord.com/LoseWeight](https://www.henryford.com/LoseWeight) to learn more about the Center for Weight Management at Henry Ford Macomb Hospital.

THE PATH TO A HEALTHIER LIFE

Henry Ford Macomb's Center for Weight Management offers the coaching, motivation and accountability you need for weight loss and health management. Several meal plan options are available to support your lifestyle and goals. Our Decision Free Diet was named a "Best Fast Weight Loss Diet" by U.S. News & World Report. Group classes and individual consults with a registered dietitian, exercise physiologist and behavioral health coach are offered. Classes are available at both the Shelby Township and Chesterfield Township Health Centers, with day, evening or Saturday class options.

Call (800) 756-9890 or visit [HenryFord.com/LoseWeight](https://www.henryford.com/LoseWeight) to learn more and to register for a complimentary weight management information seminar.



RARE CONDITION IS NUMBER 1 CAUSE OF HEART ATTACKS IN WOMEN UNDER 50

KAREN GLUGLA IS A 46-YEAR-OLD MOTHER OF FOUR. She eats a balanced diet, works out and maintains a healthy weight. In 2018, she had her second heart attack.

Karen was diagnosed with SCAD (spontaneous coronary artery dissection) at Henry Ford Macomb Hospital, when a coronary angiogram revealed a tapered/narrow artery of concern with no disease elsewhere.

WHAT IS SCAD?

SCAD is a lesser known condition that has only been researched in the past decade. While it causes only a small percent of heart attacks overall, it is the number one cause of heart attacks in women under age 50, pregnant women and new moms. It can, however, affect any age and men too.

Unlike a typical heart attack caused by a rupture of plaque in the arteries, a SCAD heart attack starts with a tear in the wall of an otherwise normal

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Don't put off seeking medical attention if you have any symptoms of a heart attack. Ask questions and even ask about SCAD.”

coronary artery. The effects of the tear can block the artery and blood flow to the heart muscles, leading to a potentially fatal heart attack.

“SCAD needs to be considered in relatively healthy women who experience severe chest pain with EKG findings,” says Dr. Nikhil Ambulgekar, M.D., an interventional cardiologist at Henry Ford Macomb Hospital.

SYMPTOMS AND TREATMENT

During her first SCAD heart attack, Karen recalls feeling an adrenaline rush, followed by a crushing feeling in her chest and difficulty breathing, which she initially thought was an anxiety attack related to a highly stressful personal event. Soon, she had pain shooting through her jaw and down her left arm as she broke out in a cold sweat.

Treatment for SCAD may differ from standard heart attacks. While stents are often used to open a blocked artery, a stent can extend the tear in the artery of a SCAD patient. Karen recovered from both of her SCAD events with medical therapy.

Dr. Ambulgekar advised that patients who are diagnosed with SCAD should avoid stressors, control blood pressure and be evaluated for fibromuscular dysplasia (FMD), an uncommon vascular disease, to help prevent future episodes.

RAISING AWARENESS

While SCAD symptoms can mimic that of a typical heart attack, women often have more subtle symptoms, which are sometimes dismissed as anxiety, gas, indigestion or something else because of their age, gender and otherwise good health.

“Don't put off seeking medical attention if you have any symptoms of a heart attack,” Karen says. “Ask questions and even ask about SCAD. There is never a reason to be ashamed or embarrassed.”

The first Michigan 5K SCADaddle for Research is planned May 16 at Lake St. Clair Metropark. To register, visit ScadResearch.org.



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.

Calendar of **EVENTS**

Advance Care Planning One-on-One 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.

Bariatric Support Group

Join patients and family members for drop-in weekly discussions about postsurgical weight management.

FIRST AND THIRD WEDNESDAYS OF EACH MONTH
7 – 8 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 1

Bereavement Support

Any adult who has lost a loved one is welcome to attend ongoing drop-in support groups.

JAN. 21 & FEB. 18
6:30 – 8 P.M.

MARCH 17: SPRING 6-WEEK BEREAVEMENT SUPPORT GROUP SERIES BEGINS

Hospice Administration Bldg., Large Conference Room, 33464 Schoenherr Road, Suite 140, Sterling Heights, 48312

Call (586) 276-9570 for more information.

Bariatric Surgery Overview

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

JAN. 13 & 27, FEB. 10 & 24, MARCH 9 & 23
6:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 1
Registration required at (586) 263-2308.

Blood Drive

To schedule an appointment, visit MiBlood.org and search for Henry Ford Macomb or call (866) MIBLOOD (642-2663).

JAN. 24
10:15 A.M. – 2:45 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 3

Fall Prevention Class

Learn how to prevent falls in and around your home, simple exercises to reduce the risk of falls, and an evidence-based assessment of your risk of falls.

MARCH 12: 1 – 3 P.M.

Henry Ford Macomb Hospital Medical Pavilion, Fourth Floor
Call (586) 263-2324 to register.

Relaxation Yoga

This class combines gentle stretching with breathing and relaxation techniques.

TUESDAYS: TWO SIX-WEEK SESSIONS BEGINNING JAN. 7 & FEB. 25
6:45 – 7:45 P.M.

\$42 per session

Clinton Township hospital, Fourth Floor, Gathering Joint
Call (800) 532-2411 to register.

Foot Pain Seminars

Learn the latest medical treatments for foot and ankle pain at seminars presented by a Henry Ford Macomb podiatrist.

JAN. 8: MINIMAL INVASIVE TECHNIQUES FOR FOOT AND ANKLE PAIN

FEB. 12: WOUND CARE TREATMENTS OF THE LOWER EXTREMITIES

MARCH 11: PAINFUL ARTHRITIS OF THE LOWER EXTREMITIES

6:30 – 8 P.M.

Sterling Heights Senior Center, 40200 Utica Road, Sterling Heights

Call (586) 446-2750 to register. Seminars are free, but registration is required.

Women and Heart Disease

Part of a free monthly public educational series on cardiovascular health information. Includes a free heart-healthy meal and question and answer session.

MARCH 18
6:15 – 8 P.M.

Villa Penna, 43985 Hayes Road, Sterling Heights

Call (800) 532-2411 to register. Seminars are free but seats are limited and registration is required.

CANCER CARE

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

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.

MONDAYS
1:30 – 3 P.M.

Clinton Township hospital, first floor, Tumor Board Room

Call Tara Forton at (586) 263-2237 for information.

Gilda's Lake House Art Therapy Group

This free support group is for those touched by cancer – patients, survivors and their loved ones. Guided by an art therapist, participants use drawing, painting and other artistic expression to help manage the emotional and psychological side effects that often result from cancer diagnosis and treatment.

THIRD WEDNESDAY OF EACH MONTH
11 A.M. – 12:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor, Room 10

Imerman Angels

Are you a cancer fighter, survivor or caregiver looking for one-on-one phone support? Imerman Angels partners individuals seeking cancer support with a "Mentor Angel" so that no one has to face cancer alone. Cancer fighters, survivors or caregivers may also provide phone support to someone touched by cancer by becoming a "Mentor Angel." Mentor Angels provide psychosocial support, empathy and understanding.

Call (586) 263-2237 or email tforton2@hfhs.org.

Supportive Oncology Services

Henry Ford Cancer Institute has a multitude of care options to help optimize your quality of life before, during and after cancer treatment. Our Center for Integrative Medicine provides complementary therapies including acupuncture, massage therapy, functional nutrition and more. Physical and occupational therapists in our Oncology Rehabilitation department can provide relief from side effects such as fatigue, incontinence and lymphedema. Our Psych-Oncology team provides emotional support and education.

Visit HenryFord.com/CancerSupport or call Tara Forton at (586) 263-2237.

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.

Calendar of EVENTS, cont'd

Oncology Chair Yoga

**JAN. 17 & 31, FEB. 14 & 28,
MARCH 13 & 27**

Clinton Township hospital, Fourth Floor, take front lobby elevators to the Gathering Joint.

Reserve your spot at (586) 263-2237. Bring water.

INTEGRATIVE 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.

**JAN. 22, FEB. 25, MARCH 24
6 – 7:30 P.M.**

Clinton Township hospital, Medical Pavilion, Fourth Floor

Free to attend.

Reiki Practitioner Training

**REIKI 1: JAN. 27 & 29,
MARCH 9 & 11 (5 – 9 P.M.)**

**REIKI 2, FEB. 24 & 26,
MARCH 23 & 25 (5 – 9 P.M.)**

ADVANCED: MARCH 28 (9 A.M. – 6 P.M.)

Clinton Township hospital, Medical Pavilion, Fourth Floor

Please call for pricing. HFHS employee discount available.

Therapeutic Massage

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

Call (586) 263- 2837 to book your appointment.

Therapeutic Sounds Workshop

Therapeutic sound is a form of physical, emotional, mental and spiritual stress reduction. Learn to relax using breathing techniques and the power of your own voice to communicate with your body. Tools used will be the voice, Himalayan bowls, crystal bowls, tuning forks and chimes. Wear comfortable clothes and come with an open heart. Taught by Christina Pavey, Certified Therapeutic Sound Practitioner.

**JAN. 25 & MARCH 21
2 – 5 P.M.**

Cost: \$25

Clinton Township hospital, Medical Pavilion, Fourth Floor

Class is free, registration is required.



Sound Gatherings

Must have attended a Therapeutic Sound Workshop prior to this class. At these events we gather to simply be! Be spontaneous, creative, playful, lighter, communicate with our hearts and one another through healing sound. The work includes voice with sacred vowels and medicine melody, crystal and Himalayan bowls and other sound expressions.

**FEB. 15
2 – 3:30 P.M.**

Clinton Township hospital, Medical Pavilion, Fourth Floor

Registration is required.

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.

EXPECTANT AND NEW PARENTS

Discover Macomb County's most experienced newborn care team, with board-certified obstetricians and all the support you'll need when expecting a child.

Breastfeeding Your Newborn

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

**JAN. 13, FEB. 10, MARCH 9
7 – 9:30 P.M.**

Clinton Township hospital, Medical Pavilion, Fourth Floor

Cost: \$20

Childbirth Series

Also covers pre-natal and infant massage techniques and use of essential oils. Three-week series on consecutive Wednesdays.

**BEGINNING JAN. 8 & MARCH 4
7 – 9:30 P.M.**

Clinton Township hospital, Medical Pavilion, Fourth Floor

Cost: \$65

Birthing Unit Tours

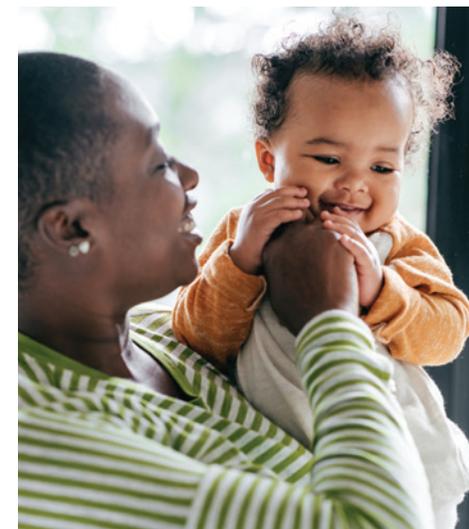
Tour our newly renovated, family-centered labor, delivery, recovery and postpartum birthing suites. Call (800) 532-2411 for dates and to register.

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 (800) 532-2411.

WEIGHT MANAGEMENT

Henry Ford Macomb's Center for Weight Management offers the coaching, motivation and accountability you need for weight loss and health management. Several meal plan options are available to support your lifestyle and goals. Our Decision Free Diet was named a "Best Fast Weight Loss Diet" by U.S. News & World Report. Group classes and individual consults with a registered dietitian, exercise physiologist and behavioral health coach are offered. Classes are available at both the Shelby Township and Chesterfield Township Health Centers, with day, evening or Saturday class options. Visit HenryFordMacomb.com/LoseWeight or call (800) 756-9890.



Childbirth Workshop

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

**JAN. 18, FEB. 8 & MARCH 14
8:30 A.M. – 4:30 P.M.**

Clinton Township hospital, Medical Pavilion, Fourth Floor

Cost: \$65

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.



YOU ARE AT THE
HEART OF OUR
BREAKTHROUGH
TREATMENTS.

ALL FOR YOU. Your heart is complex. As a world leader, the Henry Ford Heart & Vascular Institute is pioneering new minimally invasive surgeries and treatments every day. But we also become a leading expert on you. What makes you tick. After all, your heart beats to a rhythm all its own. Interested in learning more? Take our online heart risk assessment. [HenryFord.com/HeartQuiz](https://www.henryford.com/HeartQuiz) (313) 403-6108



HENRY FORD MACOMB HOSPITAL
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Clinton Township, MI 48038

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