



LIVEWELL

SPRING 2019

WHAT'S INSIDE

- p. 2 Better bunion surgery
- p. 3 The benefits of setting fitness goals

FEATURED STORY

- p. 6 Embracing a new life after bariatric surgery

CALENDAR OF EVENTS

- April 17: Cardiovascular Lecture Series
- May 8: Fall Prevention Class
- June 11: Reiki Practitioner Training
- July 20: Childbirth Workshop



**HENRY FORD
MACOMB HOSPITAL**



Better **BUNION SURGERY**

HENRY FORD MACOMB HOSPITAL IS THE FIRST IN MICHIGAN to offer a minimally invasive surgery to treat bunions, with less postsurgical pain and a faster recovery time. Less scarring also makes it cosmetically more appealing.

Call (800) 532-2411.



Best **FAST WEIGHT LOSS**

A PROGRAM OFFERED BY HENRY FORD MACOMB'S CENTER FOR WEIGHT MANAGEMENT and created by the Health Management Resources Corporation (HMR) was named Number 1 Best Fast Weight-Loss Diet in *U.S. News & World Report's Best Diets of 2019*.

Register for a free information session at HenryFord.com/LoseWeight.



ATRIAL FIBRILLATION ABLATION Offered

HENRY FORD HEART & VASCULAR INSTITUTE CARDIOLOGISTS NOW PROVIDE ATRIAL FIBRILLATION ABLATION at Henry Ford Macomb's state-of-the-art electrophysiology lab. Atrial fibrillation is a malfunction of the heart's electrical system that causes an irregular heartbeat.

Call (800) 532-2411 for a cardiologist referral.

THE BENEFITS OF **SETTING FITNESS GOALS**

IT'S NOT UNCOMMON TO START AN EXERCISE REGIMEN WITH SOME EXTERNAL PROMPTING, INCLUDING THE NUMBER YOU SEE ON THE SCALE OR HEALTH ISSUES. WHATEVER THE REASON, THE RIGHT KIND OF GOAL SETTING IS CRITICAL WHEN YOU EMBARK ON A FITNESS PROGRAM.

MAKE A PLAN

"Proper goal setting can help motivate and inspire both new and veteran exercisers and athletes," says Derek McCulloch, an exercise physiologist at Henry Ford Health System. "The best way to do this is to establish **SMART** goals to help you stay on track."

WHAT ARE SMART GOALS?

The idea is to make goals **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-bound. So instead of setting a goal to "lose weight," create a SMART goal. It's important to put a plan in

place for each SMART goal you create.

Write down your goals and don't bite off more than you can chew. Set yourself up for success and work your way up to exercising more often.

"You will encounter setbacks along the way, but establishing goals and setting a plan to achieve them is the best way to ensure fitness success," McCulloch says.

Henry Ford Macomb offers a variety of health and wellness events, including fitness classes to help you stay on track. See pp. 8-11 for more information.

AVOCADO CHICKEN SALAD IN CUCUMBER CUPS

YIELD: 28 SERVINGS
(1 CUCUMBER CUP)

INGREDIENTS:

1 ripe avocado, seeded and peeled
Juice of 1 lime
¼ teaspoon salt
¼ teaspoon black pepper
1 cup finely chopped cooked chicken
1 apple, cored and finely chopped
¼ cup finely chopped red onion
¼ cup finely chopped red pepper
2 tablespoons chopped fresh cilantro
3-4 large cucumbers

DIRECTIONS:

In a small bowl, mash avocado with lime juice and mix with salt and pepper. Mix in the chopped chicken, apple, red onion, red pepper and cilantro. Slice cucumbers into 1 – 1½ -inch thick rounds (approximately 28 slices). Scoop out the seeds in the middle and fill with 1 – 1½ tablespoons of the avocado chicken salad mixture.

NUTRITIONAL INFORMATION PER SERVING: 30 Calories; 1 gram Fat; 0 gram Saturated Fat; 4 mg Cholesterol; 25 mg Sodium; 3 grams Carbohydrates; 1.5 grams Sugar; 1 gram Fiber; 2 grams Protein



4 WAYS HEART DISEASE AFFECTS MEN AND WOMEN DIFFERENTLY



SINDHU KOSHY, M.D.

AS THE LEADING CAUSE OF DEATH IN BOTH MEN AND WOMEN IN THE UNITED STATES, HEART DISEASE IS SOMETHING EVERYONE SHOULD TAKE SERIOUSLY.

What was once thought of as a “man’s disease,” this devastating condition affects both sexes without bias – and accounts for one in four deaths each year.

MEN VERSUS WOMEN

- 1. CORONARY ARTERY DISEASE OCCURS IN DIFFERENT ARTERIES.** In men, coronary artery disease, which is cholesterol blockages of the arteries, occurs more in the large arteries on the surface of the heart. In women, these blockages occur in the smaller vessels that feed the muscles on the walls of the heart. These small vessels are difficult to see, and women usually come to the hospital thinking they are having a heart attack – only to find out after an angiogram that the major arteries aren’t affected at all.
- 2. WOMEN ARE MORE LIKELY TO DIE FROM HEART DISEASE.** It’s easier to perform medical interventions – such as bypass surgeries and stents – on men. But, with women, the vessels are too small for intervention, which can lead to worse outcomes.

3. MEN AND WOMEN RESPOND TO STRESS DIFFERENTLY. In women, stress is more likely to be caused by emotional responses, whereas in men, stress is sparked more often by physical events.

“In addition to stress, from my experience, women tend to be in more of a caregiver role – which means their health takes a backseat and they may ignore symptoms,” says Sindhu Koshy, M.D., Henry Ford Macomb Hospital cardiologist. “When a woman comes in, we often see heart issues that, had she come in earlier, we could have recognized and treated earlier.”

4. WOMEN’S HORMONES ARE DIFFERENT. Men are more likely than women to suffer a heart attack before age 55. But once women go through menopause, their risk increases.

“In medicine, there have been amazing advancements in the treatment of heart disease, and yet people are dying more of heart disease than ever before,” Dr. Koshy says.

Male or female, you can reduce your risk for developing heart disease by adopting a healthy, balanced lifestyle.

Visit HenryFord.com/HeartHealth or call 1-800-532-2411 to learn more and schedule an appointment with a heart expert.



ASSESS YOUR HEART RISK

Caring for your heart is worth the effort. From prevention to diagnosis and care, the heart and vascular experts at Henry Ford Health System are here to help you stay well. With our heart health risk assessment, in just five minutes you will find out the real age of your heart and discover your heart risk factors.

Take our interactive, online heart risk assessment today at Henryford.com/HeartHealth to learn exactly what areas of your heart health need attention.



LINDA'S STORY: EMBRACING A NEW LIFE AFTER BARIATRIC SURGERY

WHEN MORE TRADITIONAL ATTEMPTS AT WEIGHT LOSS HAVEN'T RESULTED IN LONG-TERM SUCCESS, MANY PEOPLE STRUGGLING WITH OBESITY TURN TO BARIATRIC SURGERY. This procedure is a way to change the amount of food your stomach can hold and/or the way your body absorbs calories and nutrition, resulting in weight loss.

Linda Earle was devastated when she was turned away from a ride at Cedar Point because of her size. "I had squeezed myself into the seat next to my two-and-a-half-year-old son, but I couldn't fasten the seatbelt," said the 40-year-old mother of two young boys. "The attendant was embarrassed to tell me I couldn't ride. With my family and the people in line watching, my mom took my place on the ride while I walked off the humiliation. That's when I realized, I really did need help."

Linda struggled with her weight all her life, but it had gotten worse after 15 years of sitting at a desk job.

Her first step was a six-month, physician-supervised weight loss plan, which produced limited results. "My doctor was super supportive and referred me to Henry Ford Macomb," Linda said. "Their bariatric program is accredited as a Center of Excellence, which my insurance required."

She attended an overview seminar, where she met bariatric nurse manager Sally Green. "Sally got tough with me and told me I needed to lose 20 pounds before I would be approved for surgery," Linda said. "It's a big commitment and you really have to change your mindset."

In November 2017, Linda underwent a Laparoscopic Sleeve Gastrectomy, where a small stomach pouch, or sleeve, is created to decrease the amount of food it can hold. Linda was back to her office job in two weeks and resumed working out after one month.

By January 2019, just 14 months after her operation, she had already lost 126 pounds, and she continues to lose weight. Rheumatoid arthritis keeps her from some activities, but she walks on a treadmill and does aerobic exercise. What she loves most is playing in the park with her kids instead of watching from the sidelines.



She advises other patients to attend Henry Ford Macomb's weekly support group with other bariatric patients, as she found it helpful to share her struggles, what works and what doesn't.

Her family has benefited from her healthier lifestyle. "My husband lost 20 pounds because we're all eating better," Linda said. "We've cut out soda. We cook healthier. And the kids are happier that we go more places."

In August 2018, the family returned to Cedar Point, where Linda rode all the rides with her family and had the time of her life.

"I feel amazing, like a new person. This was the best decision I've ever made for myself," she said.

Join us for a bariatric surgery seminar to learn more about the options and support available, meet the team and get your questions answered. Call (586) 263-2308 to register.

Calendar of EVENTS

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 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. Call (586) 263-2993.

Bariatric Support Group

Join patients and family members for drop-in 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 attend a seminar presented by a certified bariatric nurse. Registration required at (586) 263-2308.

APRIL 18, MAY 13, JUNE 10, JULY 8, 6:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Bereavement Support

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

DROP-IN SESSION, 6:30 TO 8 P.M., MAY 21, JUNE 18, JULY 16

For more information, call (586) 276-9570.

Hospice Administration Bldg., 33464 Schoenherr Road, Suite 140, Sterling Heights, 48312, large conference room

Blood Drive

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

APRIL 18, JULY 5, 10:15 A.M. TO 2:30 P.M.

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



Cardiovascular Lecture Series

This free monthly public educational series covers a variety of topics related to cardiovascular health and includes a free heart-healthy meal and question and answer session. Different providers will participate in the discussions, which will be moderated by Dr. Sam Kazziha, Henry Ford Macomb Hospital's new Chief of Cardiovascular Services. Seminars run 6:15 to 9 p.m.

APRIL 17: PERIPHERAL ARTERIAL DISEASE, ITALIAN CULTURAL CENTER, CLINTON TOWNSHIP

MAY 15: HEART VALVE DISEASE, IKE'S RESTAURANT, STERLING HEIGHTS

JUNE 19: ATRIAL FIBRILLATION (HEART PALPITATION), ITALIAN CULTURAL CENTER

JULY 10: WOMEN & HEART DISEASE, IKE'S RESTAURANT

Register by phone at (586) 698-1205 or email azito@cvcpc.com

Diabetes Prevention Program

Pre-diabetic patients can learn how to change their lifestyle to prevent type 2 diabetes. For dates, locations and to register, call (586) 263-2993 or email dppregistration@hfhs.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.

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To register, please call toll-free (800) 532-2411 except where noted. Classes are free unless a fee is listed.

Fall Prevention Classes

Henry Ford Macomb Outpatient Rehabilitation presents this free educational class to educate you on the impact of falls, how to prevent falls in and around your home, simple exercises to reduce the risk of falls and evidence-based assessment of your risk of falls.

MAY 8, AUG. 14; 1-3 P.M.

REGISTER AT (586) 263-2324

Clinton Township hospital, Medical Pavilion, Fourth Floor

Relaxation Yoga

This class combines gentle stretching with breathing and relaxation techniques.

TUESDAYS BEGINNING APRIL 30, 6:45 TO 7:45 P.M. NO CLASS MAY 28.

\$42 for 6 weeks. HFHS employee discount available.

Clinton Township hospital, Fourth Floor, Gathering Joint



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. Registration is not required.

MONDAYS, 1:30 TO 3 P.M., ONGOING

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

Head and Neck Cancer Support Group

FIRST THURSDAY OF THE MONTH, 2:30 TO 3:30 P.M.

Shelby Macomb Medical Mall, 50505 Schoenherr, Ste. 020

Facilitated by a speech and language pathologist.

Register at (586) 263-2237.

Imerman Angels

Are you a cancer fighter, survivor or caregiver looking for one-on-one support? Through a unique matching process, 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 support to someone touched by cancer by becoming a "Mentor Angel." Mentor Angels like you are recruited from all over the world to provide psychosocial support, empathy and understanding. Call (586) 263-2237 or email tforton2@hfhs.org.

Oncology Chair Yoga

APRIL 12 AND 26, MAY 10 AND 24, JUNE 7 AND 21, JULY 5 AND 19 FROM 12:15 TO 1:15 P.M.

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

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

The Lake House Art Group

This free support group is designed for those touched by cancer – patients, survivors and their families. 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. Registration is required.

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

Clinton Township hospital, Medical Pavilion, Fourth Floor, Rooms 4 and 5

Calendar of EVENTS, cont'd

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 can provide emotional support and education. *For more information about these and other supportive programs, call Tara Forton at (586) 263-2237 or visit HenryFord.com/CancerSupport.*



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. *Free.*

APRIL 30, JUNE 25, 6 TO 7:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Reiki Practitioner Training

Please call for pricing info. HFHS employee discount available.

LEVEL 1: JUNE 11 AND JUNE 13, 5 P.M. TO 9 P.M.
MASTER TRAINING: MAY 18 AND 19, 9 A.M. TO 5 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor



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 Sound Workshop with Soundfulness Meditation

Let go of the old, bring in the new! Therapeutic Sound is a form of physical, emotional, mental and spiritual stress reduction. The desired goal is to bring awareness and consciousness to people on how to relax using breathing techniques and the power of your own voice to communicate with your body. During this 90-minute Sound Gathering, you will do simple exercises you can take home to “practice” and make them yours to enjoy the sound within you. Tools used during this class will be the voice fork, Himalayan bowls, crystal bowls, tuning forks and chimes. This Sound Gathering will be light, fun, educational and interactive. Wear comfortable clothes and come with an open heart. Taught by Cristina Pavey, Certified Therapeutic Sound practitioner.

Cost: \$20

JUNE 8, 2 TO 5 P.M.

Henry Ford Macomb Medical Pavilion, Fourth Floor

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.

Birthing Unit Tours

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

Breastfeeding Your Newborn

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

APRIL 15, MAY 13, JUNE 10, JULY 22
7 TO 9:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Cost: \$20

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, baby care for the first 30 days and a tour of our Birthing Center are included.

APRIL 13, MAY 4, JUNE 8, JULY 20

8:30 A.M. TO 4:30 P.M.

Cost: \$65

Clinton Township hospital, Medical Pavilion, Fourth Floor

Childbirth Series

A three-week series on consecutive Wednesdays from 7 to 9:30 p.m. begins April 10, June 5 or July 17. Also covers pre-natal and infant massage techniques and use of essential oils.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Cost: \$65

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 Bruce Township Center at (810) 798-6418; the Chesterfield Center at (586) 421-3052; the Fraser Center at (586) 285-3999; the Richmond Center at (586) 649-9078; or Shelby Macomb Medical Mall at (586) 323-4700.*



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. *Call (800) 756-9890 or visit HenryFordMacomb.com/LoseWeight.*

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.*

Breast Cancer. A Second Opinion.

AND THE GENETIC TESTING THAT SAVED LYNN'S LIFE.

Lynn Walkuski
Breast Cancer Survivor

HENRY FORD CANCER INSTITUTE. With a cancer diagnosis, it's critical to seek out the best team for your treatment. As a national leader in Precision Medicine, our breast cancer experts personalize treatments to your genetic makeup and the DNA of your tumor. If you're facing a breast cancer diagnosis, come to us for a second opinion and accelerated care. We have convenient locations across southeast Michigan. And you'll meet every expert on your breast cancer team immediately in one visit. Just like Lynn did. Read more about Lynn's story and connect with a breast cancer expert.



HENRY FORD MACOMB HOSPITAL
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Clinton Township, MI 48038

LIVEWELL IS PUBLISHED by
Henry Ford Health System.

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.

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all for you