



LIVEWELL

SUMMER 2019

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CALENDAR OF EVENTS

- July 19: Oncology Chair Yoga
- August 7: Heart Health Lecture Series
- September 4: Childbirth Series
- October 4: Blood Drive



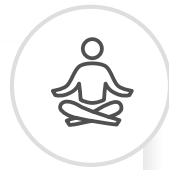
**HENRY FORD
MACOMB HOSPITAL**



Free NALOXONE TRAINING

LEARN THE WARNING SIGNS OF AN OPIOID OVERDOSE AND HOW TO PROPERLY ADMINISTER THE NASAL SPRAY NALOXONE, used to reverse the effects of an overdose, when Families Against Narcotics (FAN) presents a free training session at Henry Ford Macomb Hospital on Oct. 9 and Oct. 26. A free Naloxone kit is provided for all participants.

Register at FamiliesAgainstNarcotics.org/naloxone.



WELLNESS PROGRAMS CONTINUE AT PARTRIDGE CREEK

ALL SUMMER LONG, HENRY FORD MACOMB HOSTS WELLNESS WEDNESDAYS AT THE MALL AT PARTRIDGE CREEK, offering weekly drop-in Zumba and yoga sessions through Aug. 28 at the mall's outdoor center court. (No class July 3.) The seasonal walking club continues through mid-October.

Visit HenryFord.com/WellnessatPC for full details.



Same-day URGENT CARE VISITS

PATIENTS CAN NOW VIEW AVAILABLE TIMES ONLINE AT NEARBY HENRY FORD MACOMB URGENT CARE LOCATIONS and reserve a spot online that's most convenient for their schedule. Patients are sent a reminder text or update if their wait time changes. Our urgent care locations are open every day of the year.

Reserve your visit online at HenryFord.com/UrgentCare.



BEAT THE HEAT – 5 TIPS FOR SUMMER COOKING

SUMMER COOKING CAN BE COOL AND EASY WITH A LITTLE CREATIVITY AND PLANNING. Salads, sandwiches and other grab-and-go meals are big hits when summertime activities interfere with meal planning. Here's what you need to know to make summer cooking less cumbersome.

- 1. PLAN AHEAD.** Do prep work during the cooler parts of the day.
- 2. KEEP IT SIMPLE.** Some of the best summer recipes require nothing more than boiling water.
- 3. TAKE IT OUTSIDE.** Prep your meals outdoors. Involve the kids and shuck corn, wash, peel and chop vegetables outside.
- 4. TAKE ADVANTAGE OF SMALL APPLIANCES.** Smaller appliances

like a toaster oven, slow cooker or pressure cooker allow you to cook foods thoroughly without heating up the whole kitchen.

5. COOL OFF WITH CHILLED SOUP.

While soups may be best known for taking the bite out of a winter chill, cold soups can cool you down during the dog days of summer.

Find more healthy recipes at HenryFordLiveWell.com.

BLUEBERRY-WATERMELON SALAD WITH FETA AND MINT

YIELD:
8 SERVINGS

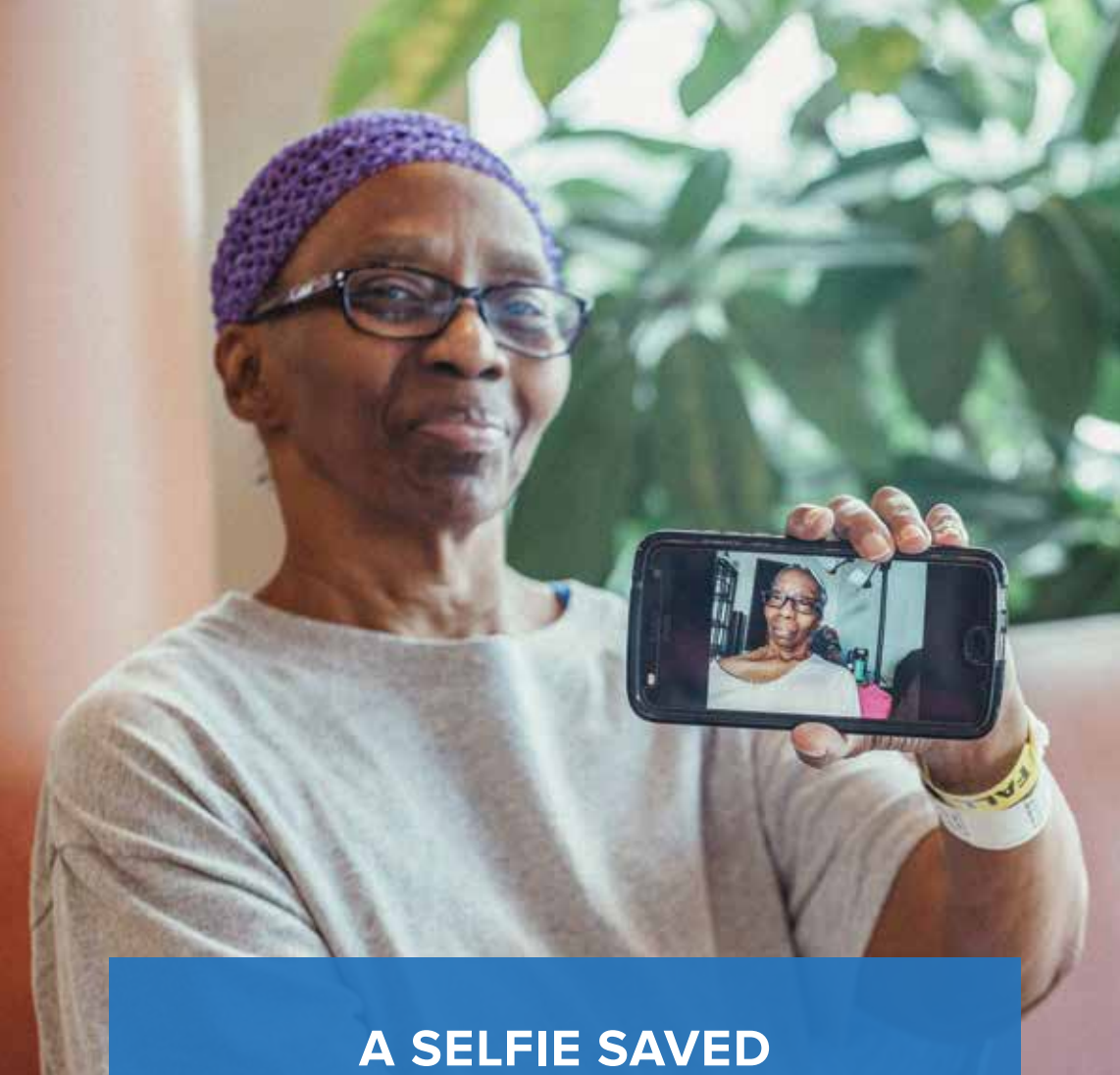
INGREDIENTS:

- 3 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- 1/2 teaspoon ground black pepper
- 1/4 cup finely diced red onion
- 8 cups diced watermelon
- 2 cups fresh blueberries
- 1/4 cup chopped fresh mint leaves
- 1/2 cup crumbled feta cheese

DIRECTIONS:

In a large bowl, whisk together olive oil, balsamic vinegar, pepper and diced red onion. Add the diced watermelon, blueberries, mint and feta cheese to the bowl. Gently toss to coat.

NUTRITIONAL INFORMATION PER SERVING: 122 Calories; 6 grams Fat; 1 gram Saturated Fat; 4 mg Cholesterol; 74 mg Sodium; 19 grams Carbohydrates; 3 grams Fiber; 2 grams Protein



A SELFIE SAVED THIS STROKE PATIENT'S LIFE

JUANITA BRANCH'S SELFIES ONE MORNING LAST SUMMER MAY HAVE SAVED HER LIFE, ACCORDING TO HER MEDICAL TEAM AT HENRY FORD MACOMB HOSPITAL.

The 63-year-old snapped away with her phone in her Fraser home, planning to update her Facebook page. But when she looked at the screen to pick the best picture, she was surprised to see her lips twisting and her face drooping.

Suspecting she was having a stroke, she called for help in her senior apartment complex. She unlocked the front door and even tried to change her outfit, but she began to lose her balance. By the time help arrived, her speech began to slur. An ambulance brought her to Henry Ford Macomb Hospital – and to Emergency Room physician Jason Muir, the hospital's "Stroke Champion," responsible for reviewing and sharing best stroke treatment practices.

"We asked Juanita what she had been doing when she began to notice symptoms," Dr. Muir says. "From the timestamp on her selfie photos, we were able to determine that Juanita was within the 4-hour window to receive the clot-busting stroke drug tPA. The faster a stroke patient receives tPA, the better their outcomes can be."

During a stroke, the brain loses seven million neurons a minute. When brain cells die, permanent damage can occur, so there is no time to lose in seeking medical treatment.

According to the American Heart Association, stroke is the fifth leading cause of death in the U.S. On average, someone suffers a stroke every 40 seconds and someone dies of a stroke every four minutes.

"If I had been sitting on the couch watching TV, I might have never realized I was having a stroke," Juanita says. "I never felt any pain. But when I noticed the drooping, I knew I needed to call for help."

Juanita had suffered a mini-stroke two years earlier, so she was aware of the symptoms. Doctors recommend everyone remember "FAST:"

- **FACE:** Check for drooping or contortion of the face or lips.
- **ARMS:** Raise both arms; one may sink lower if experiencing a stroke.
- **SPEECH:** Listen for slurred or confused speech.
- **TIME:** Call for help immediately if stroke is suspected. Earlier treatment can mean better outcomes.

For more information on stroke and treatment, visit [HenryFord.com/stroke](https://www.henryford.com/stroke).



Juanita Branch works with an occupational therapy assistant in Henry Ford Macomb's inpatient rehabilitation unit.



VIRTUAL CARE OFFERS ALTERNATIVE OPTION FOR HEALTH VISITS

DIGITAL TECHNOLOGY IS CHANGING OUR LIVES IN SO MANY WAYS. WE SHOP ONLINE, CONNECT WITH FRIENDS THROUGH SOCIAL MEDIA, RECEIVE NEWS AND ENTERTAINMENT THROUGH MOBILE APPS, AND MORE. Quick and convenient access to everything is at our fingertips, including the way we receive our health care services.

The desire from health care consumers to use digital technology to control where, when and how they receive care is rapidly increasing. The Virtual Care program at Henry Ford Health System is quickly becoming a leader in this alternative method of receiving high-quality, fast and accessible personalized care, without disrupting your schedule.

THE FUTURE OF HEALTH CARE

Virtual Care connects you with a Henry Ford physician through your mobile device or computer without having to leave your home or work. This saves travel time and cost, eliminates contact with sick patients in the waiting room, and provides quick access to expert primary care, pediatric, dermatology and other specialty physicians.

“Virtual care provides an incredibly valuable service to patients who have limited access to transportation, are busy professionals, or those without childcare,” says Courtney Stevens, director of virtual care at Henry Ford. “It removes barriers that prevent people from taking care of themselves by giving them convenient, accessible virtual health care when they need it most.”

VIRTUAL CARE SERVICES

- MYCHART VIDEO VISIT:

A scheduled video appointment with your doctor from your home, office or any other location using your personal device. You can use the MyChart mobile app from your smartphone or tablet, or visit the website from your computer (with a web camera). Video visits are billed through insurance, just like an in-person visit.

- E-VISIT:

A non-scheduled, non-urgent visit using secure online messaging. During an E-visit, you are asked to fill out an online questionnaire based on your symptoms that is securely sent to your doctor. Your doctor assesses your responses and gets back to you within one business day with a diagnosis and recommended treatment plan. E-visits are \$35, and are covered by most insurance plans.

Last year, over 7,500 patient encounters were completed using virtual care services at Henry Ford, and this number is quickly increasing.

“The video visits gave me the opportunity to further my health in a way that didn’t interfere with my life as much,” says Timothy Schacht, virtual care cardiac rehab patient. “I actually believe I received better care because there was a person in front of me at all times during the session.”

Virtual care is set to become embedded as a standard method of health care in the near future. For more information about the Virtual Care program at Henry Ford Health System, visit HenryFord.com/VirtualCare.

DOWNLOAD THE HENRY FORD MYCHART MOBILE APP

With Henry Ford MyChart, managing your health has never been easier. This unique online tool offers patients a simple and convenient way to manage their health care how, where and when it’s best for them.

Visit HenryFord.com/MyChart today to download the app and get started using Henry Ford Virtual Care services.



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 – 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.

AUG. 12, SEPT. 9 & OCT. 7: 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 – 8 P.M., JULY 16 & AUG. 20.

FALL 6-WEEK BEREAVEMENT SUPPORT GROUP SERIES: BEGINS SEPT. 10.

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).

OCT. 4: 10:15 A.M. – 2:30 P.M.

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

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.

Relaxation Yoga

This class combines gentle stretching with breathing and relaxation techniques.

SIX-WEEK SESSIONS ON TUESDAYS BEGIN AUG. 13 AND OCT. 1: 6:45 – 7:45 P.M.

\$42 for 6 weeks

Clinton Township hospital, Fourth Floor, Gathering Joint

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.

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.

SEPT. 19: 5 – 7 P.M.

Henry Ford Rehabilitation, 13251 E. 10 Mile Road, Warren, 48089

AUG. 14: 1 – 3 P.M.

Register at (586) 263-2324.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Heart Health 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.

AUG. 7, WHAT TESTS SHOULD I HAVE AND WHY?, ITALIAN AMERICAN CULTURAL CENTER

SEPT. 18, LIVING WITH HEART FAILURE, IKE'S RESTAURANT

OCT. 2, PREVENTING HEART DISEASE, ITALIAN AMERICAN CULTURAL CENTER

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

CANCER CARE

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

The 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

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 – 3 P.M., ONGOING

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.

Oncology Chair Yoga

JULY 19, AUG. 2 & 16 & 30, SEPT. 13 & 27, OCT. 11 & 25: 12:15 – 1:15 P.M.

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

Register at (586) 263-2237. Bring water.

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

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Calendar of **EVENTS**, *cont'd*

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.

SEPT. 17 & OCT. 15
 6 – 7:30 P.M.

Clinton Township hospital, Medical Pavilion, Fourth Floor

Reiki for Kids

This class will teach children ages 6 to 12 and a parent/guardian how to perform and experience the benefits of this holistic healing approach. Reiki has been known to help relieve symptoms of ADD/ADHD along with easing childhood traumas and grief.

\$90 for one adult and one child; \$30 for each additional child or adult. Call for employee discount pricing.

AUG. 3 & OCT. 12
 9 A.M. – NOON

Clinton Township hospital, Medical Pavilion, Fourth floor

Reiki Practitioner Training

Please call for pricing info. HFHS employee discount available.

LEVEL 1, SEPT. 24 & SEPT. 26
 5 P.M. – 9 P.M.

LEVEL 2, OCT. 19: 9 A.M. – 5 P.M.

ADVANCED, NOV. 16: 9 A.M. – 6 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

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 during this class will be the voice fork, Himalayan bowls, crystal bowls, tuning forks and chimes. Wear comfortable clothes and come with an open heart. Taught by Cristina Pavey, Certified Therapeutic Sound practitioner.

Cost: \$25

OCT. 25
 2 – 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.

JULY 22, AUG. 26, SEPT. 16, OCT. 14
 7 – 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.

JULY 20, SEPT. 14 OR OCT. 12
 8:30 A.M. – 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 July 17, Sept. 4 or Oct. 30. Also covers prenatal 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 (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. Call (800) 756-9890 or visit HenryFordMacomb.com/LoseWeight.



*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 (877) 711-6399**



all for you



HENRY FORD MACOMB HOSPITAL
15855 19 Mile Road
Clinton Township, MI 48038

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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.

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