

LIVEWELL

Summer 2021



HENRY FORD
WEST BLOOMFIELD HOSPITAL

NEW PARKING STRUCTURE COMING SOON!



Later this summer, Henry Ford West Bloomfield Hospital will break ground on a new parking structure. The project is expected to last approximately one year and will add over 400 parking spaces to campus once complete. During construction, a number of parking spaces will be temporarily eliminated. For your convenience, Valet services will continue. As the project progresses, traffic flow on campus is expected to change so please allow for extra time when arriving for appointments. As always, your safety is our number one priority.

JOIN US FOR WALK WEST BLOOMFIELD



Join our Henry Ford experts and community partners from West Bloomfield Parks and Recreation the first Tuesday of every month at 7 p.m. for a FREE wellness walk on our Path to Wellness. Get to know our Henry Ford physicians, dietitians and other healthcare professionals while getting your steps in. Registration is required. **Visit [WBParks.org/WalkWB](https://www.henryford.org/WalkWB). Event takes place now through August 2021.**

HENRY FORD WEST BLOOMFIELD HOSPITAL **NAMED NEWSWEEK BEST HOSPITAL 2021**



Henry Ford West Bloomfield Hospital has been recognized as a 2021 World's Best Hospital by Newsweek Magazine for its consistent excellence, including distinguished physicians, top-notch nursing care and state-of-the-art technology. Newsweek compiles this information by looking at recommendations from medical experts, results from patient surveys and medical KPIs on hospitals. Henry Ford West Bloomfield Hospital is one of the top 200 hospitals in the nation.



TELEMEDICINE GOES HIGH-TECH WITH 3D VIRTUAL EXAM KITS

Henry Ford Health System is taking telemedicine to a new level with technology that allows your doctor to remotely look inside your throat and ears, listen to your heart and lungs, examine skin conditions and more without having to leave your home.

The Tyto Care™ technology in the Henry Ford Virtual Exam Kit has a built-in camera and three special adapters—an otoscope, a stethoscope and a tongue depressor — that enhances the capability and convenience of a virtual visit.

The user-friendly, hand-held device guides patients and caregivers through exams. Visual cues on the display screen show users where to place the device so their doctor can accurately capture sounds and images.

“We’re excited to be the only healthcare system in southeastern Michigan to bring this game-changing technology to our patients,” said Steven Kalkanis, M.D., CEO of the Henry Ford Medical Group and Senior Vice President and Chief Academic Officer of Henry Ford Health System.

Visit HenryFord.TytoCare.com for more information and to purchase a Henry Ford Virtual Exam Kit. Most insurance companies allow patients to use their flexible savings account or health savings account to cover the cost of the kit.

TAKE CHARGE OF YOUR HEALTH

The new Henry Ford RX mobile app makes managing prescriptions easier than ever before.

- Order prescription refills from a list or by scan
- View prescription history and dosages
- Locate a Henry Ford pharmacy
- Transfer prescriptions between Henry Ford pharmacy locations and non-Henry Ford pharmacies
- Manage your doctor and account information



Download the Henry Ford Mobile RX app through your smartphone or visit HenryFord.com.



GET MOVING TO IMPROVE YOUR VEIN HEALTH

IT'S NO SECRET THAT EXERCISE IS ESSENTIAL FOR GOOD HEALTH. How essential? Physical activity can help prevent and slow the progression of venous (vein-related) diseases and other conditions.

VENOUS DISEASE AND EXERCISE CONNECTION

Some forms of venous disease result in swollen legs, bulging veins, nighttime cramps and a feeling of heaviness in the legs. These symptoms can improve (or worsen) with activity levels.

"Depending on the severity of venous disease, we often start with a conservative approach, which can include exercise," says Henry Ford Health System vascular surgeon Paul Corcoran, M.D.

Exercise not only helps the vascular system but can also contribute to weight loss and better cardiovascular health.

THE POWER OF EXERCISE

Exercise does more than stave off health concerns. It can also slow the progression of disease.

“Exercise often has as much impact on the improvement of venous disease as surgery,” states Dr. Corcoran. “It can improve blood vessel, heart and lung health while supporting overall longevity.”

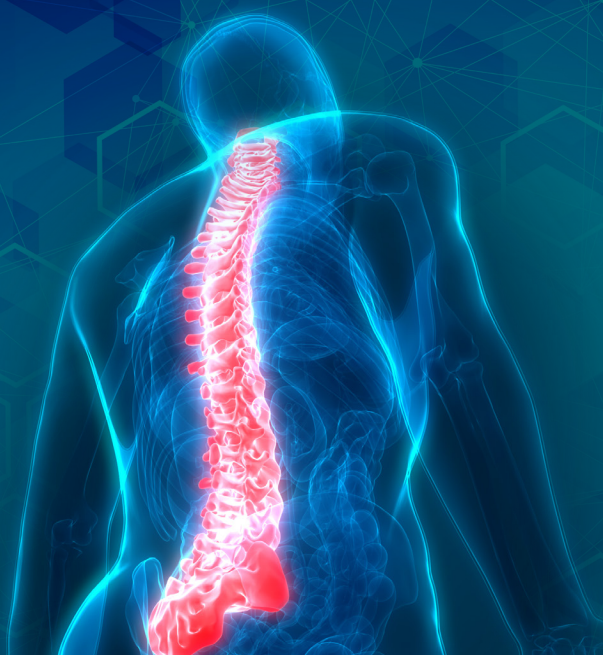
Here are some easy ways to promote exercise and improve your vascular health:

- **DON'T SIT OUT OF LIFE.** Getting up and moving for five to 10 minutes an hour can be beneficial. Walk around the house or go up and down the stairs. Minimizing time spent seated or lying down is a step in the right direction.
- **WALK ON.** For those without mobility issues, walking is an easy — and usually free — way to incorporate activity. If you don't have a treadmill, walk outside. You don't have to powerwalk to get powerful results.
- **ELIMINATE AN ALL-OR-NOTHING MENTALITY.** Experts recommend exercising 30 minutes per day, but anything is better than nothing. If you can't do 30 minutes at a time, start with smaller intervals and slowly increase your activity.
- **PUMP IT UP.** If you're going to pump up heart health, exercise your calf muscles. The calf muscles pump blood from the leg back through the vascular system. This helps with edema and managing venous disease, as well as building strength.
- **GET THE BEST CARE.** If you have symptoms of venous insufficiency, seek care from a provider who will treat you, not just your condition. A lot of people are afraid to make an appointment because they assume a vascular surgeon will recommend surgery. That's not always the case. Find a provider who's focused on your total well-being.

Dr. Corcoran advises people to consult their provider before beginning any exercise regimen, especially those with heart or vascular disease.

GET EXPERT VEIN CARE CLOSE TO HOME

Our veins carry blood throughout our body, making your vein health a top priority. Vein diseases can range from cosmetic problems to more serious conditions causing pain and swelling. The expert team at the Henry Ford Vein Center offers a wide range of treatment options for vein disease. From medications and lifestyle changes to minimally invasive procedures and surgery, our vascular experts will help find the right plan for you. **Visit [HenryFord.com/Vein](https://www.henryford.com/Vein) to learn more or call 1-800-HENRYFORD (1-800-436-7936) to find a Henry Ford vascular specialist near you.**



GET HELP FOR YOUR ACHING BACK

ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH, ABOUT 80 PERCENT OF ADULTS WILL EXPERIENCE BACK OR NECK PAIN AT SOME POINT DURING THEIR LIFETIME. Unfortunately, for 20 percent of people in that group, acute back or neck pain will become an ongoing health problem.

“If back pain isn’t managed the right way, patients are more likely to have recurrent problems,” says Ritu Zacharias, M.D., a fellowship trained spine expert, and Director, Medical Spine Services & Physiatry at Henry Ford Health System.



Ritu Zacharias, M.D.

There are several strategies for managing back pain, depending on the source. But how do you know when it’s time to consider surgery? It depends on the cause of the pain and if non-surgical options have failed to produce results.

The causes for back pain include muscular (sprains and strains) and spinal (herniated discs, spinal stenosis and nerve pain). Most back and neck pain is a result of sprains and strains, which tend to heal on their own in about two to three weeks. Spinal pain is more serious and the source of the pain dictates treatment.

WHEN TO SEE A DOCTOR

“If the pain lasts longer than two or three weeks, or if there’s muscle weakness involved, it’s time to see a doctor,” says Dr. Zacharias. “In addition to a clinical exam, you may need x-rays or a CT scan or MRI to determine the source of the pain.”

Trying to live with chronic back pain may lead to ongoing dysfunction and it could also increase your odds of getting hooked on pain medications.

BACK-SAVING STRATEGIES

When you have back pain, exercise may seem like a bad idea, but it can actually help you feel better.

“Walking and moving helps break down tissue and control some of the pain receptors that generate pain signals,” Dr. Zacharias explains. Other strategies include:

- **ICE:** The cold temperature acts like nerve pain medication to block pain signals. It also helps reduce swelling and inflammation.
- **HEAT:** Heat allows muscles to relax and helps you stretch them.
- **REST:** Taking it easy for a few weeks may be all you need to recover.

Most important, don't ignore an achy back. If you're sore, in pain or if back or neck strain is interfering with your daily life, see a doctor.

FIND RELIEF FROM BACK AND NECK PAIN

Back and neck pain can keep you from living the life you want to live. If you have pain or immobility in your muscles, bones or joints, we can get you moving again. Henry Ford Health System offers an expansive orthopedic and spine therapy program with licensed therapists providing one-on-one treatment to improve your overall functionality. **Visit [HenryFord.com/BackPain](https://www.henryford.com/backpain) for more information including a list of locations and how to schedule an appointment.**





5 TIPS TO EMBRACE YOUR HEALTH OUTDOORS

SUMMER IS OFFICIALLY HERE, WHICH MEANS PEOPLE ARE HEADED OUTDOORS TO ENJOY THE WARMER WEATHER AND WELCOME CHANGE TO THEIR ROUTINES. Taking things outside can be good for your overall health and well-being by boosting your mood, increasing energy and improving immunity.

Improve your health and stay active outdoors this summer with these five tips:

1. **IMMERSE YOURSELF IN NATURE.** Nothing is more powerful for both mind and body than getting a breath of fresh air. Go hiking in the woods, ride your bike through the local trails, or play disc golf to get your daily dose of sunshine.
2. **JOIN AN OUTDOOR YOGA OR FITNESS GROUP.** Exercising with a group helps with accountability and promotes emotional connection with your community.
3. **EAT FRESH, LOCAL FOOD.** A diet filled with fresh fruits and vegetables is good for your health. Visit your neighborhood farmers' market for the best locally grown and in-season produce.
4. **DRINK PLENTY OF WATER.** Your body dehydrates more quickly as you sweat. If you're thirsty, you're already dehydrated. Keep a water bottle with you at all times and sip frequently.
5. **WEAR SUNSCREEN.** Using sunscreen decreases the risk of sunburn and skin cancer.

Nature can be the best medicine, so make sure to add outdoor activities to your daily routine. You'll feel better and immediately notice the positive changes to your health.

Visit [HenryFordLiveWell.com](https://www.henryfordliveWell.com) for more articles on how to live a healthy life.

Classes

ONLINE ADDICTION EDUCATION AND SUPPORT PROGRAMS FOR FAMILIES

We know that substance abuse affects the entire family. That's why Henry Ford Maplegrove Center offers online family support and education programs for anyone with a loved one who is struggling with addiction. The programs are free and open to anyone 18 or older.

Family Skill Building

THURSDAYS

6 TO 7:30 P.M. (EXCLUDING HOLIDAYS)

This interactive lecture series is intended for adults who have a family member or friend with a substance use disorder, such as alcohol or opioid addiction. The program includes six rotating educational lectures covering various topics related to the disease of addiction. A new topic will be covered each week so you can join anytime. Each session is led by an addiction specialist and includes time for questions.

Participants will:

- Learn about the disease of addiction and how it affects the brain
- Hear about the warning signs of addiction
- Build communication and problem-solving skills to use within the family
- Discuss ways to handle the pressures of living with someone with addiction
- Discover how to establish or restore appropriate relationships, roles, boundaries and routines

SHARE: Friends & Family Addiction Support Group

THURSDAYS

7:30 TO 9 P.M. (EXCLUDING HOLIDAYS)

The SHARE support group offers adults with a family member or friend facing addiction the chance to talk about their feelings and receive support in a safe, group setting. Anyone who is concerned about a friend or family member's substance use is welcome to attend. *Note: This program is not recommended for individuals in recovery with less than six months of continuous sobriety.*

No registration is required. 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 at LKAPLAN2@hfhs.org.

Classes continue on page 10





C.A.R.E. PROGRAM VIRTUAL CLASSES

Take an opportunity to focus on YOUR health and wellness. Attend these FREE virtual support sessions designed especially for you. Classes are open to caregivers, patients, family, friends and the community.

Creative Mindfulness with Art

WEDNESDAYS

10 A.M.

These sessions are designed for people of all ages and are guided by an art therapist. New project offered each week. Topics covered will focus on self-awareness, support systems, gratitude and reframing negative thoughts.

Kids Art Club

WEDNESDAY, AUG. 11

11 A.M.

Join us for art lessons for school-age kids. Sessions will be taught by a registered art therapist using the teaching artistic behavior (TAB) approach. TAB is learner-directed to meet the needs of all learners through choice, agency, flexibility and emergent curriculum.

Caregiver Support Groups

TUESDAYS

11 A.M. AND 6 P.M.

Do you provide care for a loved one? Join this class to connect with fellow caregivers and care giving experts for support and information. Participants must be 18 or older.

Visit [HenryFord.com/CaregiverWellness](https://henryford.com/CaregiverWellness) to register for the classes listed above.

Registration is required due to limited capacity. You will receive a link for the class after registering. Join by telephone, computer, tablet or iPad.

For questions, call (866) 574-7530 or email CaregiverResources@hfhs.org. Classes are sponsored by Henry Ford Health System C.A.R.E. Program (Caregiver Assistance Resources and Education).

ADVANCE 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 life-saving 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

An introduction to newborn care. Learn the basics of evidence based care for your newborn baby's needs.

Breastfeeding

Experience the benefits and basics of breastfeeding. Learning the best practices will give you an early, great start to breastfeeding.

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 for a look at our rooms, amenities and more.**

Visit HenryFord.com/Baby, call (248) 325-0037 or email Sarah.Lavery@hfhs.org for more information, including additional classes, dates, times, class pricing and to register.

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 between parents and grandparents, how grandparents can help during pregnancy, birth and after Baby is born, current guidelines for infant care, and ways to bond with your new grandchild.

For more information or to register, visit HenryFord.com/Baby, call (248) 325-0037 or email sarah.lavery@hfhs.org.





WALK-IN / URGENT CARE NEAR YOU

Not quite an emergency, but need to be seen today? Get expert adult and pediatric care for minor medical concerns at our Henry Ford Walk-In Clinics or Urgent Care Centers. All clinics are staffed with Henry Ford doctors and nurse practitioners that are ready get you feeling better fast. Open seven days a week and on holidays.

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



ALL FOR YOU



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**
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Henry Ford Health System.**
The information is intended
to inform and educate about
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**Call (313) 916-1896 to request
assistance.**

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