

# LIVEWELL

Fall 2021



HENRY FORD  
WEST BLOOMFIELD HOSPITAL



## NEW PARKING STRUCTURE CONSTRUCTION UPDATE

Construction is underway for the new parking structure at Henry Ford West Bloomfield Hospital. The project is expected to be complete in Fall 2022 and will have over 600 parking spaces. 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.



## TURNING 65?

It's never too early to start thinking about how to choose a Medicare Advantage plan that works for you. Many plans include:

- Dental, vision and/or hearing coverage
- Free medication review
- Help managing chronic conditions like diabetes
- An over-the-counter benefit
- A fitness benefit
- Telehealth visits at no cost to you
- Home-delivered meals following discharge from the hospital

**For more information on finding a plan to meet your unique needs, visit [Hap.org/Medicare](https://Hap.org/Medicare) or call (800) 868-9885.**



## VACCINATION IS OUR BEST DEFENSE

As we move into the fall and winter seasons, preventing cold and flu becomes a top priority. Most people are already implementing the things that can prevent the spread, like social distancing, using hand sanitizer and masking up due to the rise in new COVID-19 variants. However, vaccination is still our best defense against both COVID-19 and the flu. **Visit [HenryFord.com](https://HenryFord.com) for the most up-to-date information around vaccines, including booster shots for COVID-19 and the flu shot.**





## UPGRADE YOUR **PATIENT EXPERIENCE**

**LOOKING FOR ONE-STOP MEDICAL CARE CLOSE TO HOME?** The Henry Ford Medical Center – Bloomfield Township has you covered. Offering a full spectrum of care, including adult and pediatric primary care, women’s health and a variety of specialty services, we have everything you need under one roof.

In addition to providing convenient access to specialty care, which includes cardiology, neurology, ophthalmology, orthopedics, sports medicine, urology/ urogynecology, and functional and integrative medicine, the center also has a walk-in clinic to treat urgent concerns, radiology and lab services, and an onsite pharmacy.

“This location was not only built to address the medical needs of the community, it also serves as a community resource center,” says Jennifer Burgess, D.O., Henry Ford Family Medicine Physician in charge of primary care at this location. “The large public areas are gathering spaces, and the first-floor conference room is open and available for community group use.”

### **INNOVATION MEETS CLINICAL EXCELLENCE**

This innovative facility delivers a unique patient experience with advanced diagnostic tools such as, 3D mammography to provide more accurate breast cancer detection, and automated office blood pressure machines for more precise readings.

Technology streamlines your check-in and wayfinding with the use of iPads to ensure a quick and easy process when you arrive.

“Our doctors are currently accepting new patients of all ages,” says Dr. Burgess. “And we are committed to proving the best clinical care experience in the area.”

*Henry Ford Medical Center – Bloomfield Township is located at 1961 S. Telegraph Road. Not quite an emergency, but need to be seen today? The medical center offers a Walk-in Clinic that provides expert urgent care for minor medical concerns for the cost of a primary care doctor visit\*. Visit [HenryFord.com/SkipTheWait](https://www.henryford.com/SkipTheWait) to reserve your spot in line. \*Patients may be billed for diagnostic tests or procedures if health plan deductibles have not been met.*

*To schedule an appointment with any of the specialty care providers at the medical center, call (248) 319-6210.*



# EVERYTHING YOU NEED TO KNOW ABOUT PROSTATE CANCER

OF THE MANY HEALTH ISSUES THAT MEN FACE THROUGHOUT THEIR LIVES, PROSTATE CANCER RANKS AS ONE OF THE MOST PREVALENT. In fact, among males, prostate cancer is the most common type of cancer aside from skin cancer. Despite its frequent occurrence, the disease is often overlooked and misunderstood.

“One in eight men will get prostate cancer,” says Craig Rogers, M.D., a urologist with Henry Ford Health System. “More than 175,000 men are diagnosed with prostate cancer each year and there are more than 30,000 deaths from it each year.”



Craig Rogers, M.D.

If it's caught in time, prostate cancer is very treatable. Here, Dr. Rogers answers important questions.

## **Q: WHAT ARE THE SYMPTOMS OF PROSTATE CANCER?**

A: Prostate cancer is usually slow growing and has no symptoms unless it's relatively advanced. In advanced stages, men may notice urinary symptoms like obstruction of flow, or blood in their urine or semen.

## **Q: WHAT ARE THE RISK FACTORS FOR PROSTATE CANCER?**

A: Advanced age is a risk factor. Genetics also play a role. If you have a family history of prostate cancer, a female in your family who has had ovarian or breast cancer, or a family member who carries the BRCA mutation (a breast cancer gene), you are at a higher risk. African American men are more likely to develop prostate cancer and die of prostate cancer.

You should get screened for prostate cancer in your 40s if you are high risk. Normal risk level can begin at 50.

#### Q: WHAT DOES THE SCREENING CONSIST OF?

A: Screening typically consists of a prostate-specific antigen blood test (PSA) and a digital rectal examination (DRE). If either test is abnormal, further testing is done with a prostate biopsy.

#### Q: HOW IS PROSTATE CANCER TREATED?

A: It's usually treated with surgery to remove the prostate, or radiation. Surgery is done with a minimally invasive robotic approach, which was pioneered at Henry Ford.

#### Q: WHO SHOULD HAVE PROSTATE CANCER SCREENING?

A: Screening recommendations vary based on age and other risk factors. Men who are considered high risk, which includes African American men and men who have a first-degree relative diagnosed with prostate cancer at an early age (younger than 65), should get screened for prostate cancer in their 40s. Normal risk level can begin at age 50.

At Henry Ford, we recommend you make an informed decision with your healthcare provider about whether or not screening for prostate cancer is right for you.

*Visit [HenryFord.com](http://HenryFord.com) to learn more about prostate cancer screenings and treatment. To make an appointment with a Henry Ford urologist, call 1-800-HENRYFORD.*

## GETTING GUYS TO **SEE THE DOCTOR**

Most men know that visiting a doctor—at least once a year—is important to staying on top of their health. But too few actually make regular appointments. Whether they need an annual physical or are overdue for a critical screening, men often put their health on the back burner until they can't ignore it any longer.

Here are four simple strategies that men can use to stay in tip top shape.

1. **GET IN EARLY.** Starting in your 20s, schedule a visit with a primary care doctor at least once a year or more often if you have a family history of heart disease or cancer.
2. **GET NECESSARY SCREENINGS.** Your doctor will come up with a screening schedule that makes sense for your unique circumstances and family history.
3. **GET REAL WITH YOURSELF.** Many men ignore symptoms as long as they can. In nearly every case, the sooner you seek help, the better the outcome.
4. **REVIEW YOUR VACCINES.** Sometimes boosters are needed to keep vaccination effective – especially as you get older. Talk to your doctor to make sure you are up-to-date.

***Visit [HenryFord.com](http://HenryFord.com) or call 1-800-HENRYFORD to request an appointment with a Henry Ford primary care doctor and get your annual wellness exam.***



## FIRST IN U.S. SURGERY FOR PARKINSON'S DISEASE PERFORMED AT HENRY FORD WEST BLOOMFIELD

THE PARKINSON'S DISEASE AND MOVEMENT DISORDER CENTER AT HENRY FORD HEALTH SYSTEM IS THE FIRST IN THE UNITED STATES TO OFFER THE NEWLY FDA APPROVED VERCISE GENUS™ DEEP BRAIN STIMULATION (DBS) SYSTEM.

The Vercise Genus™ DBS system, which is the fourth generation of the platform, stimulates a targeted region of the brain through implanted leads that are placed in the brain. The leads are powered by a device called an implantable pulse generator, which sits under the skin in the chest. Following the surgical procedure to implant the device, your doctor can adjust the setting to make sure it provides the most relief possible. DBS therapy is specifically designed to help treat and manage the symptoms of Parkinson's disease and other movement disorders.

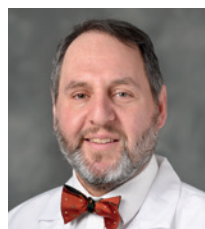
### A BREAKTHROUGH TREATMENT OPTION

Parkinson's disease is a disorder of the nervous system that develops gradually. It causes tremors, or shaking, especially in the hands and arms. Movements become stiff and slow. Balance, posture, and the ability to move or walk are impaired, and over time, symptoms become worse.

Many of the movement symptoms associated with Parkinson's disease are caused by the lack of dopamine, a chemical produced by the brain. Current medicines work as a dopamine replacement, but over time the benefits of medication may diminish or become less consistent.



"Patients who no longer benefit from or are unable to tolerate medications may be candidates for deep brain stimulation, says Jason Schwalb, M.D., Henry Ford Neurosurgeon and the first in Michigan to surgically implant a DBS system in a patient with epilepsy. "DBS therapy has proven to dramatically relieve symptoms and improve the quality of life of patients suffering from Parkinson's disease or other movement disorders.



Jason Schwalb, M.D.

Over the past 25 years, more than 160,000 DBS systems have been surgically implanted in patients worldwide to help treat movement disorders. But unlike traditional DBS systems that are built from pacemaker technology, the Vercise Genus™ DBS System is developed from a foundation of cochlear implant technology and the precise stimulation of auditory nerves it uses to replicate hearing.

"It also has the ability to adapt therapy to address fluctuations in symptoms and the progressive nature of the condition, which allows us to control stimulation precisely and minimize unwanted side effects," says Dr. Schwalb.

"We are very excited to be able to offer these types of services and physician specialists who are truly delivering the most advanced care in the U.S., right here in West Bloomfield," says Eric Wallis, D.N.P., M.S.A., R.N., N.E.-B.C., F.A.C.H.E., President, Henry Ford West Bloomfield Hospital.

While there is no cure for Parkinson's disease, most patients are finding that DBS has been life changing for them.

*To find out more about DBS and if it's the right fit for you, visit [HenryFord.com](https://www.henryford.com) or talk to your Henry Ford doctor.*

## MANAGING PARKINSON'S DISEASE THROUGH EXERCISE

Staying fit and active is important for everyone, but if you have Parkinson's disease or another movement disorder, exercise should be a key part of your daily routine to help maintain mobility and balance.

According to the National Parkinson's Foundation, exercise can provide a benefit in two ways: symptom management and slowing disease progression. Exercises that include flexibility, aerobic activity and strength training offer the best results. Doctors suggest 2 to 2.5 hours of exercise per week with each exercise lasting at least 20 minutes. The cool-down after exercising is also imperative. This helps your heart rate decrease slowly, while keeping your muscles loose.

Exercise will not stop Parkinson's disease, but it is a great compliment to DBS therapy. Keeping yourself moving can also give you the added health benefits that anybody can get with exercise, like weight control, better cardiovascular health, improved mood and more energy.



## COMFORT FOOD GETS HEALTHY

**AS THE WEATHER TURNS COLDER, CRAVINGS FOR WARM, GOOEY CONCOCTIONS CAN TAKE OVER.** The good news is, satisfying your comfort food cravings doesn't have to derail a healthy diet. These five strategies can help you modify recipes into diet-friendly indulgences.

- 1. BREAK OUT THE CROCKPOT.** Many crockpot favorites, like pulled meat dishes, are calorie and fat-laden. Taking the extra step of browning meat ahead of time (and draining the fat) trims the calories and fat content and boosts flavor.
- 2. WHIP UP SOME HOMEMADE SOUP.** Turns out there actually is scientific backing that chicken soup can relieve cold/flu symptoms. Hot liquids, like tea or broth-based soups, help loosen mucus and keep your body hydrated. Chicken soup with vegetables may also have anti-inflammatory properties, and broth-based soup can be low in calories.
- 3. WARM UP WITH CHILI.** With meat, beans and cheese, chili is a classic comfort food. The signature ingredients in most chili recipes, including beans, tomatoes, onions and garlic, are surprisingly good for you.
- 4. GET CREATIVE WITH CASSEROLES.** Rather than resort to cream-soup based casseroles, lighten up your favorite recipes with smart substitutions. Slash the fat by substituting Greek yogurt for sour cream or mayo and try cutting the amount of butter, cheese and other extras in half.



**5. CUT BACK ON CARBS.** Instead of overloading on calorie-heavy carbohydrates, use fiber-rich veggies to revamp comfort food classics. Use zucchini noodles instead of pasta, riced cauliflower in lieu of mashed potatoes, and replace potatoes with cannellini beans.

Making these smart swaps not only helps you cut back on fat and calories, it also gives you a chance to add immune-boosting nutrients to your meals that can help keep you healthy and strong through cold and flu season.

## SLOW COOKER WHITE BEAN CHICKEN CHILI

### Ingredients:

2 Tablespoons olive oil  
1 pound boneless, skinless chicken breasts, cut into 1-inch cubes  
2 large sweet onions, peeled, diced  
8 cloves garlic, peeled, minced  
1 teaspoon oregano  
1/2 teaspoon ground coriander  
1/2 teaspoon cayenne pepper  
2 teaspoons ground cumin  
1 cup fresh sliced mushrooms  
48-ounce jar Great Northern beans, drained and rinsed  
4 cups fat-free, low-sodium chicken broth  
2 cans (4 ounces each) chopped green chilies  
1 cup fresh cilantro, chopped

### Directions:

In a 3 1/2-quart or larger slow cooker, place olive oil, cubed chicken, diced onions, minced garlic, oregano, coriander, cayenne pepper, cumin, mushrooms, beans, chicken broth and green chiles. Stir to combine. Cover and cook on low heat for 8 hours. Remove cover and add cilantro; stir to combine. Cover and cook for an additional 30 minutes.



*Nutrition Information Per Serving: 284 Calories; 7 grams Fat; 1 gram Saturated Fat; 36 mg Cholesterol; 424 mg Sodium; 36 grams Carbohydrates; 13 grams Fiber; 20 grams Protein*



## 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](https://HenryFord.com/MaplegroveCE) to find out how to join these groups online. Questions? Contact Lisa Kaplan at (248) 788-3005 or by email [lkaplan2@hfhs.org](mailto:lkaplan2@hfhs.org).**

### 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, and a Kids Art Club. **Visit [HenryFord.com/CaregiverWellness](https://HenryFord.com/CaregiverWellness) for more information, including dates/times and to register. Registration is required due to limited capacity. Call (866) 574-7530 or email [CaregiverResources@hfhs.org](mailto:CaregiverResources@hfhs.org) for questions.**

*Classes are sponsored by Henry Ford Health System 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 System, Families Against Narcotics offers free online 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](https://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 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](https://www.henryford.com/ChildbirthTours) for a look at our rooms, amenities and more.**

*For more information, including additional classes, dates, time, pricing and to register, visit [HenryFord.com/Baby](https://www.henryford.com/Baby), call (248) 325-0037 or email [sarah.lavery@hfhs.org](mailto:sarah.lavery@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 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](https://www.henryford.com/Baby), call (248) 325-0037 or email [sarah.lavery@hfhs.org](mailto:sarah.lavery@hfhs.org).**

## 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 Michigan Opera Theatre

Free live monthly virtual musical performances and interactive Q & A with the talented musicians of MOT.

*For a complete listing of virtual offerings and cancer support groups, visit [HenryFord.com/CancerSupport](https://www.henryford.com/CancerSupport). Email [cancersupportinfo@hfhs.org](mailto:cancersupportinfo@hfhs.org) to get the login information for any of the groups.*





# LIVING WITHOUT JOINT PAIN

The team at the Henry Ford Center for Joint Replacement is ready to work with you on a tailored treatment plan to get you back to what you love. If you're not ready for surgery we offer joint preservation classes. When you are, we offer unique pre-surgical classes to help prepare you for what to expect before, during and after surgery. We're here to help every step of the way – virtually and in-person.

Not sure if you're ready for a joint replacement?  
Take our joint pain quiz at [HenryFord.com/JointPainQuiz](https://HenryFord.com/JointPainQuiz)



**ALL FOR YOU**



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