



**HENRY FORD  
WEST BLOOMFIELD HOSPITAL**

# LIVE WELL

FALL 2015

## *Kids' Sports Physicals:* WHAT'S YOUR GAME PLAN?

IT'S BACK-TO-SCHOOL SEASON, and coaches are ready to get kids on the field. But before you rush into an urgent care center to fit in a sports physical for your child, rethink your options. His or her primary care physician may be a better choice.

### **GOING TO THE DOCTOR WHO KNOWS YOUR CHILD BEST**

"A sports physical performed at a walk-in clinic gives just a snapshot of your child's health — it's not complete," explains Aliya Kohler, M.D., a family medicine physician for Henry Ford Medical Center – Commerce. "Although these clinics serve an important role, seeing your child's primary doctor for a sports physical provides a more in-depth evaluation."

Aaron Daniel, M.D., a Henry Ford West Bloomfield Hospital primary care physician board-certified in internal medicine and pediatrics, agrees. "Your child's pediatrician or your family doctor evaluates your child from a global perspective, understanding his or her health and treatment history."

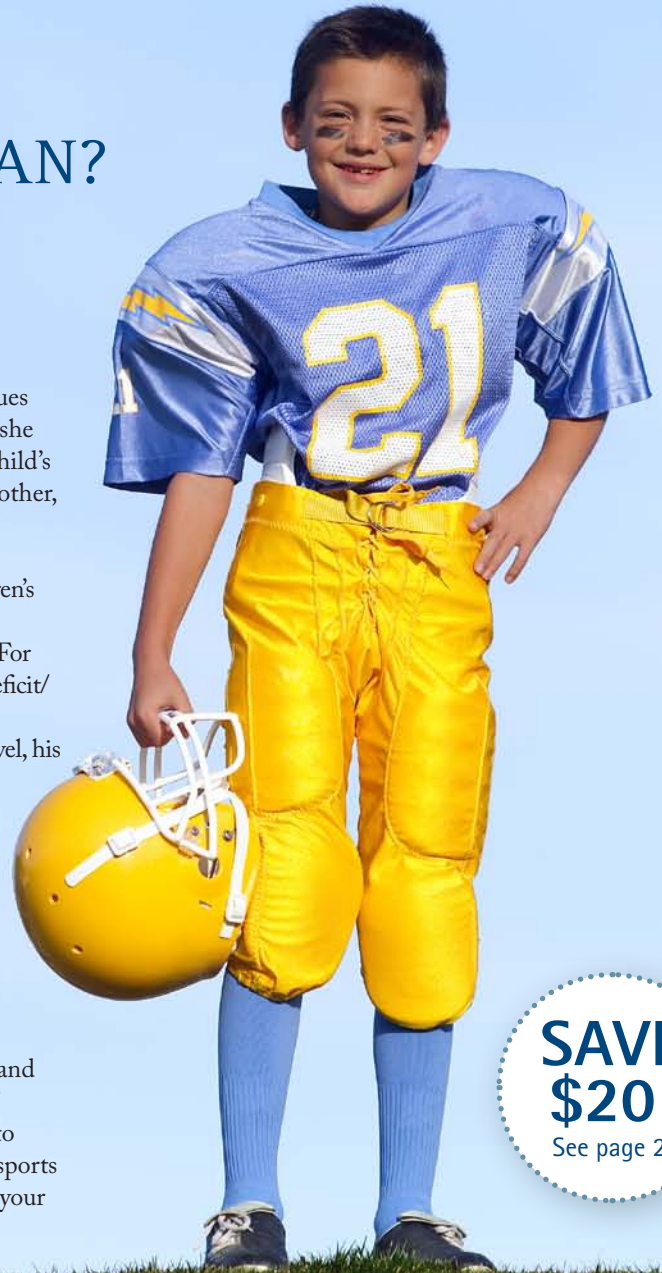
### **DETECTING ISSUES FROM HEAD TO TOE**

During a sports physical, your child's doctor will rule out potentially life-threatening issues such as heart problems. He or she will also help maximize your child's sports potential by addressing other, sometimes less obvious, health concerns.

"Anything that affects children's health can affect their sports performance," says Dr. Daniel. "For example, if a child's attention-deficit/hyperactivity disorder (ADHD) medication is not at the right level, his or her play may also suffer. We look at the whole picture."

Your child's doctor will also provide guidance on preventing and treating injuries. "Concussion is a major risk among young athletes," says Dr. Kohler. "We help parents understand the subtle signs of concussion and know what to do about them."

The bottom line? It's wise to make the most of your child's sports physical. For the best care, see your child's doctor.



**SAVE  
\$20!**

See page 2.

## **CALL, CLICK OR COME IN!**

We make it simple for your child to get the proper care throughout the school year. Here are some easy options:

- Call 1-800-HENRYFORD (1-800-436-7936) to schedule a same-day primary care visit. We offer extended hours Monday through Friday as well as Saturday appointments.
- Click onto [HenryFordWestBloomfield.com/Teladoc](http://HenryFordWestBloomfield.com/Teladoc) or call 1-800-TELADOC (1-800-835-2362) to schedule a phone or video consult with a doctor.
- Come in to one of our Walk-In Clinics at select Henry Ford Medical Centers. Or head to your local CVS MinuteClinic affiliated with Henry Ford Health System.



LYNN M. TOROSSIAN  
President and CEO

## YOUR PARTNER IN HEALTH

At Henry Ford West Bloomfield Hospital, our goal is to deliver a health care experience like no other — one that includes mind, body and spirit as essential elements in the healing process. We provide the highest quality in patient safety and clinical excellence, and strive to exceed the needs of our patients and guests.

In this issue of *LiveWell*, we are excited to share several new and exciting things going on throughout the hospital. You will find important information about taking your child to his or her primary care physician for back-to-school and fall sports physicals, and how our emergency room helps older adults who have had falls. Learn about the benefits of acupuncture and meet the new acupuncturist at Vita wellness center. Finally, our weekly farmers market is back in full swing, featuring local produce, bread, honey and flowers, along with a new farm share program designed to help the local farming community thrive.

For more information about our services, visit [HenryFordWestBloomfield.com](http://HenryFordWestBloomfield.com). We look forward to becoming your partner on your journey to optimal health.

Best wishes for a wonderful fall,



## To the Point: ACUPUNCTURE HELPS HEAL



JILL STORCH-  
TOLENTINO,  
acupuncturist

**LESS PAIN. FASTER HEALING. REDUCED SYMPTOMS.** Few side effects. If a treatment provided these benefits and more, would you try it?

**ACUPUNCTURE**, a therapy that uses fine needles to access energy points in the body, is a real option for many of today's

health issues. Just ask Jill Storch-Tolentino, who made acupuncture her career after discovering its benefits firsthand. She joined Henry Ford West Bloomfield Hospital's Vita wellness center in April 2015.

"A car accident left me with debilitating back pain," says Storch-Tolentino. "Searching for relief, I tried acupuncture. The results were amazing, and I decided then to become an acupuncturist."

### BENEFITS ABOUND

Storch-Tolentino provides acupuncture at Vita to patients with a wide range of health issues — headaches, back pain, gastrointestinal problems, cancer treatment side effects, insomnia and more.

"We know that energy travels through the body in pathways," explains Storch-Tolentino. "However, stress, injuries and repetitive movements can create blockages in energy flow, which leads to imbalances. By accessing points

of stagnation, we open up the flow of energy, reducing pain and other symptoms."

### LIFE-CHANGING THERAPY

Storch-Tolentino is not the only one whose life has been changed by acupuncture. Years ago, Sandra Collins — a former art curator at the Detroit Institute of Arts and then gallery owner — hurt her bicep while boxing. To aid in her recovery, a family friend, who is also a Henry Ford doctor, recommended acupuncture at Vita before and after surgery. The results spoke for themselves: Collins healed in half the expected time. Since then, the active 67-year-old undergoes acupuncture at Vita to ease stress, postmenopausal symptoms and more.

"Acupuncture has benefitted my health and helped me feel more balanced," says Collins.

"By collaborating with Henry Ford West Bloomfield physicians, we bring the benefits of traditional and integrative medicine together," says Storch-Tolentino. "Acupuncture serves as a tremendous complementary therapy for many patients."

## Relief May Be a Click Away

To make an acupuncture appointment at Vita, visit [HenryFordWestBloomfield.com/Acupuncture](http://HenryFordWestBloomfield.com/Acupuncture) or call 248-325-3870.



## Save \$20!

See firsthand how acupuncture can help ease pain, treat many conditions and more. Get \$20 off your first acupuncture visit (an 80-minute session) at Vita wellness center with this coupon.

Not redeemable for cash and no cash back. May not be combined with any other offer, coupon or discount. Offer expires September 30, 2015.



# Finding Your Footing: PREVENTING FALLS

Tripping over misplaced clutter or a loose cord can be irritating. But as we age, these household items may become health hazards. In fact, about 7 million people older than age 65 have a serious fall each year. While there's no way to prevent all tumbles, many can be avoided.

"When it comes to falls, education and awareness are key," says James J. Jeffries II, M.D., FACP, assistant section head, division of hospital medicine at Henry Ford West Bloomfield Hospital. "We see a lot of older adults in the ER for falls, and we try to educate patients and their family about how to avoid falling in the future."

## TIPS TO HELP YOU STAY ON YOUR FEET

There are many simple actions you can take to prevent falls. "One of the most important is removing hazards from the home," says Deborah Spencer, M.S.N., R.N., director of emergency services at Henry Ford West Bloomfield. This includes throw rugs, long cords and other items that can cause trips. "Installing grab bars and nonslip mats in the bathroom can also help," she notes. "Falls in the shower or bath are especially common in older adults."

Spencer also suggests exercising and having regular vision exams. "If your eyesight is poor or your muscles are weak from inactivity, you're more likely to fall," she notes. It's harder to maintain your balance if your muscles aren't well-developed. It's also important to know the side effects of your medicines, as some can cause dizziness.

## THE SOURCE OF STUMBLES

For older adults who are at high risk of falling or who have already fallen several times, Henry Ford West Bloomfield offers

a Gait Clinic. "We can help seniors find ways to be steadier on their feet," says Dr. Jeffries. If you might benefit from this clinic, talk with your primary care physician about getting a referral.

If you do fall, Spencer suggests calling your doctor or going to the ER to get checked out. "You can have internal injuries and not notice any symptoms right away," she says. "It's always better to err on the side of caution."

## Learn to Stay Steady

Concerned about falls? Want to improve your balance? Henry Ford West Bloomfield is partnering with the Area Agency on Aging 1-B for this eight-week program for older adults.

**WHAT:** A Matter of Balance:

Managing Concerns for Falls

**WHEN:** Wednesdays, Sept. 16 through Nov. 4, 10 a.m. to noon

**WHERE:** Henry Ford West Bloomfield, private dining rooms 2 and 3

**COST:** \$15 per person for the entire eight-week session

**REGISTRATION:** Call 800-852-7795 or email [wellnessprograms@aaa1b.com](mailto:wellnessprograms@aaa1b.com).



## DECREASE YOUR CHANCES OF FALLING

What else can you do to prevent a tumble? Find out at [HenryFordWestBloomfield.com/falls-and-injuries](http://HenryFordWestBloomfield.com/falls-and-injuries).

## AFTER THE ER: SPOTLIGHT ON THE CLINICAL DECISION UNIT

After most visits to the emergency room (ER), patients are either treated and leave or they are admitted to the hospital for care. But if they need more testing or observation — perhaps doctors are trying to find the reason for a fall, for example — they may be sent to the clinical decision unit (CDU).

"The goal is to diagnose and treat patients within 24 hours," explains James J. Jeffries II, M.D., FACP, interim unit medical director of the CDU at Henry Ford West Bloomfield Hospital.

A team of physicians, nurses, advanced practice providers and social workers evaluate

the patient's condition. They determine whether he or she needs to be admitted to the hospital, transferred to a rehabilitation facility or sent home.

"It's a way for us to monitor patients until we know which setting of care is best for them," says Dr. Jeffries.

NANCY SCHLICHTING  
CEO, Henry Ford Health System

LYNN M. TOROSSIAN  
President and CEO, Henry Ford West Bloomfield Hospital

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## Eat Smart and Stay Fit This Fall

From cooking classes to fitness events, here's what's happening at Henry Ford West Bloomfield Hospital.

### HEALTHY PREP/STOCK YOUR KITCHEN

Wednesday, September 16  
6:00 to 7:30 p.m.  
\$23 per person

### THE GREENHOUSE: HEALTHY HARVEST

Thursday, September 24  
6:00 to 7:30 p.m.  
\$23 per person

### WOMEN'S HEALTH AND FITNESS DAY

Saturday, September 26  
10:00 a.m. to noon  
\$10 per person

### HEALTHY NUTRITION FOR BREAST CANCER PREVENTION

Wednesday, October 14  
6:00 to 7:30 p.m.  
\$23 per person

### SENIOR HEALTH AND WELLNESS EXPO

Thursday, October 22  
9:00 a.m. to 2:00 p.m.  
FREE event  
Register at the door. You'll also receive a Henry's cafe lunch voucher.

For class descriptions and to register, visit [HenryFordWestBloomfield.com](http://HenryFordWestBloomfield.com) and click on "Classes & Events" or call 248-325-3890. Registration is required.

## FRESH FRUITS AND VEGGIES: *Enjoy Your Local Harvest*



**WHICH WOULD YOU RATHER EAT:** an apple just picked at a farm in Michigan or one harvested in another state, shipped to a processing plant and then delivered to the supermarket?

The two fruits may look and taste almost the same. But there's a big difference, says Trevor Johnson, resident farmer at Henry Ford West Bloomfield Hospital and market manager for Henry's Market on Main. "Food that's trucked in can take weeks to reach the shelf," he explains. "Along the way, it loses some of the things that are really good for you, like antioxidants and vitamins." The produce at the farmers market is grown locally and sold fresh for maximum nutritional value.

### NEWLY PICKED PRODUCE EACH WEEK

Another way to take advantage of delicious in-season fruits and vegetables is to join the Farm Share program. You buy a stake in local farmers' harvests and receive a bag of fresh produce each week. Betty Chu, M.D., chief medical officer at Henry Ford West Bloomfield, is a member of the program herself.

"It's all about sticking with the basics," says Dr. Chu. "And there's nothing more basic than eating farm-to-table — minimizing the processed foods we consume." She urges parents to instill healthy eating habits in kids early to help avoid childhood obesity and related health issues. "It's harder to change your routine later on as an adult."

### FRUIT AND VEGETABLE INSTRUCTION

If you're not sure how to prepare those rutabagas, parsnips or any other food, the Greenhouse at Henry Ford West Bloomfield can help. It offers workshops, cooking classes (including special programs for kids), tours and more.

"We're educating our community members and getting healthy food into their hands," says Johnson. "This helps them eat better now so they'll feel better later. They're practicing preventive medicine in their own lives."



### Fill Up on Fresh Foods

Henry's Market on Main is located in Henry Ford West Bloomfield and is open every Wednesday from May through November, 10:00 a.m. to 6:00 p.m. For more about the Farm Share program, visit [HenryFordWestBloomfield.com/FarmShare](http://HenryFordWestBloomfield.com/FarmShare) or call 248-325-2060.