



HENRY FORD
WEST BLOOMFIELD HOSPITAL

LIVEWELL

FALL 2016

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 Frank Fenton, D.O., a family medicine physician for Henry Ford Family Practice in Walled Lake. "Although these clinics serve an important role, seeing your child's primary doctor for a sports physical provides a more in-depth evaluation."

Earlexia Norwood, M.D., a family medicine physician for Henry Ford Medical Center — Troy, agrees. "Your child's pediatrician or your family doctor evaluates your child from a global perspective, understanding his or her health and treatment history."

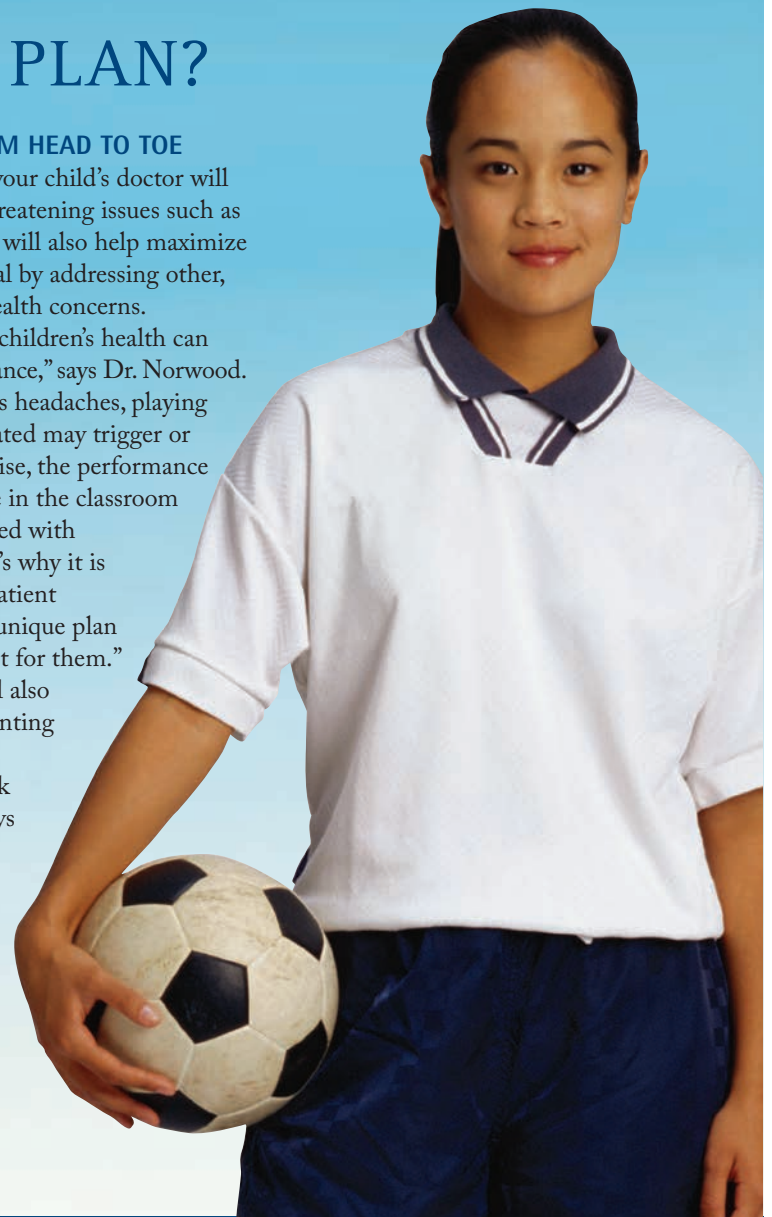
DETECTING ISSUES FROM HEAD TO TOE

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. Norwood. "For example, if a child has headaches, playing sports and getting dehydrated may trigger or increase headaches. Likewise, the performance level of the student athlete in the classroom and in sports can be affected with uncontrolled asthma. That's why it is important to look at the patient holistically and develop a unique plan of care that is designed just for them."

Your child's doctor will also provide guidance on preventing and treating injuries. "Concussion is a major risk among young athletes," says Dr. Fenton. "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.



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 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

AUTUMN IS IN THE AIR

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 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 information about prescription drug abuse. Learn more about where to go when you are sick or injured, and the specialized services we offer for pediatric and adolescent gynecology care.

Finally, enjoy a detailed listing of classes and events taking place at the hospital this fall, including information about the return of our popular weekly farmers' market — Henry's Market on Main.

Visit HenryFord.com for more information about our services. We look forward to becoming your partner on your journey to optimal health.

Best wishes for a happy and healthy fall,



What You Should Know About *Prescription Drug Abuse*

PRESCRIPTION DRUG ABUSE has devastated families and communities across the United States and right here in Oakland County. Opioid pain prescriptions have quadrupled since 1999. Health care providers in Michigan wrote 107 painkiller prescriptions per 100 people in 2012. The state ranks 10th nationally in per capita prescribing rates of opioid pain relievers. Many prescription drug abusers will eventually become heroin users because it is a less expensive, more accessible and highly potent alternative.

At the same time, Michigan ranks 18th in the nation for overdose deaths. Oakland County had 127 overdose deaths reported in 2014.

"We need to understand the drugs we're taking," says Lisa Kaplan, L.M.S.W., C.A.A.D.C., C.P.C.-R., program coordinator of Maplegrove Community Education. "Many people believe that prescription medications are safe because they are prescribed by a medical professional. This is not always true, as any medication can be misused. Prescription narcotic pain relievers, such as Oxycodone and Vicodin, are dangerous and highly addictive. They have the same chemical components as heroin and often lead to heroin addiction."

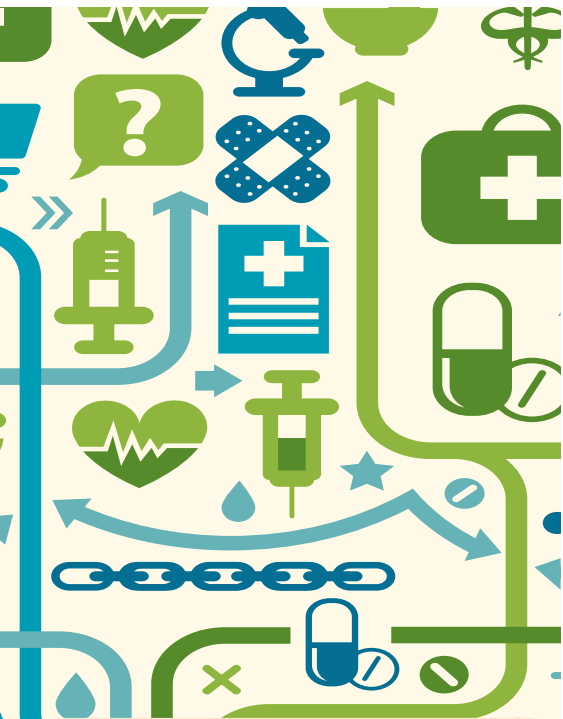
While the problem affects all ages, groups most vulnerable include teenagers, seniors and military members. A student athlete with a sports injury might start out with a narcotic pain prescription that quickly turns into a dependency.

"For many injuries, the recommended treatments include RICE (rest, ice, compression and elevation) along with nonsteroidal anti-inflammatory drugs (NSAIDs) and physical therapy. Opioids should be used as a rescue pain medication, not as a first option," says Michael Feld, M.D., an emergency medicine physician at Henry Ford West Bloomfield Hospital. "Patients and their family members should learn about the potential for addiction with these medications; there should always be a discussion when opioids are prescribed."

HOW TO STOP THE EPIDEMIC

The CDC recently issued restrictive new prescriber guidelines for opioid painkillers, stating that acute pain patients often require less than a week of opioid drugs and chronic pain patients would be better helped with other forms of treatment. The FDA also announced enhanced warning labeling on immediate-release opioid pain medications related to the risks of misuse, abuse, addiction, overdose and death.

The Henry Ford Maplegrove Center is the premier chemical dependency treatment facility in the Detroit metropolitan area. The doctors, nurses, social workers and support staff are at the forefront of addiction therapy, working to advance the field and pioneering new techniques.



SPECIALIZED SERVICES

Cater to Girls' Health

WHEN WE THINK ABOUT GYNECOLOGY or the health of female reproductive organs, we usually think of adult women. But both young and adolescent girls need care, too — and they have different needs than adults. That's where the pediatric and adolescent gynecology care provided through Women's Health Services at Henry Ford West Bloomfield Hospital comes in.

"While some gynecologists may feel uncomfortable treating children, our staff is at ease with providing specialized care for the still-developing bodies of girls and young women," says Melina Dendrinis, M.D., a pediatric and adolescent gynecologist.

Staff treat a broad range of problems in females from birth through age 21. Issues can include:

- Birth defects or problems with reproductive organs
- Painful or irregular periods
- Rashes and skin conditions in genital areas
- Prevention of pregnancy and sexually transmitted diseases

Young women and girls have always needed gynecological care, but it's only within the last decade that pediatric gynecology has become a dedicated specialty. Dr. Dendrinis is among the first wave of physicians who have received fellowship training in this area.

"There are only a handful of fellowship programs for pediatric and adolescent gynecology, and for the most part, these services are still only found on large academic campuses," she says.

For girls and their parents, having this specialty care available means having a place in the community where they can feel at ease asking questions about sensitive topics.

"Many parents and kids are very anxious discussing these kinds of problems," says Dr. Dendrinis. "It's important for them to have a provider with dedicated training who is very comfortable addressing these issues."

Concerned About Your Daughter's Health?

Call **248-661-6425** or visit **HenryFord.com/PAG** for more information and to request a confidential appointment.

What You Can Do

- **Never SHARE:** One study showed that more than 70 percent of people who abuse prescription medications got them from friends or relatives.
- **Take SPARINGLY:** Use prescription painkillers only as directed by a health care provider. Never take larger or more frequent doses.
- **Store SECURELY:** Keep medicines in their original bottles or containers where only the person taking or administering the medicine has access to it.
- **Dispose PROPERLY:** Unused, unneeded or expired medication should be taken to a police department or to one of the disposal sites listed on the Operation Rx website at **OperationRx.com**, where contents are incinerated. Do not flush prescriptions down the toilet, which end up in the water system.

We're Here to Help

If you or someone you know is struggling with prescription drug abuse, take the first step toward recovery by requesting behavioral health services from Maplegrove. Call **248-661-6100** to set up a consultation.



GET HEALTHY *This* FALL

Henry Ford West Bloomfield Hospital offers a full range of classes and events that are aimed at enhancing your mind, body and spirit. Visit HenryFord.com/Classes to register, or call 248-325-3890 for the cooking classes and 248-325-0037 for the birthing classes.

Registration is required, except where noted.

SEE HOW OUR GARDEN GROWS

Sept. 14

10 to 11 a.m.

\$10 per person. Cost includes a \$5 voucher to use at Henry's Market on Main.

Join us for a fun-filled morning in the greenhouse. Learn about hydroponic growing systems and why it's important to eat local, fresh produce. As an added bonus, receive a \$5 voucher to use at our Farmers' Market.

WOMEN'S HEALTH & FITNESS DAY

Sept. 24

10 a.m. to 1 p.m.

\$10 per person. Cost includes a \$10 voucher that can be used at Vita or the LiveWell Shoppe.

Attend a class designed to put you on the path to becoming the best you — stress-free, fit and focused on overall wellness. A yoga and meditation class will be offered at Vita, and you will learn how to stay fit and active with tips from our exercise physiologist. End your day with a tour of Vita and self facials.

BREAST HEALTH BOOT CAMP

Oct. 13

6:30 to 8:30 p.m.

\$10 per person. Cost includes a \$10 voucher that can be used at either Vita or the LiveWell Shoppe.

In honor of Breast Cancer Awareness Month, join the Josephine Ford Cancer Institute for this interactive evening to learn about our multispecialty approach to breast health. This class will include a cooking demonstration and an update on the newest research and technology to prevent, detect and treat breast cancer. A fitness expert will also provide tips on relaxation and the positive impact exercise has on breast health.

SENIOR HEALTH AND WELLNESS EXPO

Oct. 20

9 a.m. to 2 p.m.

FREE; registration required. Contact West Bloomfield Parks and Recreation Commission at 248-451-1900 to register.

The 2016 Senior Health and Wellness Expo, in partnership with the West Bloomfield Parks and Recreation Commission, will provide education and tools for a fulfilling, wellness-focused life. Enjoy health talks from Henry Ford clinical experts, vendors, seated yoga and a Detroit Institute of Arts presentation. Lunch vouchers provided for the first 200 attendees.

SPOOKTACULAR HALLOWEEN TREATS

Oct. 29

10 a.m. to 12 p.m.

\$25 per child, ages 6 to 12

Join us for this creepy, cool class where kids will get all of the fun of Halloween without going overboard on sugar. Don't forget to wear your Halloween costume.

HENRY'S MARKET ON MAIN

Every Wednesday through Nov. 23

9 a.m. to 5 p.m.

FREE; no registration required.

Located inside Henry Ford West Bloomfield Hospital, our farmers' market provides guests, employees and the community with the opportunity to purchase fresh produce that is locally grown, featuring local produce, bread, honey, flowers, cooking demos and more.



GET HEALTHY *This* FALL

Visit HenryFord.com/Classes to register, or call 248-325-3890
for the cooking classes and 248-325-0037 for the birthing classes.



BIRTHING EDUCATION CLASSES

Breast-feeding

Oct. 5, Nov. 2, Sept. 7, Dec. 7
6 to 8:30 p.m.

\$25 per person

This class will present the benefits and basics of breast-feeding. Learn best practices for an early and great start to breast-feeding. Take this class at least four weeks prior to your due date.

BIRTHING UNIT TOUR

Sept. 22, Sept. 25, Oct. 2, Oct. 13, Oct. 16, Oct. 27, Nov. 3, Nov. 6, Nov. 17, Nov. 27, Dec. 1, Dec. 4, Dec. 11, Dec. 18

Thursday tours: 7 p.m.

Sunday tours: 4 p.m.

FREE

Enjoy a walk-through tour of our Birthing Center. You will see a labor, delivery and postpartum room and the Special Care Nursery if available.

CHILDBIRTH SUPER SATURDAY CLASS

Sept. 10, Oct. 1, Nov. 5

CHILDBIRTH REGULAR SATURDAY CLASS

Dec. 3, Dec. 10

8:30 a.m. to 5:30 p.m.

\$65 per person. A partner/coach may attend **FREE** of charge.

Understand pregnancy and the birthing process all in a one-day class. Topics explored include stages of labor, relaxation, massage, pressure points and breathing techniques, labor coping skills and tools, and postpartum. Super Saturday class moves around the hospital to 4 different locations. Regular Saturday class stays in one room. Take this class three to four weeks before your due date. Birthing Unit tour included.

INFANT CARE FAIR

Sept. 28, Oct. 26, Dec. 14

6 to 8:30 p.m.

\$25 per person

Learn hands-on training with diapering, dressing and comforting a new baby. You will also learn about the benefits of breast-feeding, health and wellness, daily care, safety (including car seat safety), and parenting. Take this class at least four weeks prior to your due date.

INFANT CPR

Sept. 12, Sept. 26, Oct. 10, Oct. 24,
Nov. 7, Nov. 21, Dec. 5, Dec. 19

7 to 8:15 p.m.

\$40 per couple

Learn the skills to handle a life-threatening emergency, such as if your baby is choking or isn't moving or breathing because of a fall or a near drowning. Space is limited to five couples per class.

SIBLING PREPARATION

Sept. 19, Dec. 12

6 to 8 p.m.

\$10 first child, \$5 each additional child

Designed for children ages 2 to 8. Learn about what it's like to have a new baby in the family. Birthing Unit tour included.

*Get
Ready for
Baby!*



LIVE WELL

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Health System
48120

Sick? Injured?

KNOW WHERE TO GO FOR CARE

When you have a health problem, you may want to seek medical care right away. Here is how to tell whether you should visit the emergency room (ER) or if one of our Walk-In Clinics is best for you.

WHEN TO GO TO THE ER

For more serious or life-threatening issues such as the following, call 911 or go to the ER:

- Chest pain or difficulty breathing
- Loss of consciousness
- Blurred vision
- Numbness or weakness of the face, arm or leg
- Severe bleeding
- A broken bone that punctures the skin

"We have protocols in place for providing immediate, lifesaving care," says Pino Colone, M.D., chief of emergency medicine at Henry Ford West Bloomfield Hospital. "For heart attack and stroke patients, we can activate our teams while patients are in an ambulance and treat them within minutes of their arrival."

WHEN TO VISIT A WALK-IN CLINIC

Henry Ford Health System has Walk-in Clinics in Detroit, Fairlane, Novi, Grosse Pointe Farms and Sterling Heights. "These clinics offer the same services as an urgent care facility, but for the price of a primary care visit," says Kim Kezlarian, M.D., the physician in charge of the Henry Ford Walk-in Clinics.

Get care at Henry Ford Walk-in Clinics for health issues such as:

- Flu symptoms
- Cough, sore throat and fever
- Earache
- Sprains and minor fractures
- Deep cuts
- Bladder infection

Going to the right place for your medical needs will put you on the road to recovery that much sooner.



DOWNLOAD OUR FREE APP

Get information on our ER and Walk-in Clinic services in the palm of your hand. Download the Henry Ford ER locator smartphone application at HenryFord.com/ER.