

LIVEWELL



FALL 2017

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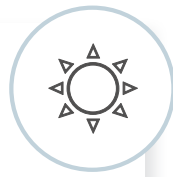
CALENDAR OF EVENTS

- Sept 13 Mindfulness Based Stress Reduction
- Oct 13 Senior Health and Wellness Expo
- Oct 18 Women's Wellness Weeknight
- Nov 16 Diabetes: We Won't Sugar Coat It



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**

Celebrate National Yoga Month AT VITA



YOGA CAN IMPROVE YOUR HEALTH IN SO MANY WAYS. Boost your well-being and get started on the path to a healthy lifestyle by attending a yoga class during the month of September at Vita wellness center. First class is FREE for new students. Registration required.

Visit HenryFord.com/Vita for a list of classes. Call (248) 325-3870 to register.

2nd Annual Women's WELLNESS WEEKNIGHT



TREAT YOURSELF TO AN EVENING CREATED JUST FOR WOMEN.

Featuring hot topics in women's health from Henry Ford experts, yoga, food, prizes and more. Keynote speaker Cassie Sobelton is an author and wellness expert who teaches people how to crack their mind, body and spirit code. \$10 per person. Wednesday, October 18, 5:30 – 8 p.m.

Call 248-325-3890 to register, space is limited.

Free E-NEWSLETTER



ARE YOU INTERESTED IN FINDING OUT WHAT'S HAPPENING at Henry Ford West Bloomfield Hospital? Get connected and sign up for our FREE monthly health e-newsletter featuring health and wellness articles, classes and events, special offers and more.

Visit HenryFord.com/WBENEWS to sign up today.

Road Construction Around Hospital

PLEASE BE AWARE OF CONSTRUCTION PROJECTS on Maple and Orchard Lake roads that may cause delays when traveling to appointments. Construction in these areas will continue into November. Alternate routes are suggested.

Visit HenryFord.com/WestBloomfield for a map of alternate routes and additional information.



SHOULD YOU GET A 3-D MAMMOGRAM?

DO YOU KNOW WHAT TYPE OF MAMMOGRAM YOU SHOULD BE GETTING?

The difference between a standard and 3-D mammogram is that 3-D mammograms decrease the possibility that cancer will be covered up by dense tissue.

A 3-D mammogram takes multiple X-ray images from different angles to create a 3-D picture of the breast, which allows radiologists to see thin sections of breast tissue. Standard mammograms are efficient for women with fatty breast tissue, but for those with dense breasts, 3-D mammograms detect cancer a standard one might have missed.

HOW DO YOU KNOW IF YOU HAVE DENSE OR FATTY BREASTS?

The Michigan Breast Density Notification Law requires mammography providers to inform their patients if they have dense breasts. If you don't know, ask your doctor.

3-D mammogram technology is available at Henry Ford West Bloomfield Hospital. To schedule a mammogram, please visit HenryFord.com/3Dmamm.

A Message FROM THE CEO



FOR MANY OF US, FALL IS A SEASON OF RETURNING TO A ROUTINE as

our children head back to school. Ensuring our kids are healthy should be part of that routine. In this issue of *LiveWell*, learn the difference between a wellness exam and a sports physical.

Read about how 3D mammography can help detect breast cancer that could be covered up by dense tissue, and learn about how joint replacement might be a good option if you struggle with joint pain.

Finally, our classes and events schedule offers a variety of exciting wellness and cooking classes, offered from now through the end of the year.

For more information on services and programs at Henry Ford West Bloomfield Hospital, or to find a doctor, visit HenryFord.com.

Yours in good health,

Lynn Torossian

President and CEO
Henry Ford West Bloomfield Hospital



CAN A SPORTS PHYSICAL REPLACE A WELLNESS EXAM?

BEFORE YOUR CHILD TAKES TO THE FIELD OR HITS THE COURTS, chances are you had to take him or her to the doctor's office for a sports physical as a requirement to join the team. And if your child seems healthy, it may be tempting to put off his or her annual wellness exam. Turns out that each type of visit serves a different purpose and one can't replace the other.

Mark Karchon, D.O., a family medicine physician at Henry Ford West Bloomfield Family Medicine Practice – Union Lake Rd., explains the differences between the two visits.

WHAT HAPPENS AT A WELLNESS EXAM?

"For starters, an annual wellness exam is more comprehensive. Your doctor will talk about nutrition and discuss establishing good habits," Dr. Karchon says.

Another important part of the wellness visit is immunization. "The immunization story is changing all the time," he says, like the addition of new vaccinations or revised recommendations. "We update parents with information and keep the child up-to-date on the new guidelines, something that isn't covered at a sports physical." Various tests and developmental screenings are also part of an annual wellness exam.

WHAT HAPPENS AT A SPORTS PHYSICAL?

That doesn't mean sports physicals aren't important, too. Doctors are often looking for different sports-specific health concerns. Per the Michigan High School Athletic Association's (MHSAA) sports physical form, doctors look at a student's health history, family history, cardiovascular risk factors and account for any congenital anomalies that may make it unsafe to participate in activities.

BIGGEST DIFFERENTIATOR?

"Probably the number one most important reason to do a general wellness visit is relationship building," Dr. Karchon says. Seeing your doctor regularly establishes a foundation of trust, and provides a comfortable environment to share and discuss health information.

Visit HenryFordLiveWell.com/5210kids to check out more advice on getting your kids ready for sports, and download our 5-2-1-0 Kids! app.

To request an appointment for a wellness visit or sports physical with Dr. Karchon, visit HenryFord.com or call (248) 360-6000.

LET'S GET HEALTHY! PROGRAM FOR FAMILIES

Learn how to get healthy and stay that way with Henry Ford's 10-week healthy lifestyle program for children ages 8-14 and their families. Developed by a team of Henry Ford experts, this fun, interactive program explores a variety of wellness topics, including exercise, goal setting, mindful eating, peer influence and features the 5-2-1-0 guideline for nutritional wellness. This program is offered in Dearborn, Detroit, Farmington Hills and Sterling Heights.

To register for the next class that starts Monday, Sept. 18, or to learn more, call (313) 874-6653 or visit www.HenryFordLiveWell.com/lgh.



FIND RELIEF FROM CHRONIC JOINT PAIN

WE ALL RELY ON OUR JOINTS TO HELP US MOVE, AND HURDLES LIKE KNEE AND HIP PAIN CAN GET IN THE WAY OF DAILY ACTIVITIES. Even simple tasks that you used to do with ease, like taking a walk or home repairs, may cause pain, which is why it's important to have access to the most advanced procedures and top specialists to help you improve your quality of life.

At Henry Ford West Bloomfield Hospital's Center for Joint Replacement, we offer innovative techniques performed by fellowship-trained surgeons in a facility that is designed around the patient. Our program offers high quality outcomes, rapid recovery, and exceptional patient satisfaction.

"Joint replacement surgery is a highly effective way of eliminating pain caused by arthritis or worn out joints," says Robb Weir, M.D., chief of orthopaedic surgery at Henry Ford West Bloomfield Hospital. "It can help improve mobility and get you back to enjoying an active lifestyle."

GETTING STARTED

Prior to surgery, most patients have been on anti-inflammatory medication and have exhausted injections to the point that a more permanent solution is needed. An initial visit with a Henry Ford orthopaedic surgeon starts the educational process and discussion of options, which is then followed by a preoperative joint class with our nursing and therapist team.

"The more a patient knows going into surgery, the better," says Jason Davis, M.D., an orthopaedic surgeon at Henry Ford West Bloomfield Hospital. "It also allows them to hit the ground running after surgery."

The Henry Ford team has made a series of improvements over recent years with continued research into a quicker, more pleasant recovery. Patients typically go home the day after surgery, and some even leave the same day.

Within 24 hours, they have walked the halls, completed stairs and can take care of themselves with minimal help. Physical therapy continues at home for a few weeks, and you are feeling back to normal in about three months.

Take the first step toward achieving joint pain relief. Call (248) 661-6470 to make an appointment, or visit HenryFord.com/JointReplacement.

Meet JILL PITTMAN



The grinding knee pain that Jill Pittman was experiencing was getting worse. After using a knee

brace and trying various kinds of injections, she decided to meet with Jason Davis, M.D., an orthopaedic surgeon at Henry Ford West Bloomfield Hospital.

"Dr. Davis was very thorough and I had instant confidence to go ahead with the robotic-assisted partial knee replacement that he recommended," says Jill.

Jill was very nervous about surgery. In the past, she had nausea and migraines following surgical procedures, but this time was different. Dr. Davis made sure that she received what she needed to prevent this from happening.

Recovery went well too. "I only used my walker for three days and a cane for one day," says Jill. After about four weeks her pain went away.

"The entire staff at Henry Ford West Bloomfield is excellent," says Jill. She completed her left knee surgery in July, and for the first time she was not the least bit apprehensive.



Calendar of EVENTS

HEALTH & WELLNESS CLASSES

Improve your health and wellness with classes and events at Vita wellness center. Call (248) 325-3870 or visit HenryFord.com/Vita to register.

Mindfulness Based Stress Reduction

Join Mindy Eisenberg, MHSA, ERYT-500, C-IAYT, as she teaches you about mindfulness and how to incorporate it into your life. This class is based on the research of John Kabat-Zinn, creator of the mindfulness based stress reduction method.

EVERY WEDNESDAY
SEPT. 27 – NOV. 29
6 – 8:30 P.M.

Mandatory orientation on Sept. 13. No class the week of Sept. 20. Call for more info and pricing.

Reiki Training Retreats

Learn how to perform Reiki on yourself and others.

SEPT. – DEC

Call for dates and pricing.

Interactive Wellness Series

Join us for this 3-week session discussing the book "Creating on Purpose." Learn how to set intentions, practice journaling and creative writing, learn yoga and strengthen your chakras. Featuring different guest instructors for each session.

SEPT. 25, OCT. 24, NOV. 20
5:30 – 7:30 P.M.

One session: \$30
All three sessions: \$60
Price of book included in price.

Yoga for Henry Ford Oncology Patients

MONDAYS – 3:30 P.M.
THURSDAYS – 2 P.M.

FREE. Must have a physician referral. Registration required.

Path to Wellness Grand Opening Event

OCT. 17
5 – 7:30 P.M.

FREE, open to the public.

Located outside near the Greenhouse.

Women's Wellness Weeknight

Treat yourself to a night created just for women. Author Cassie Sobelton will be speaking on how to crack your mind, body and spirit code.

WEDNESDAY, OCT. 18
5:30 – 8 P.M.

\$10 per person

Registration is required and space is limited. Call (248) 325-3890 to register for this event.



FREE Blood Pressure Screening

EVERY TUESDAY
1 – 2:30 P.M.

Located in the lobby of West Entrance. Walk-in, no registration required.



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

HEALTHY COOKING CLASSES

Cooking classes are held in the Demonstration Kitchen and are designed to help you learn about the importance of healthy nutrition. Call (248) 325-3890 to register for classes or visit HenryFord.com/DK. Registration is required.

Protein Power Hour –
Vegetarian Edition

TUESDAY, SEPT. 19.
6:30 – 8 P.M.

\$20 per person

Senior Health &
Wellness Expo

FRIDAY, OCT. 13
9 A.M. – 2 P.M.

FREE, no registration required.

Call West Bloomfield Park &
Rec. at (248) 451-1900 for shuttle
information.

Breast Health Boot
Camp: Fighting
Cancer in
Your Kitchen

THURSDAY OCT. 26
6 – 8 P.M.

FREE

The Art of Mindful
Living – Senior Edition

WEDNESDAY, NOV. 8
10 A.M. – 12 P.M.

\$10 per person

Diabetes: We Won't
Sugar Coat It!

THURSDAY, NOV. 16
6:30 – 8 P.M.

FREE

Soup's On

THURSDAY, NOV. 30
6:30 – 8 P.M.

\$20 per person

Gluten-Free/Dairy
Free Holiday

WEDNESDAY, DEC. 13
6:30 – 8 P.M.

\$20 per person



KIDS COOKING CLASSES

Join us for some fun in the kitchen just for kids. Each class includes interactive cooking, delicious samples, recipes and more. Ages 6-12.

SATURDAY, OCT. 28 • 10 A.M. – 12 P.M.
Feeding Your Hungry Ghost

SATURDAY, DEC. 9 • 10 A.M. – 12 P.M.
Brownies, Cookies and Sweet Breads

SATURDAY, DEC. 16 • 10 A.M. – 12 P.M.
Kid Friendly New Year's Eve

\$25 per child, registration required.



TAKE CARE FOR BREAST CANCER PREVENTION

ALL FOR YOU We offer several events this October in recognition of Breast Cancer Awareness month, including our annual Breast Health Boot Camp. This event features insights from our breast cancer experts, stress-reducing chair yoga, and a cooking demonstration for breast cancer prevention from professional chef, Michelle Bommarito.

To see Boot Camp locations and other events in your area,
visit henryford.com/breasthealth



HENRY FORD
CANCER INSTITUTE



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