



HENRY FORD
WEST BLOOMFIELD HOSPITAL

LIVEWELL

SPRING 2015

GET SMART *About* YOUR HEART

HEART DISEASE IS OFTEN called a “silent killer” because it can strike without any symptoms. But that doesn’t mean you should wait until there is a problem. For a snapshot of your heart health, Henry Ford West Bloomfield Hospital offers the Heart Smart® Screening program. It’s an easy and affordable way to identify your risk for heart disease — even if you’re feeling well.

A QUICK, YET THOROUGH EXAM

The Heart Smart® Screening program, which costs just \$99 and takes about two hours, checks:

- Blood pressure
- Body mass index
- Cholesterol levels
- Fasting blood sugar level
- Electrical signals in your heart
- Carotid arteries for early hardening or cholesterol buildup (plaque)

You’ll also complete a survey about your family history and habits that could impact your heart health.

Have 2 Hours to Spare?

Learn how healthy your heart is in just a short time. To schedule a Heart Smart® Screening, visit HenryFordWestBloomfield.com/HeartScreening or call 866-381-0005.

“Based on all of this, we give patients an estimated 10-year risk of developing cardiovascular disease or having a heart attack or stroke,” says Karthikeyan Ananth, M.D., a cardiologist at Henry Ford West Bloomfield.

A PERSONALIZED CONSULT

“One thing that makes our program truly unique is that all patients meet with me or another board-certified cardiologist at the end of their visit to discuss their results,” Dr. Ananth says. Patients can also get referrals to primary care physicians, cardiologists or other providers.

A HEALTHIER TOMORROW

“The tests can be life-changing,” Dr. Ananth explains. “People have come in feeling perfectly well, but we detected cholesterol buildup (plaque) in their arteries. At the same time, the goal of the program is to reduce long-term risk. So we can help people make changes now that can keep them from having problems 10, 20, even 30 years down the road.”





LYNN M. TOROSSIAN
President and CEO

HOSPITAL HAPPENINGS

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 touch on several areas inside the hospital. We are excited to announce the reopening of our all-new retail area, including the Bloomfield Coffee Lodge and new fresh produce market inside the LiveWell Shoppe. You will find a touching story about how knee replacement surgery changed a patient's life and learn how to get smart about your heart with our Heart Smart® Screening program. Finally, we are pleased to welcome some new faces and tell you about our Physician Village.

For more information about our services, visit HenryFordWestBloomfield.com. We look forward to becoming your partner on your journey to optimal health.

Best wishes for a happy and healthy spring,



NEW KNEES *and* NO PAIN

After successful knee surgery, Linda Klautky is on the move again.

FOR ALMOST 10 YEARS, Linda Klautky walked around in nearly constant pain. The 77-year-old knew both her knees were badly damaged by arthritis, but she was afraid to have surgery.

As the years went by, Klautky's discomfort increased. Her legs were bowed, and she found it difficult to walk or stand straight. When she traveled, she had to use a wheelchair. That's when she began to think about having surgery.

"My daughter told me that if I didn't have an operation, I'd probably have to use a wheelchair for the rest of my life," Klautky says. "I didn't want that to happen."

HAVING FEARS ALLAYED

Klautky met with Jason Davis, M.D., a joint replacement surgeon at Henry Ford West Bloomfield Hospital.

"Dr. Davis spent a long time talking with me and helped me overcome my fears," she says. He suggested she have two knee replacements, six weeks apart. This is closer than Dr. Davis usually recommends, but he thought it was necessary because both knees were so badly damaged.

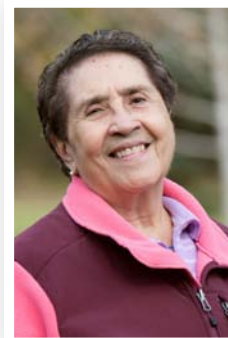
Klautky had surgery on her left knee first. Within a few hours, Dr. Davis had her up and walking. This rapid recovery was made possible by improvements in treating pain after knee surgery, which he has helped advance.

"This technique optimizes pain control early on," says Dr. Davis, as quoted in HealthDay News. "It makes it a lot easier for patients to move around more confidently."

Klautky agrees. "The pain management was excellent. It made it easy to recover from the first surgery and get ready for the second."

ENJOYING NEW FREEDOM

After each knee replacement, Klautky had six weeks of physical therapy. Now she's able to walk on her own without any pain.



"My life has totally changed now," says Klautky. "I can shop by myself and travel without a wheelchair. If anyone needs a knee replaced, I'd definitely recommend Dr. Davis."

Klautky is one of many patients who found a new lease on life at the Henry Ford West Bloomfield Center for Joint Replacement. With fellowship-trained, board-certified surgeons and personalized care, it's no wonder that the center is consistently rated in the top 1 percent in the nation in patient satisfaction surveys.

Ready to Get Moving Again?

You don't have to live with joint pain. Whether it's your knee, hip or shoulder, talk with one of our orthopaedic experts. Call 248-661-6470 or visit HenryFordWestBloomfield.com/JointCare.

NEW FACES AT WEST BLOOMFIELD

Henry Ford West Bloomfield Hospital is pleased to announce the addition of four new physicians to our team.



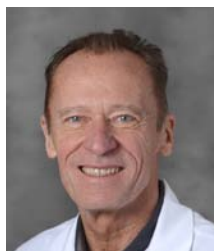
AARON DANIEL, M.D.
Internal medicine/Pediatrics

Henry Ford Health System –
Medical Center of Excellence
12660 10 Mile Road
South Lyon, MI 48178
248-348-1131



MARK KARCHON, D.O.
Family medicine

Henry Ford Family Practice
39525 West 14 Mile Road
Suite 101
Novi, MI 48377
248-360-6000



FRANK FENTON, D.O.
Family medicine

Henry Ford Family Practice
2335 South Commerce Road
Walled Lake, MI 48390
248-624-1526



CINDY RAKOTZ, D.O.
Internal medicine

Novi Internal Medicine & Pediatrics
39475 Lewis Drive
Suite 130
Novi, MI 48377
248-374-0502

Click and Call. Want to learn more about these physicians? Visit HenryFordWestBloomfield.com and click on "Find a Doctor." If you'd like to make an appointment with them, please call the number listed under their address.

CHECK OUT OUR NEW BLOG!

Looking for advice on staying healthy and living well? Follow our new health and wellness blog at HenryFordLiveWell.com! You'll get insights from our experts that will help you take better care of your mind, body and spirit. You'll find:

- Tips on nutrition, stress relief, fitness and more
- Ways to prevent or live better with chronic disease
- News on the latest medical research and health technology
- Inspiring stories of patients who overcame health challenges

So check out HenryFordLiveWell.com. You can also subscribe to get a weekly roundup of posts emailed right to you.

Orange Walnut Salad

Sweet oranges contrast with the bitterness of arugula and the earthiness of chopped walnuts. A little bit of blue cheese adds a creamy saltiness.

INGREDIENTS

- 2 cups coarsely chopped romaine lettuce (about 6 leaves)
- 1 cup arugula
- 1 cucumber, peeled, quartered lengthwise, seeds removed and chopped
- ¼ cup thinly sliced red onion
- 2 navel oranges, peeled and chopped
- 2 tbsp. chopped walnuts
- 1 tbsp. walnut oil
- 1 tbsp. red wine vinegar
- 2 oz. blue cheese

DIRECTIONS

Layer ingredients in a large salad bowl. Just before serving, sprinkle with walnut oil and vinegar and crumble blue cheese on top. Toss lightly just before serving.

PER SERVING

Serves four. Each serving provides about: Calories 152, Total fat 10 g, Sodium 203 mg, Total Carbohydrate 12 g, Dietary fiber 3 g, Protein 6 g.

LIVE WELL

NANCY SCHLICHTING
President and CEO, Henry Ford Health System

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

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Join Us for Fun and Better Health

From cooking classes in our Demonstration Kitchen to yoga classes at the Vita wellness center, we have the tools you need to get started on your path to wellness. Here's what's happening at Henry Ford West Bloomfield Hospital now through the end of July.

KEEP CALM AND ENJOY A GIRL'S NIGHT OUT

Thursday, May 7
6 to 7:30 p.m.
\$23 per person

HEALTHY LIVING SENIOR STYLE

Wednesday, May 20
10 a.m. to noon
\$23 per person

SUMMER GRILLING DATE NIGHT

Tuesday, June 16
6 to 7:30 p.m.
\$23 per person

BUY LOCAL, EAT FRESH

Thursday, July 16
6 to 7:30 p.m.
\$23 per person

For class descriptions and to register, visit HenryFordWestBloomfield.com and click on "Classes & Events" or call 248-325-3890. Registration is required.

MAIN STREET Gets Refreshed



If you haven't taken a stroll around Main Street at Henry Ford West Bloomfield Hospital lately, you're in for a surprise. Recent updates have made this area a more exciting destination than ever.

The Main Street locale is filled with shops and restaurants that cater to health and wellness. "It's not a typical hospital setting," says Cindy Harrison, vice president of talent and workforce strategies at the hospital. "The area has a wonderful ambience, and it's designed to look like a northern Michigan town."

FRESH FOODS – FOR YOUR CONVENIENCE

One of the biggest changes is a new convenience store within the LiveWell Shoppe. "We have everything — from fresh produce and milk to healthy frozen meals and just-baked bread," says Tyler Wang, manager of the wellness complex and retail services. "And we're trying to get as much of our food locally as we can."

The idea for the store initially came from the staff. "Our employees wanted a convenient place to pick up groceries on their way home from work," says Harrison. "But it's an easy stop for our visitors, too."

PROUDLY SERVING STARBUCKS

The Bloomfield Coffee Lodge on Main Street also got a taste-lift. It reopened with a new look and now serves Starbucks coffee and other Starbucks products. "In addition, we're serving our own baked goods, as well as products from Great Harvest Bread," says Wang.

"We're here for the community, and we hope everyone takes advantage of all that our Main Street offers," says Harrison.

Shop and Dine on Main Street Whether you need a caffeine fix, fresh produce or a gift, you'll find it on Main Street. For store hours, visit HenryFordWestBloomfield.com/MainStreet.

Get \$10
Off!

The
LiveWell
Shoppe

Present this coupon at the LiveWell Shoppe and get \$10 off a purchase of \$50 or more.

The LiveWell Shoppe is located inside Henry Ford West Bloomfield Hospital. It offers unique earth-friendly products for a healthy living environment.

Not to be combined with any other coupon, discount or promotion. No cash value. No cash back. Coupon expires July 31, 2015.