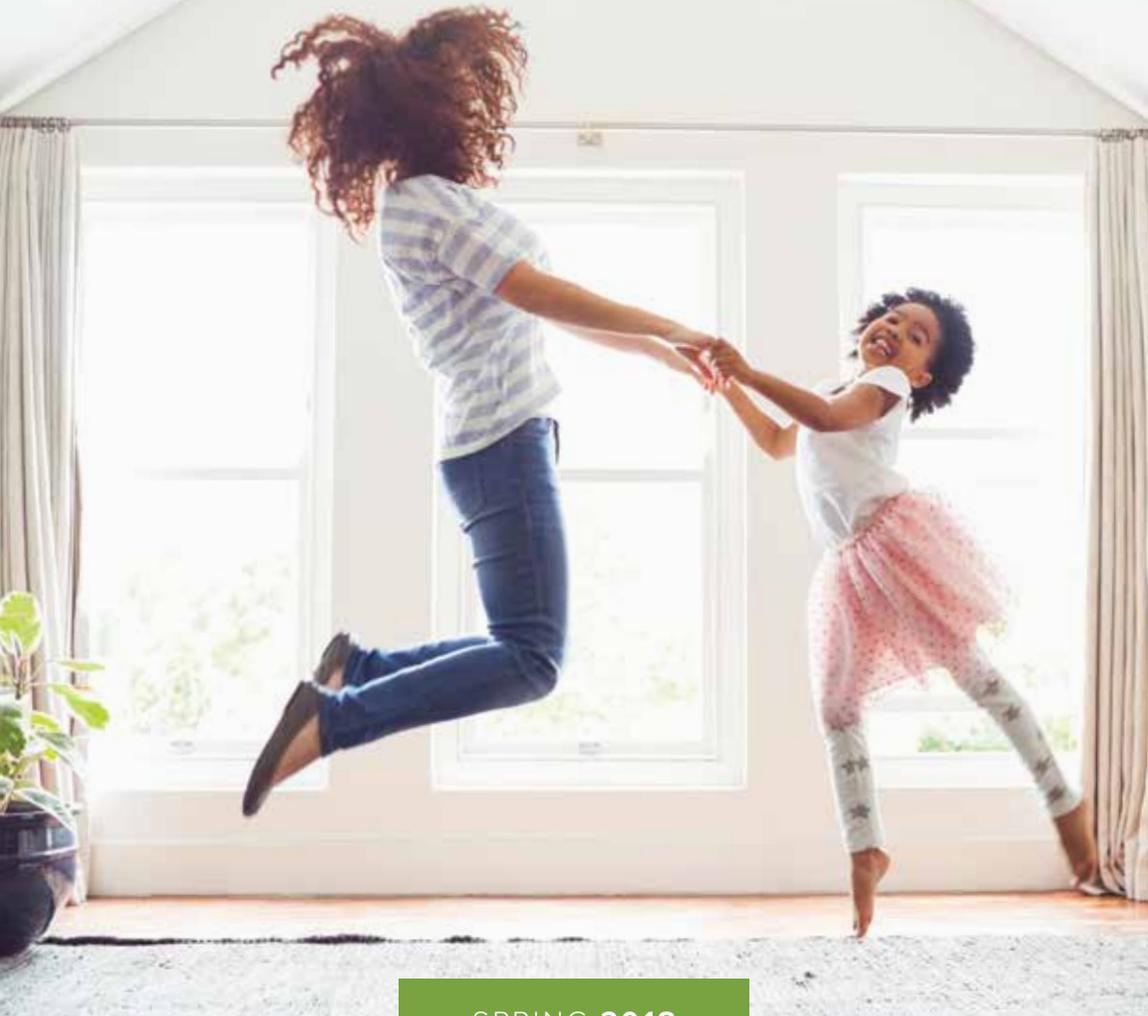


LIVE WELL



SPRING 2018

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FEATURED STORY

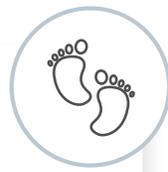
- p. 6 Surviving and thriving after a stroke

CALENDAR OF EVENTS

- Thursdays: Parkinson's Exercise Classes
- May 8: Plan Your Summer Party
- May 17 & 22: Cooking Classes for Seniors
- June 19: Intro to Reiki
- July 14: Kids Cooking Classes: Beach Day Fun



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**



HYPNOBIRTHING CLASSES

Now Offered at Henry Ford West Bloomfield

HYPNOBIRTHING OFFERS A PEACEFUL, POSITIVE METHOD TO GIVING BIRTH. It is built around an educational process that includes breathing, relaxation, visualization and meditation.

To learn more, visit HenryFord.com/WelcomeBaby and select Childbirth Education.



Walk for HEART HEALTH

DID YOU KNOW HEART DISEASE IS THE #1 LEADING CAUSE OF DEATH IN THE UNITED STATES? Join us as we partner with the American Heart Association as a sponsor for the 2018 Heart Walk. The walk is on Saturday, May 12, on the campus of Wayne State University. Help us reach our goal by joining the Henry Ford Health System team or donating.

Visit www2.heart.org/goto/HFHS



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

THIS SPRING AND SUMMER, MAPLE ROAD WILL BE UNDER CONSTRUCTION BETWEEN DRAKE AND APPLE BLOSSOM ROADS. Construction may cause delays when traveling to the hospital for appointments and procedures. Visit HenryFord.com/WestBloomfield for a map detailing the construction and additional information.



MEN'S HEALTH: ADVICE FOR EACH AGE AND STAGE

AVOIDING AGING IS AN IMPOSSIBLE FEAT, and men undergo several functional changes and changes in appearance as they age. Here's what men should watch for as they journey into their golden years:

IN YOUR TEENS

Most growth happens during the teen years. Talk to your kids and make sure they're comfortable with the changes they're experiencing.

IN YOUR 20s

Adopt healthy habits now and take steps to prevent substance abuse, accidents and sexually transmitted diseases that could have long-lasting effects.

IN YOUR 30s AND 40s

Practice self-care and lower stress. Your metabolism slows in your 30s and 40s, so eat healthy, get seven to nine hours of sleep, and work out four to five times each week.

IN YOUR 50s AND BEYOND

Focus on brain and heart health and take steps to prevent falls. Continue with regular preventive care checkups, and get screening exams for colon and prostate cancer.

Make it a practice to stay on top of your health. Visit HenryFord.com or call 1-800-HENRYFORD (436-7936) to find a Henry Ford primary care physician.

A Message FROM THE CEO



AFTER A LONG WINTER, SPRING HAS FINALLY ARRIVED, making this the

perfect time to welcome a sense of renewal through adopting a healthier lifestyle. At Henry Ford West Bloomfield Hospital, we strive to help our patients achieve this through our exceptional clinical services and special programs designed around you.

In this issue of LiveWell, you will learn more about how men can stay healthy throughout all stages of life, and the importance of acting fast in the event of a stroke.

You'll also learn about a special new research program from Henry Ford Health System.

Finally, our classes and events schedule offers exciting wellness and cooking classes.

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

Yours in good health,

Lynn M. Torossian
President and CEO
Henry Ford West Bloomfield Hospital



THE FUTURE OF HEALTH BEGINS WITH YOU

HENRY FORD HEALTH SYSTEM, IN PARTNERSHIP WITH THE NATIONAL INSTITUTES OF HEALTH, INVITES YOU TO PARTICIPATE IN THE ALL OF US RESEARCH PROGRAM.

The program goal for All of Us is simple: We want to speed up health research and medical breakthroughs. To do this, we're asking for one million people to come together to lead the way in enabling better care for all of us.

Participants will share information about their health, including biological and physical measurements, lifestyle habits and environmental exposures. The more researchers know about what makes each of us unique, the more tailored our health care can become.

This program aims to make advances in precision medicine, which can help inform people about the best ways to stay healthy, and help find the right kinds of treatments if you do get sick.

WHAT WILL YOU ASK ME TO DO?

If you decide to join All of Us, we will ask you to share different kinds of details. We will ask you basic information like your name and where you live, questions about your family, home and work. If you have an electronic health record, we will ask for access. We also will ask you to give samples, such as blood or urine. Upon completion, you will be given a \$25 gift card for enrolling in the program.

HOW LONG WILL ALL OF US LAST?

All of Us may last for at least 10 years. We hope you will stay involved over

time. If you join, you can withdraw or quit at any time for any reason without penalty.

HOW DO I PARTICIPATE?

To enroll in the All of Us Research Program, individuals need to be at least 18 years old and currently live anywhere in the United States. They do not need to be citizens.

WANT MORE INFORMATION?

Call 1-844-893-3908 or email AllofUs@hfhs.org. Enroll online at henryford.com/JoinAllofUs.

All of Us | The
RESEARCH PROGRAM | Precision
Medicine
Initiative

Come help Henry Ford Health System celebrate our diverse community, bring families together, and learn how the future of health is beginning with YOU and the All of Us Research Program.

HELD AT:

Ford Field, 2000 Brush St, Detroit, MI 48226

Sunday, May 6, 2018, from 1-5 p.m

Admission and parking is FREE

PROGRAM ACTIVITIES INCLUDE:

- Tour of the Detroit Lions locker room and Ford Field
- Music, games, prizes, food
- Health and wellness experts
- Family-friendly community and art activities
- Information and Q&A on the All of Us Research Program

IT'S ALL ABOUT TIME – SURVIVING AND THRIVING AFTER A STROKE



Panayiotis Mitsias, M.D.

WHEN SOMEONE IS EXPERIENCING STROKE SYMPTOMS, TIME IS OF THE ESSENCE.

“During a stroke, the brain loses seven million neurons a minute. When brain cells die, permanent damage can occur, so there is no time to lose in seeking medical treatment,” says Panayiotis Mitsias, M.D., stroke neurologist, Henry Ford Hospital and Henry Ford West Bloomfield Hospital.

According to the American Heart Association, stroke is the fifth leading cause of death in the U.S. On average, someone suffers a stroke every 40 seconds and someone dies of a stroke every four minutes.

RAPID DIAGNOSIS, ADVANCED TREATMENT

All patients showing symptoms of an acute stroke need to be evaluated and treated rapidly, which is why Henry Ford West Bloomfield Hospital has a team of dedicated neurologists and emergency department physicians trained to act fast. It’s critical to determine whether or not a patient can receive therapies such as intravenous tPA (tissue plasminogen activator) and/or endovascular thrombectomy within a very short time of arrival.

Endovascular thrombectomy is a recent treatment option offering much hope for recovery to victims of acute stroke. It is a catheter-based treatment that results in removal of clots obstructing a large intracranial artery. It is an extremely effective treatment option that can be applied within 24 hours of symptom onset.

The clot-dissolving drug tPA must be administered within 4.5 hours of initial stroke symptoms. For both treatments, the sooner they are administered the better.

“Both treatment options improve post-stroke disability and save lives,” Dr. Mitsias says. “For these to be effective, rapid evaluation and treatment is needed.”

With timing of treatment so critical, it is important to be aware of the first signs of stroke, which include face drooping, arm weakness and speech difficulty.

SPEAK WITH AN EXPERT

If you suspect you or a loved one is having a stroke, call 911 or go to the Henry Ford West Bloomfield Emergency Department. For more information or to schedule a consult with a stroke expert, visit HenryFord.com/Stroke.

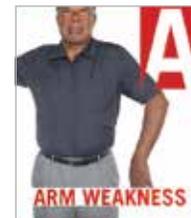
SPOT A STROKE F.A.S.T.

F.A.S.T. is an easy way to remember the sudden signs of a stroke.



FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.



ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



SPEECH DIFFICULTY

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?



TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

BEYOND F.A.S.T. – OTHER SYMPTOMS YOU SHOULD KNOW

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause



Together to End Stroke™

STROKEASSOCIATION.ORG/WARNINGSIGNS



EMERGENCY CARE AROUND THE CLOCK

THE EMERGENCY DEPARTMENT AT HENRY FORD WEST BLOOMFIELD HOSPITAL, now verified as a Level III Trauma Center, makes taking care of you and your family a top priority. We strive to make each visit as quick and comfortable as possible.

KNOW WHEN TO GO

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

- 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.”

DOWNLOAD OUR FREE APP

Be prepared and know where to go. Download the *Henry Ford ER locator smartphone app* at HenryFord.com/ER.



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 for more information and to register.

Yoga for Henry Ford Oncology Patients

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

FREE. Must have physician referral. Registration required.

Intro to Reiki

Learn more about the benefits of Reiki. Sample session to follow presentation.

TUESDAY, JUNE 19
1:30 P.M.

\$7 per person

Reiki Training Retreats also offered. Call Vita for details.

Intro to Essential Oils

Learn more about the many wellness benefits of essential oils.

WEDNESDAY, MAY 16
6:30-8 P.M.

\$20 per person

FREE Blood Pressure Screening

EVERY TUESDAY 1-2:30 P.M.

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

PARKINSON'S DISEASE CLASSES

EVERY THURSDAY AT VITA

\$10 per class or 6 classes for \$50

PWR! Moves

Research-based exercises to target motor and non-motor symptoms.

11:30 A.M.-12:30 P.M.

Call (248) 760-2019 to register.

Moving Thru Dance

Warm up, stretch and move to stimulate joints and increase range of motion.

12:30-1:30 P.M.

Call (248) 505-3951 to register.

HEALTHY COOKING CLASSES

Cooking classes are held in the Demonstration Kitchen and are designed to help you learn about the importance of healthy nutrition. All cooking classes include samples of the food prepared during the class and take-home recipes.

Call (248) 325-3890 to register for classes or visit HenryFord.com/DK. Registration is required. \$20 per person or 2 people for \$30 per class.

It's Not Breakfast, It's Not Lunch – It's Brunch!

TUESDAY, APRIL 17
6:30-8 P.M.

\$20 per person. Registration required.

Plan Your Summer Party

TUESDAY, MAY 8
6:30-8 P.M.

\$20 per person. Registration required.



MAY IS OLDER AMERICANS MONTH – TWO-CLASS SERIES

Dinnertime Downsizing

THURSDAY, MAY 17
11 A.M.-12:30 P.M.

\$10 per person, includes a \$5 voucher for Henry's Café. Registration required.

Healthy Living Senior Style

TUESDAY, MAY 22
11 A.M.-12:30 P.M.

\$10 per person, includes a \$5 voucher for Henry's Café. Registration required.

JUNE IS MEN'S HEALTH MONTH

Ready, Set, Grill

TUESDAY, JUNE 19
6:30-8 P.M.

\$20 per person. Registration required.

Summer Super Foods

WEDNESDAY, JUNE 27
6-8 P.M.

\$20 per person. Registration required.

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, JULY 14: 10 A.M.-12 P.M.
Beach Day Fun

SATURDAY, JULY 21: 10 A.M.-12 P.M.
Kids Campout Cooking

SATURDAY, JULY 28: 10 A.M.-12 P.M.
Kids Cooking 101

SATURDAY, AUGUST 4
10 A.M.-12 P.M.
Oodles of Noodles

\$25 per child, registration required.

LUNG CANCER SCREENING



Nearly 450 people die each day of lung cancer in the United States. Lung cancer screening has shown we can detect cancer much earlier in people most at risk.

For those who are eligible, lung cancer screening is available with no co-pay or deductible from your insurance company.

To see if you qualify, visit henryford.com/lungscreening



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**
6777 W Maple Road
West Bloomfield Township, MI 48322

LIVEWELL IS PUBLISHED by
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The information is intended to inform and educate about subjects pertinent to health and should not be a substitute for consultation with a doctor. Henry Ford provides interpreters and other services for the deaf and hard of hearing. **Call (313) 916-1896 to request assistance.**

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