



# LIVEWELL

SPRING 2019

## WHAT'S INSIDE

p. 3 The benefits of setting fitness goals

p. 4 Four ways heart disease affects men and women differently

## FEATURED STORY

p. 6 A new outlook on life through lifestyle change

## CALENDAR OF EVENTS

April 16: Spring Clean Your Diet

May 23: One Pan Meals

June 6: Summer Recipe Re-Do

Thursdays: Parkinson's Disease Classes



**HENRY FORD  
WEST BLOOMFIELD HOSPITAL**



## CELEBRATING 10 YEARS in Oakland County

THIS YEAR, HENRY FORD WEST BLOOMFIELD HOSPITAL CELEBRATES 10 YEARS since we opened our hospital and expanded our services in western Oakland County. Our hospital was designed to combine clinical excellence with innovative and integrative services to provide you with the very best in health and wellness, close to home. We are more than just a hospital, we are a community center for well-being.

Over the years, we have added a robust metabolic health and weight management program, trauma designation for emergency and advanced level care, women's health offerings, cancer care and advanced heart services to better care for our community.

Visit [HenryFord.com/WestBloomfield](http://HenryFord.com/WestBloomfield) to learn more about all of our clinical services and programs.

## 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](http://HenryFord.com/WBENEWS) to sign up today.



## THE BENEFITS OF SETTING FITNESS GOALS

IT'S NOT UNCOMMON TO START AN EXERCISE REGIMEN WITH SOME EXTERNAL PROMPTING, INCLUDING THE NUMBER YOU SEE ON THE SCALE OR HEALTH ISSUES. WHATEVER THE REASON, THE RIGHT KIND OF GOAL SETTING IS CRITICAL WHEN YOU EMBARK ON A FITNESS PROGRAM.

### MAKE A PLAN

"Proper goal setting can help motivate and inspire both new and veteran exercisers and athletes," says Rebecca Kurtz, an exercise physiologist at Henry Ford Health System. "The best way to do this is to establish **SMART** goals to help you stay on track."

### WHAT ARE SMART GOALS?

The idea is to make goals **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-bound. So instead of setting a goal to "lose weight," create a SMART goal. It's important to put a plan in

place for each SMART goal you create.

Write down your goals and don't bite off more than you can chew. Set yourself up for success and work your way up to exercising more often.

"You will encounter setbacks along the way, but establishing goals and setting a plan to achieve them is the best way to ensure fitness success," Kurtz says.

*We offer a variety of health and wellness events, including fitness classes to help you stay on track. See pp. 10-11 for more information.*

## AVOCADO CHICKEN SALAD IN CUCUMBER CUPS

YIELD: 28 SERVINGS  
(1 CUCUMBER CUP)

### INGREDIENTS:

1 ripe avocado, seeded and peeled  
Juice of 1 lime  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 cup finely chopped cooked chicken  
1 apple, cored and finely chopped  
¼ cup finely chopped red onion  
¼ cup finely chopped red pepper  
2 tablespoons chopped fresh cilantro  
3-4 large cucumbers

### DIRECTIONS:

In a small bowl, mash avocado with lime juice and mix with salt and pepper. Mix in the chopped chicken, apple, red onion, red pepper and cilantro. Slice cucumbers into 1 – 1½ -inch thick rounds (approximately 28 slices). Scoop out the seeds in the middle and fill with 1 – 1½ tablespoons of the avocado chicken salad mixture.

**NUTRITIONAL INFORMATION PER SERVING:** 30 Calories; 1 gram Fat; 0 gram Saturated Fat; 4 mg Cholesterol; 25 mg Sodium; 3 grams Carbohydrates; 1.5 grams Sugar; 1 gram Fiber; 2 grams Protein



## 4 WAYS HEART DISEASE AFFECTS MEN AND WOMEN DIFFERENTLY



**DEIRDRE MATTINA, M.D.**

AS THE LEADING CAUSE OF DEATH IN BOTH MEN AND WOMEN IN THE UNITED STATES, HEART DISEASE IS SOMETHING EVERYONE SHOULD TAKE SERIOUSLY.

What was once thought of as a “man’s disease,” this devastating condition affects both sexes without bias – and accounts for one in four deaths each year.

### **MEN VERSUS WOMEN**

- 1. CORONARY ARTERY DISEASE OCCURS IN DIFFERENT ARTERIES.** In men, coronary artery disease, which is cholesterol blockages of the arteries, occurs more in the large arteries on the surface of the heart. In women, these blockages occur in the smaller vessels that feed the muscles on the walls of the heart. These small vessels are difficult to see, and women usually come to the hospital thinking they are having a heart attack – only to find out after an angiogram that the major arteries aren’t affected at all.
- 2. WOMEN ARE MORE LIKELY TO DIE FROM HEART DISEASE.** It’s easier to perform medical interventions – such as bypass surgeries and stents – on men. But, with women, the vessels are too small for intervention, which can lead to worse outcomes.

**3. MEN AND WOMEN RESPOND TO STRESS DIFFERENTLY.** In women, stress is more likely to be caused by emotional responses, whereas in men, stress is sparked more often by physical events.

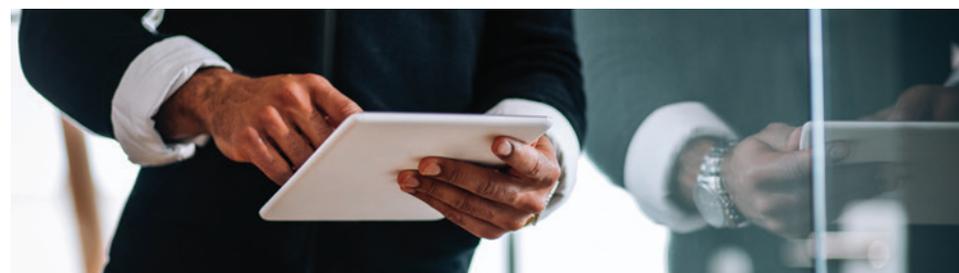
“In addition to stress, from my experience, women tend to be in more of a caregiver role – which means their health takes a backseat and they may ignore symptoms,” says Deirdre Mattina, M.D., Henry Ford cardiologist and director of the Women’s Heart Center. “When a woman comes in, we often see heart issues that, had she come in earlier, we could have recognized and treated earlier.”

**4. WOMEN’S HORMONES ARE DIFFERENT.** Men are more likely than women to suffer a heart attack before age 55. But once women go through menopause, their risk increases.

“In medicine, there have been amazing advancements in the treatment of heart disease, and yet people are dying more of heart disease than ever before,” Dr. Mattina says.

Male or female, you can reduce your risk for developing heart disease by adopting a healthy, balanced lifestyle.

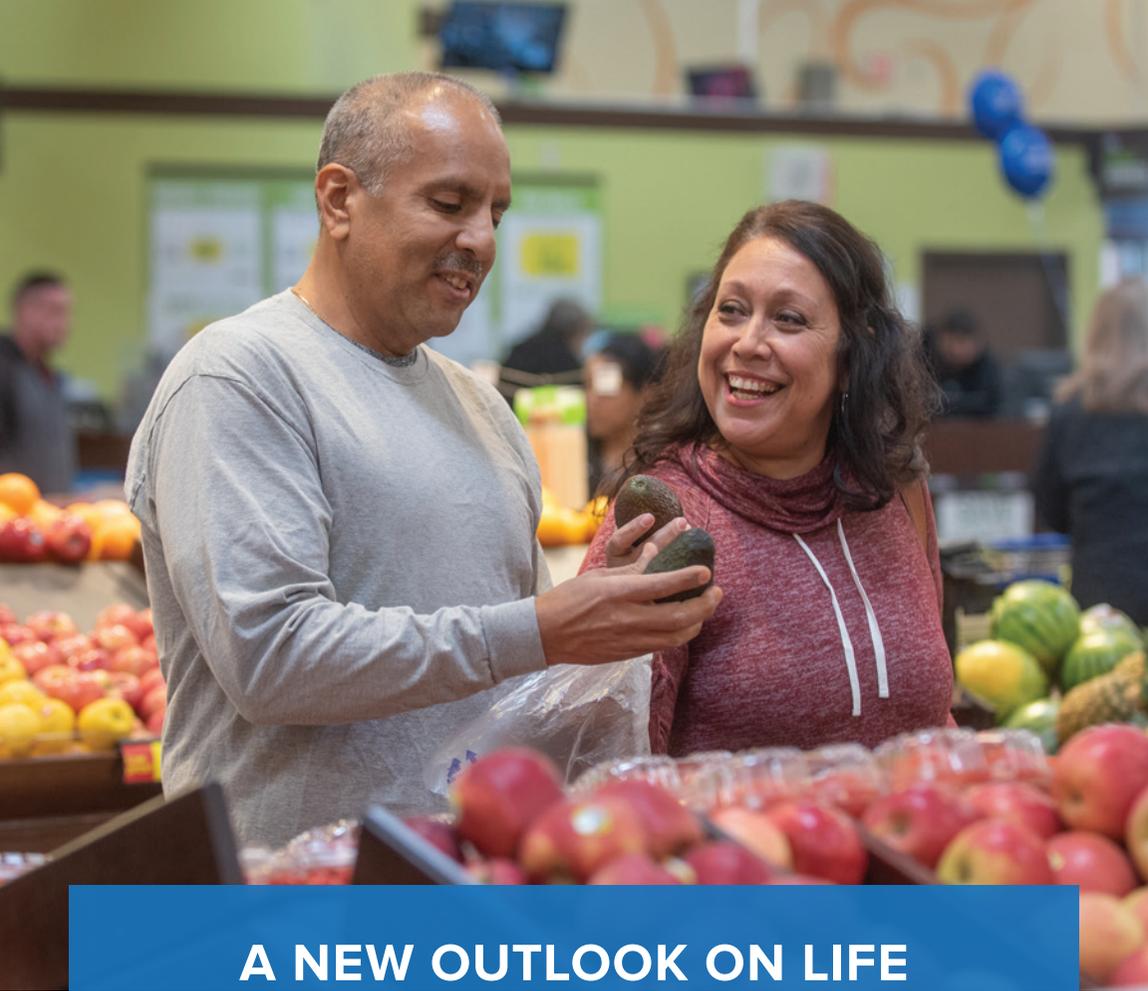
*Visit [HenryFord.com/HeartHealth](http://HenryFord.com/HeartHealth) or call 1-800-HENRYFORD (436-7936) to learn more and schedule an appointment with a heart expert.*



## **ASSESS YOUR HEART RISK**

Caring for your heart is worth the effort. From prevention to diagnosis and care, the heart and vascular experts at Henry Ford Health System are here to help you stay well. With our heart health risk assessment, in just five minutes you will find out the real age of your heart and discover your heart risk factors.

*Take our interactive, online heart risk assessment today at [Henryford.com/HeartHealth](http://Henryford.com/HeartHealth) to learn exactly what areas of your heart health need attention.*



## A NEW OUTLOOK ON LIFE THROUGH LIFESTYLE CHANGE

**ANTONIO RAMIREZ HAD BEEN PROGRESSIVELY GAINING WEIGHT, DESPITE 10 YEARS OF CONSISTENT EXERCISE.** Knowing he needed to do something to get the weight gain under control, he decided to give up pop and make small changes to his diet. By doing this, he was successful at losing weight, only to gain it all back quickly.

In June of 2012, he was diagnosed with type 2 diabetes and began taking insulin four times a day to keep his condition under control. After years of treating his diabetes and taking medication for high blood pressure and elevated cholesterol, in January of 2018, during an annual check-up, he learned he had gained even more weight, which resulted in the need to increase his insulin even more.

Antonio was at his breaking point and began to think about where he would be 10 years from now at the rate he was going. He felt he had no options. Everything changed when he and his wife, Nancy, decided to join a program at the Center for Metabolic Health and Weight Management at Henry Ford West Bloomfield Hospital and start improving their health together.

### MULTIDISCIPLINARY APPROACH TO HEALTH AND WELLNESS

The Center for Metabolic Health and Weight Management partners with patients to support improvements to their health, weight and overall wellness. The program focuses on lifestyle, behavior modification and nutrition to treat or prevent type 2 diabetes, high blood pressure, weight management and other health problems impacted by metabolic health.

“Our program centers on developing sustainable habits for long-term success through a multidisciplinary approach,” says Larissa Shain, registered dietician at the Center for Metabolic Health and Weight Management. “Antonio and Nancy came to our program highly motivated and ready to make doable lifestyle changes.”

### RESULTS THROUGH LIFESTYLE CHANGE

The couple began meeting with Larissa every month and attending weekly educational classes over the next six months. She put together a meal plan and gave them the tools, suggestions and education they needed to make tremendous lifestyle changes. They worked together as a team, changed their

environment, and shopped and cooked together.

“The biggest difference with this program is that it was easy to follow, centered on lifestyle change versus a diet, and it didn’t require us to buy expensive supplements,” Antonio says. “We learned about calorie density, reading labels and understanding serving sizes, as well as making healthier food choices.”

As a result, Antonio lost 70 pounds and 12 inches from his waist in five months. He was able to get off insulin and other medications for hypertension and cholesterol. Antonio is enjoying sports again and his newfound passion of running, including plans to compete in a marathon later this year. Nancy lost 46 pounds, despite having a thyroid condition which makes weight loss challenging.

“This has completely changed my life, probably even saved it,” Antonio says. “It’s an ongoing journey that my wife and I are committed to taking together.”

*Want to learn more about how to improve your metabolic health? Visit [HenryFord.com/MetabolicHealth](https://www.henryford.com/MetabolicHealth) or call (248) 325-1355 and join us for a **FREE seminar to discuss how we can partner with you.***



## SEASONAL ALLERGIES: 3 WAYS TO FIND RELIEF

**EXPERTS BELIEVE CLIMATE CHANGE IS CAUSING LONGER AND MORE SEVERE ALLERGY SEASONS.** As the seasons change, you may find some relief, or new symptoms may occur, depending on what allergens you're sensitive to. You don't have to suffer in silence. Get your allergies under control.

- 1. AVOIDANCE:** Once you know what you're allergic to, try to avoid it. Run the air conditioning instead of opening windows if you are allergic to pollen. Purchase allergy-proof mattresses and pillows and keep humidity low if you are allergic to dust.
- 2. MEDICATION:** Allergy sufferers may benefit from both over-the-counter and prescription medications. Eye drops, nose sprays and oral medications can alleviate many symptoms.
- 3. ALLERGY SHOTS:** Allergy shots expose your immune system to small amounts of an allergen to build your tolerance. Injections are administered over time and the goal is to change the way your immune system responds.

"Allergy symptoms can interfere with how you function day and night," says Rana Misiak, M.D., an allergist and immunologist at Henry Ford Health System. "Knowing what you're allergic to and how to minimize exposure, can improve your quality of life."

*To find a primary care doctor or allergist at Henry Ford, visit [HenryFord.com](https://www.henryford.com) or call 1-800-HENRYFORD (436-7936).*



## Calendar of **EVENTS**

### HEALTH & WELLNESS

#### Complimentary Yoga for Henry Ford Cancer Patients

MONDAYS

3:30-4:30 P.M.

LOCATED IN THE YOGA STUDIO

*Registration is required, call (248) 344-6696.*

#### FREE Blood Pressure Screening

TUESDAYS

1-2:30 P.M.

LOCATED IN THE LOBBY OF THE WEST ENTRANCE.

*Walk-in, no registration required.*

#### PARKINSON'S DISEASE CLASSES

THURSDAYS

LOCATED IN THE YOGA STUDIO

*FREE*

#### 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 health, wellness and nutrition.

*Call (248) 325-3890 to register for classes or visit [HenryFord.com/DK](http://HenryFord.com/DK). Registration is required for all cooking classes.*

#### Spring Clean Your Diet

TUESDAY, APRIL 16

6-8 P.M.

*\$20 per person, or \$30 for two people.*

*Registration is required.*



#### MAY IS OLDER AMERICANS MONTH

Join our chefs and clinical dietitians for cooking demonstrations and tastings to discover the main ingredients to a balanced diet and healthy lifestyle, specifically designed for you. Food selection can play an important role in controlling variables, such as sodium, calcium, iron and cholesterol.

#### A Healthy Helping

FRIDAY, MAY 17

10:30 A.M.-NOON

*\$10 per person, includes a lunch voucher to Henry's Café.*

*Registration is required.*

#### One Pan Meals

THURSDAY, MAY 23

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

*\$10 per person, includes a lunch voucher to Henry's Café.*

*Registration is required.*

### JUNE IS MEN'S HEALTH MONTH!

#### Summer Recipe Re-Do

THURSDAY, JUNE 6

6:30-8 P.M.

*\$20 per person, or \$30 for two people.*

#### Marvelous Marinades and the Thrill of the Grill

TUESDAY, JUNE 18

6-8 P.M.

*\$20 per person, or \$30 for two people.*



### SUMMER COOKING FOR KIDS & TEENS

Join us for some fun in the kitchen this summer. Each class teaches the importance of making healthy meal choices, and includes hands-on cooking, delicious samples, take-home recipes and more. Classes are designed for kids ages 6-12 or teens ages 13-16. \$25 per person, registration is required.

Keep an eye out for the schedule of upcoming summer classes at [HenryFord.com/DK](http://HenryFord.com/DK)

Breast Cancer. A Second Opinion.

# AND THE GENETIC TESTING THAT SAVED LYNN'S LIFE.

**Lynn Walkuski**  
Breast Cancer Survivor

**HENRY FORD CANCER INSTITUTE.** With a cancer diagnosis, it's critical to seek out the best team for your treatment. As a national leader in Precision Medicine, our breast cancer experts personalize treatments to your genetic makeup and the DNA of your tumor. If you're facing a breast cancer diagnosis, come to us for a second opinion and accelerated care. We have convenient locations across southeast Michigan. And you'll meet every expert on your breast cancer team immediately in one visit. Just like Lynn did. Read more about Lynn's story and connect with a breast cancer expert.

[HenryFord.com/BreastCancerExperts](https://www.henryford.com/BreastCancerExperts)



all for you



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WEST BLOOMFIELD HOSPITAL**  
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