

LIVEWELL



SUMMER 2018

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October 18: Senior Health & Wellness Expo



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**



3RD ANNUAL Women's Wellness Weeknight

TREAT YOURSELF TO AN EVENING CREATED JUST FOR WOMEN. Featuring hot topics in women's health, such as hormone-induced migraines and headaches from Henry Ford Neurology experts, Dace Zvirbulis, M.D., and Ashhar Ali, D.O. Participate in a moment of mindfulness, healthy snacks, a smoothie bar, prizes and more. Stress less, stay fit and focus on your overall wellness.

Wednesday, Sept. 26, 6-8:30 p.m., \$10 per person. Call (248) 325-3890 to register or visit HenryFord.com/WestBloomfield



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

MAPLE ROAD WILL BE UNDER CONSTRUCTION BETWEEN DRAKE AND APPLE BLOSSOM ROADS THROUGH THE SUMMER MONTHS. 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.



HEALTHY TRAVEL TIPS TO AVOID ILLNESS ON THE ROAD

SETTING OUT ON A DREAM VACATION DOESN'T PROTECT YOU FROM ILLNESS.

In fact, travel may stir up stress and anxiety and expose you to countless germs.

Only a small percentage of people get infections such as Zika or malaria while traveling. The bigger threats are accidents, injuries and chronic illness issues. To stay safe and dramatically reduce your chances of illness, follow these guidelines.

BEFORE YOU GO:

1. Plan in advance. Don't wait until the week before your trip to see your physician.
2. Purchase travel insurance to give you peace of mind.
3. Stow medications in your carry-on bag.

WHILE YOU'RE THERE:

1. Wash your hands frequently. Hand sanitizers are not a replacement for soap and water.
2. Watch what you eat. Steer clear of street vendors, raw foods, long buffet tables and unsealed beverages.
4. Wear SPF 50 and apply frequently.

To find a doctor and schedule a travel consult with the Henry Ford Travel Health Clinic, visit HenryFord.com or call (248) 344-0723.

A Message FROM THE CEO



SUMMER IS OFFICIALLY HERE. It's time to enjoy the sunshine and all the fun summer has to

offer. Staying active and keeping up with your health and wellness is important during any season, but especially during the summer months when you may be heading out for family vacations.

In this issue of LiveWell, read about important travel tips to keep you healthy before and during your trip. Learn the difference between acute and chronic pain and how to manage with non-medicated approaches. Women's wellness is top of mind with health tips for every age, and make sure to take a look at our exciting classes and events schedule, including cooking classes, a women's wellness weeknight and more.

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

Yours in good health,

Lynn M. Torossian

President and CEO
Henry Ford West Bloomfield Hospital



A NON-MEDICATED APPROACH TO MANAGING CHRONIC PAIN

PAIN IS THE BODY'S NATURAL RESPONSE TO ALERT YOU THAT SOMETHING IS WRONG. HOWEVER, THERE'S A DIFFERENCE BETWEEN ACUTE AND CHRONIC PAIN.

Acute pain is caused by improper lifting, a sudden twisting of the body or repetitive motions. It typically goes away quickly. Chronic pain, however, lasts three months or more and may be the sign of a serious condition.

Chronic pain can make it hard to go about your daily life. Whether it's low back pain or a headache that just won't quit, you might not need pain medication to feel better.

"One of the challenges is that people don't know there are alternatives to pain medications," says Lara N. Zador, M.D., a pain management specialist at Henry Ford Health System. "Our role in pain management is to connect patients with the options that are best for their unique situation. We often consider non-medication options."

1. REGULAR EXERCISE: Exercise may be the last thing on your mind when you're in pain, but it can improve blood flow to speed your body's natural healing process.

2. INTEGRATIVE MEDICINE TECHNIQUES: Integrative techniques tap into the mind-body connection and combine breath, movement and mindfulness to relieve pain by calming your mind.

3. STRESS MANAGEMENT: There is a strong connection in the brain between stress and pain. Finding healthy ways to cope with the pressures of life can help control your symptoms.

4. PHYSICAL THERAPY: Stretching and strengthening muscles with the help of a physical therapist not only relieves pain, it can prevent it from coming back.

There are a variety of benefits to overcoming chronic pain without medication. Many people enjoy not having to remember to take pills several times a day. Other benefits include avoiding unpleasant side effects that may come with medication. In some cases, especially when non-medication treatments aren't successful, medication is the best option.

"When medications are appropriate, we consider each patient's lifestyle, overall health and personal preferences to prescribe treatments that can help achieve long-term relief without many side effects," Zador says.

If chronic pain has become part of your daily life, talk with a Henry Ford provider specializing in pain management. Call 1-800-HENRYFORD (436-7936) or visit HenryFord.com.

OSTEOARTHRITIS AND ACUPUNCTURE

Another form of chronic pain is osteoarthritis, which is a chronic condition of the joints. Changes in weather patterns can worsen this condition. Acupuncture can help by increasing circulation. Thin needles are inserted at specific points along the body to help energy and blood flow properly to release the body's natural painkillers. Acupuncture also addresses imbalances that may contribute to your pain pattern.

For more information or to schedule an acupuncture appointment, call the Henry Ford Center for Integrative Medicine at (248) 380-6201 or visit HenryFord.com/CIM.



A WOMAN'S GUIDE TO WELLNESS

AGING IS AN INEVITABLE PROCESS. UNFORTUNATELY, MANY WOMEN AREN'T TUNED IN TO THE CHANGES THAT TAKE PLACE IN BOTH BODY AND MIND AS THE YEARS GO BY. Plus, women tend to spend much of their lives caring for others, often at the expense of themselves.

The good news: There are things you can do to maintain your health and well-being as you journey into your golden years. Here's what you should watch for during each life phase:

IN YOUR 20s

Gaining weight is common during this decade. With college exams and/or work demands and a busy social schedule, you might find it difficult to get the rest, food and exercise you need. If you overindulge with alcohol or caffeine, it can interfere with your ability to get quality sleep and increases your risks of problems later in life.

What to do: Adopt healthy habits now. "Get 150 minutes of cardiovascular activity each week, plus two to three days of resistance training and weight-bearing exercise," says M. Elizabeth Swenor, D.O., who is board certified in Family Medicine and leads the Functional Medicine program at the Henry Ford Center for Integrative Medicine.

IN YOUR 30s AND 40s

Many women are juggling child rearing, job demands and aging parents. If you have children during these years, you may also be navigating hormonal changes. Burning the candle at both ends may also cause weight gain.

What to do: Prioritize self-care. "Practice mindfulness and minimize stress. Eat healthy, get seven to nine hours of sleep and work out four to five times each week," Dr. Swenor suggests. Screenings for diseases, cholesterol levels and blood pressure are strongly recommended.

IN YOUR 50s AND 60s

Many women experience insomnia, night sweats, mental fog and depression as they go through menopause. You may notice hairs cropping up on your chin, neck and face, and changes in sexual desire and function.

What to do: Eat a plant-based diet. Eliminate processed foods, soda and cheese as much as you can. Get sleep, reduce your stress and exercise daily.

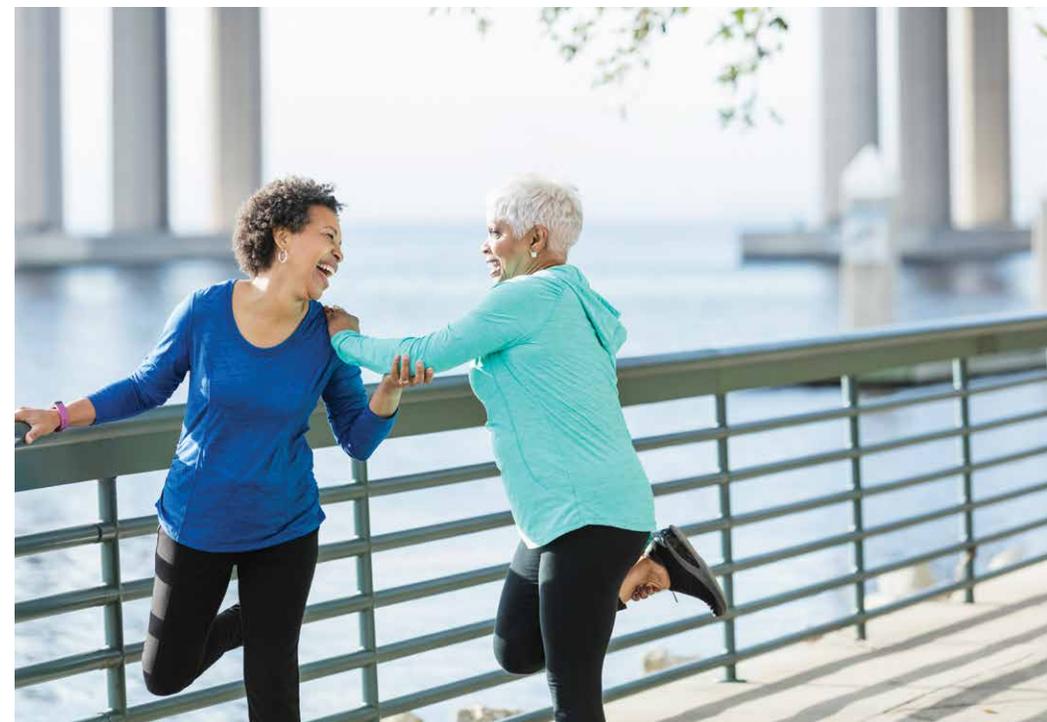
IN YOUR 70s AND BEYOND ...

You may notice difficulty with focus, balance and agility. Your appetite and sleep cycle may change as well, and you may find yourself going to bed earlier at night and waking up earlier.

What to do: Take steps to prevent falls and get your eyes checked. Develop a daily schedule for meals, bedtime and waking. Exercise and visit your doctor annually.

The key to wellness throughout your life is maintaining healthy habits and increasing self-awareness. "We can improve our overall health by reducing whole body stress and inflammation through good nutrition and exercise," Dr. Swenor says.

To find a primary care doctor or registered dietitian at Henry Ford, visit HenryFord.com or call 1-800-HENRYFORD (436-7936).





FRESH. LOCAL. FARM TO TABLE. EVERY WEEK AT HENRY'S MARKET ON MAIN

HENRY'S MARKET ON MAIN IS BACK AT HENRY FORD WEST BLOOMFIELD HOSPITAL.

The farmers' market will be held from 9 a.m. to 5 p.m. every Wednesday, now through November 14.

The market provides patients, employees and the community an opportunity to purchase fresh, locally grown produce. Additional fare includes baked goods, herbs, honey, flowers, seedlings, and products such as pesto and salsa, made in Henry's, the hospital's café.

A highlight of the market is Henry's chefs demonstrating how to prepare a dish with ingredients from the market – with free samples.

"Our chefs show you how to use the fresh in-season produce you purchase to make delicious and healthy recipes at home," says Trevor Johnson, resident farmer at Henry Ford West Bloomfield Hospital's greenhouse.

New this year, each week will feature a different Michigan-based vendor. The market accepts cash, credit, S.N.A.P. and Project Fresh coupons.

Visit HenryFord.com/WestBloomfield for more info.



Calendar of **EVENTS**



HEALTH & WELLNESS CLASSES

Improve your health and wellness with classes and events offered at Henry Ford West Bloomfield Hospital.

Call (248) 325-3890 for more information.

Crohn's and Colitis Patient Education Fair

WEDNESDAY, AUGUST 22
5-7 P.M.

FREE. No registration required.

Emergency Preparedness Expo

THURSDAY, SEPTEMBER 6
9 A.M.-4 P.M.

FREE. No registration required.

Location: Main Street

Women's Wellness Weeknight

Participate in a moment of mindfulness, healthy snacks, a smoothie bar, prizes and more. Stress less, stay fit and focus on your overall wellness.

WEDNESDAY, SEPTEMBER 26
6-8:30 P.M.

\$10

Call (248) 325-3890 to register. Space is limited.

Senior Health & Wellness Expo

Health talks from Henry Ford experts, vendors and more. In partnership with the West Bloomfield Parks and Recreation Commission.

THURSDAY, OCTOBER 18
9 A.M.-2 P.M.

FREE. No registration required. Lunch vouchers will be provided to the first 200 attendees.

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.

Summer Salad Sensations

TUESDAY, AUGUST 7
6:30-8 P.M.

\$20

Flavors of Fall: Pumpkin Spice and Everything Nice

TUESDAY, OCTOBER 9
6:30-8 P.M.

\$20

Healthy Kitchen Hacks

THURSDAY, AUGUST 16
6:30-8 P.M.

\$20

Easy Harvesting How-To's

SATURDAY, SEPTEMBER 15
10 A.M.-12 P.M.

\$20

Tailgating: Winning Recipes for Your Home Team

THURSDAY, SEPTEMBER 20
6:30-8 P.M.

\$20

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 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.





Jill Pittman
Knee Replacement Patient

HENRY FORD CENTER FOR JOINT REPLACEMENT When it comes to joints, no two are the same. That's why our award-winning team of joint replacement specialists take care to find a treatment specific to your body and your needs. With patient satisfaction ratings in the top 1 percent nationally and personalized surgery, we work to get you back on your feet and living a full life as quickly as possible.

Call (800) 532-2411 or visit henryford.com/jointreplacement



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**



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**LIVEWELL IS PUBLISHED by
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