



LIVEWELL

SUMMER 2019

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August 27: Knife Skills Cooking Class

September 25: Women's Wellness Weeknight

Tuesdays: Blood Pressure Screening



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**



BE PREPARED for Any Emergency

IS YOUR FAMILY PREPARED FOR AN EMERGENCY? Being ready before a power outage, fire, flood or other potential crisis can mean the difference between managed inconvenience and a major disaster. Henry Ford West Bloomfield Hospital will host our annual Emergency Preparedness Expo on Thursday, Sept. 19, from 9 a.m. to 4 p.m. Henry Ford representatives and other local emergency responders and resources will be available to answer questions on topics, including family preparedness/planning, household emergencies, weather safety, cyber-security tips, basic lifesaving techniques, fire safety and more.

This event is free and no registration is required to attend.



HENRY'S MARKET ON MAIN Is Back

VISIT HENRY'S MARKET ON MAIN AT HENRY FORD WEST BLOOMFIELD HOSPITAL, every Wednesday, June 5 through November 20, 9 a.m. to 5 p.m. The market provides the community an opportunity to purchase fresh, locally grown produce. Additional fare includes baked goods, herbs, honey, flowers, seedlings and products made at Henry's, the hospital's café. Chef's will demonstrate how to prepare dishes with ingredients grown in the hospital's greenhouse – with free samples. The market accepts cash, credit, S.N.A.P. and Project Fresh coupons.



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.



BEAT THE HEAT – 5 TIPS FOR SUMMER COOKING

SUMMER COOKING CAN BE COOL AND EASY WITH A LITTLE CREATIVITY AND PLANNING. Salads, sandwiches and other grab-and-go meals are big hits when summertime activities interfere with meal planning. Here's what you need to know to make summer cooking less cumbersome.

- 1. PLAN AHEAD.** Do prep work during the cooler parts of the day. foods thoroughly without heating up the whole kitchen.
- 2. KEEP IT SIMPLE.** Some of the best summer recipes require nothing more than boiling water.
- 3. TAKE IT OUTSIDE.** Prep your meals outdoors. Involve the kids and shuck corn, wash, peel and chop vegetables outside.
- 4. TAKE ADVANTAGE OF SMALL APPLIANCES.** Smaller appliances like a toaster oven, slow cooker or pressure cooker allow you to cook
- 5. COOL OFF WITH CHILLED SOUP.** While soups may be best known for taking the bite out of a winter chill, cold soups can cool you down during the dog days of summer.

Want to learn more about healthy eating? Take a healthy cooking class. See pages 10 & 11 for more information.

BLUEBERRY-WATERMELON SALAD WITH FETA AND MINT

**YIELD:
8 SERVINGS**

INGREDIENTS:

3 Tablespoons olive oil
1 Tablespoon balsamic vinegar
1/2 teaspoon ground black pepper
1/4 cup finely diced red onion
8 cups diced watermelon
2 cups fresh blueberries
1/4 cup chopped fresh mint leaves
1/2 cup crumbled feta cheese

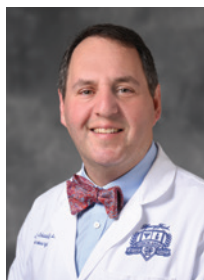
DIRECTIONS:

In a large bowl, whisk together olive oil, balsamic vinegar, pepper and diced red onion. Add the diced watermelon, blueberries, mint and feta cheese to the bowl. Gently toss to coat.

NUTRITIONAL INFORMATION PER SERVING: 122 Calories; 6 grams Fat; 1 gram Saturated Fat; 4 mg Cholesterol; 74 mg Sodium; 19 grams Carbohydrates; 3 grams Fiber; 2 grams Protein



MICHIGAN'S FIRST PATIENT TREATED WITH **ANT-DBS** FOR **EPILEPSY PROCEDURE**



**JASON SCHWALB,
M.D.**

STEVEN RENNIE'S JOURNEY WITH EPILEPSY BEGAN AT AGE 24 WHEN HE EXPERIENCED HIS FIRST SEIZURE WHILE SLEEPING. His mother discovered him having the seizure, and she rushed him to the nearest emergency room. He spent the next year seizure-free before having his second exactly one year to the day after his first. Shortly afterward, he was diagnosed with epilepsy.

Epilepsy is the fourth most common neurological disorder, affecting 3.4 million people in the United States. It is a disorder where nerve cell activity in the brain is disturbed, resulting in seizures, or periods of unusual behavior and sometimes loss of awareness.

A LONG JOURNEY

In the time since his diagnosis, Steven had experienced more than 200 seizures, sometimes up to eight in one day. While some were severe and debilitating, others were so mild that he wasn't even aware he was having a seizure.

"The seizures were hit-or-miss, so I underwent surgery to place electrodes on my brain for my doctors to monitor

"I believe this is going to work for me," Steven says. "Henry Ford has the only doctors in the state who have been trained in this, and they have supported me every step of the way."

my brain activity when a seizure occurred," Steven says. "For two weeks, I did not have a single seizure."

Steven had the electrodes removed, and the day after he went home, he had another seizure.

For many epilepsy patients, medication or a Vagus Nerve Stimulator can provide a significant reduction in the frequency and severity of seizures. For Steven, these provided only moderate relief, so it was clear he needed a different option. The Henry Ford team recommended ANT-DBS (anterior nucleus of the thalamus deep brain stimulation), a procedure where targeted electrodes are implanted in the brain. These are attached to a pacemaker-like internal pulse generator, which is implanted in the chest. The two pieces work together to deliver mild electrical stimulation to specific areas of the brain to help control seizures.

"From the initial clinical trial that was done in the U.S., long-term results showed that 70 percent of patients had a greater than 50 percent reduction in how frequently they were having seizures," says Jason Schwalb, M.D., Surgical Director of the Movement Disorder and Comprehensive Epilepsy Centers at Henry Ford Health System.

In February, at the age of 32, Steven underwent the ANT-DBS procedure for his epilepsy, which was the first one completed in Michigan. Dr. Schwalb, with help from the team at the Henry Ford Comprehensive Epilepsy Center, implanted the targeted electrodes into Steven's brain and the internal pulse generator into his chest.

"We are optimistic that Steven will see significant improvement from ANT-DBS," Dr. Schwalb says. "However, it may take a couple of years to determine exactly how effective it is for him."

HOPE FOR THE FUTURE

Now that Steven has an ANT-DBS system implanted, he looks forward to seeing what this can do for him.

"I believe this is going to work for me," Steven says. "I've done a lot of research and Henry Ford has the only doctors in the state who have been trained in this, and they have supported me every step of the way."

For more information about the Henry Ford Comprehensive Epilepsy Center or to request an appointment, visit [HenryFord.com/Epilepsy](https://www.henryford.com/epilepsy).



VIRTUAL CARE OFFERS ALTERNATIVE OPTION FOR HEALTH VISITS

DIGITAL TECHNOLOGY IS CHANGING OUR LIVES IN SO MANY WAYS. WE SHOP ONLINE, CONNECT WITH FRIENDS THROUGH SOCIAL MEDIA, RECEIVE NEWS AND ENTERTAINMENT THROUGH MOBILE APPS, AND MORE. Quick and convenient access to everything is at our fingertips, including the way we receive our health care services.

The desire from health care consumers to use digital technology to control where, when and how they receive care is rapidly increasing. The Virtual Care program at Henry Ford Health System is quickly becoming a leader in this alternative method of receiving high-quality, fast and accessible personalized care, without disrupting your schedule.

THE FUTURE OF HEALTH CARE

Virtual Care connects you with a Henry Ford physician through your mobile device or computer without having to leave your home or work. This saves travel time and cost, eliminates contact with sick patients in the waiting room, and provides quick access to expert primary care, pediatric, dermatology and other specialty physicians.

"Virtual care provides an incredibly valuable service to patients who have limited access to transportation, are busy professionals, or those without childcare," says Courtney Stevens, director of virtual care at Henry Ford. "It removes barriers that prevent people from taking care of themselves by giving them convenient, accessible virtual health care when they need it most."

VIRTUAL CARE SERVICES

- MYCHART VIDEO VISIT:

A scheduled video appointment with your doctor from your home, office or any other location using your personal device. You can use the MyChart mobile app from your smartphone or tablet, or visit the website from your computer (with a web camera). Video visits are billed through insurance, just like an in-person visit.

- E-VISIT:

A non-scheduled, non-urgent visit using secure online messaging. During an E-visit, you are asked to fill out an online questionnaire based on your symptoms that is securely sent to your doctor. Your doctor assesses your responses and gets back to you within one business day with a diagnosis and recommended treatment plan. E-visits are \$35, and are covered by most insurance plans.

Last year, over 7,500 patient encounters were completed using virtual care services at Henry Ford, and this number is quickly increasing.

"The video visits gave me the opportunity to further my health in a way that didn't interfere with my life as much," says Timothy Schacht, virtual care cardiac rehab patient. "I actually believe I received better care because there was a person in front of me at all times during the session."

Virtual care is set to become embedded as a standard method of health care in the near future. For more information about the Virtual Care program at Henry Ford Health System, visit [HenryFord.com/VirtualCare](https://www.henryford.com/VirtualCare).

DOWNLOAD THE HENRY FORD MYCHART MOBILE APP

With Henry Ford MyChart, managing your health has never been easier. This unique online tool offers patients a simple and convenient way to manage their health care how, where and when it's best for them.

Visit [HenryFord.com/MyChart](https://www.henryford.com/MyChart) today to download the app and get started using Henry Ford Virtual Care services.



4 TIPS FOR SUMMER FAMILY FITNESS FUN

SUMMER BRINGS WARM WEATHER, BLUE SKIES AND LOTS OF SUNSHINE, ALONG WITH INFINITE OPPORTUNITIES FOR FAMILIES TO GET MOVING. Keep your kids off the couch and get your whole family moving with these four summer fitness ideas.

- 1. TAKE A WALK.** Enhance your mind and body by heading outdoors. Take a walk through the West Bloomfield Woods Nature Preserve, or visit Drake Sports Park, Bloomer Park or Marshbank Park.
- 2. SET UP AN OBSTACLE COURSE.** Nothing promises to tax your muscles more than a challenging obstacle course. Create stations in your backyard or at a park. Check out TreeRunner West Bloomfield Adventure, located across from the hospital, for some outdoor ropes course fun.
- 3. GET WET.** There are plenty of places in the area to cool off on a hot summer day, including the Heritage Park Splash Pad in Farmington Hills or Kensington Metropark in Milford.
- 4. BOUNCE.** Bouncing is great exercise. To sidestep boredom from just bouncing, try playing games on the trampoline. Or, pay a visit to local bounce houses and amusement centers like AirTime Trampoline & Game Park in Novi, or Sport-N-Fun in Farmington Hills.

No matter which summer activities you choose, it's important to wear sunscreen, cover up with a broad-brimmed hat and be sure to stay hydrated.

For more wellness resources you can share with your child, visit HenryFord.com/5210 and download our app. It's a fun way for kids to learn the importance of health and fitness.



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.

Women's Wellness Weeknight

Treat yourself to an evening focused on women's health and wellbeing. Join us for healthy hors d'oeuvres and a lively women's health discussion with Diagnostic Radiologist Sabala Mandava, M.D. Create your own aromatherapy salt scrub, win prizes and more!

WEDNESDAY, SEPT. 25: 6 – 8 P.M.

LOCATED IN THE FRANCEE & BENSON FORD JR. BREAST CARE & WELLNESS CENTER

\$10 per person

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

Bariatric Surgery Seminar

Bariatric surgery can give you a new outlook on life and lifelong benefits. Join us for a free weight loss seminar and learn about preparation for bariatric surgery, postsurgical care, diet and exercise.

TUESDAY, AUG. 13

TUESDAY, SEPT. 10

TUESDAY, OCT. 8

6 – 7 P.M.

LOCATED IN THE LOWER LEVEL CONFERENCE ROOM

Free. Visit HenryFord.com/Bariatrics to register or email dschwar2@hfhs.org.

MOVEMENT DISORDER CLASSES

THURSDAYS (EXCEPT JULY 4)

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. Registration is required for all cooking classes.

ADULT COOKING CLASSES

Oh, Honey!

TUESDAY, AUG. 13

6 – 8 P.M.

\$20 per person, or \$30 for two

Learn how to make buzz-worthy recipes using only the freshest local honey from special guests Bees in the D!

Cutting Edge: Knife Skills

TUESDAY, AUG. 27

6:30 – 8 P.M.

\$20 per person, or \$30 for two

Learn multi-level knife skills, how to refine your fish and poultry cutting skills, and how to cut vegetables and herbs.

One Grocery Run and Done

TUESDAY, SEPT. 17

6 – 8 P.M.

\$20 per person, or \$30 for two

Learn how to make six delicious meals with one bag of groceries that will lighten your grocery bill and make meal prep easier.

Crock-Pots, Instant Pots, Air Fryers, Oh My!

THURSDAY, OCT. 3

6 – 8 P.M.

\$20 per person, or \$30 for two

From breakfast to dinner, learn to make quick and easy recipes packed with nutrition using a Crock-Pot, Instant Pot and Air Fryer.



SUMMER COOKING FOR KIDS & TEENS

Join us for some fun in the kitchen this summer with our Kids and Teens Summer Cooking classes. 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.

KIDS' CLASSES

SATURDAY, JULY 20

10 A.M. – 12 P.M.

Sensational Sleepover Snacks

SATURDAY, AUG. 3

10 A.M. – 12 P.M.

We're Going on a Roadtrip!

TEEN CLASSES

TUESDAY, JULY 23

5 – 7 P.M.

Teen Cooking 101

THURSDAY, AUG. 8

5 – 7 P.M.

Simple Meals from Sunrise to Sunset



*YOU ARE AT
THE HEART OF
OUR BREAKTHROUGH
TREATMENTS.*

ALL FOR YOU. Your heart is complex. As a world leader, the Henry Ford Heart & Vascular Institute is pioneering new minimally invasive surgeries and treatments every day. But we also become a leading expert on you. What makes you tick. After all, your heart beats to a rhythm all its own. Interested in learning more? Take our online heart risk assessment. **HenryFord.com/HeartQuiz (877) 711-6399**



all for you



**HENRY FORD
WEST BLOOMFIELD HOSPITAL**
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Henry Ford Health System.
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to inform and educate about
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