New 3-D IMAGING MAKES BREAST CANCER Easier to Spot

WE’VE ALL HEARD THAT MAMMOGRAMS SAVE LIVES, but a new option makes cancer detection even easier — digital breast tomosynthesis (DBT), or 3-D mammography.

“Instead of looking at a single image of the breast, DBT shows us multiple images of breast tissue taken at different angles,” says Patricia Miller, M.D., F.A.C.R., director of the Division of Breast Imaging at Henry Ford Medical Group. “The cancer stands out more, so it’s easier to detect.”

AT THE FOREFRONT OF TECHNOLOGY
Henry Ford West Bloomfield Hospital is among the first centers in the region to have this equipment. Who’s to thank? “Our donors,” says Sandra Mitchell, R.T., manager of Medical Imaging at Henry Ford West Bloomfield. “By acquiring DBT systems, we can remain in the forefront of clinical technology and continue making a difference in the lives of women.”

GOOD NEWS FOR WOMEN WITH DENSE BREASTS
DBT is especially beneficial for women with dense breasts. Why? Mammograms are most effective when fatty tissue surrounds cancer. Women with dense breasts have less fatty tissue and more glandular tissue that can make abnormalities harder to see on a mammogram. Fortunately, DBT can reveal spots that a standard mammogram can’t.

PROVIDING PEACE OF MIND
Having a DBT screening is very similar to getting a mammogram. You stand up while your breast is compressed for about two minutes longer than for a standard mammogram.

Today, the Food and Drug Administration requires women to have a standard mammogram before getting DBT. For women with dense breast tissue, the additional screening can provide important peace of mind.

“In our community we have many women with dense breasts,” says Dr. Miller. “We’re committed to providing state-of-the-art breast cancer detection and treatment.”

Are You Due for a Screening?
To schedule a mammogram, visit HenryFordWestBloomfield.com/BreastWellness or call 248-325-3828.
WHAT WILL 2016 BRING?

As the year comes to a close, we are reminded to take steps toward better health in 2016. At Henry Ford West Bloomfield Hospital, we are committed to help you achieve your health and wellness goals.

In this issue of LiveWell, we introduce you to advanced technology that can help diagnose breast cancer in women with dense breast tissue. You will also find a story about a patient who underwent joint replacement and returned to his love of sailing. If you are planning on having a baby next year, learn all about our Birthing Center services, which include private rooms, baby-friendly certification, board-certified obstetricians and more. Finally, discover ways to reduce your holiday stress and find exciting holiday gift offerings at the The LiveWell Shoppe.

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

Best wishes for a wonderful holiday season,

LYNNE M. TORROSIAN
President and CEO

TIN METCALF HAS ALWAYS LOVED SAILING, but a 1973 knee injury while playing touch football made it very difficult for him. “The surgeon told me I had a torn ACL and that they wouldn’t fix that injury unless I was a professional football player,” Metcalf recalls. Whether he was racing sailboats or transporting them all over the world, his favorite hobby became more and more of a struggle.

DECADES OF DISCOMFORT

Many years — and unsuccessful operations — later, the pain and lack of mobility was so severe that Metcalf had to crawl on his hands and knees to get from one end of a sailboat to the other. Finally, after 20 years of living with arthritis and discomfort, Metcalf attended a Henry Ford West Bloomfield Hospital joint replacement seminar and had a consultation with Jason Davis, M.D., a joint replacement surgeon at Henry Ford West Bloomfield. Metcalf was soon convinced that surgery was the best option.

ADVANCEMENTS IN PAIN CONTROL

Dr. Davis has helped advance improvements in treating pain after knee surgery. Patients are encouraged to be up and walking just hours after the procedure. “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.”

BACK ON THE WATER AGAIN

“I am thrilled with the results of the surgery,” Metcalf says. Afterward, he was guided through physical therapy and fully believes that it was essential to the healing process.

Six months after the surgery, Metcalf began sailing full time again. Now he’s running his own marine business without pain.

“The thing that I am happiest about is that my knee doesn’t hurt anymore,” he says. “Now I can walk on deck the way that I used to, and sailing has become much easier. Being at Henry Ford was a very special experience for me!”

Say Goodbye to Your Pain
Talk with one of our orthopaedic experts to get moving again. To make an appointment, call 248-661-6470 or visit HenryFordWestBloomfield.com/JointCare.
PICKING OUT NURSERY PAINT COLORS and researching strollers online may top your list while you’re pregnant, but the most important decision is where you’ll deliver. At the Henry Ford West Bloomfield Hospital Birthing Center, our obstetricians, midwives, nurses and neonatologists are dedicated to creating a positive birth experience for families.

AT YOUR SERVICE
The Birthing Center provides comprehensive services that support women throughout their pregnancy, labor, delivery and recovery. These include:

- Private and spacious suites
- Hydrotherapy tubs for comfort during labor
- Two cesarean section operating rooms
- In-house obstetricians and anesthesiologists available 24 hours a day
- Certified nurse midwives

For babies needing additional care, the Newborn Special Care Unit is located within the Birthing Center. There are individual rooms and bedside accommodations so parents and babies can always be near one another.

FAMILY-FOCUSED CARE
The Birthing Center takes a family-centered approach when caring for mothers and their loved ones. “We listen to what families want and do what we can to help make it happen,” says Annette Penn, R.N., nurse manager.

This is true, too, when caring for high-risk mothers. “We’ve had moms deliver here who’ve had advanced stage breast cancers, bleeding disorders and other complications,” says Trish Klassa, R.N., clinical nurse specialist. “We work as a team to normalize high-risk pregnancies and focus on what aspects of the birth are important to mothers.”

A HEALTHY START
Designated as a Baby-Friendly Hospital by the World Health Organization, the center offers additional support for breast-feeding moms. “The designation means that we’ve gone the extra mile to support breast-feeding,” says Susan Dendrinos, R.N., director of clinical operations. Certified lactation consultants are available for both in-hospital and outpatient visits.

“Our patients are at the center of all that we do,” Dendrinos says. “We support each family’s wishes for how they want to bring their baby into the world.”

Know What to Expect
Be more prepared for your little one’s arrival by taking one of our many childbirth and parenting classes. To register or learn more, call 800-746-9473 or visit HenryFordWestBloomfield.com/Baby and click on “Upcoming Childbirth and Parenting Classes.”

HAPPY 40TH ANNIVERSARY TO THE WEST BLOOMFIELD MEDICAL CENTER!

When Henry Ford Medical Center – West Bloomfield opened in November 1975, it was one of the first places to provide multiple physician services miles away from a hospital. Henry Ford Medical Center – Fairlane in Dearborn was constructed that same year.

MODELS OF QUALITY CARE
As pioneers in ambulatory care, the facilities have been models for those that followed. The two medical centers were built on the premise that patients want to receive health care close to home. They were also intended to serve communities in the fast-growing regions of Southeast Michigan. At the same time, Henry Ford Health System maintained its commitment to Detroit.

AN EXPLOSIVE START
The West Bloomfield groundbreaking was done in a spectacular fashion—with dynamite! The original parcel of 78 acres was later expanded to 160 acres. Today, it extends one mile to 14 Mile Road.

We’ve certainly come a long way and hope to keep providing you with the best possible care now and in the future.
The lights, the music, the good cheer: The holidays can be the most wonderful time of the year. But they can also be stressful.

“We often find ourselves moving at a feverish pace,” says Julie Levinson, E-R.Y.T., a therapeutic yoga instructor with Vita wellness center. “During the winter, our bodies want to rest. But instead, we’re rushing around and getting burned out.”

Levinson has some tips to combat stress this holiday season:

• Listen to your body. Feeling anxious — waiting for ages in a long register line, for example — can create tension in both your body and mind. Stretch and take some deep breaths to calm yourself.

• Clear your mind. Pressured by holiday errands? Sit in a quiet spot, close your eyes, picture a calm place and let stress go.

• Visit Vita wellness center. Treat yourself to a massage, Reiki therapy or a facial. To schedule a session, call 248-325-3870 or visit HenryFordWestBloomfield.com/Vita.

Tips to AVOID HOLIDAY HEADACHES

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