



HENRY FORD  
WEST BLOOMFIELD HOSPITAL

# LIVEWELL

WINTER 2016

## 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](http://HenryFordWestBloomfield.com/BreastWellness) or call 248-325-3828.





LYNN M. TOROSSIAN  
President and CEO

## 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](http://HenryFordWestBloomfield.com). We look forward to becoming your partner on your journey to optimal health.

Best wishes for a wonderful holiday season,



Tim Metcalf is pain-free and back on his boat.

**TIM 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](http://HenryFordWestBloomfield.com/JointCare).



# SPECIAL DELIVERY: *Creating a Memorable Birth Experience*

## 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

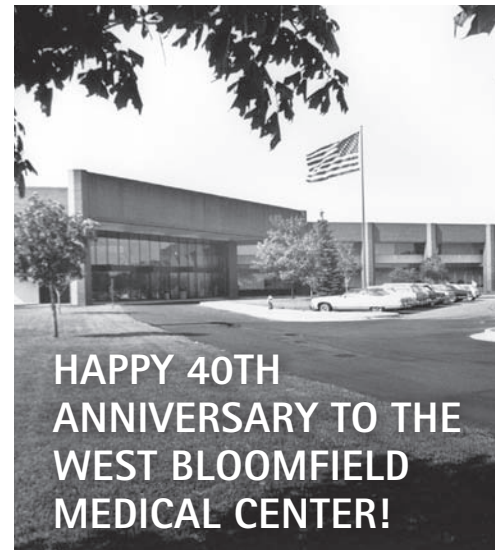
The Birthing Center takes a family-centered approach when caring for mothers and their loved ones. "We listen to what families want and do what we can to help make it happen," says Annette Penn, R.N., nurse manager.

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 Dendrinis, 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," Dendrinis says. "We support each family's wishes for how they want to bring their baby into the world."



## 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.

## 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](http://HenryFordWestBloomfield.com/Baby) and click on "Upcoming Childbirth and Parenting Classes."



# LIVE WELL

NANCY SCHLICHTING  
CEO, Henry Ford Health System

LYNN M. TOROSSIAN  
President and CEO, Henry Ford West Bloomfield Hospital

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Henry Ford Health System  
One Ford Place  
Detroit, MI 48202

Nonprofit Org  
U.S. Postage  
PAID  
Henry Ford  
Health System  
48120



## Cook Healthy Into the New Year

Start your new year off right and join us for a fun, interactive cooking class at Henry Ford West Bloomfield Hospital.

### CURB YOUR CRAVINGS

It can be hard to follow a healthy diet when cravings kick in. Knowing how to handle your cravings and get your body back in balance can make all the difference.

Thursday, Jan. 21, 6:30 to 8 p.m., FREE

### HEART-HEALTHY SWEET TREATS FOR YOUR SWEETHEART

Learn how to make festive heart-healthy desserts using healthy alternatives for a special Valentine's Day surprise for your sweetheart. This class is in partnership with the Henry Ford Heart & Vascular Institute.

Thursday, Feb. 4, 6:30 to 8 p.m.

\$20 per person or two for \$30

### SUSHI-ROLLING DATE NIGHT

Looking for a fun new date night with your valentine? Join us for an interactive sushi-rolling class you can do together.

Saturday, Feb. 13, 5:30 to 7 p.m.

\$20 per person

### NATIONAL NUTRITION MONTH – AROUND-THE-WORLD COOKING SERIES

- Mexican Fiesta: Wednesday, March 2
- Indian Favorites: Wednesday, March 9
- Japanese Cuisine: Wednesday, March 16

For class descriptions and to register, visit [HenryFordWestBloomfield.com](http://HenryFordWestBloomfield.com) and click on "Classes & Events" or call 248-325-3890. Registration is required. Ask about our holiday gift certificates!

## Tips to AVOID HOLIDAY HEADACHES

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](http://HenryFordWestBloomfield.com/Vita).



Get  
\$5  
Off!

The  
LiveWell  
Shope

Stop into The LiveWell Shoppe this holiday season and get \$5 off a purchase of \$25 or more.

The LiveWell Shoppe, located inside Henry Ford West Bloomfield Hospital, offers unique, earth-friendly products for a healthy living environment as well as fun holiday gifts for your friends and family.

*Not to be combined with any other coupon, discount or promotion. No cash value. No cash back. Coupon expires Jan. 31, 2016.*

## STRESS-FREE SHOPPING

To make your holidays even less demanding, do all your shopping in one place — Main Street at Henry Ford West Bloomfield Hospital.

Find bath and body products, home goods and artisan jewelry at The LiveWell Shoppe. Or get a gift certificate for spa services at Vita wellness center.

"Don't forget to give something to yourself, too," says Cindy Harrison, VP/Talent and Workforce Strategies, Retail and Wellness for the Henry Ford Health System. She suggests "stopping in Vita for a yoga class or having a cup of coffee in the Bloomfield Coffee Lodge."