



LIVEWELL

WINTER 2018

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- Jan. 25: Meatless Monday Madness
- Feb. 8: Crockpot, Casserole, Instapot ... OH MY!
- March 6: Asian Fusion
- March 20: Classic French

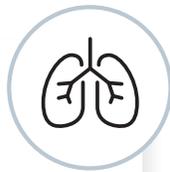


**HENRY FORD
WEST BLOOMFIELD HOSPITAL**

LUNG CANCER Screenings

CURRENT OR FORMER TOBACCO SMOKERS AGE 55 TO 77 may be eligible for a lung cancer screening program covered by insurance with no co-pay or out-of-pocket expense. This screening program helps patients detect lung cancer early. Your doctor can help determine if you are eligible.

Visit HenryFord.com/LungScreening.



Yoga Therapy NOW AT VITA

YOGA THERAPY IS DESIGNED TO MEET THE NEEDS OF THE INDIVIDUAL through an adaptive approach to the practice. The therapeutic benefits of yoga include improved strength, flexibility and mobility. Julie Levinson, certified yoga teacher at Vita wellness center, is specially trained in yoga therapy and can help people with chronic conditions to feel better and get back on the path to health and wellness. Join us for a FREE first class if you are a new student. Registration required.

Visit HenryFord.com/Vita for a list of classes. Call (248) 325-3870 to register.



ROAD CONSTRUCTION Around the Hospital

PLEASE BE AWARE OF CONSTRUCTION ON MAPLE ROAD this spring that may cause delays when traveling to appointments. Construction will continue through the summer months. Alternate routes are suggested. Visit HenryFord.com/WestBloomfield for a map of alternate routes and additional information.



VACCINATIONS: ARE YOUR KIDS UP TO DATE?

APPROPRIATE VACCINATION PLAYS A KEY ROLE in your child's (and the population's) health and well-being. Immunizations help protect us against the spread of serious illnesses and the seasonal flu.

Made from weakened or dead versions of the bacteria or viruses, vaccinations prime the body to mount an attack against invaders by producing antibodies, helping the body fight back more effectively.

Parents often have concerns about whether they can vaccinate a child who has a cold or a stomach bug. In most cases, these children can be safely immunized. Those who have had a fever within 24 hours, or who have an immune disorder, should check with their physicians.

Most importantly, stick to the recommended schedule. A delay interferes with the process of building an effective immune response. Talk to your pediatrician for a list of recent vaccination changes.

To find out more about vaccines and to request an appointment with a Henry Ford pediatrician, visit HenryFord.com/Vaccines or call 800-HENRYFORD (436-7936).

A Message FROM THE CEO



As we enter into a new year, we are reminded of how important it is to set

achievable health and wellness goals. Take the first step and schedule a yearly wellness visit with your primary care physician to see where you can improve your health.

In this issue of LiveWell, you will learn about our lung cancer screening program, yoga therapy and how to keep your heart healthy.

Read about how Henry Ford is helping to battle the national opioid crisis with a variety of programs available through our addiction services department.

Finally, our classes and events schedule offers exciting wellness and cooking classes.

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

Yours in good health,

Lynn M. Torossian

President and CEO
Henry Ford West Bloomfield Hospital



HOW HEALTHY IS YOUR HEART?

ALONG WITH VALENTINE'S DAY, FEBRUARY MARKS AMERICAN HEART MONTH. Because heart disease is the leading cause of death for both men and women in the United States, it's important to make the time to focus on your heart's health and ways to improve it.

WHERE DO I START?

Seeing your primary care provider annually is one of the best things you can do for your overall health. A routine exam should include blood pressure screening, a cholesterol test, a blood test to measure sugar levels, weight evaluation and a cardiac symptom check along with the non-cardiac assessments of a typical checkup.

TAKE AN ONLINE HEART RISK ASSESSMENT

One quick and easy step that anyone can take is to complete a free online heart risk assessment. This immediately analyzes information you input about your health history, then predicts how likely you are to suffer a heart attack in the future. Most assessments are based on guidelines set by the American Heart Association and the American College of Cardiology. They typically look at your body mass index, family history, smoking history, cholesterol numbers (if you know them), activity level and eating habits to predict the likelihood you'll have a heart attack.

Take the Henry Ford Heart Health Quiz now at HenryFord.com/HeartHealth and in just a few minutes, you'll have a personalized report on how well you're doing and actions you can take against heart disease.

COMPREHENSIVE HEART SCREENING

The Henry Ford Heart & Vascular Institute offers a comprehensive \$99 Heart Smart Screening. This screening is ideal for people between 30 and 64 years of age who consider themselves healthy but have unique risk factors such as a family history of heart disease. The seven-point heart screening offers detailed diagnostic imaging and lab work, including a 12-Lead ECG test that quickly measures the electrical activity of your heart, vascular disease screening and fasting blood glucose screening. Immediately afterward, a cardiologist meets with you to review your results. Find out more and schedule an appointment at HenryFord.com/HeartScreening.

Call 1-800-532-2411 to make an appointment with a doctor to talk about your heart health.

LOWER YOUR HEART ATTACK RISK

The most important steps you can take to keep your heart healthy are the American Heart Association's "Life's Simple 7" recommendations:

1. **MANAGE YOUR BLOOD PRESSURE**
2. **CONTROL YOUR CHOLESTEROL**
3. **REDUCE YOUR BLOOD SUGAR**
4. **GET ACTIVE:** At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week (or 25 minutes of vigorous aerobic activity at least 3 days per week) plus moderate- to high-intensity muscle-strengthening activity at least 2 days per week
5. **EAT BETTER:** Avoid sugar, processed food, trans fat and sodium
6. **LOSE WEIGHT**
7. **STOP SMOKING**



LOOKING FOR MORE TIPS ON HOW YOU CAN EAT BETTER?

Check out our two February heart-healthy cooking classes on page 11.



FOUR THINGS YOU NEED TO KNOW BEFORE TAKING YOUR OPIOID PRESCRIPTION

OPIOIDS ARE HIGHLY ADDICTIVE DRUGS THAT ACT ON THE BRAIN TO ALLEVIATE PAIN. They include opioid medications that doctors prescribe to relieve pain after serious injury or surgery, as well as illicit drugs such as heroin. Examples of prescription opioids include oxycodone, morphine, codeine, fentanyl and hydrocodone (commonly known as Norco and Vicodin).

Unfortunately, people can become addicted to opioids even when they are prescribed by a doctor and used as directed. Since 1999, the number of overdose deaths involving opioids has quadrupled.

Elizabeth Bulat, M.D., an addiction medicine physician and medical director at Henry Ford Maplegrove Center, helps patients overcome opioid addiction. Here, she offers tips for what you need to know before starting these potent medications.

1. OPIOIDS ARE HABIT-FORMING.

We know opioids can lead to addiction. But it may be surprising to know how fast dependency can happen.

“Opioids are strong drugs – especially those that are synthetically created, like fentanyl,” Dr. Bulat says. “After even one use, they can lead to feelings of addiction.”

2. BE CAUTIOUS.

Like with any new prescription, it’s important to know how it could react with any current medication you are taking. Talk to your doctor or pharmacist about any concerns before starting these drugs.

“Opioids affect certain receptors in the brain that slow down breathing,” Dr. Bulat says. “When taken with other substances that have the same effect, such as alcohol, you could face serious or even deadly side effects.”

3. TAKE AS NEEDED, BUT NOT REGULARLY.

Opioids are prescribed for short-term pain management. Doctors generally direct that opioid prescriptions are to be taken once every several hours as needed, but not regularly – meaning your pain level, not the clock, should dictate if the next dose is needed when the time comes.

Talk with your doctor about alternative ways to manage pain.

Patients with certain cancers or other serious conditions often need opioids to manage pain. In these instances, patients should work with their doctors to determine what treatment is appropriate for them.

4. PAY ATTENTION TO HOW YOU FEEL.

Keep tabs on your behavior and the way your medication makes you feel.

“Let a loved one know you have been prescribed opioids for pain medication. This person can help you manage your prescription and monitor your behavior, and in the event you start to feel dependency, can help you get proper support,” Dr. Bulat says.

Do you or a loved one need help overcoming opioid addiction? Learn more about addiction treatment options at HenryFord.com/addiction or call (800) 422-1183 for an assessment appointment.



OVERCOMING ADDICTION

OPIOID ADDICTION CAN HAPPEN TO ANYONE, and long-term use can put you at high risk, even if the substance is used as prescribed. That's exactly what happened to a Henry Ford Maplegrove Center patient after the loss of her baby following delivery. Suddenly, a woman who worked as a nurse and an attorney was hooked.

"The doctor prescribed pain medication during my recovery, and subconsciously it numbed my pain and grief," she says. "It just sort of spiraled out of control."

She was able to get the help she needed from the services available at Henry Ford Maplegrove Center, an addiction treatment facility that provides a safe and stable environment to initiate recovery.

She has been in recovery for one year, but worries about people who don't have the resources to pay for treatment.

"You may feel alone, but you are not," she says. "Addiction is a dark, scary place, but help is available if you ask."

Did you know? Your health plan can connect you with a mental health or addiction treatment provider. Check the back of your health insurance card for a special behavioral health telephone number.



Calendar of EVENTS

HEALTH & WELLNESS CLASSES

Improve your health and wellness with classes and events at Vita wellness center. Call (248) 325-3870 or visit HenryFord.com/Vita for more information and to register.

Yoga for Wellness – Basic

The therapeutic benefits of yoga increase strength and flexibility in the body and mind. Studies show that yoga therapy can improve lymphatic function and boost the immune system. Join us for this class designed for beginners and students who have limitations, and learn how to use yoga postures, breath work and meditation to move toward improved health and well-being.

OFFERED FOUR DAYS PER WEEK
TIMES/DAYS VARY, CALL FOR
SCHEDULE.

\$12 per person

Group Reiki & Meditation

Enhance your relaxation and join Vita's certified yoga therapist, Julie Levinson, for this group Reiki and chair meditation class. Reiki is a holistic healing technique that can help reduce stress, improve sleep and overall sense of well-being. No prior experience necessary.

EVERY TUESDAY
2-2:45 P.M.

\$7 per person

Mid-Day Meditation

Restore, renew and revitalize with 20 minutes of guided meditation and gentle seated yoga postures. Please arrive on time to enjoy the full benefits and to ensure the tranquility of this experience. Class space may be limited, so please arrive early. No equipment needed.

EVERY WEDNESDAY
1-1:20 P.M.

LOCATION: SAHNEY QUIET ATRIUM,
GARDEN LEVEL OF THE HOSPITAL.

FREE

Caregiver Support Group

SECOND MONDAY OF EVERY
MONTH, BEGINNING JANUARY 8.
6-7:30 P.M.

*Free, and open to the public.
No registration required. Call
(313) 874-4838 for more information.*

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.

Meatless Monday Madness

THURSDAY, JAN. 25
6:30-8 P.M.

FREE

Crockpot, Casserole, Instapot... OH MY!

THURSDAY, FEB. 8
6:30-8 P.M.

Bittersweet

TUESDAY, FEB. 20
6-8 P.M.

*Featuring Henry Ford Heart and
Vascular Experts*

Heart Smart with Your Sweetheart

THURSDAY, FEB. 22
11:30 A.M.-1:30 P.M.

*Free. Contact West Bloomfield Parks
and Recreation Commission at
(248) 451-1900 to register.*

MARCH IS NATIONAL NUTRITION MONTH

Join us as we explore cuisine from around the world.

Asian Fusion

TUESDAY, MARCH 6
6:30-8 P.M.

Mediterranean Cooking

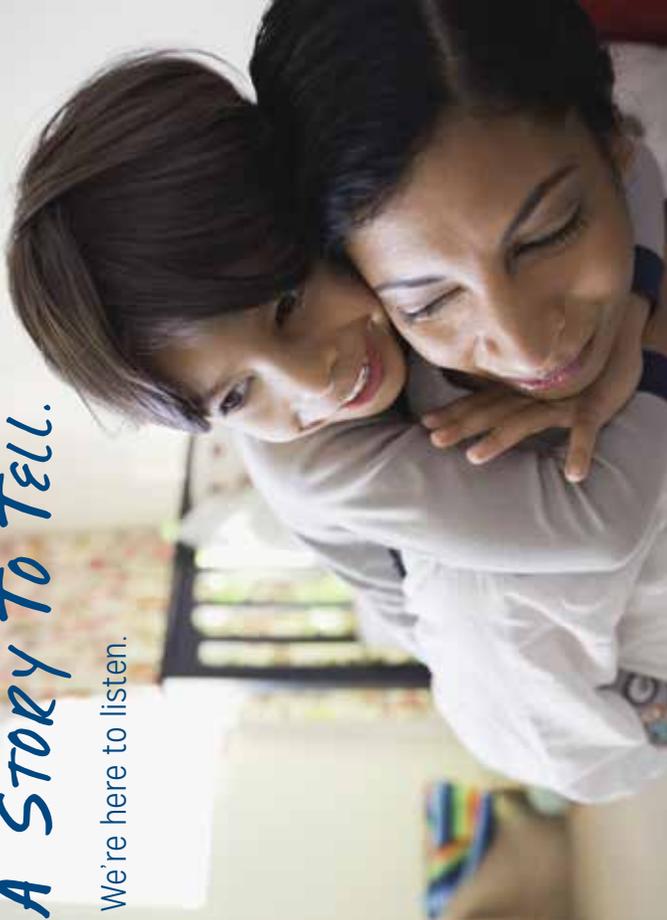
TUESDAY, MARCH 13
6:30-8 P.M.

Classic French

TUESDAY, MARCH 20
6:30-8 P.M.

YOUR HEART HAS A STORY TO TELL.

We're here to listen.



\$99

**COMPREHENSIVE
HEART SMART®
SCREENING**

7-point heart screening
One-on-one
physician consultation

HENRY FORD HEART & VASCULAR INSTITUTE If your heart could talk, what would it say? Come find out. With our comprehensive Heart Smart® Screening, you'll get detailed diagnostic imaging and lab work, including a 7-point heart screening. And immediately afterwards, one of our cardiologists will meet with you to discuss your results. Put your heart at ease and make your appointment today.



**HENRY FORD
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