

# LIVEWELL



## WINTER 2020

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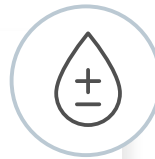
January 17: Art Therapy Open Studio

February 5: Breastfeeding Class

March 10: Explore the Pizza-Bilities



**HENRY FORD  
WEST BLOOMFIELD HOSPITAL**



## Donate Blood and **SAVE LIVES**

DID YOU KNOW MANY MICHIGAN HOSPITALS ARE CURRENTLY EXPERIENCING A CRITICAL BLOOD SHORTAGE? Your willingness to give the gift of life is needed now more than ever. Consider donating during the Henry Ford West Bloomfield Hospital Blood Drive on Tuesday, March 10, from 8 a.m. to 4 p.m. in the Ravitz Foundation Main Atrium. [Visit RedCrossBlood.org](https://www.redcrossblood.org) and use the code *HFWBH* to schedule an appointment today.



## Henry Ford Urgent Care Skill for **AMAZON ALEXA**

ARE YOU LOOKING FOR CONVENIENT ACCESS TO THE MOST ADVANCED HEALTH CARE? Henry Ford is excited to bring you an innovative way to find same-day primary care through the Henry Ford Urgent Care Skill for Amazon Alexa. This new tool will help you connect to our same-day primary care services in an instant. Ask Alexa to ask Henry Ford Health to help you find the closest urgent care and walk-in clinic location, hours, wait times and more. [Visit HenryFord.com/Alexa](https://www.henryford.com/Alexa) for more information and to learn how to enable the Skill on your Amazon Alexa device.



## **NOW OPEN:** Bloomfield Township Center

THE BRAND-NEW HENRY FORD MEDICAL CENTER – BLOOMFIELD TOWNSHIP located at 1961 South Telegraph Road offers care for your entire family in one convenient place. Discover a new patient care experience with more than 10 specialty services and a walk-in clinic open 7 days a week with the same co-pay as a primary care doctor visit. This state-of-the-art facility is equipped with digital technology, including E-Check In and Self-Service Stations to streamline your experience. [Visit HenryFord.com/BloomfieldTownship](https://www.henryford.com/BloomfieldTownship) for more information.

## NATIONAL NUTRITION MONTH: 5 WAYS TO SAVOR THE FLAVOR

MANY PEOPLE THINK EATING HEALTHY MEANS BLAND, TASTELESS MEALS, BUT NOTHING COULD BE FURTHER FROM THE TRUTH. Kick up the flavor in your diet and your life by learning how delicious healthy eating can be during National Nutrition Month, an event held each year in March started by the Academy of Nutrition and Dietetics to encourage people to develop healthy eating habits.

Slow down and enjoy one of life's greatest pleasures: Good food! Here's how:

- 1. BE MINDFUL.** Create a mindful eating pattern that emphasizes eating nutritious, flavorful foods at a more relaxed pace to really taste the flavors.
- 2. BRANCH OUT.** Commit to trying one new fruit and vegetable each week.
- 3. EAT TOGETHER AS A FAMILY.** Not only will you eat more slowly, you'll also have the opportunity to connect with family members.
- 4. KICK UP THE FLAVOR.** Herbs and spices are great stand-ins for salt and fat, with little or no added calories.
- 5. START COOKING.** Consider flavor-enhancing cooking techniques like steaming, poaching, roasting, baking and broiling.

*Get started on the road to healthy eating. Need help with nutrition and meal planning? Visit [HenryFord.com](https://www.henryford.com) and request an appointment with a Henry Ford registered dietitian.*



## INSTANT POT LENTIL STEW

**YIELD: 6 SERVINGS**

This vegan-friendly lentil stew recipe cooks in less than a half hour but is so full of flavor you'd think it simmered all day.

### INGREDIENTS:

1 Tablespoon canola oil  
1 onion, chopped  
3 cloves garlic, chopped  
2 ribs celery, chopped  
1 ½ cups lentils  
2 sweet potatoes, unpeeled, diced  
1 15-ounce can diced tomatoes  
4 cups low-sodium vegetable broth  
¼ teaspoon salt  
Fresh ground black pepper to taste  
1 bay leaf  
2 teaspoons dried thyme  
½ teaspoon cumin  
½ teaspoon coriander

### DIRECTIONS:

Using sauté mode on your Instant Pot or high-pressure cooker, heat oil and cook the onion for about 5 minutes. Add garlic and celery and cook another 5 minutes, stirring occasionally, or until onion is browned. Push cancel and add remaining ingredients. Stir, secure lid and cook on "Soup" mode for 10-15 minutes. Use quick release.

**NUTRITIONAL INFORMATION PER SERVING:**  
252 Calories; 4 grams Fat; 0 grams Saturated Fat; 0 mg Cholesterol; 263 mg Sodium; 44 grams Carbohydrates; 7 grams Sugar; 11 grams Fiber; 12 grams Protein.





## HIT A WEIGHT-LOSS PLATEAU? 8 WAYS TO GET OVER IT

**DIET LONG ENOUGH AND YOU'RE BOUND TO HIT A POINT WHERE THE SCALE GETS STUCK.** Weight loss levels off, your motivation wanes and staying the course can be difficult. The reason behind it: Your body has gotten used to your healthier habits and needs new challenges.

Research suggests that an initial, consistent loss during the first four to eight weeks is critical for both short-term and long-term success. In fact, what happens in the first few weeks of a weight loss journey not only predicts the total number of pounds you will shed, but also whether you'll keep it off.

### HOW TO BREAK THE WEIGHT LOSS STANDSTILL

No matter how healthful your diet, or how much you work out, the scale will eventually reach a standstill. Follow these eight strategies to head back toward a downward trend:

- 1. EAT FIRST.** Eat within one hour of waking. Having something to chew on can help get your metabolism going.
- 2. SWITCH UP YOUR WORKOUTS.** Instead of logging in your regular half hour on the treadmill at a steady pace, try the interval option and add some strength training to boost fat burning.
- 3. EAT MORE.** If you're losing weight by reducing calories, you're going to reach a point where you can't decrease your calories further without sabotaging nutrients. When your body is deprived of food, it can go into starvation mode, slowing your metabolism and making weight loss even more difficult.
- 4. EAT MORE OFTEN.** Eat small meals every three to four hours to keep your metabolism humming.

*Weight management doesn't have a beginning or end. Instead, it's a daily commitment.*

- 5. BRANCH OUT.** Shake things up with your food choices. Load up on different fruits and vegetables and experiment with seasonings.
- 6. WEIGH YOURSELF.** Step on the scale at least once a week to catch yourself before you slip into a weight gain trend.
- 7. DON'T GIVE UP.** If at first you don't succeed, try something different.
- 8. HOLD YOURSELF ACCOUNTABLE.** Record food intake and exercise frequency and intensity using an app or notebook.

Weight management doesn't have a beginning or end. Instead, it's a daily commitment. The key is focusing on lifestyle changes rather than subscribing to a specific diet.

*Ready to take the next step in your weight loss journey? Visit [HenryFord.com/MetabolicHealth](https://www.henryford.com/MetabolicHealth) to learn more about the Center for Metabolic Health and Weight Management at Henry Ford West Bloomfield Hospital.*

## THE PATH TO A HEALTHIER LIFE

The Center for Metabolic Health and Weight Management at Henry Ford West Bloomfield Hospital partners with you to support improvements to your health, weight and wellness. The multidisciplinary team specializes in lifestyle, behavior modification and nutrition to help treat or prevent type 2 diabetes, high blood pressure, overweight and other health problems impacted by your metabolic health. Experts will assist you in applying healthy nutrition, physical activity and behavioral health practices for sustained healthy habits.

*Visit [HenryFord.com/MetabolicHealth](https://www.henryford.com/MetabolicHealth) to learn more and sign up for our next free informational seminar.*



## A FRESH APPROACH TO HEART HEALTH

**SHERYL DUDA WAS WATCHING THE LOCAL NEWS WHILE RECOVERING FROM HER FIFTH, AND MOST RECENT, HEART ATTACK** when she saw an interview with Henry Ford cardiologist Deirdre Mattina, M.D. Dr. Mattina's appearance was enough to provoke Sheryl to make an appointment as soon as she could. However, having seen her fair share of doctors across 25 years of heart problems, Sheryl was as nervous and anxious as she was hopeful.

### A DIFFERENT APPROACH TO WELLNESS

A plant-based diet is built upon the idea that limiting your meat intake, while making plant-derived foods the main focus, will increase your heart health by limiting your cholesterol and saturated fat intake. A plant-based diet typically includes foods derived from plants, such as:

- Vegetables
- Whole grains
- Nuts
- Seeds
- Legumes
- Fruit

“

*It was very hard for me to stick with at first. But I had to do it for my own health.”*

Each of these offer nutrients that are proven to be incredibly beneficial toward heart health. The diet still allows for meat-based proteins and dairy, as long as they are minimal.

“It was very hard for me to stick with at first,” Sheryl says. “But I had to do it for my own health.”

### EXERCISE IS ALSO A KEY PART OF TREATMENT

Shortly after being placed on a plant-based diet, Sheryl also began cardiac rehabilitation. Twice a week, Sheryl goes to Henry Ford West Bloomfield Hospital, where she uses NuStep machines, treadmills and an exercise bicycle to strengthen her heart.

As grateful as Sheryl is for her treatment plan, and the incredible progress she has made as a result, she is most appreciative of her biggest motivator – Dr. Mattina.

*To request an appointment with a Henry Ford cardiologist, call (844) 725-6424.*



## ASSESS YOUR HEART RISK

Caring for your heart is worth the effort. From prevention to diagnosis and care, the heart and vascular experts at Henry Ford Health System are here to help you stay well. With our heart health risk assessment, in just five minutes you will find out the real age of your heart and discover your heart risk factors.

*Take our interactive, online heart risk assessment today at [HenryFord.com/HeartHealth](https://HenryFord.com/HeartHealth) to learn exactly what areas of your heart health need attention.*





# Calendar of EVENTS

## HEALTH & WELLNESS

### Caregiver Support Group

If you provide care for a loved one – parent, child, spouse, relative, neighbor or friend – join fellow caregivers and caregiving experts for support and information. Participants must be 18 or older.

**JAN. 13, FEB. 10 & MARCH 9**

**6 – 7:30 P.M.**

Private Dining Room 1

*Pre-registration is encouraged but not required. Call to pre-register: (313) 874-4838.*

### A Heart to Heart Talk With Jackie Kallen: Knockout Heart Disease

In celebration of heart month, join us for a candid conversation with Henry Ford cardiac patient and world-renowned fight promoter, public figure and grandmother of five, Jackie Kallen. Listen to Jackie's story about her struggle with heart disease and how it changed her life more than 17 years ago. You'll also gain insight from a Henry Ford cardiologist about what you can do to prevent heart disease.

**TUESDAY, FEB. 11**

**6:30 – 8 P.M.**

Demonstration Kitchen, Henry Ford West Bloomfield Hospital

*Free and open to the public. Email [dk@hfhs.org](mailto:dk@hfhs.org) to register. Registration is required.*

### \$99 Heart Smart Screenings

Includes a 12-lead EKG to measure electrical activity of the heart, blood pressure, body mass, blood glucose and lipid profile checks.

*Call (866) 381-0005 for available appointment times and to register. Registration is required.*

### FREE Blood Pressure Screenings

**TUESDAYS**

**1 – 2:30 P.M.**

Lobby of the South Entrance

*Walk-in, no registration required. In case of inclement weather, screenings will be cancelled when the West Bloomfield School District is closed.*

### 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.

**FEB. 11 & MARCH 10**

**6 – 7 P.M.**

Lower Level Conference Room

*Free. Visit [HenryFord.com/Bariatrics](http://HenryFord.com/Bariatrics) to register or email [dschwar2@hfhs.org](mailto:dschwar2@hfhs.org).*

### Complimentary Yoga for Henry Ford Cancer Patients

**MONDAYS**

**3:30 – 4:30 P.M.**

Yoga Studio

*Registration is required, call (248) 344-6696.*

### Art Therapy Open Studio

Art therapy is based on the idea that creating can be healing. Guided by an art therapist, cancer survivors and their families will use drawing, painting and other types of art to help manage the emotional or mental side effects that may come from a cancer diagnosis and/or treatment. This program is free for cancer patients and their family or caregivers.

**FRIDAYS: JAN. 17, FEB. 7 & 21, MARCH 6 & 20**

**11 A.M. – 12:30 P.M.**

*For more information, contact Gwen Roediger at (248) 344-6696.*

### DIA Healing Art Gallery Talks

**JAN. 14, FEB. 11 & MARCH 10**

**NOON – 1 P.M.**

Demonstration Kitchen

*Call (248) 325-3890 for more information.*

## MOVEMENT DISORDER CLASSES

*Exercise classes for people living with Parkinson's disease.*

**THURSDAYS**

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.*



## Calendar of **EVENTS**, *cont'd*

### BIRTHING CENTER CLASSES

#### Infant CPR Class

**JAN. 20, FEB. 3 & 17,  
MARCH 2 & 16**

**7 – 8 P.M.**

Lower Level Conference Room

*\$40 per couple. Call (248) 325-0037  
to register.*

#### Infant Care Class

**JAN. 9 & MARCH 12**

**6 – 9 P.M.**

Lower Level Conference Room

*\$25 per couple. Call (248) 325-0037  
to register.*



#### Birthing Unit Tour

**FEB. 6 & MARCH 5**

**7 P.M.**

*Free. Email [sarah.lavery@hfhs.org](mailto:sarah.lavery@hfhs.org)  
to register.*

#### Breastfeeding Support Group

**JAN. 15, FEB. 19 & MARCH 18**

**6 – 8 P.M.**

Lower Level Conference Room

*Free. Email [sarah.lavery@hfhs.org](mailto:sarah.lavery@hfhs.org)  
to register.*

#### Breastfeeding Class

**FEB. 5 & MARCH 4**

**6 – 9 P.M.**

Lower Level Conference Room

*\$25 per couple. To register, call  
(248) 325-0037.*

#### Childbirth Saturday Classes

**JAN. 11, FEB. 8, MARCH 14**

**8:30 A.M. – 5 P.M.**

Lower Level Conference Room and  
Demonstration Kitchen

*\$65 per couple. To register, call  
(248) 325-0037.*

### 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](http://HenryFord.com/DK).  
Registration is required for all cooking classes.*

#### Protein Power Hour

Knowing how to properly prepare your protein is essential in filling your plate and body with foods that ensure good health. Learn new ways to cook your meat, seafood, tofu and tempeh to perfection every time, and make your meals even more nutritious and delicious.

**TUESDAY, JAN. 14**

**6 – 8 P.M.**

*Free.*

#### The Meat-Free Zone

Nowadays living a vegetarian lifestyle has endless options to help you create a well-rounded meal. Let our culinary team show you how to amp up your next meat-free menu with subtle herbs and spices to add to foods, like legumes, mushrooms, tofu, tempeh and more!

**THURSDAY, JAN. 23**

**6:30 – 8 P.M.**

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



#### Heart-Y Soups & Stews

Did you know that heart disease causes 1 in 3 deaths each year? Join Henry Ford experts to learn about what you can be doing to maintain a heart-healthy lifestyle. This class will feature your favorite soups and stews using heart-smart alternatives to keep you warm and healthy over the chilly winter months.

**THURSDAY, FEB. 6**

**6:30 – 8 P.M.**

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



#### Explore the Pizza-Bilities

**TUESDAY, MARCH 10**

**6:30 – 8 P.M.**

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

Stretch your dough and your imagination as our experts introduce your taste buds to a variety of home oven pizzas. From portabella to cauliflower crust, or whole wheat to gluten-free crust, learn new techniques that will make your family's favorite dinners a little bit healthier!

#### Mediterranean Night

Not only is Mediterranean food visually appealing, it's also tasty and healthy! Mediterranean dishes mainly feature whole grains, healthier fats and lots of fruits and veggies. Learn about the techniques and various ingredients used to create classic Mediterranean dishes.

**THURSDAY, MARCH 19**

**6:30 – 8 P.M.**

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

#### Seafood Lovers Spread

Calling all seafood lovers! Do you avoid cooking seafood at home because you don't know where to start? Learn delicious ways to prepare and serve your favorite, fresh seafood-inspired dishes! By the end of class you will become a seafood expert.

**TUESDAY, MARCH 31**

**6:30 – 8 P.M.**

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





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](http://HenryFord.com/HeartQuiz) (313) 403-6108**



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