

LIVEWELL

Winter 2022



HENRY FORD
WEST BLOOMFIELD HOSPITAL

SCHEDULE YOUR MAMMOGRAM ONLINE



Did you know 1 in 8 women in the United States will develop breast cancer in her lifetime? That's why regular breast cancer screening is important for early detection of tumors and is vital to successful outcomes. It starts with your yearly mammogram. **Visit [HenryFord.com/Mammogram](https://www.henryford.com/Mammogram) to schedule your appointment online today.** It's quick and convenient and we are taking extra steps to keep you safe during your visit. Current Henry Ford patients can also schedule through MyChart. Don't delay this lifesaving cancer screening.

NEW HENRY FORD MEDICAL CENTER OPENS IN ROYAL OAK



A brand-new, state-of-the-art Henry Ford Medical Center is now open in downtown Royal Oak. Henry Ford Medical Center – Royal Oak offers a wide range of specialty care services for adults and children, along with an outpatient surgery center, radiology and lab services, and an onsite pharmacy. The center has expanded evening and weekend hours and is located just south of 11 Mile Road and east of Main Street. **Visit [HenryFord.com/RoyalOak](https://www.henryford.com/RoyalOak) for more information and to request an appointment.**

ANOTHER AWARD FOR PATIENT SAFETY



Henry Ford West Bloomfield Hospital was awarded another A rating for patient safety performance in The Leapfrog Group's fall 2021 Safety Grades. Leapfrog assigns this rating to 2,600 hospitals twice a year and is the only hospital ratings program based exclusively on prevention of medical errors, injuries and infections. The Safety Grades reflect performance on more than 30 evidence-based measures of patient safety. Receiving this high rating further ensures our commitment to keeping you safe while providing the very best in clinical care.



WINTER WEATHER WORKOUT TIPS

EXERCISING OUTDOORS IN ANY SEASON HAS MANY ADDED BENEFITS. IT REDUCES STRESS, BOOSTS YOUR ENERGY AND VITAMIN D, AND CONNECTS YOU WITH MOTHER NATURE. However, frigid temperatures can create obstacles. Here are some tips to make winter exercise enjoyable and safe.

1. **CHECK THE FORECAST.** If temps dip below zero, the wind chill is extreme, or it's snowing, exercising outside can be risky.
2. **DRESS IN LAYERS.** Dressing too warmly can increase your risk of overheating.
3. **PAY ATTENTION TO YOUR BODY.** During exercise, blood flows to your core, leaving your fingers, toes and head vulnerable to the cold. Make sure to cover those areas.
4. **WARM UP.** To avoid injury, warm up your muscles before heading out. Your joints may be stiffer when it's cold.
5. **STAY HYDRATED.** Maintain health and stave off infection with proper hydration before, during and after exercise.
6. **TAKE VITAMIN D.** Sunlight is low during the winter. Take a vitamin D supplement to enhance bone health, boost your immune system and keep hormones balanced.
7. **CHANGE THINGS UP.** Instead of running, walking or circuit training, participate in new activities like ice skating, sledding, hiking and skiing.



PUTTING “GRAND” BACK IN “GRANDMOTHER” AFTER KNEE REPLACEMENT

SUZANNE LEVINE HAS A FULL CALENDAR, AND SHE WOULDN'T HAVE IT ANY OTHER WAY.

For nearly nine years, Suzanne has served as the Executive Director of the West Bloomfield Chamber of Commerce. During her working hours, Suzanne empowers and supports the 150-plus businesses in the thriving West Bloomfield Chamber. And when she's off duty, she's playing with her grandkids or enjoying a walk or a Zumba class.

But a few years ago, Suzanne's story almost took a different turn. She began feeling the effects of a torn meniscus, a piece of cartilage in the knee that acts as a shock absorber. This injury caused daily pain, swelling and stiffness in her knee. In addition, osteoarthritis had worn away at her knee's cartilage, causing bone-on-bone friction that wouldn't let up.

“I found myself struggling to be active,” she says. “Having constant pain was taking a toll on every aspect of my life.”

SEEKING RELIEF AND ANSWERS

Suzanne was determined not to let the pain sideline her any longer. She decided to seek the advice of a doctor.

“The first doctor I saw recommended pain relief injections,” she explained. “The injections provided some relief, but it was short-lived. Then we tried physical therapy, but the pain became unmanageable.”

Over several months, she visited four more doctors, but she didn’t feel completely confident with any of them.

THE PATH TO A NEW KNEE

Suzanne decided to make an appointment with just one more doctor — Jason Davis, M.D., an orthopedic surgeon at Henry Ford Health System. That decision changed her life.

“The first time I met Dr. Davis, I knew I had found my doctor,” Suzanne says.

Dr. Davis explained the differences between partial and total knee replacement. In most cases, people who undergo a partial knee replacement have a faster recovery and a more natural-feeling knee. They decided Suzanne was a good candidate for the partial knee replacement.

Dr. Davis scheduled Suzanne for a surgery preparation class that’s exclusively for Henry Ford knee replacement patients. Her instructor was Nicci George RN, Orthopedic Clinical Coordinator at Henry Ford Health System.

“I was struck by how warm and professional Nicci was,” says Suzanne. “I liked her immediately.”

The morning of her surgery she was feeling anxious as she got ready for surgery, and then Nicci showed up in the surgery prep area.

“Nicci’s smile, cheery demeanor and encouraging words were exactly what I needed that day,” says Suzanne.

BACK TO LIVING LIFE

Suzanne is once again going on long walks and exercising every day. She’s grateful to Dr. Davis, Nicci and everyone on the knee replacement team at Henry Ford.

“The pain is behind me, so I can chase my grandkids around again,” she says. “I love being an active participant in their lives.”

Visit [Henry Ford.com/Orthopedics](https://www.henryford.com/Orthopedics) to learn more about joint replacement and the trusted orthopedic team at [HenryFord.com/JointReplacement](https://www.henryford.com/JointReplacement).

Looking for one-stop orthopedic care close to home? The Henry Ford Bloomfield Township Medical Center located at 1961 S. Telegraph Rd. has you covered. Get quick access to our expert team for several areas of concern, including general orthopedics, hand and wrist issues, joint replacement, spine and sports medicine. Call 1-800-HENRYFORD (436-7936) to schedule an appointment today or visit [HenryFord.com/Orthopedics](https://www.HenryFord.com/Orthopedics) for more information.

A photograph of three women jogging outdoors in winter. The woman on the left is wearing a light blue jacket, a white scarf, and a purple headband. The woman in the middle is wearing a grey hoodie with pink drawstrings, black earmuffs, and black gloves. The woman on the right is wearing a blue jacket, a colorful patterned scarf, a pink knit beanie, and black gloves. They are all smiling and appear to be in motion.

IS WINTER MORE DEADLY FOR YOUR HEART?

WINTER CAN BE A BEAUTIFUL TIME OF YEAR – BUT IT CAN ALSO BE DETRIMENTAL TO YOUR HEART HEALTH. Many studies have shown that there are more heart attacks during the winter months than other times of the year, and one study found that most cold-weather related deaths are due to heart disease, stroke and respiratory disease.

Being conscious of how winter affects your heart could save your life, especially if you already have symptoms of cardiovascular disease.

Here are three reasons why winter can be hard on your heart and what you can do to keep it healthy:

- 1. IT'S JUST REALLY COLD.** Cold weather causes arteries to constrict, which raises blood pressure and pulse rate, ultimately putting more strain on the heart. In addition, cortisone levels fluctuate with temperature, causing platelets to become sticky and allowing clots to form more easily. Combine this with already constricted arteries, and you may notice new symptoms.

WHAT CAN I DO? When you're outdoors, make sure you wear proper clothing to keep your body temperature higher and avoid arterial constriction. If you already have an existing heart condition, avoid over-exerting

yourself. Shoveling away the snow in your driveway is not a good idea for deconditioned cardiac patients, but don't be afraid to go for short walks to get some fresh air.

- 2. YOU'RE NOT GETTING ENOUGH VITAMIN D.** There are fewer hours of sunlight in winter, and a lack of vitamin D is associated with inflammation of the arteries. Some studies have shown a correlation between low levels of vitamin D and the presence of coronary artery disease and chest pain.

WHAT CAN I DO? Take a vitamin D supplement if you are deficient and eat foods like salmon, tuna, egg yolks and mushrooms.

- 3. YOU'RE NOT FUELING YOUR BODY PROPERLY.** During the winter months, many people have holiday celebrations with family and friends, which typically means less exercise and more consumption of sugars, fats and alcohol. Consistent exercise and a balanced diet are crucial for maintaining heart health, and when these habits are put on pause for a few months, your heart and your waistline are two areas that get hit the hardest, especially if you are already overweight or have high blood pressure.

WHAT CAN I DO? It's very important to continue your healthy lifestyle habits throughout the winter months. Try a new healthy recipe to spice up your dinner menu. In addition, swapping unhealthy ingredients for healthier alternatives and exercising for even 15 minutes per day can help keep your heart healthy this time of year.

PUT YOUR HEART **TO THE TEST**

Take our interactive **Get Heart Smart Quiz** to learn exactly what areas of your heart health need attention. You'll get a personalized heart risk report and the expertise you need from our world-renowned team at the Henry Ford Heart and Vascular Institute. It only takes 5 minutes and could be the first step to helping you live a healthier, longer life. **Visit [HenryFord.com/HeartSmartQuiz](https://www.henryford.com/HeartSmartQuiz)** today. Call **1-800-HENRYFORD (436-7936)** to schedule an appointment with a Henry Ford cardiologist.





MAKE HEALTH SCREENINGS YOUR NEW YEAR'S RESOLUTION

REGULAR HEALTH SCREENINGS ARE AN IMPORTANT PART OF MAINTAINING YOUR HEALTH AND WELLNESS, ESPECIALLY AS YOU AGE. And with heart disease and cancer still listed as the nation's top killers, staying current with screening exams and disease management regimens can be a life saver.

"Whether you need lab work, a blood pressure check or a preventive screening exam, it's important to check in with your healthcare provider," says Hina Syed, M.D., a family medicine physician at Henry Ford Health System.

"It's especially important to get recommended cancer screening exams," Syed says. "If you are behind on those, you can miss that critical window where you can get potential lifesaving treatment."

CRITICAL CANCER SCREENING EXAMS INCLUDE:

- Pap smears for cervical cancer screening
- Mammograms for breast cancer screening
- Colonoscopies for colorectal cancer screening*
- Low-dose computed tomography (CT) scans for lung cancer screening

* The pandemic has also created an opportunity for your provider to recommend home-based screening tests, such as the fecal immunochemical test (also known as FIT-kit) for colon cancer.

CREATE A PREVENTION PLAN

An effective prevention plan requires regular visits with your primary care physician. During these visits, they will take a detailed history, analyze your health behaviors and come up with a plan that makes sense for you.

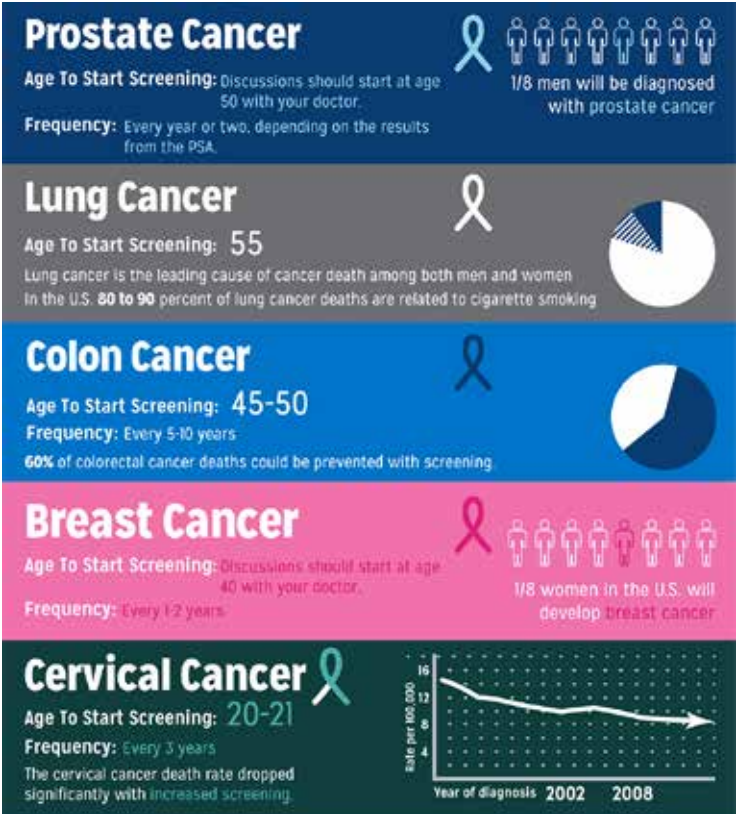
ADDITIONAL RECOMMENDED SCREENINGS MAY INCLUDE:

- Blood pressure checks
- Cholesterol screening
- Glucose testing
- Breast exam
- Testicular exam
- PSA (for prostate cancer screening)
- Skin exam

Vaccinations for adults are also addressed during visits with your primary care physician. These may include flu, pneumonia, shingles and Tdap, depending on your age and health status.

STAY SAFE AND HEALTHY THIS YEAR

If you have symptoms that might indicate heart disease, or you haven't had a cancer screening exam in years, now is the time to check in with your doctor. Not only are these diseases life-threatening on their own, but they can also increase your risk of developing complications if you contract COVID-19.



Start the new year off in the right direction. Visit [HenryFord.com/PrimaryCare](https://henryford.com/PrimaryCare) to request an appointment with a Henry Ford doctor.



Classes

ONLINE ADDICTION EDUCATION AND SUPPORT PROGRAMS FOR FAMILIES

We know that addiction affects relationships and the entire family. That's why we offer several free education programs and support groups for those who are dealing with a loved one with a substance use disorder. Open to anyone 18 or older. **Visit [HenryFord.com/MaplegroveCE](https://www.henryford.com/MaplegroveCE) to find out how to join these groups online. Questions? Contact Lisa Kaplan at (248) 788-3005 or by email lkaplan2@hfhs.org.**

TRANS-VOICE VIRTUAL SUPPORT GROUP

For many transgender individuals, having a voice that corresponds with their gender identity can reduce stress and anxiety and assist in the transition process. Henry Ford is proud to begin offering a support group to help the transgender community find their voice. The group meets the second Tuesday of each month. **Visit [HenryFord.com/TransVoice](https://www.henryford.com/TransVoice), call (248) 661-7241 or email FindYourVoice@hfhs.org.**

QUIT SMOKING VIRTUAL SUPPORT GROUP

It's hard to quit smoking on your own. Your chance of success greatly improves with a good support system. This support group makes giving up tobacco and vaping easier by providing the support needed to overcome dependence. Talk with people going through the same thing in a safe and encouraging space. The group meets every Thursday at noon. **Email tobaccofree@hfhs.org or call (313) 587-7410.**

C.A.R.E. PROGRAM VIRTUAL CLASSES

The C.A.R.E. program offers a variety of virtual classes to help you – the caregiver – and the person you care for. Classes include Creative Mindfulness with Art, Caregiver Support Groups, and a Kids Art Club. **Visit [HenryFord.com/CaregiverWellness](https://www.henryford.com/CaregiverWellness) for more information, including dates/times and to register. Registration is required due to limited capacity. Call (866) 574-7530 or email CaregiverResources@hfhs.org for questions.**

Classes are sponsored by Henry Ford Health System C.A.R.E. Program (Caregiver Assistance Resources and Education).

ADVANCED CARE PLANNING

One-on-one meetings with trained facilitators help individuals and families learn how to plan for medical decisions based on their medical conditions, goals of care and faith and values, as well as complete an advance directive. **Call (248) 325-1284 to register.**

FREE NARCAN TRAINING OFFERED ONLINE

In partnership with Henry Ford Health System, Families Against Narcotics offers free online Narcan training classes for those who want to learn how to administer the lifesaving antidote for a narcotics overdose. Participants receive a free kit by mail with two doses of Narcan in nasal-spray form. **Visit FamiliesAgainstNarcotics.org/naloxone for more information, training dates and to register.**

EXPECTANT AND NEW PARENTS

Join us for online virtual birthing classes. Learn the same material as the traditional in-person classes from a remote, safe environment. Share videos and have your questions answered, just like in the classroom setting.

Childbirth Preparation

Topics include stages of labor, relaxation, massage, pressure points, breathing techniques, labor coping skills and postpartum.

Infant Care

Learn the basics of evidence-based care for your newborn baby's needs.

Breastfeeding

Experience the benefits and basics of breastfeeding by learning the best practices.

Birthing Center Virtual Tours

We understand that expectant parents want to see the environment where they will welcome a new family member. While in-person tours are on hold due to COVID-19, we are currently offering virtual tour videos and photos to help familiarize you with our various Birthing Centers. **Visit HenryFord.com/ChildbirthTours for a look at our rooms, amenities and more.**

For more information, including additional classes, dates, time, pricing and to register, visit HenryFord.com/Baby, call (248) 325-0037 or email sarah.lavery@hfhs.org.

THE GRAND PLAN: INFANT CARE FOR GRANDPARENTS

As time has progressed, so have the ways to care for a newborn. Join us online as new and expectant grandparents prepare for this special time in their lives. Learn communication, how to help, guidelines for infant care and how to bond with your new grandchild. **Visit HenryFord.com/Baby, call (248) 325-0037 or email sarah.lavery@hfhs.org to register.**

CANCER SUPPORT GROUPS, CLASSES AND EVENTS

Art Therapy Open Studio

Enjoy monthly art projects. Meets virtually, third Tuesday of the month, 1 – 2:30 p.m.

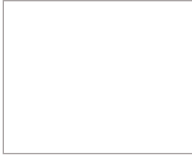
Lunch with the Detroit Symphony Orchestra

Free live monthly virtual concerts from the talented musicians of the DSO.

Live Music with Michigan Opera Theatre

Free live monthly virtual musical performances and interactive Q & A with the talented musicians of MOT.

For a complete listing of virtual offerings and cancer support groups, visit HenryFord.com/CancerSupport. Email cancersupportinfo@hfhs.org to get the login information for any of the groups.



**HENRY FORD
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All For TAKING HEART HEALTH SERIOUSLY BEFORE IT GETS SERIOUS

THE 5-MINUTE GET HEART SMART QUIZ COULD SAVE YOUR LIFE

The pandemic has our attention, as it should, but that's no reason to forget about your heart. Heart disease is the leading cause of death in Michigan, affecting those as young as 40. Heart risks may even be higher now because of factors such as added stress and delayed care. Assess your risk today by taking our quiz at HenryFord.com/HeartSmartQuiz



ALL FOR YOU